

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



Marina Rose, QDNA®
QUANTUM CONNECTION™
Exploring Health, Science & Spirit

Quantum Connection™ Exploration of Health, Science & Spirit, Accelerating Your Path To Extraordinary Living™ Archives Available

November 24th 2015:QDNA Living a Heart-Centered Life - Access Your Heart's Intuitive Intelligence - HeartMath

Learn to listen to your heart with love, compassion and patience while your heart tells you what it wants. You just have to stop and listen. Can You? The messages from your heart start off like gentle, nurturing, lapping waves, nipping at your ankles in the beginning. If you choose to ignore listening to the messages, they will only get louder and louder. Imagine there is war going on inside of you and you are stretched so thinly that you could snap in half, this is what it feels like when you defer listening to your heart over a long period of time. Now envision those messages becoming like y

[Read more](#)



Tune in

Archives Available on VoiceAmerica Empowerment Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



Howard Martin

Howard Martin is an Author, Speaker and Business Executive. He is Executive Vice President of HeartMath LLC, co-author of the book "The HeartMath Solution", author of "The HeartMath Method", an audio-learning program. He is one of the original leaders who helped Doc Childre found HeartMath and has been with the organization since its inception in 1991 serving as a key spokesperson and executive. Howard played a key role in launching the Global Coherence Initiative (GCI), a science-based, co-creative project to unite people in heart-focused care and intention, to facilitate the shift in global consciousness from instability and discord to balance, cooperation and enduring peace. He has served

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

