



Intuitive Heart Beat

Newsletter of the Intuitive Heart Discovery Network

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At upper left starting clockwise, photos of Bonnie Perry, Lori Inman with Ever and a lotus representing Mary Miller.

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Spotlight on:

Lori Inman, Mary Miller & Bonnie Perry

Introduction: The Intuitive Heart Training in Action

Three recently certified Intuitive Heart Practitioners illustrate the versatility and practicality of their Intuitive Heart Training by including various exercises and practices in their work and personal life. In this newsletter we wanted to spotlight their activities by interviews and excerpts from their writing as well as offer three articles on the Dream Helper Ceremony, all of which show many diverse ways the Intuitive Heart Training can be used in work and play.

Lori Inman is a poet and has used the Memory Divination process to enrich her dinner party by adapting memory divination toward a hidden quotation included in a party game. We include one of her poems later in this article. **Mary Miller**, a retired teacher, uses Intuitive Heart training to enliven, enrich and inspire conversations in her retirement community. As a Creativity Life Coach, **Bonnie Perry** uses the Intuitive Heart Meditation to help her clients get in touch with their own creative powers. *Continued on Page 2*

Thanks for the Memories: Lori Inman

Recently, **Lori Inman** hosted a dinner party for some close friends and their children who were visiting from out of state. She wondered what it would be like to turn the Intuitive Heart Memory Divination Game into an impromptu dinner party game. It would be a fun way to teach the Intuitive Heart in a unique and different way.

A Game of Discovery

In her article entitled *"Thanks for the Memories – A Gathering of Souls,"* Lori says,

"My impromptu game idea was to discover, along with my friends, how the Intuitive Heart process was not only a great individual experience – but transpersonal. I wanted my guests to have an experience beyond their limited, personal level. I **wanted to be involved in something with them that would prove – not only are all minds connected – but they are connected...like a "big mind."** I wanted to show them, somehow, that the Intuitive Heart was also connected in the same way – transpersonally. Not just on an individual level but on a dinner party fun group level, too."

Before her guests arrived, Lori hid a typed manuscript from a movie in her house. After dinner she explained the Memory Divination Game to the guests and asked if they'd be up for it. They were excited and wanted to play. She then led the guests through the Inspired Heart Meditation to quiet them and connect them to their hearts. She asked them to recall, write down or sketch the first

memory that came up in the meditation, and then had them give their memory a title. Afterwards, the group shared their interesting memories, given below with the titles.

Shared Memories

"Postcard Photographs" A woman remembered being with her Aunt at a fashion show, happy and very proud to be together. A beautiful scarf had been laid across her Aunt's shoulders. Photographers were taking pictures, and bulbs flashed.

"Joy Blast" One child recalled the day his baby sister was born. Lots of people were there to celebrate. He thought about how things were going to change and be different, now that he wasn't an only child. But he was very happy, and filled with Joy!

"You haven't really climbed the mountain until you're back in the car." A man remembered climbing a mountain with a friend and feeling a great triumph when reaching the top. Although on repelling back down, a storm ensued and there were bright flashes of lightning all around them. A dangerous slip almost happened; however, they both finally made it back to the car safely, happy and grateful to be alive.

"We Saved The Food." Another person recalled camping during a storm. During a cookout, a storm appeared with flashes of lightning and heavy rain. The party had to stop and save all the food they were eating and quickly race into the camper out of the rain. It was discovered later that the prized bag of Peanut M&M's, used for playing poker, was ruined by the rain.

"The New Dog's First Bath." Another person remembered the day a dog was brought home. On that first day, the dog was nervous as she received her first bath. How proud and happy they felt to have the dog! A towel was draped over the dog's head and photos were taken of her.

The Amazing Results!

Lori then explained that she had hidden a page from a famous movie script called "Winalota Cash." The segment of script has Winalota Cash, a race horse, standing in the Winner's Circle, draped with roses around its shoulders, surrounded by happy owners and a photographer snapping a photo.

