

Your Sparkle

A Guide to Finding and Shining Your Sparkle

(Courtesy of Heart Speak LLC)

<https://www.heartspeak.life>

Introduction

Is there a magnificent part of you that you aren't even aware of?

A part of you that speaks inspiration, wisdom, and happiness?

Learn how to find and expand your inner voice, crystallize it into a two minute audio or half page write-up, and then share it on the internet.

Brighten the world with your sparkle.

Your Inner Voice

It's a feeling, a higher vibration you are after. By "higher vibration," I mean an inspired, open, uplifted mood. Once there, everything appears easily. It's all attracted to the higher vibration – happier experiences, stories, inspirations. Get to that level. That's the trick. We'll show you how to get there. You may recognize this as the "Law of Attraction" – "like attracts like."

"Those who danced were thought insane by those who could not hear the music."

Frederick Nietzsche

Tune in.

You need emotion as a driving force to create. An excitement, or poignant memory, or something that makes you smile.

How long can the genie stay in the bottle?

Look beneath the surface to see the essence and beauty that's "hidden" right in front of you.

Affirmations

I choose to harmonize anything that prevents me from expressing my inspiration.

I choose to harmonize anything that prevents me from expressing my wisdom.

I choose to harmonize anything that prevents me from expressing my happiness.

I am a magnificent creator.

I open to the greater mind.

I open to the greater imagination.

I choose being an inspiration.

I choose to bring into awareness what inspires me.

I choose to bring into awareness my wisdom.

I choose to brighten the world with my sparkle.

Inspiration Prompts

What puts a smile on your face when you remember it?

What miracles have happened to you?

What amazing coincidences or synchronicities have happened?

How did you meet your husband, wife, or best friend?

Do you like gardening? Think about the feel of the dirt and what it feels like to plant a specific kind of flower or vegetable, and watch it grow. Do you like arranging flowers in a vase or in the garden? How do you go about doing that?

Are there flower shows or gardening events that you'd like to describe?

Do you speak to your plants? Have you given them names?

Do you like to pick your own fruit and vegetables at a farm? How does it feel? Is it a family experience or very personal?

Do you like the nature kingdom? Do trees fascinate you with their branch patterns, bark patterns, blossoms, or fruit? Did you ever plant a tree in honor of a person or cause? Or visit such a tree. How do you honor the trees?

Do you enjoy being around dogs or cats? How do they act special? Do you have a pet? How did you come by meeting your pet?

Do you enjoy going to the zoo? Which zoo? Describe your experience.

Do you like going to a farm and visiting farm animals? Which do you enjoy best? How do you feel around these animals?

Do you enjoy traveling? Where? What experiences and what places bring you great joy in remembering them?

Is there a place like a park, or alcove, or home, or store that is very special, that feels beyond this world? – lighter, brighter, always happy. For example, the store Terrain in Westport, CT. Some place that seems alive, and imbued with that “something else,” like a feeling.

Do you manifest things or situations? What did you do, and how did you do it?

Do you have a hobby? How did you discover that you loved this hobby? Describe what you make or do, and the process. Describe the allure it has for you, and how you feel doing it. When do you do your hobby? Does it call to you or do you make a time and place for it?

Do you have happy childhood memories or memories with related children or children in general? Do you feel young and carefree to be around them? What else? What happy experiences have you had with them?

Do you do things mindfully? So that your attention is completely focused on what you are doing? Describe what you do and how it feels. For example, eating mindfully, arranging flowers, folding laundry (see Marie Kondo), honoring a tree, mindful listening.

Do you meditate? How do you meditate? Do you see visions or hear sounds? Do you sometimes feel a presence like an angel near you?

What books do you read or look at that make you happy? Children’s picture books? Travel magazines?

Do you like fashions? Of a certain era? Describe what you like.

Do you have a joy in writing, coloring, doodling, drawing, cooking, weaving, knitting, sculpture, woodworking, carving, wood-burning, beading, etc? Describe what you do and how you get into the mood, tune in.

Do you collect things? What do you collect and how did you get started?

Do you have a family tradition that you really love? Describe it and how it came about.

Can you be introspective and philosophical about anything, so that the ordinary is uplifted into a higher vibration and higher viewpoint, seeing the miracle in anything and everything?

Speaker or Writer

Are you a writer? Then write out your message, carefully crafting it.

Are you a spontaneous speaker? Then speak your message directly or with some written notes.

Crystallizing Your Sparkle

You are now going to write something relatively short, like a half page of text. This isn't meant to be a book or opus magnum, but rather something very short, filled with meaning and happy emotion, much in the spirit of Japanese Haiku.

The process I now describe is what I use for my own writing, drawings, paintings, and ideas.

1. Set your intention – Use one or more of the affirmations above, or say, “I invite the greater imagination to create with me now. I am open.”

