

Choosing from the Heart

by Anushree Krementz

*May this course help you to take the right steps on your path towards
Truth - towards awakening, embodying and living
That what you truly are.*



लोफाः समस्ताः सुखिनो भवन्तु

Lokah Samastah Sukhino Bhavantu

May all beings in all the worlds be happy and peaceful.



Table of contents

For whom am I writing this	3
What do I want to Write about	5
What do I mean with “Choosing from the Heart”	7
How to make the most out of the video	8
Where did this come from - How did I develop this method further	10
When to use this method	11
Please be gentle with yourself!	12
Legal notice	13

Anushree Krementz, Being Satsang
c/ Relente 22, urb. el Palmeral
04638 Mojácar, Almería, Spain

WWW.BEINGSATSANG.COM

+34 672 721 096

This book is copyright © 2019-2020 Anushree Krementz. All rights reserved



Dear beautiful beings



For whom am I writing this

This is for the ones of you, who have this feeling inside that there is more to life than just what we see with our eyes, more than just getting a good job, having a certain amount of money and success or having a house, wife or husband and kids.

All of these things above are really wonderful, if they happen to come into our lives, and if that's what we sincerely want. I don't want to sound in any way as if I reject anything the material world has to offer - the 3D world how I like to call it.

This planet and the people and nature on it are truly beautiful. I feel that this whole creation is beyond doubt so amazing that I actually don't have words to describe the awe and gratitude I have for being able to physically live in it.

But what I want to write about here, and what I would like to offer to guide you towards, is something else. It is That which lies beyond and at the same time within all of this immense beauty.

It is this loving stillness which is always here - in every moment -

our true Nature, which we tend to miss all the time underneath all the mental chatter.

It is so naturally ever present and constantly waiting quietly to be rediscovered we could say. In the meantime, a lot of us tend to listen to our minds, which have been trained since our early childhood to believe in certain stories and to look (for answers) in the outer 3D world, to search there for more, for something special, some "final" satisfaction.

Rather than continuing to do that, I want to offer you here the exact opposite - to pause and look within - to turn towards your Heart for answers and to question all these old believes of your mind.

I totally understand and respect that maybe not everyone has this deep longing for Truth, to realize our true Essence or however else you want to call That, which is beyond any name and language.

I want to assure you, in case you don't have this ambition, that this is totally and utterly ok. No matter what it is, you feel you want to get out of your life, your feeling, your truth, about that is completely loved and accepted. This is the truth of your heart in this very moment and maybe it will stay like this in this entire lifetime and there is nothing wrong with that!

If you just think "I should be more interested in spiritual growth", but you are not, it doesn't help anyone to pretend as if you would have that interest. Just follow your heart then pursuing worldly pleasures, the so to speak worldly happiness, and I wish you so much love and joy on your path!!! If you ever change your opinion, please know that you will be always welcome here, if this is what you truly want.

But if there is already this wish inside of you for "something more than these outer appearances", the longing to "find something deeper", that spark of curiosity of "what else is there?", "who or what am I really?", then I want to invite you to keep on reading and to try out for yourself the method I want to explain in this course.

For myself personally, on my own journey, this has been and still is the most "effective tool" I have come across to find my heart's path and to stay on this path towards fully realizing and embodying this Love and Peace that we all are.

I call this method "Choosing from the Heart", and it really means that what you feel in your deepest Heart as Truth is what is valid for you!

If you have understood the method and have fully tried it out and realize that this is not your way, then please look somewhere else for answers, for guidance and insights, because this is all I can offer you for now - to guide you on that path of your heart, my heart, all our Hearts, but I would never dare to say that this is the only path there is. I wish you then so much love, courage and grace for your search, on your own path.

What do I want to write about

So, I want to write here about the heart, my heart, your heart, our Heart.

I believe that, if we truly learn again to listen to our Hearts and take actions based on its decisions, that a lot of the other problems in life will gradually just fall away.