Lori wanted her guests to find the similarities between their shared memories and the movie script. She says, "As I began reading the hidden page I think we began to see just how all the memory stories were teaming up as one big transpersonal, intuitive heart." She adds, "Each different individual memory story echoed the hidden material and its main theme, which was that all the things happening around a celebration or triumph, whether they are goofy or

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bad doesn't really compare in the long run to the honoring of each other that the people in the celebration together feel and share as a whole."

What Lori didn't mention were even more commonalities such as a scarf laid around the aunt's shoulders, a towel draped over the dog and roses draped around the horse's shoulders; flashes, photo taking (also presumably with flash bulbs), and the idea of making it through successfully to the end.

What was very intriguing, Lori astutely observed, was information about the script that wasn't included in the script such as the race winners being the first African-Americans to win the horse race. Everyone celebrated despite the fact that it was the smallest trophy given in the history of the race. However, everyone was included and enjoying the event. It was this information that seemed to be particularly shared in the memories.

After having her guests reflect back on what their memories meant individually for them, she had them reflect on how this exercise showed the transpersonal nature of the heart connection. She says in conclusion, **"..our game had turned into a heart connection for everyone. A heart connection that provided an insight for everyone to see what was really truly important – celebrating and being together as a whole; because, in truth, we are."** She adds, "...everyone marveled at how some part of their memory story hit on the the script page.

I KNOW WHO YOU ARE

I know who you are! Your pleasures are not hidden
For in your places of joy you are naked
In the realms of your bliss gladness announces
That you are indeed heaven's captor
Subject to her law embossed with his design
Gifted with your very own veil
I know who you are
You are seen with eyes
Created to surrender to their own reflection
Eyes that cannot help but speak the truth of you
I know who you are!
You are not kept secret
Even in all the many changing forms
That you choose and appear and pretend to be
I know who you are!
You cannot fool me
For the very being of you is found
Within the being of me
And I know who you are!

Lori Inman - Copyright 2003

About Lori: Lori's family has long been connected with ARE and she herself has been blessed with psychic abilities. She is a certified Intuitive Heart Practitioner. In the above poem which Lori has so graciously let us include in this newsletter, she writes about the "mankind and its oneness." For the poem, Lori was nominated for the World Amateur Poet Award by Poet.com.



Lori with Ever, a Child Who Attended the Dinner Party

A Flower Blooming Where It Is Planted: Mary Miller



Raised in a warm and loving family in Squantum, Massachusetts, **Mary Holland Miller** grew up with close ties to the Catholic Church, which nurtured her early spiritual development. She notes that among her relatives in previous generations were two spiritual women who were gifted healers. Mary's ideal life continued with the happy marriage to her husband "Cutter" and the birth of their first child. While pregnant with their second child, Cutter was killed piloting a plane through stormy weather. This enormous tragedy brought with it a great sense of abandonment and loss that Mary had not felt since her father left to join the army in World War II. The chaos of continuing life brought on a second marriage that didn't work, but also brought a much loved third child.

Building a New Life

Part of getting her life back together after this difficult period meant returning to school and completing her education so that she could teach in New York State. She earned a Master's Degree in Education and taught in The Springs, East Hampton for over twenty-five years. Raising

her children in East Hampton proved to be a healing blessing. Mary notes, "I discovered the value of love and compassion that exists in abundance once the door to my heart was open."

Mary also says that it was a "closer walk with God" that contributed to the beginning of her healing. She states,

". . . it was imperative that I apply every form of healing for myself and the children, especially. Prayer, meditation, and guidance with family and friends I so respected brought great comforts and the abilities to once again function more normally as once Cutter and I knew."

Healing came with its attendant blessings of awareness and healing skills, along with a connection to the Association for Research and Enlightenment. She says,

"As the years progressed and the opportunities I had with learning, dreams, developing intuitive skills of listening, conversation, and healing forms with others, I was drawn into the Association for Research and Enlightenment [A.R.E.] by the people and content of life conferences and courses offered. These were a complement to the educational work in which I was involved, Elementary School Education."

