



seeing *with* heart

to journey from within

a collection of writings for cultivating inner peace

dr. mitch tishler
seeingwithheart.com



seeing *with* heart

to journey from within

a collection of writings for cultivating inner peace

dr. mitch tishler
seeingwithheart.com

Please respect the copyright of this text by asking for written permission from the copyright owner if you wish to reprint, reproduce, or transmit any part of this publication.

©2009 mitchell tishler
design : microspective.net

M.C. Escher's "Sky and Water I" © 2009 The M.C. Escher Company-Holland.
All rights reserved. www.mcescher.com

for you

Table of Contents

session one	embrace the possibility The Following Words Walk Straight into the Mystery Blink From Within	1
session two	paradigmatic shift / dreamtime Through the Illusion From Afar There is a Place	7
session three	seeing with heart / to journey from within Simply Be Present Embrace the Possibility So Often We Hide Shhh, I Hear a Knocking It's Not About the Outside It is the Yearning Remember When	13
session four	flow from within through self From Deep Within the Mystery Illusion of Expanding Outward Eyes that Taste the Texture	23
session five	illusion of separation Tell Me Everything An Eyelash Illusion of Per Chance	29
session six	love of self Each Morning Everything Begins With At the Very Bottom of My Throat Along the Way The Great Opportunity Hiding Behind My Fault Why Do We Find Ourselves	35

session seven	intimate connection	45
	Intimate Relationships	
	Yet Another Dead End	
	One Half Plus One Half	
	But Why Do You Judge Me	
	When All of Those About You	
hr		
session eight	be present with what is	53
	Peace and Light	
	The Bitter Screaming Gale	
	Let Us Relish the Cycle	
	So What Did I Do	
hr		
session nine	unfolding stream of situation	59
	Situation Spiral	
	Situations and Dramas	
hr		
session ten	manifest our storyline	63
	Situation Sphere	
	The Storyline	
	Behind the Fear	
	The Place of Compassion	
hr		
session eleven	stillness	69
	One Hand Clapping	
	Dancing in Stillness	
	Slowly Sipping Sunshine	
	In the Stillness	
	Reaching the Surface	
hr		
session twelve	awakening our authentic power	77
	Empower the Drama	
	Gently Step Behind	
	Step Out from the Box	
	Oh Whispering Wind	

session one

embrace the possibility



- The Following Words
- Walk Straight into the Mystery
- Blink
- 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 which 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 that 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.*

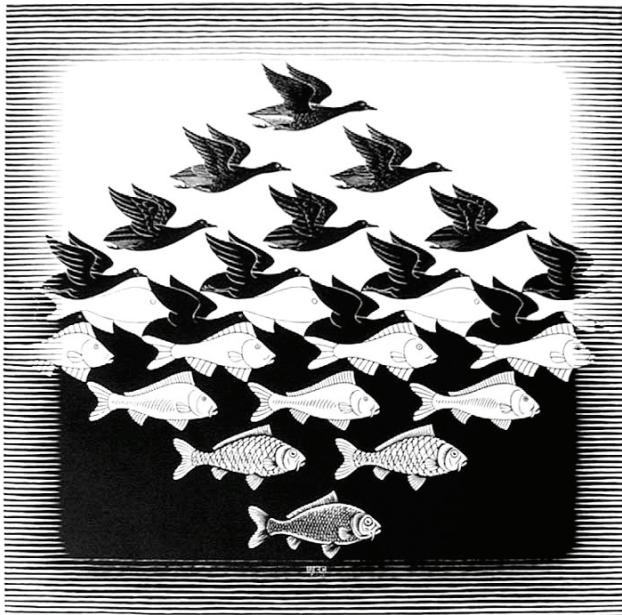
Disregard the expectations of others
(the voices that attempt to bleed your soul)
by offering an unbounded outwardly flowing stream
of unconditional loving kindness.

In your heart, know that the universe always shows up perfectly,
reminding us that some of our 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.

blink



M.C. Escher's "Sky and Water I" © 2009 The M.C. Escher Company-Holland. All rights reserved. www.mcescher.com

Black, white, grey, and blink.

In the upper and lower portions of this well-known Escher wood cut, there are clearly birds flying and fish swimming. As our eyes blink while gazing into the middle of this piece, our perception fluctuates. At times we may see fish swimming, only to find that when we blink again there are birds flying.

Similarly, as we move through our lives, the black and white elements are usually easy to identify. The gray elements, on the other hand, which comprise the large majority of our lives, require a shifting perception to navigate with the same level of clarity.

