



seeing *with* heart

to journey from within

The Original Channeled Writings

Dr. Mitch Tishler

Introduction

In 2000, while recuperating from extensive knee surgery, I experienced a compelling feeling to get a blank piece of paper and take a pen in my non-dominant hand. Words flowed and poetic writings revealed themselves. There was no intent to write a book. No conscious awareness of a message. 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 happening was fascinating. During an appointment, a patient would share something troubling and I would realize there was a piece in the collection that would support their concern. Regardless the question, there was always a piece 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. This is how Seeing With Heart™ began.

These writings stand alone and can be used for daily affirmations. Also, you may feel to take the Seeing With Heart journey by reading *Me, Finally*, through a one-to-one experience or attending a retreat. For additional information visit www.seeingwithheart.com.



SESSION ONE
Embrace the Possibility

THE FOLLOWING WORDS
WALK STRAIGHT INTO THE MYSTERY
FROM WITHIN



the following words

The following words flow as feelings, not thoughts, from the quiet place – the place where all is one. These words are not “mine,” yet they have the illusion of flowing through me. Instead, they are core truths that resonate from within each of us. If I felt they were mine, the possibility for receiving them would be not.

To fully know these truths, we must step aside and authentically embrace the possibility of non-ownership. Only in this way are we open to all there is, which is only love, and only then will love flow over all in a way that one only dreams possible.

Now is the time to embrace the possibility – the possibility of Seeing With Heart.





walk straight into the mystery

Walk straight into the mystery in all of its majesty
and fully embrace that which frightens you the most.

Surrender. Let go.

Disregard the expectations of others
(the voices that attempt to bleed your soul)
by offering an unbounded outwardly flowing stream
of unconditional loving kindness.

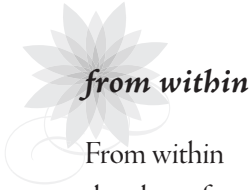
In your heart, know that the universe always shows up perfectly,
reminding you that some of your most important nourishment
will come from that which tastes awful.

Openly embrace change, as it is not only inevitable – it is life,
providing us the opportunity to see beyond
the limited abilities of our ordinary eyes;
to see that for our spirits to be at peace, they must be at home.

Letting go is the way home, the way back into the stillness.
The place where the miracle is the ordinary not the exceptional.

The place of bliss.





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 and www.seeingwithheart.com for more information.

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"Before *Seeing With Heart* I felt that I had steel bars around me – that not only was I hiding from others, I was hiding from me. The *Seeing With Heart* journey has helped me let down my armor and be me! Even my friends and family have noticed!" ~ Ed, Massachusetts

"There is no better time than now to give yourself a gift that you have been waiting for. My experience with *Seeing With Heart* is eternally cherished and forever life-changing."
~ Jessica, Florida

"*Seeing With Heart* is a game changer. Period." ~ Marc, New York

"*Seeing With Heart's* simple, effective way of looking at situations showed me how to remain balanced even when life is not unfolding as I might prefer. *Seeing With Heart* has given me a new perspective for managing those challenging situations – whether it is with business relationships or personal." ~ Suzanne, Florida

"Through my *Seeing With Heart* experience I came to understand how I manifest in the present moment, create authentic shifts, and empower the life I envision." ~ Katrina, Australia

"When I reflect back on myself before *Seeing With Heart*, I see an individual filled with feelings of hurt, anger, and sadness covered up by a constant flow of artificial happiness and a need to shut the world out. Now, I wake up every morning, touch my feet to the floor, and smile. *Seeing With Heart* has truly changed my life." ~ Ben, Massachusetts



Dr. Mitch Tishler, D.C., has been sharing *Seeing With Heart*™ - a breakthrough journey for cultivating inner peace, since 2000. An avid sailor, photographer, and musician, you'll find Mitch embracing life along the shores of Cape Cod or following his deepest passion, touching people's lives while traveling the world.



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