

Heart Work

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Synopsis

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Teachings, Practices, and Meditations for Living a Heart-Centered Life

What does it mean to live in a heart-centered way? How do we turn our biggest obstacles into openings for joy, connection, and possibility? These are the questions you will explore through *Heart Work*.

As spiritual director of Denver's Mile Hi Church for more than 30 years, Dr. Roger Teel has brought compassion and quiet illumination to those facing loss, health crises, and many other life challenges. "This program is about mastery of the heart," teaches Dr. Teel. "Mastery is an empowering of our awareness of what life is, who we really are, and how we can create a skillful relationship with anything that might block our progress." With *Heart Work*, this beloved minister provides us with an indispensable guide for living a life of greater meaning and happiness.

Awaken Your Heart through the Nine Portals of Transformation

Dr. Teel offers us a clear pathway for life mastery through what he refers to as the Nine Portals of Transformation - life-empowering openings for understanding our greatest challenges, such as fear, disease, and change, from the limitless wellspring of our hearts. You'll work with key questioning, step-by-step processes, teaching stories, and guided meditations to help you meet difficulties while staying open and connected to life's many gifts. In the words of Dr. Teel, "We can go from resistance to transcendence through the power of an awakened heart."

A masterful guide and storyteller, Dr. Teel weaves together teachings of the world's great wisdom traditions with moving real-world accounts of transformation to help us redefine and reframe our struggles in fresh and illuminating ways. Through more than six hours of insightful and practical teachings, *Heart Work* provides a wealth of guidance for anyone who wants a life of greater love and joy.

"In every person's spiritual heart, there is an opening into divine light, love, and universal joy. In moving through this opening, we transcend resistances and obstructions and are welcomed into a paradise of answers, innovations, healing, reunion, and untold

blessings." </p>

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