Where to Practice?

She decided to get a Master's Degree in Transpersonal Studies from Atlantic University and credits Henry Reed and Kieth VonderOhe as being her closest mentors. Once she graduated, and later was certified as an Intuitive Heart Practitioner, Mary's next concern was not teaching but where and how to practice. By now she was retired and didn't feel inclined to educate large groups, or even medium sized ones for that matter. Just like a flower, Mary was led to bloom where she was planted, in the retirement community where she lived!

She began her work at the small dining room table, listening with an open heart to the conversations of those there. Mary says,

"I began first by being one of the four residents at a table. Basically, I listened to the conversation that was occurring. It all unfolded from there. While others conversed, I prayed, had a short meditation, and listened to conversation including the others."

After a conversation, Mary would return home and reflect on how better she might improve her technique. What was there she could improve upon? She has not discussed her process at length with anyone and provides for Spirit to take its course as a natural development of being led. She says,

"Each evening after prayers and meditation, while I was alone with the Creative

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Forces and in the sanctuary of my own home, I began receiving guidance on a next step in the whole process."

About her table conversations, Mary says, "Healing compassion and love are abundant, while caring activity of conversation continues without interruption. The conversation still remains just with the one person and me, while the others at the table exercise greater listening abilities as well as greater learning from the experiences of the two in open conversation." **In such a simple table conversation where one person fully listens and silently prays with an empathetic heart, healing happens for both the person with whom she is having the conversation, and for Mary.** She affirms, "Much to my pleasure, conversation naturally progressed into what became a deeper healing for us both . . . with God's blessing as a true gift."

It was not long before others were inviting Mary to their tables, and finding her company to be a solace. She began to be acknowledged as one who heals, carrying on a long tradition in her family.

About Mary Miller: Mary continues to live and practice in her retirement community. She describes herself as "clearing out life's materials" and enjoys being with her three grown children.



The Beat Goes On:

The Dream Helper's Ceremony Works via the Phone

By Elly Molina

In October of 2014, I put together a Dream Interpretation Workshop. There were 14 participants from various US states. For the first hour I spoke about dreams, types of dreams, history of dream interpretation, and then we proceeded to learn how to have various types of dreams.

Our last exercise was to dream for each other. None of the participants knew each other, nor where they were located within the same state. Each person received the first name of the person they were to dream about. After the dream, they would get their person's email and phone number and discuss what they dreamt for their person and were then instructed to provide the message they received for the person they were dreaming for.

The results were incredible. Each person successfully had a dream that was directly related to the other person's life. One of the participants (which I will refer to as participant A) had just gone through a dramatic and painful breakup with her partner of 4 years. Participant B (the dreamer) had no knowledge of this situation. Here was participant B's dream for A (permission to share has been granted):

"There was a man with a donkey. I came close to him and he was holding little miniatures, oval paintings of young me. I looked at all of them and said, "No, these are not a match for her. She needs a KING".....

"Then the next dream, I was with a group of young girls... and this guy came over and was trying on their clothes and everyone started laughing... UNTIL it turned out that he was a hermaphrodite and I looked at you (participant A) and said, " He's not for you.... you want a REAL MAN."

It's important to remember again that Participant B had no idea of what had just transpired in Participant A's life.

This is just one sample of the 14 powerful and relevant dreams that happened for this group via remote dreaming. The dream helper ceremony is a powerful tool and can be used regardless of where the participants are located in the world.



Elly Molina

Inspired Creativity: The Work of Bonnie Perry

As a Creativity Coach **Bonnie Perry** has explored the spiritual dimension of creativity as it can be enhanced by the Inspired Heart Meditation both in her own practice working with clients and in helping clients access and integrate their creativity into their lives and work.

