



# Intuitive Heart Beat

Newsletter of the Intuitive Heart Discovery Network

Issue 3, Winter 2015



At upper left, books by Brenda English.  
Lower right, Fran Kramer and her book.

## Spotlight on: Brenda English & Fran Kramer

Unlock Your Inner Sleuth with Two Dynamic Mystery Writers *by Susan Parcheta*

There's a little bit of Sherlock in each of us. No matter our age, we love a good *whodunit* -- which probably explains the perennial popularity of the mystery genre in literature.

Meet a dynamic duo of mystery writers, **Brenda English** (author of the Sutton McPhee Mystery Series) and **Fran Kramer** (author of *Dead Men Do Tell Tales*), first in a series about teen detective Ashlynn Acosta).

While the authors write from two different worlds (English, from the adult viewpoint of a hard driving, seasoned Washington DC reporter, and Kramer from the perspective of a dreamy teenager), both write from a kindred sense of intuitive soul.

That's the nature of mystery writing. In the case of her work, Kramer (who is also an educator and life coach in the field of intuition and dreams) focuses on the power of these aspects for solving problems and facing life challenges. Kramer describes

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how her character learns to cope using skills she developed:

*In **Dead Men Do Tell Tales**, a gutsy teen, Ashlynn Acosta, faces not only the challenge of entering high school and dealing with different kinds of people but also the loss of her mother, the emotional distancing of her father and a murder in which her friend is a prime suspect. These complex situations call for a deep intuitive approach free from prejudice and fear.*

*A fast paced story, filled with twists and turns, draws the reader in to explore the workings of intuition as Ashlynn brings light and truth to her situation. The reader not only gets a good read but sees how intuition can be used methodically to gain specific and intentional insight which does not rely on some vague “Aha” out of the blue.*

Readers often tell Kramer that her book reminds them of the classic *Nancy Drew* mystery series. Written for young people, the *Nancy Drew* books seem timeless over the generations. I can picture myself growing up, loving those stories, downing them voraciously, and heading to the local library to check out one more.

There was both fascination and satisfaction in engaging with these books, as Nancy was always able to solve the mystery. Kramer highlights the effect of intuition on making empowered choices. We watch her character, Ashlynn, develop skill in using her intuition to eventually solve a murder.



Ashlynn Acosta Investigates –  
Artwork by Christine Soltys

The Sutton McPhee Series exhibits these highly developed skills, coming from an adult perspective. McPhee, as a career journalist for a metropolitan newspaper, is adept at detecting the intuitive mind, because her life as a reporter -- and in fact, staying alive -- depends on it. The faculty of intuition is built into her investigative DNA through a lifetime of experience.

While Ashlynn Acosta is just discovering this latent ability, Sutton McPhee has learned to trust her intuition and follow its lead. That's what makes her adventures intriguing; and that's why we're drawn in so effectively to see where it takes her.

English reflects on her detective slant in her three-book series (**Corruption of Faith**, **Corruption of Justice**, **Corruption of Power**):

*There isn't a focus on intuition per se or on the Sutton McPhee character being intuitive, but rather on her work as a newspaper reporter in Washington, D.C., and how her work pulls her into mysteries that she has to solve.*

*There are pivotal moments in each of the three books, English explains, where Sutton responds, in both her investigations and personal relationships, to strong 'hunches' (as she thinks of them) and mixtures of deductive reasoning and leaps of thinking that, as an author, I know are really intuition at work.*

*She also is much more tuned in to other's thoughts and emotions, in ways you and I might think of as intuitive or psychic, than she would admit to herself.*

Both authors kept me turning pages to the end. It was fun to put myself back into the mind and heart of a quirky and fearless teen, so curious and eager to unravel life's mysteries -- especially gaining insight via her dreams. Then, to settle into Sutton McPhee's high-powered adventures took

me back to my longtime fascination with that icon of newspaper reporters, Dale Messick's Sunday cartoon classic, Brenda Starr.

Apparently, we have in our culture an obsession with these intrepid journalist types, as I noticed in a recent issue of *Columbia Journalism Review*. Perhaps it's because of the finely honed intuition characteristic of successful female news reporters.

