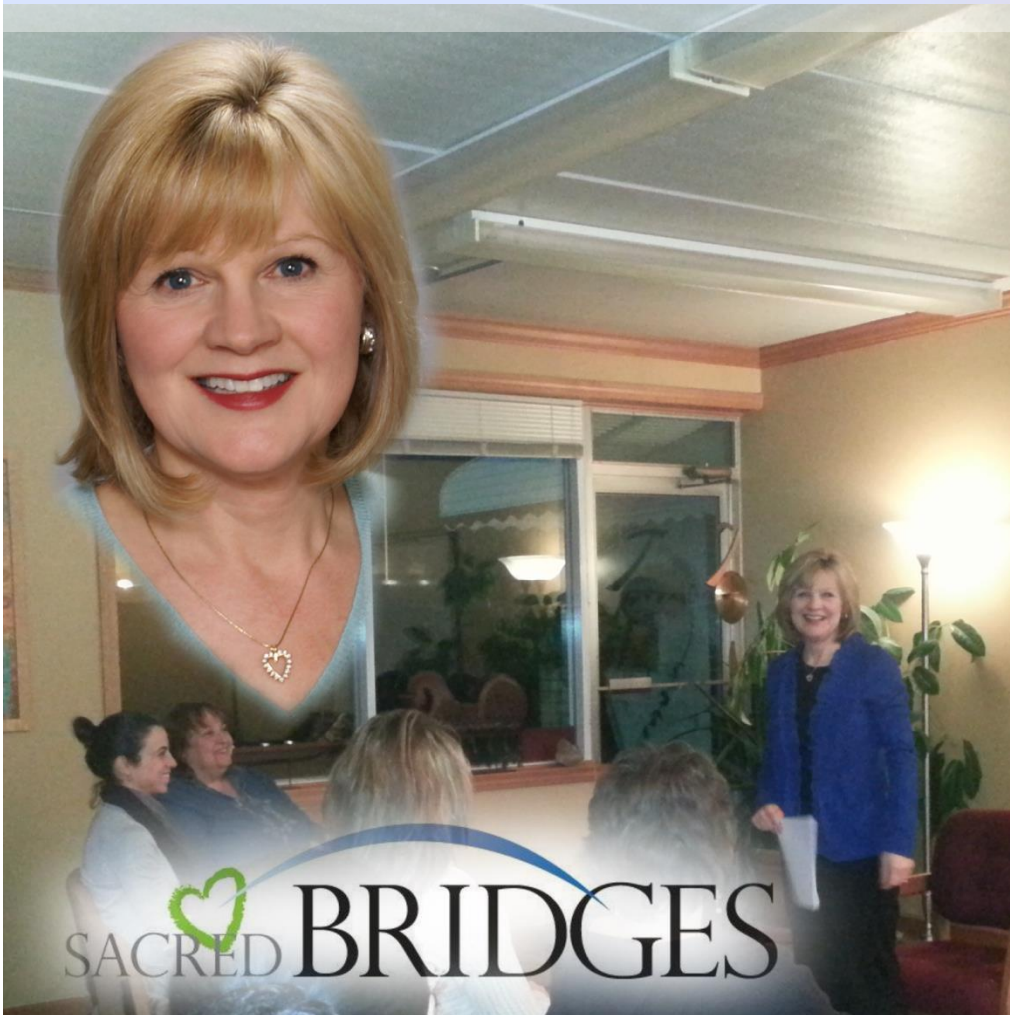




# Intuitive Heart Beat

Newsletter of the Intuitive Heart Discovery Network

Issue 2



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## Spotlight On: Therese Evans, Ph.D.

**A Little Child Shall Lead Them** by Fran Kramer

By starting her book, *Living By Heart: Empowering Connection to Universal Wisdom* with the biblical quote "...and a little child shall lead them," Therese Evans, Ph.D. celebrates the child as mentor and guide on the spiritual journey "When we nurture the spirit of the child within, innocent, trusting and playful, we literally move our lives from the fearful energy of the proving ground to joyful energy of the playground. From here, we can confidently and joyfully create the purposeful lives we are meant to live." For Therese, this purpose has focused on supporting people in making healing, loving connections; she calls them sacred bridges, first with themselves, then with others and with All That Is.

Throughout Therese's journey, the child has been integral to her path. She remembers how trusting she was as a child and cherishes that part of herself. Like many of us, Therese was an intuitive child and experienced things that were not part of the "agreed upon world" we live in. When she shared her intuitive perceptions with others, however, she was warned not to talk about them. Therese took those warnings to heart and soon fear began to eclipse the trust that is key to intuitive flow. Her intuition shut down at an early age. It was a child, and the unconditional love she felt for him, that led Therese back to her own intuitive nature.

At left, Therese Evans, conducts a session of [Sacred Bridges LLC](#) in Illinois.