2. Raise your vibration and tune in –

- a) Think of some easy happy memories that raise your vibration quickly. For example, meeting your significant other, the birth of your child, the fragrance of a special flower like a carnation, the feeling of a spring day with blossoms on the trees, a feeling that all is well, being carefree at a very young age, a puppy wagging its tail, staring at a candle flame.
- b) Or read some of the Inspiration Prompts above.
- c) Or listen to a Heart Speak GEM (<https://www.heartspeak.life/>)
- d) Or listen to one of Esther Hick's Abraham meditations.
- e) Or open to a “random” page in the book *10,000 Things to Be Happy About*, etc.

3. Germinate – Keep your mind open, available, receptive. Close your eyes for about two minutes, and see what presents itself: a word, a phrase, a memory, a feeling, a place, a sound, a smell. Once you get a sensation, see where this leads you. You may have to do this step a few times.

4. Jot down a quick list – Ideas will come pouring in. Write down your ideas, so you can pick the best one now, but keep the others for the future. Each idea will attract another idea of equal or higher vibration.

(Note: If you don't like the word "vibration", then read the above as, "Each idea will 'connect' to another idea of equal or higher 'emotion'.")

5. Write it (or spontaneously speak it) – You should now have a strong, happy, emotional feeling about the image or memory you want to present. Your goal here is to now write about a half page of text. I prefer to write this out in long hand on a piece of paper. However, if you feel more comfortable with a keyboard device, then use that.

You may already have the title and first sentence in your mind. If not, close your eyes for about a minute, and see what thought presents itself. If nothing appears, say again, "I am open - assistance, please."

At this stage, it is better to write something, anything, rather than nothing at all. You can always refine or even completely replace what you have at this point. This sentence will attract other sentences, and they will become more and more focused and better. Let thoughts appear in your mind. The imagery and wording will present or at least suggest themselves. Hopefully, it writes itself easily and quickly.

End with a sentence or phrase you really feel good about, that "lifts" the message even higher still, or presents a question to the reader.

It doesn't have to be long (and shouldn't be) – about a page or less. Just keep it filled with emotion, vision, inspiration.

Speaking the Sparkle (optional)

If you feel comfortable reading your message aloud, then practice a few times to see how you want to express emotion in your voice, or change the rhythm or tone of your voice.

Find a quiet time and place so there is little or no background distraction for the audio.

You want to convey the excitement or joy that drew you to this message.

Speak your message as if you are telling a friend.

You can record as follows:

- On a Windows computer, go to Accessories and click Sound Recorder (or Voice Recorder on newer Operating Systems), and you are ready to begin. Note: Sound Recorder prompts you to save the file, but Voice Recorder automatically places a file into Documents-> Sound Recordings.
- On Android devices, use Voice Recorder.
- On Mac devices, use Voice Memo Recorder (on some devices called Audio Memo).

Sharing Your Sparkle on the Internet

1. Share on the [Heart Speak website](#). This website is dedicated to collecting and sharing uplifting and inspiring 2-minute audios, made by everyday people.

It is very flexible. You can send only your sparkle message write-up (and we will record an audio), or only a recording of it (and we will transcribe the text), or both write-up and audio.

Please send an e-mail to submissions@heartSpeak.life

Put the following in the body of the e-mail

The title of your sparkle message

Your written out sparkle message

Attach the following to the e-mail

A recording of your message

(optionally) A picture for the message that is copyright and license free (you can look on www.pixabay.com)

Guidelines are here:

<https://www.heartSpeak.life/sites/default/files/GEMSubmissionGuidelinesrevision.pdf>

2. Share on Facebook –

To publish the written message – Use the text as the body of the post.

To publish the audio message – You must first store the audio file on a hosting service like SoundCloud, then add a link in the Facebook post referring to your audio on this hosting service. You do this as part of the text of the post.

3. Share on Youtube -

Create a video file and upload to youtube. You'll have to use a Google account to create a youtube account, and then create a youtube channel.

Tools

www.pixabay.com Pictures free of copyright and licensing.

www.zamzar.com Free audio/video filetype converter service. For example, you may want to convert a Windows Media File (.wmf) to .mp3.

Other Ways to Tune in

<https://www.heartspeak.life> - The Heart Speak website of 2-minute inspiring and uplifting audios that you can listen to and submit.

[Example Abraham Meditation \(youtube\)](#) - Esther Hick's Abraham Meditations

10,000 Things to Be Happy About by Barbara Ann Kipfer

The Artist's Way by Julie Cameron

[Is That All There Is?...The Journey Within](#) by Cindy M. Miller

[Waking Moments: A Guide to Everyday Spiritual Experiences](#) by Bruce Zboray & Matt Kaye

[The Gracing of Earth: Awakening Your Power](#) by Bruce Zboray

[Visionary Artwork](#) – by Bruce Zboray