

## Advance Praise for *Me, Finally*

“From the very first line of *Me, Finally* you’ll find yourself beginning to consider a new way of embracing life – a way to be more content in your work, your relationships, and especially with how you feel about yourself.”

~ Steve Farrell, Worldwide Coordinating Director, Humanity’s Team

“Dr. Mitch Tishler’s heart and messages are pure. I encourage everyone to embrace *Me, Finally* and discover his profound offering.”

~ Shajen Joy Aziz, best-selling author and creator of *Discover the Gift*

“In his book *Me, Finally: Navigating Life with an Open Heart*, Dr. Mitch Tishler reveals the power of the healing love that flows through his be-ing to all that he encounters. He invites us on a journey to explore ‘the medicine in the excruciating’; to view the true stories of our lives; to discover the wholeness and unconditional love that we have always been. The words of the book form a safe container for the journey – a container that is infinitely vast, yet simply present at all times. Reading this book is an experience of healing, of awakening, of discovering, finally, who we are.”

~ Karen Wyatt, MD, author of *What Really Matters*

“*Me, Finally* draws you in like a warm blanket wrapping you in its poetry, wisdom, and inspiration. If you are wondering how love works and whether it is worth getting to know, look no further – this book shows you how.”

~ Sherianna Boyle, M.Ed., C.A.G.S., author of *Choosing Love*

“*Me, Finally* is a gentle invitation to live as pure, loving awareness and presence in the world. Dr. Mitch Tishler creates a beautiful activation of the homing instinct that leads us deeper into the authentic essence of who we really are. This is a powerful and moving guidebook for anyone open to being, relating, and living in resonance with their heart.”

~ Dr. Julie Krull, psychotherapist, host of *The Dr. Julie Show*,  
and founder of [GoodoftheWhole.com](http://GoodoftheWhole.com)

“In his book *Me, Finally* Dr. Mitch Tishler breaks new ground in self-awareness by revealing the true meaning of ‘Seeing With Heart’ and charting a simple course for each of us to be – *Me, Finally*. This book will take you on a journey of discovery filled with recurring ‘wows’ and ‘ahas!’ Uncovering the true intent will be like turning on a light switch. *Me, Finally* should be openly read and generously shared.”

~ Deborah L. Hall, author and speaker of *Million Dollar Moments*

“Reading *Me, Finally*, I instantly started to feel calm in a way that I didn’t expect – as though I was actually sitting in a room listening to the wise words of a special soul who was taking me on a magical healing journey inside myself - to a place I didn’t want to leave; to a place I instead choose to revisit whenever I’d like to feel more calm or peace in my heart. Mitch has a unique style of writing I’ve not experienced before – soothing, stimulating, and inviting you to consider different possibilities for reconnecting to the pure essence of who you were born to be. I thoroughly recommend this book, even if you think you’ve already done your inner work. You will be inspired by what it reveals about yourself and the possibilities ahead. Thanks for writing such a transformational book, Mitch!”

~ Alisoun Mackenzie, author of *Heartatude: The 9 Principles of Heart-Centered Success*

“*Me, Finally* takes us on a paradigm-shifting journey of healing, calling for each of us to open our hearts to the wisdom of our authentic selves. With gentle skill, Mitch shows us a profound but simple path to cultivating more love, peace, and joy in our lives. I highly recommend reading and sharing this book.”

~ Katherine Parker, author of *Resonance Alchemy: Awakening the Tree of Life*

# ME, FINALLY

Navigating Life  
with an Open Heart

DR. MITCH TISHLER



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LoveYourLife

Love Your Life Publishing

Wilmington, DE

[www.loveyourlifepublishing.com](http://www.loveyourlifepublishing.com)

ISBN: 978-1-934509-80-7

Library of Congress Control Number: 2015931350

Printed in the United States of America

First Printing

Front cover design by Dr. Mitch Tishler

Front cover art: The Way of Prayer by Carmelo Blandino, [www.blandino.ca](http://www.blandino.ca)

Back cover design by [www.2FacedDesign.com](http://www.2FacedDesign.com)

Back cover photo by Brielle Tishler, [www.brielletishlerphotography.com](http://www.brielletishlerphotography.com)

Seeing With Heart logo by Ray Kingston, [www.microspective.net](http://www.microspective.net)

Harmonium video by Chris Blood, [www.chrisblood.com](http://www.chrisblood.com)

Editing by Gwen Hoffnagle, [www.gwenhoffnagle.com](http://www.gwenhoffnagle.com)

*For my dear brother Eric*

***It is only with the heart that one can see rightly;  
what is essential is invisible to the eye.***

*—Antoine de Saint-Exupery*

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# Introduction

There are no accidents.

