## HEARTLIGHT

- Teach your child to shine



Gitte Winter Graugaard



	To	
_		
_		
_		
	From	

## HEARTLIGHT

- Teach your child to shine

Gitte Winter Graugaard

The purpose of this book is not to give medical advice, nor to give a prescription for the use of any technique as a form of treatment for any physical, medical, psychological, or emotional condition.

The information in this book does not replace the advice of a physician, either directly or indirectly. It is intended only as general information and education. In the event that you use any of the information in this book for yourself, as is your constitutional right, the author and publisher assume no responsibility for your actions. No expressed or implied guarantee of the effect of use of any of the recommendations can be given. The author and publisher are not liable or responsible for any loss or damage allegedly arising from any information in this book.

Without limiting the rights under copyright reserved above, no part of this publication may be reproduced, stored in, or introduced into a retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission of the copyright owner.

The scanning, uploading, and distribution of this book via the Internet or any other means without the permission of the publisher is illegal and punishable by law.

Please purchase only authorized electronic or printed editions, and do not participate in or encourage any electronic piracy of copyrightable materials. Your support of the author's rights is appreciated. When you support a passionate soul you ignite her fire and help her change the world into a better place.

While the author has made every effort to provide accurate information regarding references and Internet addresses at the time of publication, the author does not assume responsibility for errors or changes that occur after publication. The author also does not assume any responsibility for third-party websites and/or their content.

Heartlight - Teach your child to shine © 2021 Gitte Winter Graugaard

Remember, we all arrived on this beautiful planet as light and love. You too. And we can always return to that place within ourselves if we have lost our way in life, if the darkness has penetrated our castle. We are light and love. Let it shine.

Gitte Winter Graugaard



Other books in English by Gitte Winter Graugaard: The Children's Meditations In My Heart Meet Chief Eaglefeather The Flamedancers' Fire

More books will be available in several languages in the future. See where we're at with our words here: www.gittewintergraugaard.dk

Heartlight - Teach your child to shine Copyright © Gitte Winter Graugaard 2021 All rights reserved

Author: Gitte Winter Graugaard

Translation: Janny Marie Landegent Peterslund

Editor: Sam Jennings

Illustrations: Maria Tran Larsen

Layout: Katrine Høyer

1st edition

ISBN: 978-87-93210-59-2 (Paperback ) ISBN: 978-87-93210-38-7 (Hardcover) ISBN: 978-87-93210-46-2 (ebook) ISBN: 978-87-93210-37-0 (PDF)

Room for Reflection Publishing www.gittewintergraugaard.dk

## Contents

Foreword by Dr. Paul Luftenegger
Introduction11.
Five pieces of advice13.
Let's meditate16.
Choose an ending 57.
After the meditation 59.
Your notes
About the author
About Dr. Paul Luftenegger
More from Gitte



## Foreword by Dr. Paul Luftenegger

Multi award winning singer/songwriter/composer

I wish someone had read Gitte's books to me when I was a little boy because I know if they had, I would have been much more capable and much more equipped to navigate the world and the challenges it holds with more love and light and confidence from my own heart. It took me 34 years to begin to understand what Gitte has gifted you and your child with HEARTLIGHT.

Gitte's work has already changed the world forever in more than 20 countries and let me assure you, she is just getting started!

HEARTLIGHT is truly bursting with radiant love and light! This little powerful gem of a book is a gift to both you and your child, and it will do exactly as its title suggests, teach your child to shine. To shine from deep within their hearts, and to provide them with a tool with which to navigate the world, empowering them from the inside out.

This book will enable you to connect with your child like nothing else can. It will help you create a bond of trust between your heart and your child's heart that only a book like this can do. It will guide you with precision and great care to the delicate space of the heart we each have within us.

As an International (Canadian) multi award-winning singer/songwriter /composer, I write conscious, kind loving music to help the heart and soul feel its worth from within, and I know very well the power words and kindness can have when fused together with divine love from our hearts. I would never put my name to something unless I truly believed it would and could help the heart of the world with love.

In my global worldwide audience I experience the power of divine love from the heart every single day, and its majesty and magical power never ceases to amaze me! This book is filled with pure love and Gitte masterfully takes you into the holy space of the inside world of your child's body with care and kindness - the inner sanctuary of what is often referred to as the temple that houses the sacred heart and soul.

The word "core" came from the French word "coeur" – meaning literally "heart". I truly believe that the core of our being is in fact the heart and with this type of book your child will thrive with light from the core of their being. I believe that when the heart feels empowered to shine with love and peace and goodness, it is then that the world shifts.

If we want to thrive in our world, moving forward we must all heal our own hearts and true healing begins with us understanding the inner space with peace and power that is self-generated. What I know for sure is that the world heals when we ourselves are healed.

I love you Gitte, with all of my heart. Thank you for asking the little boy in me to be a HEARTLIGHT for your precious, precious book! Thank you for helping to heal the heart of the world with your HEARTLIGHT. You are very special and an important part of uniting the world from the sacred space of the heart.

All my love, in gratitude and grace,
Dr. Paul Luftenegger

www.beekindness.com

