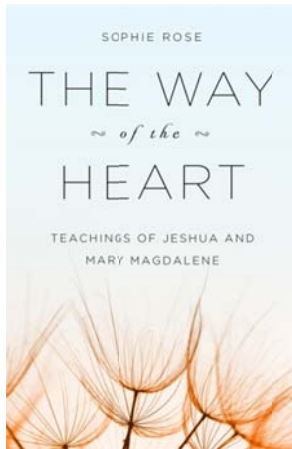


THE WAY OF THE HEART

By Sophie Rose

BOOK SUMMARY



In February 2010, shortly after sitting in meditation, Sophie Rose received the vision of glowing Jesus, standing in a white robe. Her first reaction was to ignore this image, hoping it would go away. The same vision came back the following days, so she began to ask questions and received clear answers: His goal was to transmit teachings about God, Oneness, soul work and co-creation. After years of non-traditional spiritual work, such encounter wasn't welcome, she wanted to enjoy her peaceful meditative moments and Jesus – or Jeshua, as he likes to be called - was not a figure she was looking up to. Weeks went by, Jeshua's presence became stronger and insisting as Sophie's resistance was growing from distrustful feelings and fear. Despite what Jeshua was saying, she could not conceive being an channel for these teachings, let alone write a book about them. However, one morning, she took a pen and paper to record what the voice was saying, that's when the dictation began. A steady flow of coherent sentences was coming to her mind and she was writing them down without knowing what would come next. A book of spiritual poems was completed within three months, followed by dialogues. As her spiritual understanding grew, so did her trust in the voice.

A few months later, Mary Magdalene joined the conversation, which quickly turned into a spiritual course: The Way of The Heart. The course consists of lessons in the form of dialogues between Jeshua and Mary Magdalene. As the lessons progress, the reader is guided to explore his spiritual connection, draw on its wisdom and become a true creator of his world.

Many who have studied A Course in Miracles, mysticism or esoteric Christ consciousness teachings know of the way of the heart. It is a very ancient teaching that several mystics brought back to public view over time. Each time, these teachings

reappeared with a new twist, a new presentation appropriate for the time being. The Way of The Heart by Sophie Rose is no exception. The lessons bring a new light to the shift in consciousness, soul work and co-creation. The divine feminine is also discussed as a key element of a successful global transformation. Other teachings include the nature of reality, listening to guidance, embracing your soul's intentions and reincarnation.

The planet is going through a major economic, social and environmental shift. Many shifts in history resulted in revolution, chaos and death, followed by a slight improvement from the previous situation. Man has always been trying to fix what was in front of him without realizing it was a reflection of himself. The only lasting change is inner transformation, true evolution is spiritual evolution, this will happen when we embrace our divine nature, connect with our soul and let it drive our life.

As the mind of man brings humanity closer to chaos, The Way of The Heart contains teachings everyone can practice to become a responsible, conscious and spiritually-connected citizen of the world.