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It was a cold and snowy evening in December of 1980. Therese recalls that she was 6 months pregnant with her first child and feeling very grateful for the new life she was carrying. As she was washing the dinner dishes, she glanced out the window. The lawn, normally dark at that time, looked aglow. She saw a group of men walking a few yards from the window. She remembers wondering how the men got on the lawn. There were no cars or vans, and no footprints in the snow. As the group of men continued to walk, they all turned to face her. She could see unmistakably that all the men had Down's syndrome. They continued to walk across the lawn until they disappeared. Therese called out to her husband, asking if he had seen the men with Down's syndrome walking across the lawn. Lost in his newspaper, he did not reply.

A few months later, Therese's son, Daniel, was born. He was a beautiful blonde boy with blue eyes. And he had Down's syndrome. When Therese took her baby in her arms, she was struck by the lovely soft glow that surrounded him. A rush of maternal, unconditional love cracked open her heart and ushered in what would later prove to be a whole new way of being in the world. Intuition blossomed.

Therese's life kept her in touch with the trusting and loving hearts of children. She had two more sons, and a career teaching kindergarten and first grade. As she lived an ordinary life, she had mystical connections to the unseen world. Therese believes that these connections happened not because she was different, but because she connected with the very essence of what makes us all the same. The same Divine Love that flows through all of creation and holds everything together

flows through each of us as well and connects us to All That Is.

Following her inner promptings, Therese left the elementary classroom, but she continued to support the well-being of children. She wrote *Living By Heart: Empowering Children's Connection to Universal Wisdom* to affirm and nurture the spiritual nature of children. Therese believes that children have a natural sense of spiritual principles, but that their spiritual focus is too often redirected at an early age. She offers simple games and poems that reinforce the truths that children naturally sense, so that they can build a strong connection to their own heart's wisdom and to the wisdom of the Universe. Therese reminds parents of the child's essential goodness and suggests parenting techniques to elicit behavior that is a natural expression of that innate goodness.

Therese's practice, Sacred Bridges LLC is an expression of her desire to support others on their spiritual path. She offers intuitive counseling for individuals, couples and children in the Chicago area and by phone across the country. When I asked what her goals and hopes were for Sacred Bridges, Therese expressed hope that it would grow as it has, word of mouth, drawing people who will benefit from their work together.

Therese initially connected with the Intuitive Heart Discovery Program over a decade ago through the recommendation of Susan Sanderford, the medium who was featured in our first issue. Since it "just felt right", and knowing nothing about the class Therese flew to Asheville, NC where Henry Reed was teaching Intuitive Heart. She was not disappointed. Therese recalls that from the start she could feel the movement of spirit in the room. Just as Henry



## Resources for Sharing

### Incubating a Dream:

Asking specific questions of dreams can provide great insight and inspiration. [Click on this link](#) for instructions in incubating a dream.

### Tools to Help You

A [webpage](#) has been created for the entire Intuitive Heart community. It provides information on the latest recordings and other tools.

explained that the Intuitive Heart connection originates from the deep intention for the well-being of another, something powerful occurred.

One student shared that she had had a strong prompting to bring a picture of her late mother to class, but she didn't know why. Another student replied "I think you are going to make a connection with your mother, and that will happen through Therese." Therese was taken aback, since she didn't know any of the people involved, but in the spirit of Intuitive Heart, she decided to trust and go with the flow.

On the break, they went into an

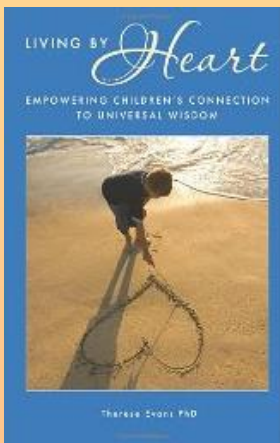
empty room and Therese held the picture of the woman's late mother in her hand, connecting to her energy. Information that was deeply personal to the mother and daughter came through and many tears of forgiveness were shed. Everyone was struck by the power of our intention to be helpful to one another.

Therese found Henry's Intuitive Heart Class and her work with the Intuitive Heart to be a wonderful confirmation of what had happened to her quite naturally throughout her life. "The Intuitive

Heart method so beautifully expresses the way I experience intuition."

Therese uses many of the tools from IH in both her personal and professional life. She recalls that she found the "In My Experience" tool especially useful in communicating to her sons when they were teen-agers, noting that sharing often works better with teens than telling them what to do. They need to find out for themselves, letting their inner child lead them.

## Publications by Teachers



**Therese Evans, Ph.D.** is a mother, teacher, intuitive counselor and holistic integrative therapist. Her heart-centered practice, [Sacred Bridges LLC](#), helps individuals and couples connect to the Love within and between them so they can create the joyful and purposeful lives they are meant to live. [Living By Heart: Empowering Children's Connections to Universal Wisdom](#) offers a heart-centered paradigm with techniques for parenting that introduces universal wisdom and supports children's Divine connection.



**Fran Kramer** is a teacher, writer and life coach whose passion is communicating the power of dreams and intuition to problem solve, create and improve health. In her new book, [Dead Men Do Tell Tales](#), a gutsy teen has learned to turn nightmares into problem solving tools. Her skills are put to the test when she must help her detective father save an accused friend. With assistance of a dream mentor and IH insights, she solves a scary mystery filled with twists and turns. A Reader's Guide at the back can help the 10 to 15 year-old reader age group hone their Inner Sleuth skills!