I don't mean this in the way of "Yeah, finally everything will be always perfect and I will be constantly happy", but I truly feel that, if we learn to absolutely be honest with ourselves and our truth in our hearts, that this will lead us to discovering and realizing that eternal peace and love within, which will lead us to true and lasting happiness -

not necessarily always personal, ego happiness, but true peace, true unconditional love no matter the outer circumstances.

I know that every decision I have ever taken from my Heart was always for the best for my higher Self, always lead me to deeper learning and more growth. Toward slowly but surely awakening more and more to the Truth of what I am and what we all are.

With that I don't want to give you the impression that it has always been easy, that I, as a person, was always happy on my path - there have been also quite intense times, when I had to face my inner demons, old strong conditioning or any other deep rooted pain through the path my heart was guiding me on, but in the end after every layer or episode I could say that I really felt always lighter, that I had learned, overcome, healed, embraced and let go off so much stuff, which I would still be carrying around, if it was not for that wise decision of my precious Heart!

So even though in general I would say that I really feel that following your heart will fill your life with a lot of joy, happiness, aliveness, adventure and simply being at ease with your authentic self,

I am not saying here that listening to your Heart's voice and taking decisions based on that, will always make you, as a person, happy in the short term or that there will be then so to speak always a "nice outcome" from the perspective of the limited human personality. It is a very natural and human desire to want to be always happy, to have certain things like a nice job, house, car or any other specific situation, which feels like it will give us

comfort or fulfillment. Most of us have been educated and conditioned to strive for worldly success or any other accomplishment in the outside world. It is a very normal and human approach to life to do exactly that.

But like I said in the beginning, this course is not about how you can achieve more worldly success or how to become a constantly happy person.

My focus lies on what brings in my experience in the long run so to speak deeper happiness, true peace and real fulfillment.

But I just want to be very clear from the beginning that the method I am offering here in this course is not a short-term happy fix for anyone who is basically interested in having a happy life as a person.

This path, which for me is the only one worthwhile walking and therefore the only one I can offer to guide you on, is the path of lovingly but firmly questioning the believe that we are only this separate person and to rediscover That what we ultimately are.



What do I mean with "Choosing from the Heart"

I mean by that a, for lack of a better word, technique how you can tune into your Heart, into the deepest place, the core of your Being - and to learn to hear what it is that your heart wants to tell you.

To help you to determine which road to choose, which decision to take.

Here in this place in my opinion the personal truth and the universal Truth meet - are actually one and the same.

It is a process how to get a clear answer to any yes or no questions. To receive direct guidance from your higher Self you could say.

I will not describe this technique here in written form, as it is a deep meditative process, I prefer to guide you through in the video with the title "Choosing from the Heart Method".

I don't want you to just mentally do the exercise, but rather experience it in a deep meditative space.



