

## Reviews

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"HeartConnection connects all knowledge I have gathered so far. It teaches me to work with the subconscious, which is so valuable. Everything makes sense!"

"HeartConnection has given me so much self-confidence. Fears disappear into the background so I can put myself first again. HeartConnection gives me the strength to fully live my life."

"Connect-Melt-Release (CMR) says more than a 1000 words. You feel so much relief afterwards."

"HeartConnection is a 180 degree turn in thinking. HeartConnection makes things so clear and logical and leads to new consciousness."

"With HeartConnection you start your own research, encountering the ancient knowledge of our biology. You learn to understand the messages of your own personal story. This is such extensive knowledge... you should experience it for yourself."

"HeartConnection is the medicine of the future."

HeartConnection's 10 Basic Principles give you the guidelines to discover your personal programming and patterns. They teach you to connect with them, melt them and release them. You break old patterns, make new choices and live your talents.

The HeartConnection Seminars (Dutch or English) give you all the tools. You will celebrate life and grow in a new consciousness.

For more information and seminars:  
Website: [www.heartconnectionnederland.nl](http://www.heartconnectionnederland.nl)  
Email : [contact@heartconnectionnederland.nl](mailto:contact@heartconnectionnederland.nl)  
Instagram: @heartconnection\_nederland  
Spotify podcast: People from Ibiza

With love,  
Marjolein van der Meulen  
Founder HeartConnection Nederland®



**HeartConnection**  
NEDERLAND®

## Every issue and disease tells your personal story

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HeartConnection Nederland® supports you to gain insight and consciousness. Ancient knowledge from nature given practical dimensions for this present time.

Experience it for yourself.



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## Life Blueprint, Personal Timeline, Family tree

The way we think is mainly decided by our culture. But our body always reacts biologically. As soon as we experience The Painful Moment (TPM) (every small or large trauma) our body adapts to deal with it. TPM (unprocessed trauma) is taking place on three levels: in the brain, in the organs and in the psyche. This is how survival mechanisms are created (and the hidden talents behind it). These mechanisms may have arisen in this life, during the Life Blueprint and in previous generations. You live through unconscious algorithmic patterns that your parents and ancestors didn't resolve.



These patterns come from your Life Blueprint (the 30 months around the pregnancy), personal timeline and family tree. They cause diseases, ailments and events but also learning disorders and mental diagnoses such as ADHD, borderline, narcissism, dyslexia and manic depression. There is no need to know the whole story to break the patterns. Our subconscious is intelligent beyond imagination, it knows everything. By using the method of Connect-Melt-Release (CMR), you can take back your own power.

## Connect – Melt – Release and the 10 Basic Principles

By listening and feeling your body, you grow in consciousness and take responsibility. You break your patterns, you make new choices and finally live your talents. This gives peace of mind, freedom and confidence for now and in the future.



Once you are aware of why things happen, and the way issues relate to previous generations, you can break the cycle of subconscious programming for you and the future generations. If you realize everything happens for a reason, you become very curious about the stories behind it. Without victimization, blame or judgment. And with compassion and self-responsibility.

### The 10 Basic Principles

1. Field of consciousness
2. Actor
3. Subconsciousness
4. Two Fases
5. Connect-Melt-Release (CMR)
6. Symbolism
7. The Painful Moment (TPM)
8. Neutrality
9. Responsibility
10. Encounter with Yourself

## Every issue and disease tells your personal story.

HeartConnection helps you to understand your own behavior and that of others. An example: six year old Frank is staying with his aunt for two weeks. When he comes back home, he finds out he has a baby brother. All of mum's attention is now focused on his little brother. With The Painful Moment, a new belief arises: "When I leave, I am replaced". At 36, Frank's boss tells him to go to Scandinavia for work, but he is scared to death. With the help of HeartConnection, Frank starts investigating his fear. He realizes he is no longer that little six year old boy and his beliefs are no longer useful. He is able to let it go with CMR, he leaves for Scandinavia with confidence and luckily he is not replaced.



Now is your chance to figure out your own patterns and gain new consciousness. HeartConnection gives you a different perspective of life. Recognize your patterns and transform them into something beautiful!