That's what I hear as I listen closely; as I listen to my authentic voice. Like a beacon in the fog, it illuminates the way.

**December 28, 1998.** It was nighttime. I was driving home. Crossing an intersection, as we often do in our lives, both literally and metaphorically, my car was struck by another traveling at more than fifty miles per hour.

By the time my car came to a stop, I knew that this “accident” wasn't an accident. In fact, as odd as it may seem, I remember having the feeling that something remarkable would come from this “awful” experience.

There were injuries. The most significant was to my right knee, which ultimately required two surgeries. The first was a two-hour procedure and the second took four hours. My intention was to be fully present with my life so I requested to attend both surgeries awake without sedation. The surgeon agreed and regional anesthesia was used. And to further embrace being present, after each procedure I chose not to medicate.

**February 27, 2000.** The second surgery was far more complex. It required that my leg be in a continuous passive motion (CPM) device beginning immediately the next morning and for six continuous hours per day for the following two months. I really didn't know that my body could experience that extent of "noise." (I consciously choose to use the word *noise* rather than *pain* because we usually associate pain with something bad; there is often judgment around that word.) This noise emanated from my knee and poured out through the rest of my body. It was deafening.

**March 4, 2000.** Five days after surgery, as I lay on the couch with my leg being moved by the CPM device, something intriguing occurred. I experienced a compelling "feeling" to get a blank piece of paper and take a pen in my left hand – my non-dominant hand. It is interesting to note that my dominant handwriting is essentially illegible, whereas this writing was remarkably legible. Words flowed and poetic writings revealed themselves.

There was no intent to write a book. No conscious awareness of a message. There was simply the compelling feeling to write with my non-dominant hand. A few days into this experience, I heard the name of the collection of writings – *Seeing With Heart*. I laughed because there was no collection; there were only a few writings. Twelve months later, more than eighty complete handwritten poems had revealed themselves and were sitting in a pile

on my closet floor. The majority were written in vertical columns. One was a spiral. And one was even a three-dimensional spherical shape.

At the time I wasn't clear about what was occurring; I just continued to lie on the couch and write. It wasn't until I returned to seeing patients, eighteen months after surgery, that I realized how these writings would support transformational shift. What began to happen was fascinating. A patient would share something troubling and I would realize there was a writing in the collection that directly supported their concern. Later that evening I would shuffle through the pile of writings and find it, photocopy it, and give it to the patient at their next appointment.

Regardless of the patient's issue, there was always a specific writing that was directly helpful. Over time patients began reporting positive shifts in their daily lives, and that they felt the potent medicine contained in these writings. Some were so profoundly moved by this material that they requested to sit down and talk about it more fully. This is how the Seeing With Heart program began.

**March 4, 2013.** It is now precisely thirteen years later, and I am once again experiencing a compelling feeling to get a blank piece of paper. This time what I "hear" is to share what have become the interpretations of the original

writings; to create a book that functions as a self-guided journey for navigating life with an open heart.

*Me, Finally* is a compilation of actual conversations that emerged as I travelled the Seeing With Heart journey with individuals and groups. The conversations are often verbatim. Others are combinations of several dialogues that speak to a common theme. I am deeply grateful to those who were drawn to listen closely to their authentic voice and embrace Seeing With Heart. It is from their courage to listen to that voice that this body of work has continuously matured.

Their voices appear in italics in the conversations throughout the journey. As you read their responses, you will invariably find yourself reading passages that are very similar to your own personal experiences. In this way, as you read *Me, Finally*, you will directly experience the potent medicine of Seeing With Heart and apply it in your own life. As in the opening line of this book, Seeing With Heart invites us to embrace the possibility that “there are no accidents.” Is it an accident that you picked up this book? No. As you read these words, there is an inner feeling of already knowing. You know it is time to listen closely and follow your heart.

## Author's Note

To provide you with an experience that most closely resembles the beginning of an authentic Seeing With Heart journey, I prepared a video of myself playing the harmonium – a hand-pumped organ commonly used in traditional Indian music – and chanting *Om namah shivaya* (*oh-m nah-mah she-vie-ah*) – an ancient Sanskrit phrase that speaks to letting go of those aspects in our lives that are not serving us. Over the years of presenting Seeing With Heart, I've found that incorporating this ancient Sanskrit music into the journey has a deeply calming, potent, heart-opening effect.

