

WEBINAR

The HeartMath® Solution
with Rev. David McArthur
Webinar for Unity of Bellingham

The HeartMath Solution
-a webinar where you learn how to transform your body, your emotions, your mind
and your challenges in the moment -

The techniques you will learn are so powerful that you will be able to;

- in the physical – stop debilitating stress reactions of hormones and nervous system imbalance and create healthy biophysical responses,
- in the mental – move from confusion and debilitating thought loops to clarity and guidance,
- in your feelings and emotions – release anxiety, depression and worry as your experience peace, feeling good, and having clear guidance to solve your challenges,
- in your spiritual experience – connect directly with your spiritual heart, its power and its wisdom.

Q. What has the power to make these transformational changes in a moment?

A. Your amazing spirit flowing through your heart!

The transformative techniques in this webinar are the result of breakthrough research from the world famous HeartMath® Institute, leading international researchers on the power of the heart in human transformation. Their work has been featured on many major television programs (including The Today Show, The View, ABC News, CNN) and reported in scientific journals as the leading edge in human emotional transformation.

Rev. David McArthur served on the staff of the HeartMath Institute and has trained thousands of people around the hemisphere in these powerful techniques. Discover the science of transformation and put it to work in your own life. David, a Unity minister, is the author of three books on the amazing wisdom and intelligence we access through our hearts, *The Intelligent Heart*, *Your Spiritual Heart* and the newly released, *The Monk's Choice*.

The first webinar

Feb. 1st

Connecting with your Spiritual Heart

You can, in a moment, reverse challenges and upsets and find peace and clarity by using the power of your heart. Activate your spiritual connection within minutes and feel your heart's transforming power. See the scientific proof of the difference between connection with your spirit and the chaos of not being connected. Three steps – less than three minutes - and you are connected. Learn how and have a great time doing it!

The second webinar

Feb. 8th

Access Your Spiritual Wisdom

Having learned how to make your instantaneous spiritual connection, NOW learn how to access your deepest spiritual wisdom. You can have clear, direct guidance on how to resolve the challenges before you. Your spiritual wisdom is there to guide you to success in the challenges in your life. Learn how to access that guidance. Discover the amazing 'intuitive field' through which deep intrapersonal and spiritual understanding flows. Knowing you have and can easily, within minutes access true wisdom opens a hole new way of living – heart-centered living.