Before Meeting With the Client

Bonnie uses the Inspired Heart Meditation to prepare herself before meeting with the client, and to better improve her relationship with the client. While the meditation quiets her mind, she asserts that the practice allows her to create a special and unique "heart connection" with her client when she brings to mind the client during the time her own heart has been opened through the meditation. She is able then to connect to the client in love. In an article entitled "*Creativity and the Inspired Heart Meditation*" she states there is

"...an alignment - a sense of gentle connection. My mind is quiet and yet focused. My heart is open. I find that I listen empathetically and seem to more easily understand their (the clients') sharing of what is happening in their creative lives. My ability to intuitively guide them is also heightened – flowing easily and naturally. Both the quality and content of creativity coaching sessions almost seem magical."

Working with the Client

Bonnie also recommends the client do the Inspired Heart Meditation as part of his or her creative work



Bonnie Perry (on left) with Adell Shay.

Table, Chair Back Painted by Adell Shay

because they find that "...the investment of a few minutes prior to starting their work made a difference." **She adds, "The short, guided meditation opens the heart to love through the breath a sense of relaxation..."** Perceptively, she then asks, **"Isn't creating expressing and/or releasing emotion from the heart? Isn't 'finding ones voice' learning to get to that authentic place?"**

One of Bonnie's clients, Adell Shay, uses colors to bring old furniture back to life. Adell likes to use the Inspired Heart Meditation she learned from Bonnie for its reliable effectiveness in nurturing the creative painting process. Adell says,

"I play it (the meditation recording) in the mornings often during my mediation time and during the time I paint. Sometimes, I play it during the day when the head is chattering and there is a feeling of anxiety present as well. The meditation reminds me to let Spirit Breath me, to relax and realize that I am not beating my heart, breathing, or being the animation of this body - that Life is doing all of these things for me and that I can trust and allow Spirit to also be the painter. I actually feel a shift into recognition of all this, something that I forget often as I begin to believe that I have to do everything and feel the anxiety of those thoughts. I feel joy and ease and begin to enjoy what I might have, just a moment before, felt as a chore - this is a tangible shift EVERY SINGLE TIME."

In conclusion, Bonnie observes that the Inspired Heart Mediation not only helps with the creative process of her clients but also enriches the life of the artists. She says,

"I love that this process has become a part of their day. Creating is a so much more than simply producing a piece of art. It is the underpinning of creating a meaningful life. I have come to see the reciprocal relationship between creativity and a joyous, fulfilled life."

About Bonnie Perry: Through her mother, Bonnie has long been connected with ARE since she went to Virginia Beach in the 1970's. She eventually earned a M.A. from Atlantic University in Transpersonal Studies and became certified as a creativity coach. She took the Intuitive Heart Training under Henry Reed, Ph.D. Email: baperry444@gmail.com, website: www.bonnieperry.net.

A Dream Helper Sleepover by Janis Reed

On Saturday, after a late and leisurely breakfast, we began the day with specific exercises to develop rapport among ourselves and meld our hearts such as a mirroring exercise to mimic each other. We shared commonalities, we laughed over our differences, and we ate good food, swapped recipes and laughed a lot. The pierced-and-tattooed woman and the woman who packed a Bible might never have met had they both not agreed to help me find out if the Dream Helper Ceremony had any worthwhile merit. They seemed to delight in each other's company and commonalities. There were no judgments of strangers, only kindness between long-lost, reunited cousins. **We spent most of Saturday laughing and building rapport through an enjoyable lesson plan.** While the group danced to specific music and played with colored bubbles, crayons and giggled with each other, they had no sense that they were taking lessons in a class. **Saturday seemed more like a mixture of summer kids camp and grown up pajama party.**

With no boys allowed, we women became girls, once more. For those hours together, we all felt the safety of having seven other best girl friends in the world within hugging distance. This intense personal bonding was something I had not expected. I expected us all to get along, but we surpassed that idea. We experienced UNITY, and it came without any effort at all.