The point in the journey at which I pause to play this exquisite music is after paragraph two of Session One. Please don't be concerned if you are unable to view this video, as the journey you are about to embark upon is not dependent on the music. To view the video visit [www.mefinally.com/video](http://www.mefinally.com/video).

There are also journaling and discussion questions in the Points to Ponder section that you may feel to have alongside while reading. To receive a printable copy of the Points to Ponder and the Seeing With Heart eBook – the complete collection of the original channeled writings – please visit [www.mefinally.com/readergift](http://www.mefinally.com/readergift).

Blessings,  
Mitch



*simply be present*

Simply be present  
in the infinite moment,  
seeing with heart  
not listening with head.

The illusion of faces  
the texture of many,  
lie not from within  
but out at the edge.

Listening with head  
will herald the fear,  
while seeing with heart  
embraces the truth.

There are no many,  
there is no separation,  
there is only the face of the one.

The face of the present  
in the infinite moment,  
the face of the truth  
in the infinite love.



This writing, from March 4th, 2000, was the first from  
Seeing With Heart.





SESSION ONE

## Embrace the Possibility

As we begin our journey, Seeing With Heart reminds us that, as on any journey, we may not always know precisely where we are going or where the path is leading. We do not know everything that we will experience, encounter, and see along the way. Seeing With Heart invites us to feel comfortable in that not knowing, recognizing that we make this journey as a compassionate commitment to self – an expression of self-care, of self-love.

To honor that intention, let us gently bring our awareness to our breath and give ourselves permission to stop worrying about all the “stuff” that we “should” be doing, and for the next few moments focus on nothing other than our breath. And as we embrace this meditation, let us open our hearts to the possibility of seeing with other than our ordinary eyes – the possibility of Seeing With Heart.

(At this point in the journey, I pause to play the harmonium. To further enhance your experience, view the video at [www.mefinally.com/video](http://www.mefinally.com/video).)

How are you feeling?

*Peaceful.*

Where do you feel that?

*In my heart.*

So what about the possibility of Seeing With Heart – the possibility of seeing with other than our ordinary eyes? What emotions, sensations, experiences does that evoke?

*As I gave myself permission to pause and simply focus on my breath, I felt my whole being welling up and tears came to my eyes. It was very emotional. I'm sensing that there's actually another way to live. There's another way that's even more real; that makes more sense.*

Might we invite ourselves to consider that the “welling up and tears” are actually expressions of our natural ways of “be-ing”?

*I'm not clear about that and I feel that it will become clear as we go along on our journey.*

Yes, it will. Notice that Seeing With Heart asks a lot of questions; that Seeing With Heart is not insistent. It doesn't have the answers. It simply asks questions as a reminder of that which we already know.

*That feels really comfortable. I like that Seeing With Heart will be asking questions to help me become clear rather than telling me what to do.*

Why is it that when the moon is full the high-water mark moves farther up the beach? Why is it that we don't hear anything when we blow a dog whistle, yet the dog startles? Let these questions be a call to expand our perceptions by closing our eyes and opening our hearts. When we do, we begin to see that there are more connections between us than meet the ordinary eye. We begin to see the invisible threads connecting us all as one. When the moon is full, the invisible thread is reflected in water moving farther up the shoreline. When the dog whistle is blown, the invisible thread is heard by the dog even though we would say that nothing occurred.

What happens when we invite ourselves to consider that there are actually patterns in what appears to be "patternless"? What are these patterns and what are they about? What about the possibility that the occurrences of our lives are never about what they're about? Is there something common to these questions that is at the core of why we often find ourselves feeling unsettled and at times struggle with the myriad of bits and pieces that occur as we move about our lives? Maybe that something has to do with our tendency to interpret our experiences as black or white, bad or good.

Our journey is to explore these questions, and in so doing assemble a framework that provides effective and accessible skills for embracing change, seeing problems as opportunities, gracefully responding rather than overreacting, and letting go. And as we move deeper and deeper from within these possibilities, so we cultivate an expanding experience of inner peace.