## Our Featured Artist: Fran Kramer

Fran Kramer's digital art of a Hawaiian orchid is represented in this issue.

## Henry Shares

### Developing an Intuitive Heart Radio Program

I've been at work exploring how to create Intuitive Heart "events" in virtual space. I've begun very simply, and what I've learned encourages me to explore further.

I've been using conference call technology, and have an account that provides more hours each month than I can possibly use. I invite any of you to get with me and we can explore together how some application of IH that interests you could be turned into some virtual experience.

Here are some of the things I learned: It is challenging to lead a guided meditation online. It is not easy for folks to get into a relaxed position while holding onto a phone, but that can be worked with. The biggest problem, easiest to fix, was that we could hear folks' TV sets, pets, and other background noises from participants' phones. I learned later that I can "mute" everyone's phone and we can achieve silence that way. Another approach has been to ask folks to download and listen to a recording just before program begins.

One session was devoted to the Inspired Heart meditation. I used the time to explain the components. People can ask questions about the process and I can answer. I also experimented with folks emailing me questions, so I could mention the question anonymously, and then respond to it.

The anonymous email question approach has been effective in doing a memory divination for folks, and it works well enough to intrigue them. Folks submit questions that have both personal and general interest. I randomly choose one, we focus our hearts on it (undisclosed), and ask for memories that will speak to that question. Folks email me their memories, and brief "truths," and I read them aloud and comment. Then we reveal the question. Most everyone feels their memory has something to teach themselves about the question that was the focus. I think this particular exercise could make a great "service" or "event," and I plan to keep developing it. I invite any of you to join me in this exploration. -- Henry Reed

# The Beat Goes On: What's Happening

## New Manual Reflects Discovery Group Changes

The scripts for the six-week Intuitive Heart Discovery Group have been adjusted and a new manual is available. The changes reflect our most important storyline. The Dream Helper Ceremony is a core experience, a foundation to our work, the only known dream technology that allows non-experts to use dreams to help one another. The IH Discovery Group presents folks with this experience, and then asks, "How did we do that?" The other exercises, or "rituals of discovery," as I once called them, then follow to help us become aware of the hidden, meaningful connections among us.

How is this storyline reflected in the new manual? The original Session One has been split into two parts—the Inspired Heart process and its initial heart connection aspect remain as Session One. The memory divination exercise, "In my experience," is now, in expanded form, Session Three. Dream Helper is set up at the end of Session One; and the dream circle is now Session Two—we introduce it right away, do it, and then explore its significance in the other exercises.

## ARE Supports IH on Its Website

The ARE website now includes a section of pages on Intuitive Heart, providing support and additional outreach presence. [Click here](#) to see pages. Thanks, ARE!

## Upcoming Events

### Sharing the Intuitive Heart Discovery Experience:

**May 4-10, 2014**

This training session offered by the Edgar Cayce Institute for Intuitive Studies at the Big House Lodge in Cedar Springs, VA can be a stand-alone study session or the first step in the Intuitive Heart™ certification process. **A scholarship is available.** For details, see <http://edgarcayce-intuitionsschool.org/intuitiveheart/world/>.

## Contacting IntuitiveHeartBeat

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**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: <mailto:starbuck@ls.net> to be added to the distribution list.

Newsletters : [edgarcayce-intuitionsschool.org/intuitiveheart/newsletters](http://edgarcayce-intuitionsschool.org/intuitiveheart/newsletters)

## IH Explorations

### A Dream Can Diagnose

A potential medical issue can be troubling to handle, especially if there is reason to doubt the severity of the issue, or the need to see a doctor in a situation where the cost of care, treatments and tests cannot be afforded unless absolutely necessary. I am reminded of a recent article in the newspaper where a woman had to pay \$21,000 in medical fees for a false heart attack alarm.

Something similar happened to me, when the first bizarre physical issues started presenting after I had a kundalini release in 2007. Not fully knowing kundalini symptoms, I was tested for ailments that did not exist and in one case, even treated not once but twice with antibiotics for a sinus diagnosis I questioned! Two weeks later, I felt run down and had the distinct gut level hunch that I poisoned myself with medication I didn't need. Also, I wondered if an old thyroid condition, previously healed, had come back. However, at this point I didn't want to pay for anything I didn't need.

Before sleep I specifically asked for a dream telling me if I needed a thyroid test. That night I dreamed of a physician telling me to forget about the thyroid test. She said I wasn't metabolizing proteins properly and began listing words ending in "ase." She gave me a black fluid to drink which upon waking, I visualized myself drinking. I then went out and bought a \$4.00 jar of papaya enzyme meant to help digest protein. In a few days I was feeling great! If this aesclepiion healing hadn't worked, I would, of course, have gone to see my doctor. But in this case, incubating a dream saved me good money. For instructions on incubating a dream, [click on this link](#). Asking specific questions helps to get specific answers from the Intuitive Heart! -- Fran Kramer