After dinner, that Saturday night, we calmed ourselves for the serious part of the Ceremony, the reason we had gathered.

I explained for the first time the Dream Helper Ceremony and how it worked. I asked them to all think of some issue they were having, problems they would be willing to have the group help them with. If they had such an issue, they were asked to put their name into our Sacred, Ceremonial Hat. Then, we prayed over the hat with names, each in her own way, asking that the Great Gods of Love and Mercy help us choose the name of the person had an issue we were best suited to help with at that time.

No one breathed as I raised the Sacred Hat high up, into the air, and the tallest among us reached in and pulled out one name.

The lady whose name was chosen rose up and went into the kitchen to write out her issue and to create an autographed piece of paper to give to each of us. Upon her return to the room, we all erupted into cheers of gratitude in her honor. It is a big deal to be strong enough to ask for help, especially among strangers. We wanted to let her know how that she had honored us by volunteering to be our focus person.

As she approached each one of us, in turn, she offered her autograph while each of us looked her in the eyes and promised to remember a dream for her that night. We also promised not to ask her about her issue until after we completed the Ceremony the next day.

That next morning, after another easy breakfast and clean up, we gathered ourselves in the living room to complete our Ceremony.

I had discovered that, during other dream discussions, the helpers would often look towards the focus person, to see how they reacted to what was said. So, we asked our focus person to turn her chair around, so no one could see her face or look to her for help. After all, if she knew what she needed, she would not have asked for our help in the first place!



Janis Reed

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We spoke in turns, recounting our recorded dreams from the night before. Our focus person was allowed to turn her chair around and look at us as she recounted her own dreams, then she turned her chair back around to face the wall. By this time, she had heard enough about our dreams that she took the box of tissues with her, already sniffing and smiling. For the next hour or so, we took turns, talking around in a circle formation, picking apart all of our dreams, looking for commonalities, looking for possible meanings, figuring out what issue might be. We followed the same routine I had learned in Sedona. For as many different ways the Dream Helper Ceremony might be offered, there are several very specific and important steps that must be taken in a particular and timely order for the experience to operate successfully. **The work is so exciting and special it is easy to forget that this is a repeatable, hardcore, scientific experience.** The fact that every dream carries equal weight is an important aspect. Withholding judgement is also very important. Judgement divides and dreams simply don't observe borders or boundaries.

The Dream Helper Ceremony unites a population through recognition of personal, individual power. It might seem counterintuitive, but, that's what happens. This experience helps to build rapport, create friends and greatly improves self-esteem—all at once.

Our weekend ended with answers where there had been questions. As sisters, we agreed that the Dream Helper Ceremony as I presented it

was a worthwhile venture that bore repeating. We have joined in dreamtime several more times since that first overnighter, repeating our sacred process by dreaming help for us, one at a time. Each time we meet, we add or subtract a member or two. No one is closed out or forced into anything. Each time, we allow Great Spirit to choose our focus person. Each time we depart, we leave more firmly joined in Spirit, more sure of ourselves, happy and ready to re-join the rest of the world.

About Janis Reed: As an amazing and gifted light worker, Janis wears many hats such as masseuse, past-life regression counselor, caretaker of goats, and spouse and supporter of Henry Reed. Her Dream Helper Ceremony practice continues to grow in the area in which she lives.

IH Explorations by Fran Kramer

Seeing Into the Depths: DHC by the Sea



This past summer, I taught a class for the University of Hawaii Osher Lifelong Learning Institute (OLLI) called "Working With Dreams and Intuition in the Tradition of Edgar Cayce." Through the invitation of a friend and a member of the class, we were able to have the class at a private club in Waikiki. The setting and the wonderful students did indeed make this a "dream class." As an example of work being done in the tradition of Edgar Cayce, I had the class do the Dream Helper Ceremony (DHC). With permission of those involved I briefly recount the most of the group's

dream insights and help given the person dreamed about.