Let's consider the invisible threads connecting us all as one, and why we don't see them. Science has established that 80 percent of the information we receive comes in through our eyes. When we compare what the naked eye sees to the notes on a piano, it's as if the eye sees only the eight notes right in the middle of all the notes on a piano. And since 80 percent of our information is received through that lens – the eight notes, *Seeing With Heart* invites us to consider that our perception of that which we call reality is only based on eight notes when in fact there's a lot more music. The invitation is to expand our spectrums and see and hear and taste and smell and touch the full symphony.

*Wow. I never thought of music in that way. This is a very powerful example of how I have limited my life by "playing" with only eight notes.*

What might occur when we open up to the fuller symphony?

*I have no idea and yet I'm getting a sense that there is so much more.*

What drew you to Seeing With Heart?

*I thought the phrase "Seeing With Heart" was beautiful and I wanted to learn more.*

What is beautiful about the phrase Seeing With Heart?

*I feel like that is where I'm going. For example, as a yoga instructor I often prepare and take materials to read to my students during class. The last class I didn't even use the prepared materials. I closed my eyes and went with my heart. It was the most beautiful experience. What flowed out of me was what I really heard; it felt natural, and I felt it couldn't have been more perfect. As I'm talking, I'm learning that that is Seeing With Heart.*

And Seeing With Heart is our natural way of be-ing. Let's pause and reflect on what happened when you closed your eyes and opened your heart in a way that to this point you might not have even considered possible.

*I listened to my heart and it's amazing what occurred when I did.*

As we move along on this journey we will construct a light framework that supports us from falling back into our old repetitive patterns. This framework is comprised of simple building blocks based on easily integrated visual images and metaphors.

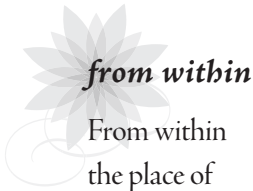
To illustrate this point, let's visualize two buildings. Building number one is constructed of stone. Building number two uses post-and-beam construction. The first building requires a significant number of pieces to construct walls, whereas to span a space in the second building requires only three pieces – two posts and one beam. In the second building we can use a curtain to separate the space into two rooms. What's required to get from one room to the other is only a gentle push – a gentle shift in awareness to get through the “fog,” whereas in the stone construction we need to remove many stones to create an opening to get through the fog. This example illustrates how the light framework of Seeing With Heart offers a way to easily navigate through the fogs in our lives.

On the Seeing With Heart journey, not only are there specific building blocks to the framework, but these building blocks need to be assembled in a precise sequence. It's like baking a cake; we know that something as simple as not greasing the pan before adding the batter results in a crumbled mess, as I am sure we have all experienced when we skipped a step in our personal lives as well.

And I won't be out in front pulling you along on this journey and saying, "This is the way. When you see it my way, everything is going to be great in your life." Likewise, I won't be behind, pushing you sternly, saying, "Let's go." No – I'm walking along with you.

This journey is about celebrating our humanity and honoring that we all stutter-step and feel wobbly at times. We all do. To stabilize that wobbly experience, *Seeing With Heart* invites us to have the courage to set off on the path without expectation, even when we don't know where we are going.

At this point in our journey, *Seeing With Heart* invites us to consider three words: *from within without*. It's really light. It's something easy to carry around in your heart pocket.



***from within***

From within  
the place of  
without expectation,  
the universe manifests  
expanding peace and harmony,  
always and in all ways.



## About the Author

Mitch Tishler, D.C., has presented Seeing With Heart™ – a paradigm-shifting program for cultivating inner peace – to individuals and groups internationally since 2000. Mitch holds a Bachelor of Science Degree with an emphasis in genetics from Connecticut College. He earned his Doctor of Chiropractic Degree from National University of Health Sciences in Chicago, Illinois. Before opening his Wellness Center in Chatham, Massachusetts, in 1987, Mitch backpacked with his former wife through North America, New Zealand, Australia, Asia, and Europe for twelve months, often staying in remote villages and providing healthcare services along the way. In 1988 Mitch co-founded Cape CARES, an international medical relief organization that continues, to this day, to provide critical healthcare services to individuals in the mountains of Southern Honduras. When his children were five and seven years old, the family tent-camped for four months through New Zealand and Australia, and then lived with a Balinese family for two months in Bali, Indonesia. An avid sailor, photographer, musician, and cyclist, you'll find Mitch embracing life along the shores of Cape Cod or at times following his deepest passion, touching people's lives while traveling the world.

Mitch invites you to visit [www.mefinally.com](http://www.mefinally.com) and [www.seeingwithheart.com](http://www.seeingwithheart.com) for more information.