

# Download Lessons Of An Opening Heart

Barbara's story is for anyone facing or recovering from open-heart surgery and for the loved ones who care for them. Barbara's journey did not start with her surgery, but it did take a turn. In her book she shares how open-heart surgery saved her life and led her to a new awareness of surviving and thriving in life. Her book is also about hope, because this painful physical experience led to opening and exploration and new life. Although at times it was hard to read because it brought up painful memories, I feel very grateful to Barbara for sharing her much-needed story. I think it can help a lot of people. In the second video lesson I will show you all of Nancy Wilson's acoustic guitar chords starting from the end of the intro and progressing throughout the entire song. Opening up to breathe into it and to contain it completely in fact has the effect of melting it away, leaving the heart refreshed and intact." ? Shai Tubali, Unlocking the 7 Secret Powers of the Heart: A Practical Guide to Living in Trust and Love