



The Four Attributes of the Heart

by Myra Tovey RH, BS, CHTP, CHTI, HNC

1980 marks the milestone in my life as a healer. I believe that the pivotal moment for me was meeting Brugh Joy, M.D., who first introduced to me the idea that we are more than just a physical body; we are a human energy system. I had been working as Supervisor of Health Services for 32,000 students of the Fort Wayne, Indiana Community Schools. I consider attending this conference as a defining moment in my life. With this training I discovered that I could quiet my mind more quickly when using the heart center.

Brugh Joy, whose healing methods are part of Level 1 and Level 2 Healing Touch curriculum (Chakra Connection and Spiral Meditation), describes himself on his website as a

teacher of Heart Centered Transformation and Spiritual Enlightenment. He is currently taking a hiatus from the courses he has actively taught over the years (body energy fields, healing techniques through energy transfer using the hands, and self-discovery workshops). Traditionally, his teaching includes working with dreams and projections, collective energy dynamics, intuitional states of consciousness and exploring and seeking insight from the shadow side. Brugh was a keynote speaker for the Healing Touch International Conference in 1999.

His medical background includes a B.A. and medical degree from the University of Southern California. He completed an internship and a first year of residency at Johns Hopkins Hospital in Baltimore, Maryland, and concluded his training at the Mayo Clinic in Rochester, Minnesota.

He was board certified and practiced Internal Medicine in Los Angeles, California until his early exploration with energy fields completely changed his life. The details of this transformation are described in his book *Joy's Way: a Map for the Transformational Journey*. This book is the recommended text for the Level 2 Healing Touch Curriculum. Brugh Joy later went on to author a second book

entitled *Avalanche: Heretical Reflections on the Light and the Dark*. (visit Brugh's website at www.brughjoy.com)

Eight years after our first meeting, Brugh introduced me to another level of centering; the four attributes of the heart. Since then I have added my own experience and words to Brugh's teaching and, with his permission, recorded ***The Awakened Heart***, a CD meditation on these four attributes. I will describe these below. They are the cornerstone of my life work and are the principles that I teach and live by at my newly founded **Heart Center** in Colorado Springs. I developed training on Heart Centered Living and offer short courses in it as well as an intensive year long program.

Those who train with me are taught to practice Heart Centered Living on a daily basis. Participants have discovered, as I have, that a life lived in this focus is a life filled with harmony and joy and is pro-active rather than reactive.

I begin my day by meditating each morning on the four attributes of the heart. I then pick one of the attributes and focus on it throughout the day.

In February 2005, I was diagnosed with breast cancer which was my "wake up call". A few months later my treatment of choice was HDR (High Dose Rate Brachy Therapy Treatment) radiation. In August of 2005, I learned the true value of the ritual of focusing each day on an attribute of the heart. That week I had 17 catheters surgically implanted in my right breast. On the following day I began intensive radiation treatments. This meant going to the hospital twice a day, lying on my back in an equipment filled room, and exposing my breasts to strangers as they prepared me for radiation. In spite of all the chaos, noise, machinery, potential embarrassment and fear, I remained relaxed and calm throughout the week. I believe the reason for this was that I had chosen to focus on the attribute of innate harmony. I also received Healing Touch sessions twice a day, every day, following the radiation.

Here is a brief description of the four attributes of the heart:

The first attribute of the heart center is COMPASSION. Compassion has a connection to suffering. When someone is in their heart center and sees someone suffering instantly they are filled with compassion for that individual. Compassion awakens a gratitude for self as well as others. I believe it is important to feel compassion, have gratitude for who you are today, and gratitude for all that surrounds you.

The second attribute of the heart center is INNATE HARMONY. Innate harmony is a stillness that allows your heart to feel as light as a feather. Innate harmony embraces a peace beyond understanding; it is calm in the midst of chaos.

The third attribute of the heart center is HEALING PRESENCE. Healing presence unites opposites. Individuals with healing presence create wholeness. Feeling relaxed and calm is healing presence. When one is balanced s/he induct those around them. In other words, one's focus on this attribute directly influences others to feel calm and balanced.

The fourth attribute of the heart center is UNCONDITIONAL LOVE. Unconditional love is a mystery that unites all things. I liken this feeling to a sacred connection to love, far beyond, a personal type of love. A love that is so powerful that one feels surrounded and inundated with a divine love.

When the four attributes of the heart center are lived with pure intention, they become unified into Selfless Service, something that I know Healing Touch people understand well.

I continue to meditate daily on the four attributes, and to gain new awarenesses from them. I believe strongly that living this way can change your life as it has changed mine.

I believe that if one member of each family would commit to living in a heart centered way, their family would change. This would, in turn, meaningfully touch the world. It was this strong conviction that led me to team with Janet Mentgen (HT founder), Sharon Scandrett - Hibdon, and Dorothea Hoover to in 1998 to develop and promote the Healing Touch Program to holistic nurses and later to the wider population. I'm often credited with being the heart energy of that program. It was this energy that eventually led me to open the Heart Center in Colorado Springs. If you would like more information on beginning your own journey of heart centered living I would encourage you to visit my website www.heartcenteredliving.net. I also invite you to begin using a meditation CD that I produced in 2003 titled The Awakened Heart . It is available online at www.healingtouchprogram.com. **E**



Above: Deborah E. and Myra Covey shortly after meeting in **E**

Myra's Bio:

Myra is the founder and director of Heart Center, located in Colorado Springs. Heart Center offers classes, Healing Touch sessions, workshops, counseling, and other services with a heart centered focus. Myra is a charter member of Healing Touch International, Inc, and the lead instructor for the Healing Touch Principles of Hypnosis. She was appointed to the HTI Board of Directors in 1998 and is a certified Healing Touch Instructor who teaches energy concepts, stress management, and dream study groups. Myra supported Janet in envisioning and founding the Healing Touch Program. She is the lead instructor for Level 2 Curriculum. Myra has over 20 years of nursing experience (20 of which were in school nursing) and is a member of the national honor nursing society, Sigma Theta Tau. In 1988 she was honored as the Indiana School Nurse of the Year and is a member of the American Holistic Nurses Association, having served on the council for five years as the North Central Regional Director and Secretary. In 2003 Myra authored, *Yes, I Will*, an autobiography about heart-centered living, which is available through her website www.heartcenteredliving.net.