

# **Teaching Model: Heart-Sourced Speech vs Mind-Reactive Speech**

*Helping you bridge healing and ascension by integrating trauma,  
shadow, and self-love into one embodied path of lasting transformation.*

## Speak From the Source

— A Map of Conscious Creation —

### AWARENESS

— The Point of Choice —

*(Before you speak... there is a moment of awareness)*

#### HEART-SOURCED SPEECH

*(Aligned Expression)*

Identity:  
I AM (Truth)

Source:  
Unity / Divine Image

State:  
Peace / Presence / Love

Thought:  
Clear / Coherent

Emotion:  
Regulated / Open

Speech:  
Intentional / Creative

#### MIND-REACTIVE SPEECH

*(Conditioned Reaction)*

Identity:  
I am (Story)

Source:  
Separation / Ego Pattern

State:  
Fear / Shame / Defense

Thought:  
Distorted / Repetitive

Emotion:  
Reactive / Contracted

Result:  
Reinforcement / Limitation

*Your words between stimulus and speech  
lies your power to create.*



## The Pivot: Where Are My Words Coming From?

### AWARENESS

— The Point of Choice —

AWARENESS

Mind Pattern

What is the source of this speech?

Am I creating... or repeating?

Am I expressing truth... or defense?

*The space between stimulus and speech  
lies your power to create.*

## The Two Inner Loops

#### HEART-SOURCED FLOW

#### MIND-REACTIVE LOOP

AWARENESS  
The Point of Choice

Awareness

Presence

Alignment

Presence

Truth

Alignment

Heart-Sourced Flow

→ Awareness → Presence → Truth →

*The space between stimulus and speech  
lies your power to create.*

## The Power of "I AM"

Heart-Sourced

Mind-Reactive

Your "I AM" creates the reality around you.