How to make the most out of the video

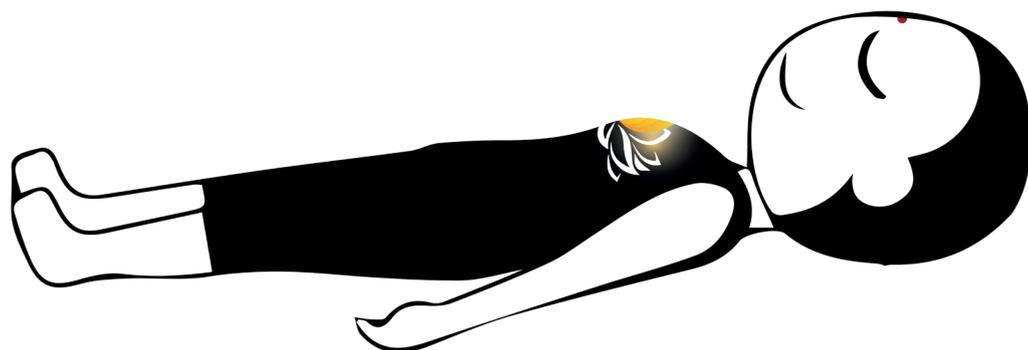
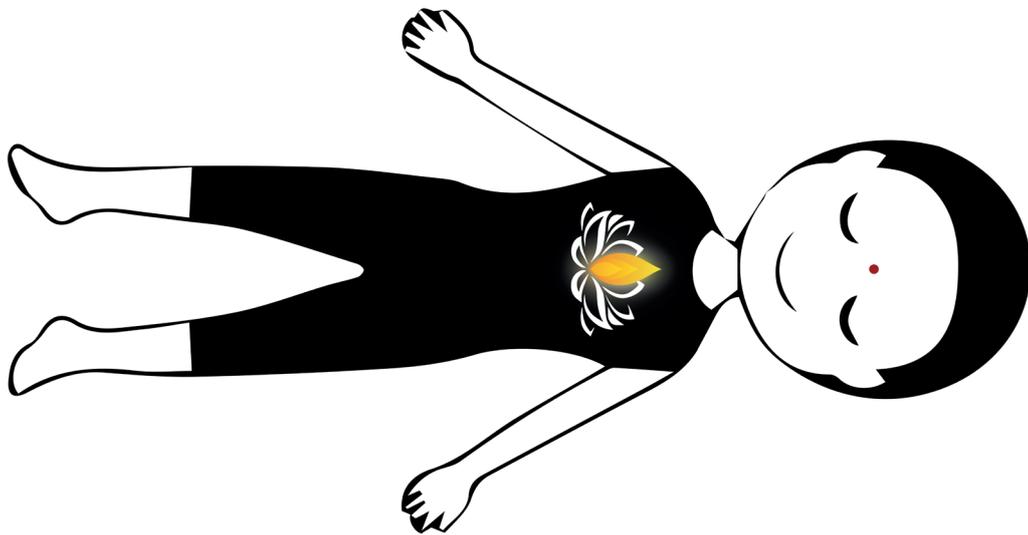
1. Please prepare a chair or meditation cushion and a yoga mat or blanket.

Please prepare a chair or meditation cushion or anything else you need to comfortably sit in an upright position.

Also have a yoga mat or a blanket next to the place where you will be sitting, as at some point I will tell you to lie down in Shavasana (see picture underneath) for a special exercise.

When you change from your sitting position to lying down, take all the time you need and don't rush. Stay with the depth of the meditation I have guided you into and move consciously in a pace, which allows you to be fully present with your body and your whole being.

In general, you could also be lying down for the whole course, in case you have any physical difficulties for example, the only thing is that I want to make sure that you don't fall asleep or drift off, if you are lying down from the beginning.



2. Watch the whole video "Choosing from the Heart Method" in one go.

<https://www.youtube.com/watch?v=Rj2ibWuFq90&t=923s>

Please make sure that you have enough time and space to watch the entire video in one go. It is a deep meditative process, and you will benefit best from it, if you treat it, as if you have your own personal "Choosing from the Heart" workshop, which you can attend comfortably from your own home.

If you want to close your eyes at some point, when you are watching the video, in order to focus better inside of yourself, please do so. There is nothing you will miss by not looking at me on the screen.



Anustree 

I learned I would say parts of it in a several days long energy - healing - workshop, as part of an energetic healing method you could say.

I will at some point write a separate article about how I personally see the whole world of energy healing trainings, but I don't want to focus on this theme here right now, as it is not necessary for learning the technique I am offering in this course.

I just have to say that I deeply know that this amazing tool is not limited to any energy healing system!

Someone who wants to get honest answers about one's truth in this very moment will not have to have any previous energy training, no Reiki initiation, no divine healing transmission with whichever name - nothing like that.

There is no need for any energetic structure to be previously installed in the system of that person, no energetic healing crystals and no other energetic initiation or structure beforehand.