English, a native of southeast Georgia, now living in Florida, writes from a wealth of newspaper, television, media and publication experience. You sense the personal investment of the author in her novels, which makes them all the more intriguing. You find yourself enjoying the intuitive moments: when Sutton visually 'reads' a person in a cemetery; or feels the hair stand up on the back of her neck at a murder scene; or intuits the feel-good experience of meeting 'Mr Right.'

Both Sutton McPhee and Ashlynn Acosta put the puzzle pieces together, connecting the dots to solve the crime. Both authors, English and Kramer, invite you the reader to poke a little deeper into your intuitive soul. They subtly entice you to explore your inner Sherlock, to delve down and pay attention to what messages may be coming to your intuitive mind.

#### About the authors:

**Brenda English**, besides the Sutton McPhee series, is also co-author of Dr. Henry Reed's book **The Intuitive Heart: How to Trust Your Intuition for Guidance and Healing**.

**Fran Kramer** has completed the 2<sup>nd</sup> Ashlynn Acosta serial, **Too Much of a Good Thing**, due out later this year.



## Our Featured Artist: Elaine Clayton



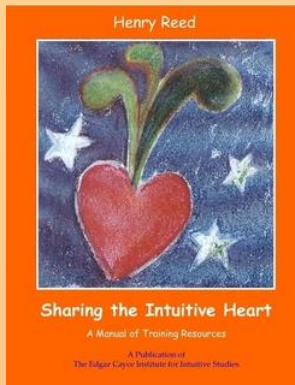
Elaine Clayton copyright 2013 Illuminara.com



## Thanks!

Many thanks to [Elaine Clayton](#) for permission to show her work and to [Susan Parcheta](#) for contributing our feature article. If you want to share your writing, art or music in digital form, please contact [fran\\_kramer@healingdreamgarden.com](mailto:fran_kramer@healingdreamgarden.com).

## Publications by Teachers



### Sharing the Intuitive Heart

Sorry, you old timers, the "Pink Book" is no more. Instead, we now have a 388 page, 8 ½ x 11" perfect bound manual, with a colored cover. What's more, the first level, six week group has been revised, updated, and rearranged into a natural story line. The manual contains scripts for both level one and level two, plus supplemental reading material.

There is a chapter on how to use the material. New links provide online access to recordings, printable handouts, and other teacher aids.

To obtain your copy, go to [lulu.com/content/12578898](http://lulu.com/content/12578898).

## Resources for Sharing

Try an Intuitive Heart™ Soul Reflection Experience!

Overview of the Exercise: <http://intuitiveheart.com/SoulReflection/>

Instructions: <http://intuitiveheart.com/SoulReflection/memory-divination-instructions.html>

## Tools to Help You

Click [here](#) to get your reflection question of the day for the Intuitive Heart™ Soul Reflection Experience.

## Henry Shares On Memory Divination

As the story is told in [The Intuitive Heart](#), the discovery process called “memory divination” was born out of a serendipitous encounter. I had meditated on creating a waking equivalent of the dream helper ceremony and had come up with one intriguing possibility. A meeting with a psychic who “spontaneously” shared with me a personal memory to explain her situation demonstrated to me the naturalness of the process. It also avoids the temptation to pronounce judgments or provide advice to another, which often creates its own problems. Instead it offers something of one’s “soul perspective” on a situation. It is legit to use the term “soul” here, as life review—learning lessons from life experiences—is a primary soul activity. We’re finding some ways to bring this type of reflection into various life activities.

### Bibliomancy Enhanced via Intuitive Heart Memory Divination and Inspirational Writing.

Lori Inman, of Buckeye AZ, has been involved in a personal mentoring project to become a certified IH practitioner. One of her practices she brought to this work is Bible divination. She opens a random page of the Bible and tosses in a penny. Her intention is that the penny will point to a passage she needs to read for that day.