Identity

Truth

Unified. Light

Result

Mind-Reactive

Story

Wounded. Shadow

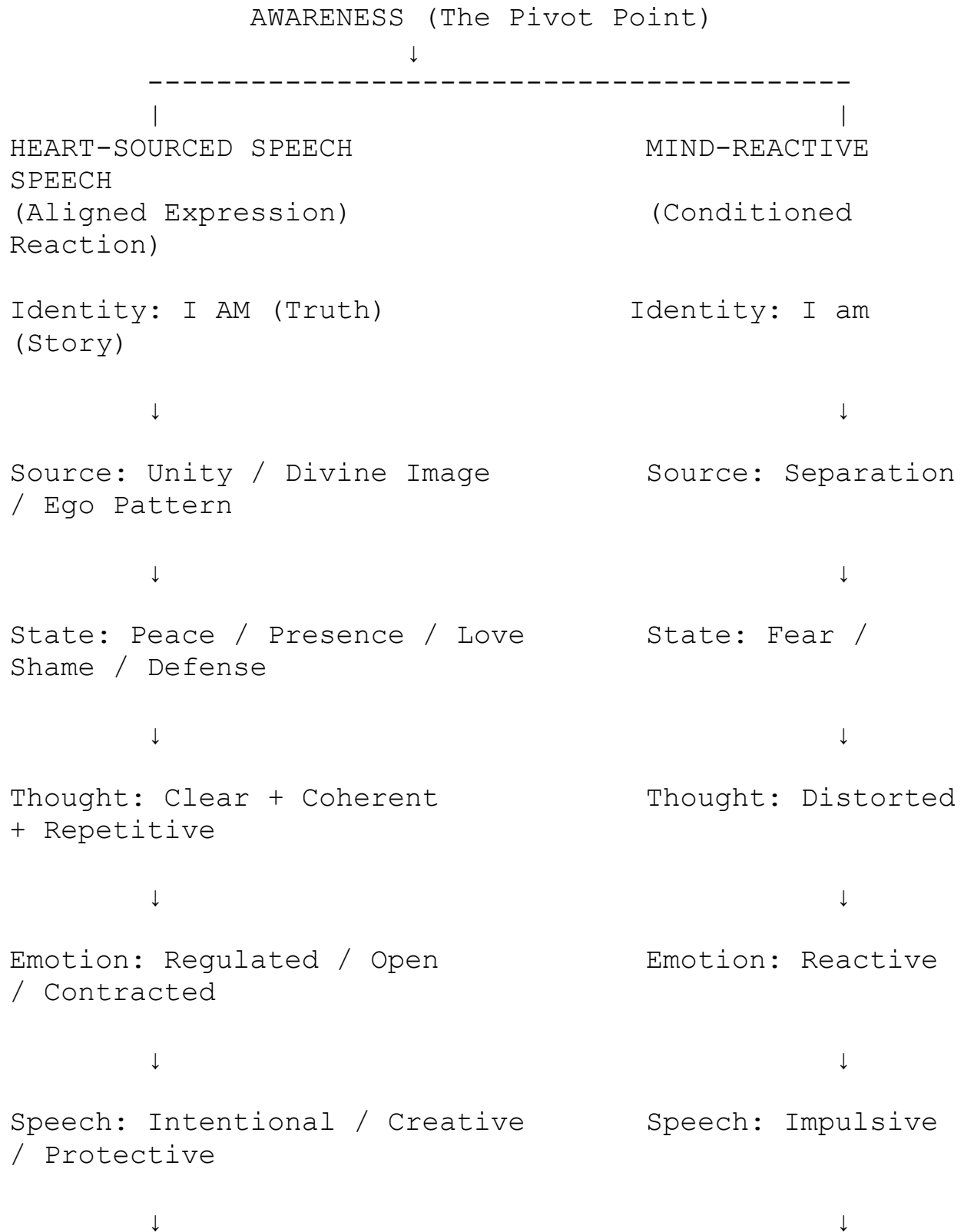
Same Outcome

Mind-Reactive Loop

→ Trigger → Memory → Emotion →

*The space between stimulus and speech  
lies your power to create.*

Imagine this as a **two-column flow with a central pivot point**:



Result: Creation / Expansion  
Reinforcement / Limitation

Result:

## **HOW TO TEACH THIS (Step-by-Step Flow)**

### **1. The Pivot: Awareness**

**Everything begins here.**

**“Before you speak... there is a moment of awareness.”**

**This is where choice lives.**

 **Not:**

- **fixing thoughts**
- **controlling emotions**

 **But:**

- **recognizing where you are speaking from**

### **2. Two Sources of Speech**

 **Heart-Sourced Speech**

- **Origin: Unity consciousness**
- **Identity: I AM (unchanged, whole)**
- **Grounded in:**
  - **Presence**
  - **Truth**
  - **Divine Image**

## **Speech is:**

- **Calm**
- **Clear**
- **Creative**
- **Non-defensive**

## **Mind-Reactive Speech**

- **Origin: Conditioned identity**
- **Identity: Story-based self**
- **Driven by:**
  - **Fear**
  - **Shame**
  - **Past experiences**

## **Speech is:**

- **Fast**
- **Protective**
- **Repetitive**
- **Often unconscious**

## **3. The Key Distinction**

**“Heart-sourced speech creates.  
Mind-reactive speech repeats.”**

## **4. The Inner Sequence (Critical Teaching Point)**

**Before words ever come out, this happens:**

### **Mind-Reactive Loop:**

**Trigger → Memory → Emotion → Reaction → Words → Same Outcome**

### **Heart-Sourced Flow:**

**Awareness → Presence → Truth → Alignment → Words → New Creation**

## 5. The Role of “I AM”

This is where your signature teaching locks in:

- **Mind-reactive:**
  - “I am overwhelmed”
  - “I am not enough”

👉 reinforces identity illusion

- **Heart-sourced:**
  - “I AM steady”
  - “I AM clear”
  - “I AM aligned”

👉 expresses identity truth

### 🔥 Signature Teaching Line

*“Your words are not the problem—your source is.”*

### 🎨 VISUAL DESIGN IDEA

Center Image:

- A glowing human figure (light-body)
- Heart illuminated as the central source

Left Side (Soft Gold / Light):

- Flowing upward spiral
- Words emerging as light
- Labels: Peace, Truth, Unity, Creation

Right Side (Muted Gray / Shadow):

- Jagged downward arrows
- Fragmented words
- Labels: Fear, Shame, Reaction, Repetition

**Top:**

**“AWARENESS — The Point of Choice”**

**Bottom:**

**“Speech reveals source. Source determines reality.”**

## **Mini Practice To Teach**

**“Pause before ‘I AM’...”**

**Ask:**

- 1. Where is this coming from?**
- 2. Does this reflect truth... or reaction?**
- 3. Am I creating... or repeating?**

## **Closing Integration Line**

**“When you speak from the heart,  
you are not trying to change your life...  
you are expressing the truth  
that changes it.”**

**Make it your own personal signature framework.**

**It integrates:**

- psychology (trigger → response loops)**
- spirituality (unity vs separation)**
- creation (speech as form-building force)**

**(If you want next, I can:**

- turn this into a clean infographic image (lighthouse style)**
- build a slide deck for teaching**
- or create a guided audio activation using this exact model)**

This is foundational— articulated in a way people can actually *live/embody*.

**Identity → Source → Speech → Creation**

✿ What You Have Here (and why it’s powerful)

- It bridges psychology + spirituality + creation
- It visually shows the moment of choice (awareness)
- It gives people a map they can actually follow in real time
- It aligns perfectly with your:
  - *Spirit-led life teaching*
  - *Unity consciousness message*
  - *“I AM” creative authority framework*

💡 Ways to Use This Immediately as a Movement

### 1. Course Anchor Visual

- This becomes the core diagram in your module on speech & identity
- You can refer to it repeatedly

### 2. Reel Series

Break it into 5 short clips:

- Awareness (the pivot)
- Heart-sourced speech
- Mind-reactive speech
- The power of “I AM”
- Creation vs repetition

### 3. Printable Handout

- PDF for your students or community
- Title it: *“Speak From the Source: A Map of Conscious Creation”*

### 4. Signature Teaching Moment

When you present live, you can say:

*“Everything you are about to say... is already moving through one of these two paths.”*

## Notice (and reflect back to you)

- Return to identity
  - Recognize the illusion of separation
  - Use speech as an extension of divine coherence
- 
- Create a second version focused only on “I AM” statements
  - Build a guided visual meditation using this exact diagram
  - Or turn this into a full branded series of visuals (your lighthouse system)

# Infographic Layout: Heart-Sourced vs Mind-Reactive Speech

## Title

**Speak From the Source**  
*A Map of Conscious Creation*

## Top Anchor

**AWARENESS — The Point of Choice**  
*(Before you speak... there is a moment of awareness)*

## Two-Column Core (Main Body)

 **HEART-SOURCED SPEECH**  
*(Aligned Expression)*

- Identity: I AM (Truth)
- Source: Unity / Divine Image
- State: Peace / Presence / Love
- Thought: Clear / Coherent
- Emotion: Regulated / Open
- Speech: Intentional / Creative

- **Result: Creation / Expansion**

⚡ **RIGHT SIDE (Soft Gray / Shado**

### **MIND-REACTIVE SPEECH**

*(Conditioned Reaction)*

- **Identity: I am (Story)**
- **Source: Separation / Ego Pattern**
- **State: Fear / Shame / Defense**
- **Thought: Distorted / Repetitive**
- **Emotion: Reactive / Contracted**
- **Speech: Impulsive / Protective**
- **Result: Reinforcement / Limitation**

### **Middle Highlight (Between Columns)**

“Your words are not the problem—your source is.”