Rather than limiting our experiences to that which we see through our ordinary eyes, the possibility exists to blink and make our way by *Seeing with Heart*.

from within

*From within
the place of
without expectation,*

the universe manifests
expanding peace and harmony,
always and in all ways.

session one framework

- Co-create inner peace
- The Guru from within
- Walk straight into the mystery
- From within without

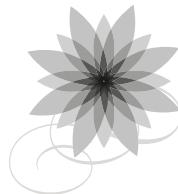
session two

paradigmatic shift

- Through the Illusion

dreamtime

- From Afar
- There is a Place



through the illusion

Through the illusion
of physical experience,

Soul speaks directly
to the splintered
piece of peace.

from afar

From afar,
a child calls,
from behind the breeze and before the waves.

Listen, for it is truth.

there is a place

*There is a place within each soul
from which the passion stirs the calling,
where the fire drips its luminescence,
birthing the dream place,
the sacred space in time
from which the passion comes to be.*

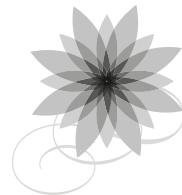
session two framework

- Expanding perception of “reality” from narrow bandwidth
- Physical accommodation and relationship to Spirit stimuli
- Predominant pattern for learning is through “banging our head against the wall”
- Physical evolution is a reflection of Spirit evolution
- Flowing our sacred individuality

session three

seeing with heart

- Simply be Present
- Embrace the Possibility
- So Often We Hide



to journey from within

- Shhh, I Hear a Knocking
- It's Not About the Outside
- It is the Yearning
- Remember When

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.

embrace the possibility

Embrace the possibility
of not *thinking* about
anything,

expanding instead,

from within the place
of *feeling* about
everything.

so often we hide

So often we hide
behind “smile at the surface.”

Only fooling ourselves,
through the fooling of others.

Rather, smiling from gut
calls the true smile of heart,
flowing out through the eyes,
the true smile of peace.

shhh, i hear a knocking

Shhh, I hear a knocking
from a distant place behind my heart.

Listen — a knocking.
Welcome, come in, I offer with outstretched arms.

As I open my heart I sense
the ethereal movement of joy
welling up as tears of love.

Initially, only vaguely familiar
(from that very distant place).

Then, with imperceptible movement
becoming more present until
finally, uncontainably, flowing over
and passionately caressing
the place where light becomes form.

What, I ask, is this knocking?

Oh, it is me.

it's not about the outside

*It's not about the outside,
or even reaching to the in,
for to taste the peace of love,
sip the seeing from within.*

it is the yearning

It is the yearning that often drives us
further away from that which we came.

We look outward
that's what the yearning does.

There must be something, someone, somebody,
any body, any thing, out there to fill the yearning,

kNOw,
it can only be filled by returning to self
by returning to the love from which we came.

remember when

Remember when time had spaces,
remember those sacred drifting places.

Remember to wander,
remember to wonder,
for often the light grows dim.

So let us always remember
our child is calling,
let us all ways listen
from within,
shhh.

session three framework

- Feeling, not thinking
- Direction of flow
- Peace will not occur by seeking
- Peace manifests from within
- Cultivating, not finding inner peace

session twelve framework

- The power of “From Within”
- The place where the miracle is the ordinary, not the exceptional, the place of bliss
- Cultivating inner peace cultivates world peace

“As ripples move outward,
when dropping a pebble into still water,
so do we create ripples
when cultivating inner peace
and these ripples manifest
an expanding wave of world peace.”

— Dr. Mitch Tishler



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, 18 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 which was directly helpful. Over time patients began reporting positive shift in their daily lives and that they felt the potent medicine contained in these writings. This is how Seeing With Heart™ began.



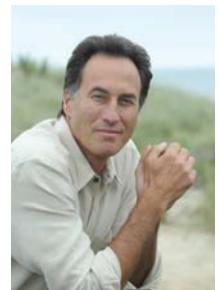
"There is no better time than now to give yourself the gift that you have been waiting for. My experience with Seeing With Heart is eternally cherished and forever life changing. I suggest ALL to open their hearts and journey with Mitch... for if not now, when?" - Jessica, Florida

"Through my Seeing With Heart experience with Dr. Mitch, I came to understand how I manifest in the present moment, create authentic shifts and empower the life I vision." - Katrina, Australia

"I have sat in many circles, attended numerous workshops, and participated in various types of therapies, all of which were beneficial. But the magic and medicine of the Seeing With Heart journey prompted a level of self love and self care for which I was able to break through some core issues and heal on a deeper level. Words simply fail." - Kelly, Massachusetts



Dr. Mitch Tishler, a holistic physician, presents Seeing With Heart™ ~ a breakthrough journey for cultivating inner peace, which he has shared with individuals and groups internationally since 2000. In 1988 Mitch co-founded Cape CARES, a medical relief organization that has provided critical health care services to more than 150,000 individuals in the mountains of southern Honduras. An author, avid sailor, photographer, musician and cyclist, you'll find Mitch joyfully embracing life along the magical shores of Cape Cod or at times off in some remote corner of our beautiful planet following one of his deepest passions, traveling the world.



seeingwithheart.com