

The Hearts Center 2022 Winter Solstice Event
The Manus Speak on Preparing for Emergencies and Handling Crises

~ Mental Quadrant HOME-Work ~
Keeping the Teaching Alive through Potential Earth Changes

Start now in your **local Hearts Center** and **among centers** to discuss what you would do before, during and after Earth changes.

Potential Earth Changes

- Negative: Polar Shift, Solar Flares, Earthquakes, Volcanos, etc.
- Positive: Mindfully create a beautiful Earth
 - Practice World Peace through Self-peace
 - Visualize virtue and emanate Light



Remember to use:

- Conscious, harmonious, NVC (Nonviolent Communication) language
- One-to-one and group communication skills

Topics:

- How to keep the teaching alive within yourself
- How to keep yourself strong, happy, calm and positive
- How to keep copies of the teachings safe and accessible
- How prepared is your community?

Presentation Summary

For yourself

- Within - Mental Preparation – Create positive outcomes with your thoughts and mindfulness
- Outer – Know where to find Teachings if Hearts Center website is down

For your community

- Access to archives – keep print copies safe, intact and accessible
- Communication - share
 - Within your group – pray together regularly
 - Between other Hearts Center groups and individuals

For the world - Goals

- Cultivate resources (including YOU) accessible to new seekers
- Form/join groups around the world and secure multiple resources
- Create (more) places to store The Hearts Center resources