*She has added memory divination to the process in this way:*

Before she looks at the Bible passage, she goes through the [Inspired Heart meditation](#) and then asks for a memory that she will use to interpret the passage in advance for its meaning to her. She follows that with inspirational writing to further express herself. Then she reads the passage, and concludes through inspirational writing further understanding of the passage and what she might do that day to follow the guidance. She is preparing a book of these divinations, as they have something to offer to every reader.

### Atlantic University Students Apply Memory Divination on Text Passages

Edgar Cayce slept on his spelling book. This story evokes fantasies of what we might be able to learn via the channel of the unconscious. Henry has adapted this practice in his advance course at Atlantic University. The students are asked to make a heart connection with a passage from their text that Henry has secretly selected, and then to allow a memory to appear. The student interprets the message for its lesson, and then reads the passage. The memory divination allows the student to form a personal relationship to the material.

### Intuitively received memories aid Personal Integration of Divinatory materials.

Folks who use divinatory materials like a Tarot deck often are saddled with having to refer to a manual to interpret the tools. These interpretations are from others, are from “outside” source. It is possible for the reader to develop their own set of personally derived interpretations by using memory divination to establish the reader’s intuitive connection to each item. [Henry demonstrates this process](#) on a YouTube video. The results are truly educational.

### Soul Reflection: Using memory divination to form personal, intuitive connections with important truths, as expressed in famous quotations.

Whether used for “personal entertainment,” or for a growth technique in either one or one or classroom situations (see Fran Kramer’s article on the next page), Henry has pilot tested what he calls, tongue-in-cheek, a “Transpersonal Peep Show,” because you get a peep at your soul’s perspective on something important. The person chooses a random number which points to a hidden quotation of some spiritual substance. The person uses memory divination to get their soul’s unique perspective on that topic. Website: <http://intuitiveheart.com/SoulReflection/>.



## IH Explorations

### A Classroom Account of a Soul Reflection Experience

This past summer at the University of Hawaii Osher Lifelong Learning Institute (OLLI) I taught a course called *Working with Healing Dreams and Intuition in the Tradition of Edgar Cayce*. One of the very well received exercises the class did was the **Soul Reflection Meditation** in which we went through the Inspired Heart Meditation, made the heart connection, and invited a memory in. This proved to be an interesting and engrossing event as the students recorded their memories and the experiences surrounding the memories. They chose not to divide into dyads but wanted to write and reflect on their own. To keep them on track as they wrote, I gave prompts along the way such as: *Is the memory an event, an impression, a sound, a thought? What is the story behind the memory? What lessons or truths does this story hold for you now? Could the story be a metaphor or parable to something now in your life?*

Then I had the students look at what they wrote in light of the question presented on [Henry Reed's website](#) to help process the information. The question that day was "How can I enjoy my life more comfortably and with less effort?"

After writing all this, many of the students elected to verbally share their memories/stories in the class and two allowed me to use their writings in encapsulated form as follows:

#### Student A:

**Memory:** *When I was a small child, I told my mother that trees can talk. She yelled at me and asked, "Who told you so?" I was so stunned by her harsh reaction that I then questioned my own knowledge of what I just expressed.*

**Reflection:** I believe it's one of the 1<sup>st</sup> times I felt connected to nature and my "inner knowing" and I felt like my mother was refuting it. ☹ Part of me wants to believe she was trying to protect me from something... but did a bad job of it. (She seemed to always be putting me down.) Even though I did not actively seek her approval... I loved my father more. The effect of this incident was that I learned to doubt my "intuition" for a long time. This exercise is like a breakthrough (partly because the memory came with such force.) I realize my intuition is a "trusted guide." The meaning for me is now is that my intuition has always been available. I just need to pay attention to it and be more aware. The "insight" I got out of this meditation: It gave me an understanding of the situation and my mother. I can enjoy my life more by living in the present and trust the natural harmony of the universe to take care of my needs and wants.