After describing the Dream Helper Ceremony, a focus person—the person to be dreamed about—was selected at random from two persons who wanted to receive help from the group. The other class members were then given this person's name written on a piece of paper and instructed to dream a dream that would help the focus person, even though no one knew the focus person's issue. At the next class, we shared the results of the dreaming before the focus person revealed her issue. The focus person (FP) then later revealed that her issue was speaking up at stressful condominium board meetings. It was difficult for her to assert herself and say what she thought. She often was caught between speaking up or not speaking up. It is amazing how the dreams picked up on this issue.

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The Dreams and the How They Resonated with the Issue

Below are most of the dreams dreamed by the dream helpers with their titles in bold, followed by the focus person's own response in bold italics showing what resonated with her issue.

- 1) **Decision:** I am in a big banquet hall. There is a long banquet table covered with white tablecloths. My mother and father are seated on the other side of the table. I am standing on the nearest side. I am in my early 20's (now in my 80's). I am adamant about something, standing up for myself, and they are protesting it. They are in daytime clothes. I have never seen them sit close together. ***FP: The need to stand up for myself is basically the issue.***
- 2) **Undecided:** I am shopping and not able to make a decision. In the dream there are four TV characters. ***FP: I am undecided about speaking up or not speaking up.***
- 3) **Confusion:** I am looking down on two pigs standing on two legs who are dressed in black jackets with round silver buttons. They are dancing in circles. They have small snouts. ***FP: The image of two pigs on two legs going around in circles describes the confusion I feel about speaking.***
- 4) **A Light in the Darkness:** It is dark. A figure filled with light stands up. I have feelings of foreboding while I stand up for myself. ***FP: The figure filled***

with light stands up, even though there was a foreboding feeling about "standing up for self."

- 5) **Big Change:** I am ready to split up with C. It is bedtime. I am wearing a pink (?) nightgown. I am ashamed I am wearing something sexy. C. begins saying the marriage is not working and that he is leaving. I am relieved. Next, he is gone and I am wondering where to go, move, etc. The emotion is one of calm, wondering what to do next. ***FP: While proceeding in crises, decision making is going on. (A way through the issue.)***
- 6) **Nature's Power:** There is a flood with a lot of brown muddy water flowing by. I am standing up on the river bank with about six people. Then we hear a tornado is coming and everyone wonders what we should do. I see a bridge with a structure at the end of it. It was half underground with metal supports. I say we should go over there and we will be safe. ***FP: There is danger but ultimately we will be safe.***
- 7) **Warning:** A friend has been having pain in the chest. I use my intuition and tell him he is having a heart attack. ***FP: Shock of not being prepared, but can speak from the heart.***
- 8) **Ready to Speak:** I am at my priesthood training gathering. It is announced that the training will start with my homily, not at the usual time during Evening Prayer. Stunned, I feel energy run through me as I am about to stand up. I realize I don't have my notes but feel I can speak with inspiration extemporaneously anyway, and decide to do so. ***FP: I feel the shock of not being prepared, but can and will speak from the heart.***

The Results:

We found that the Dream Helper Ceremony can help the dreamer by providing information on the issue, a diagnosis of the issue and a remedy or prescription. In looking at the dreams above, we see that this in fact happened. Several dreams either identified the issue (#1) or gave information about the issue such as describing feelings about the issue (#2, 3, 4, 7) and some give remedies or pointed the way (#5, 6, 8) With dreams such as this, the group quickly zeroed in on the correct hypothesis that speaking up about something was the issue.



About Fran Kramer: Fran is a writer, educator and life coach whose passion is teaching about the power of dreams and intuition to heal. She is training to be an Episcopal priest in the Diocese of Hawaii and hopes to bring her experience with dreams and intuition into her pastoral care.