### **Lower Section: The Inner Sequence**

⚡ **Mind-Reactive Loop**

**Trigger → Memory → Emotion → Reaction → Words → Same Outcome**

♥ **Heart-Sourced Flow**

**Awareness → Presence → Truth → Alignment → Words → New Creation**

### **Bottom Integration Line**

“When you speak from the heart,  
you are not trying to change your life...  
you are expressing the truth that changes it.”

### **Design Notes**

To match your *Inner Lifehouse Restoration* brand:

- **Background:** soft watercolor (pastel blue + cream + gold glow)
- **Center:** subtle light-body human silhouette
- **Heart area:** glowing light source
- **Left side:** warm gold / soft radiance
- **Right side:** muted gray fading into light (not dark-heavy)
- **Edges:** ink-wash texture (your signature style)

## Suggested Series

### 1. The Core Map (you already have)

“Speak From the Source”

### 2. The Awareness Pivot (Zoom-In)

Focus ONLY on:

☞ *The moment before speech*

Visual:

- Calm center vs swirling noise
- Question prompts:
  - “Where is this coming from?”
  - “Am I creating or repeating?”

### 3. The Two Loops (Very Powerful)

Side-by-side flows only:

♥ Heart Flow

⚡ Reactive Loop

This becomes:

☞ your most teachable + memorable image

### 4. The Power of “I AM”

Zoom in on identity:

- “I am overwhelmed” → contracts identity
- “I AM steady” → expresses truth

**This one alone could go viral in your audience.**

## **5. Speech Creates Reality**

**Simple cause → effect visual:**

**Source → Speech → Experience**

## **2. SLIDE DECK (Module Teaching)**

Once you have the visuals, this becomes:

 a beautiful 10–15 slide teaching module

**Flow:**

- 1. Awareness (entry)**
- 2. Two sources**
- 3. Inner sequence**
- 4. Identity (I AM)**
- 5. Application**
- 6. Integration**

## **3. GUIDED AUDIO (This is YOUR zone)**

**This is where you will shine the most.**

**You could guide:**

**“Pause...**

**Notice the space before the words...**

**Feel where they are coming from...”**

**This turns your framework into:**

 an experience, not just understanding

## **4. WORKBOOK INTEGRATION**

Add this as a section:

“Where am I speaking from?” practice pages

## **My honest recommendation (most important part)**

**Best path:**

1.  Use this infographic immediately
2. → Create **2–3 companion visuals** next
3. → Then build **one teaching module**
4. → Then record **one guided audio**

## **What I see (reflecting back to you)**

**Something people will:**

- **recognize**
- **remember**
- **return to**

☞ “The Two Loops” visual (this would be the strongest follow-up)

☞ “The Power of I AM” visual

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### **What I see (reflecting back to you)**

 **a signature teaching system**

 **“The Power of I AM” visual**

### **Your Full Professional Visual Set (Separate Files)**

## 1. Speak From the Source (Refined Core)

- **Cleaner typography**
- **Stronger visual hierarchy**
- **Perfect for printing + teaching**

## 2. The Awareness Pivot

☞ This will be *very powerful*

- **The moment before speech**
- **Stillness vs reactivity**

## 3. The Two Inner Loops

☞ Probably your most impactful teaching visual

- **Trigger → Reaction loop**
- **Awareness → Creation flow**

## 4. The Power of “I AM”

- **Identity shift visual**
- **This one can stand alone in your content**

## 5. Speech Creates Reality

- **Simple cause → effect map**
- **Great for beginners**

## 6. Mini Practice Card

- **Pocket-sized concept**
- **Perfect for:**
  - **clients**
  - **PDFs**
  - **Skool downloads**

🎯 **How this fits your bigger vision**

 **your visual language of transformation**

**It ties into:**

- **your workbook**
- **your journal**
- **your course**
- **your Skool community**

## **My suggestion (important)**

**Once I create these, don't just "post them."**

**Use them like this:**

- **Week 1 → Core Map**
- **Week 2 → Awareness**
- **Week 3 → Loops**
- **Week 4 → I AM**

 **You've now created a teaching series**

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