#### Student B:

**Memory:** *When I was five years old, my grandfather, Ah Kung, took me home on a bus. He got off the bus and then asked me to get off. I refused. The bus doors closed while I was still on the bus, and the bus started to leave. I was terrified. Ah Kung ran after the bus and pounded on its side. The bus stopped. The doors opened and I got off.*

Ah Kung was someone I could always depend on. He gave me unconditional love. He was there to rescue me. This memory is important to me now because Ah Kung and my mother were always staunch supporters of me. It probably came to me now because in several months I will be a grandparent for the first time. I want to be a grandparent like my Ah Kung (and that would make my life more enjoyable.)

-- Fran Kramer





## Upcoming Events

### Communicating with Plants and Animals: The Intuitive Heart Discovery Method

Our Intuitive Heart Discovery Method provides a unique approach to learning about inter-species communication. We'll use other humans, who can communicate in words, to help us recognize our intuitive perceptions. Then we'll go on a field trip to Flying Goat Ranch, where we'll meet several animal teachers: horses, goats, cats, and Precious Baby the burro. Using structured exercises and group comparative feedback, we'll learn that we can communicate with the animals.

Back at the Big House, we'll then move on to plants. We'll use again our special Intuitive Heart methods to learn that we can make meaningful connections with these flora among us.

**Dates: June 26-28, 2015.**

Limited to 8 participants. Tuition: \$395. Room and Board: \$130 (see [bighouselodge.com](http://bighouselodge.com) for more information).

Contact [Henry@henryreed.com](mailto:Henry@henryreed.com) for more information or to register for the program. A \$200 refundable deposit holds your space until 90 days before the program.



### Watercolor Mandala Workshop: Henry Reed's Intuitive Heart Art

You learn how Henry's method of applying watercolor to paper, based on a series of three dreams he had. You'll learn the Intuitive Heart method of creating/discovering mandalas as a natural outcome of your enjoying applying watercolor to paper. It's really fun! No "artistic talent" required. all draw upon the creative child artist within.

**Dates: August 14-16, 2015**

Limited to 8 participants. Tuition: \$395. Materials fee: \$50 Room and Board: \$130 (see [bighouselodge.com](http://bighouselodge.com) for more information).

Contact [Henry@henryreed.com](mailto:Henry@henryreed.com) for more information or to register. A \$200 refundable deposit holds your space until 90 days before the program.



### Intuitive Heart Training: Support for Living beyond Boundaries

The Intuitive Heart Discovery methods for empathy, compassion, healing, boundaries, and self-reliant inter-dependence. We'll learn how to be more of ourselves even as we give to others. Useful for helpers, caregivers, co-dependents, and those exploring living the life of oneness.

**Dates: May 8-10, 2015**

Limited to 8 participants. Tuition: \$395. Room and Board: \$130.

Contact [Henry@henryreed.com](mailto:Henry@henryreed.com) for more information or to register. A \$200 refundable deposit holds your space until 90 days before the program.



## Upcoming Events, continued

### The Intuitive Heart Discovery Program



*The only full week certification training  
offered in 2015.*

**Dates: September 27-October 3, 2015**

Enjoy the fall foliage in Appalachia as we gather as a small group to explore experiments in the experience of oneness. Receive a certificate from the [Edgar Cayce Institute for Intuitive Studies](#) as a Certified Intuitive Heart Explorer.

Limited to 8 participants. Tuition: \$795. Room and Board: \$380 (see [bighouselodge.com](#) for more information).

Contact [Henry@henryreed.com](mailto:Henry@henryreed.com) for more information or to register. A \$300 refundable deposit holds your space until 90 days before the program. Payment plan available.



## Contacting IntuitiveHeartBeat

**Publisher: Henry Reed, Ph.D., Editor: Fran Kramer**

The IntuitiveHeartBeat is published as the heart directs. Feel free to submit comments, suggestions, letters (under 150 words and short articles (under 450 words) and artwork or music in digital format for consideration of inclusion in a future newsletter. These items or links may be emailed to Fran Kramer at: [fran\\_kramer@healingdreamgarden.com](mailto:fran_kramer@healingdreamgarden.com).

If you know someone who would want to receive this newsletter, please contact Henry Read at: [starbuck@ls.net](mailto:starbuck@ls.net) to be added to the distribution list.

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