The Populist Future of the Dream Helper Ceremony

What began as an experiment inspired by a few dreams among us campers at the ARE family camp has now reached out around the world. It is the only known helpful dream process usable by folks with no special training. Its future may lie in its populist appeal. We “Gringo Americans,” for example, long for our own “indigenous ceremonies.” One special dimension of the Edgar Cayce material is that it offers such an integration of altered states of consciousness and psychic functioning into a context of spiritual community. **The Dream Helper Ceremony concretizes this culture by providing a very practical, repeatable, and spiritual foundation. It also inspires further exploration and development.**

Perhaps the greatest number of people received exposure to the DHC by attending a conference at A.R.E., Virginia Beach. In that context of an audience of around a hundred people, I would perform a stimulating presentation and set up, followed the next day by having the several groups of dream helpers process their dreams. That experience showed that people can follow simple instructions, on their own, to work with the dreams that come. I’ve repeated that same format at James Madison University, where it was offered for several years as a combination honor student-faculty-townsperson special event.

The upside of doing a DHC in such a large crowd is the extra excitement and magic of seeing the main effects repeated in large numbers. Most everyone remembered a dream. The focus people in all those groups standing up and each and every one has a powerful, positive comment to share about the value received. **The downside is that no one else but me can put on the “Henry Reed show” to set up a DHC.** It’s cumbersome to have to attend the night before, and then again the next day. It’s hard to get that many people together. Very little research comes from it because the stories of the dreams for the focus people, which would be very useful for research, for spreading the word, etc., is rarely obtained.



Heart Art by Henry Reed

I’ve “trained” many people in conducting their own DHC, either in their home, or a convenient location. Most of the training is hand holding, giving the courage to take the chance, as there is so very little to do, actually, to conduct it. I’ve yet to have a failure experience in this approach. I’ve even had several folks who had never experienced a DHC successfully conduct one. That it is something that most folks can do is one of DHC’s BEST KEPT SECRETS. What I did was this: I happened to get an audience with three pre-teens at a neighbor’s home.

I told the kids I was going to give them a little puzzle. I’m going to tell them two different stories and I want the kids to tell me all the ways the two stories are the same.

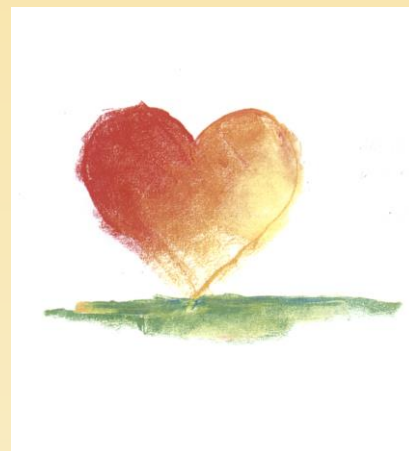
In story one, someone is sitting at a red light at an intersection, and then the light goes green. The person begins to enter the intersection when, off to their right they see another car crossing into the intersection at high speed. The person holds steady, then enters the intersection when it is safe to do so.

In story two, someone gets up from watching TV to go into the kitchen to make a cup of coffee. The person reaches into the refrigerator for the cream, they are about to pour some into their coffee, but they discover that the cream has soured! They find a fresh carton of cream, pour it into the coffee, then return to the TV as their show resumes.

The Populist Future of the Dream Helper Ceremony, continued

These preteens had to think for a while, and then they all said something to the effect that both people “had to stop!” There’s more similarities than that, and perhaps using dream samples more like the life pre-teens experience would produce more pattern recognition. But it’s a start on finding out just what it takes for a group of youngsters to work the DHC.