Everyone has a Heart, everyone can find this place within oneself, where she or he can get in contact with that innate wisdom, with that inner voice and feeling of Truth!

Your Heart has always been with you since you are born and is always with you, wherever you go -
Just pause - and listen.



When to use this method

In the end there are no limits to where or when you can use this method.

Be it for decisions in your daily life about what to eat, when to stop eating, what to do now, when to rest, when to do a certain sport or activity up to big life decisions whether to move from one place to another, leave a country, stay in a job etc.

Any question you might have, which you can phrase into a "yes" or "no" question, you can ask your Heart about it.

You can use this method as much as you want, as many times a day as you wish - without getting obsessed about it. :-)

Using this method really works like a muscle and will still grow to more "strength" after the course, when you keep on practicing. (And in case you feel like listening to certain parts of the course a second or more times in order to deepen your connection with your Heart that can be wonderful, too.)

It can naturally become a habit to quickly check in, in moments when you are not entirely sure about something.

This more and more living from Truth, aligning with Truth, will give a divine flow to your life and will with time become a natural knowing. Then later you often won't even have to specifically check in for the answer anymore, because your whole being is already in tune with your Heart's way of living your life.

For really big or challenging questions you might still really take your time and meditate beforehand / listen to the course material again or do whatever practice is helping you to ground down and to get in contact with your Heart, your true Self.

Often times in my experience anything, which brings you more in contact with your Self and also with your physical body, can help you to ground down and to be more anchored in this place of Truth. Anything which works for you, be it meditation, doing a physical workout or working a bit in the

in the garden and getting your hands dirty, can be a good way how to ground down and connect deeper into your Self. And then from there sit or lie down again and do the exercise.

Even during an intense conversation, you could pause a second and ask in your Heart, whether or not you should say a certain thing right now, or if you should better wait or phrase it differently.

Or if you are not getting any clear answers about a certain burning question you have, you could ask, whether or not now is already the moment to decide on this theme.

Please be gentle with yourself

Please give yourself the time you need, to learn at your own pace, and to build your ability to listen and then act on the decisions of your Heart. Be kind to yourself and thankful to your precious heart for giving you this amazing guidance, whenever you are getting the answers.

Even though you might feel at times that you have made a "mistake" and didn't (fully) listen to your Heart's truth, please forgive yourself and just take it as a beautiful reminder to experience how it feels to not have listened entirely so that from now on you can be even more determined to really listen. We are all human beings waking up to our divine nature, and all this learning and growing and sometimes making a mistake is very normal.

Please be loving with yourself on this journey of more and more being aligned with your Heart's Truth.



Legal Notice

This method and all the course materials are provided for you in order to share a way, how I myself have learned to listen to my Heart and to take my own decisions based on that.

It's always your responsibility to feel, if the information, which came through for you, feels right for you or not.

Reconnecting with our own true Essence can bring up a lot of stuff for the human person, as it slowly but surely integrates to be both, a human being and the divine Everythingness and Nothingness at the same time. Hence, a lot of change and a process of deeply letting go can happen on a mental, physical, emotional and energetic level during and following this course. Deeper layers of your being (be they emotional, physical, spiritual and energetic layers) might surface and transform following this course. For example, certain themes, why you in the past chose to not listen to your Heart and cut yourself off of your innate wisdom instead.

You can always contact me for a private session, in case you feel you would like support with anything which might have surfaced for you during this course. I am here for you!

But I want you to take full responsibility for all conclusions drawn, choices made and for all physical, emotional, mental, spiritual, energetic and situational changes which might occur during and after the course.

I AM NOT A DOCTOR

This course is not a substitute for professional medical advice or treatment for specific medical conditions. Everyone is advised to seek appropriate advice from a licensed health care professional before making any health care decisions.

I am not providing medical diagnosis, treatment, or prescription of any kind.

लोफाः समस्ताः सुखिनो भवन्तु

Lokah Samastah Sukhino Bhavantu

May all beings in all the worlds be happy and peaceful