On another front, I am working up toward this goal: Can you imagine “Millenials” using their cell phones to do a DHC totally in virtual reality? I can, and I’m working on developing the steps that would lead to 1) the technology and 2) the demand for DHC among a large portion of the population. Recently, Janis and I took a step in this direction via the Internet:



Heart Art by Henry Reed

We solicited folks on the internet to participate. We had 8 players. Three of them stepped forward by email to volunteer being a target person. We made a video tape and uploaded it to YouTube for everyone to see: The pieces of paper with the volunteers’ names on them are dropped into the bowl. A prayer is said and a name is pulled and spoken and shown to the camera. It was hoped that this would create the drama needed for folks to have their altruism instinct triggered. The next morning, folks emailed in their dreams. I compiled them and sent the collection around to everyone along with a few “commonalities” Janis and I had seen, just to start the ball rolling. Later that day we used a 90 minute conference call for folks to phone in and brainstorm together, live, while the focus person listened in. Near the end, the focus person got to respond, give us enough feedback that we realized we had succeeded in providing the desired help. Each participant performed the Dream Title game to their dream and sent an email about what they were learning about self from their dream. The focus person sent out a long email responding to each dream. We felt that this DHC was a success and plan more like it.

I am also going to reach out to my community and the ARE audience that I have to locate folks who will host a DHC in their home, with me conducting it via videophone (Skype, Google Hangouts, FaceTime, etc.). Doing so will support the creation of certain teaching and processing aids that will facilitate the long term goal of developing a “virtual” version of DHC (where the folks never are at the same physical location, or have to be at the same “time”) to help with the mission to establish DHC as a general populist form of community, family, neighborhood and group healing and innovation. Someone returning from one of Janis’ DHC asked, “why not a DHC for couples?!”

Contacting IntuitiveHeartBeat

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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.

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

Newsletters : <http://edgar cayce-intuitionschool.org/intuitiveheart/newsletters/>

Henry's New Workbook

The Intuitive Heart Discovery Group Program: The New Manual

For almost two decades Henry Reed provided an innovative, hands-on training program at Edgar Cayce's A.R.E. headquarters in Virginia Beach, Virginia. **He creatively custom tailored the program to Cayce's specifications for a spiritual approach to psychic development.** Several peer-reviewed reports relative to intuition research were published as a result. Participants wanted to take the program home to share with a gathering of friends. The information in this book, never before published in this form, provides the details necessary for a group to enjoy themselves exploring these important discoveries. Folks learn to use intuition together and to navigate the new world coming, where boundaries are but convenient tools. Living and working together in intuitive harmony with each other and the creative life forces becomes the principal ideal. ***Experience these realities for yourself, in the company of like-minded people who are ready to share in the Intuitive Heart Discovery Program. Consensual intuition is possible and culturally transformative!***

Copies available at [Lulu.com/content/17192430](https://lulu.com/content/17192430)



A Note from Henry on the New Manual

Besides combining “Level 1 and Level 2—the Foundation and Skill Building exercises” into a single book, now produced as a standard 6”x9” trade paperback, the content has been enhanced in significant ways.

The main upgrade is the re-arrangement of the first three sessions. Exploration One introduces the experience of heart awareness through the “Inspired Heart Meditation,” and the experience of a heart connection with another person. The Dream Helper Ceremony is set up at the end of the first session. Exploration Two is the processing of the Dream Helper dreams. Exploration Three introduces “Intuitive Heart Memory Divination,” and then applies it to the experience of sharing with another through the “In My Experience” ritual.

The significance of this re-arrangement is to clarify the essential theme and gift of the Intuitive Heart Discovery Program. It rests on the foundation of a unique phenomenon

in psychic science—a repeatable experiment that makes a difference. The Dream Helper Ceremony, inspired and created within the Edgar Cayce community, is such an experiment. It allows folks with no special training in dreams, to nevertheless harness the significant power of dreams to help another person. The Intuitive Heart program offers people the opportunity to experience this dream process for themselves. The program then asks, “How do we do that?” The remaining explorations attempt to answer that question.

Another new feature of this manual is the reprinting of Henry's invited paper on the story of the development of the Intuitive Heart program. It addresses the question of how intent functions to guide our intuitive abilities. It's presence also adds a bit of “academic cache” to the program.