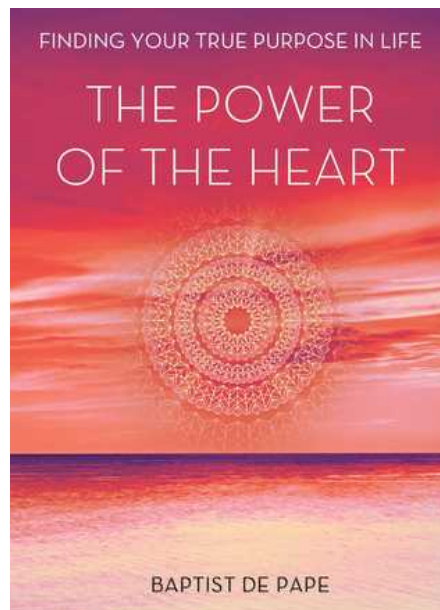




The Power of the Heart: Finding Your True Purpose in Life

Baptist de Pape

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The Power of the Heart: Finding Your True Purpose in Life Baptist de Pape

With its unprecedented convocation of eighteen of the world's greatest spiritual thinkers, writers, and scientists, including Maya Angelou, Deepak Chopra, Paulo Coelho, and Eckhart Tolle, this spiritual guide—which ties into a film of the same name—reveals how you can overcome limitations and fulfill your highest potential.

Baptist de Pape, a young lawyer, was mired in anxiety and fears about his future when he felt the call to investigate the incredible power of the heart and how it can lead us to our true purpose in life. On a quest that took him around the world, de Pape interviewed eighteen living icons—all on camera—including Isabel Allende, Jane Goodall, Marci Shimoff, Marianne Williamson, and Gary Zukav. Generously sharing their touching personal stories as well as profound guidance, these leaders co-created with de Pape a multidimensional, illuminating portrait of the heart as an inexhaustible source of love and wisdom that far surpasses that of the mind.

With exciting spiritual and scientific insights, *The Power of the Heart* presents fascinating evidence that the heart is more than a physical organ. It possesses its own intelligence, capable of transforming your views of money, health, relationships, and success. Mindfulness exercises and contemplations guide you to activate the heart's special powers—including intuition, intention, gratitude, forgiveness, and love.

These unforgettable lessons from the world's greatest teachers will inspire you to find your hidden talents, hear your inner voice, and fulfill your highest purpose in life.

The Power of the Heart: Finding Your True Purpose in Life Details

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Author : Baptist de Pape

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From Reader Review The Power of the Heart: Finding Your True Purpose in Life for online ebook

Heidi The Hippie Reader says

I received a free copy of this book through Goodreads First Reads. FTC guidelines: check!

I think whenever you gather together multiple experts on any topic, the first thing that you have to ask yourself is: are their opinions and philosophies similar enough to make a cohesive statement? The answer for this compilation is definitely a yes. Baptist de Pape absolutely nails it in this book, The Power of the Heart.

Not only did he personally interview some of the greatest minds in the spiritual/self help field, but he also added quotations from some of the enlightened masters from the past to create a masterpiece about the heart. I was very excited to read the section about Maya Angelou as she has recently departed from us. Her contributions were as powerful and insightful as I expected and hoped that they would be.

This is the first time that I've read so much expert advice in one book about opening the heart, trusting your intuition, and developing it in your daily life. Between the different sections, Pape includes "contemplations" which are practical exercises for improving your life through meditations on the heart. So, this isn't just a book about enlightenment, it's also a workbook for real change.

Apparently, this is a companion book for a film of the same name that is directed by the guy who directed The Secret. I haven't seen it yet, but if the book is any indication, this book/film could be huge just like its predecessor. Perhaps this will bring the type of attention to the heart and its power that the Secret brought to the world of positive thought, visualization, and emotion.

Agnieszka Kalus says

Beznadziejna. Natchniony zbiór cytatów i nawiedzonych z?otych my?li. Moja wielka pomy?ka. Oczywi?cie nie da?am rady przeczyta? do ko?ca.

Lisa says

Insightful stories and wisdom from some of the greatest spiritual writers and thinkers inspire you to live the life you were meant to live. The heart is the true source of our power and by listening to our inner voice we can transform our lives. This is a powerful little book, and I found myself jotting down quote after quote that resonated in my soul.

Elyse Walters says

I received this book from Netgalley. (Thank You).

I make it a point to read some type of 'present-awareness' books a few times a year. At one point in my life I

read much more. I still have a decent size home library of wonderful books by Spiritual teachers I return to when my inner soul is either hurting or I just feel a little out of balance.

For me this book is like a delicious appetizer. (really yummy) ---yet still ready for the main dish!

Everyone can get value from this book (I LOVED the PHOTOS) -- but for people who have already read a lot by Deepak Chopra, Eckhart Tolle, Marianne Williamson ---just know, reading this book is more like simply adding more flavor & support to YOUR HEART!

Its the type of book that if we read EVERY DAY-- we would discover something different though --because 'we' are changing a little every day. (our thoughts and feelings).

It was fun to read words of inspiration by one of my favorite authors, Isabel Allende.

I especially like sitting with the question: "What does life want from me"? (not what do I want from life)....but "What does life Want from me"?

Nouhad says

It is expensive compared to content. It is good for self learning.

Deepa Dubey says

It was like a huge disappointment , what exactly is author trying to say. Waste of money & time.

Ellen Christian says

This book is truly for everyone. Although it is technically categorized as a “spiritual” book, there are quotes from many people in the non-secular world including Steve Jobs and Yoko Ono and John Lennon. Of course, there are also quotes from Jesus and Martin Luther as well. I am working through the exercises in the book right now and really enjoying the new outlook it’s helping me to see.

???? says

I gave it three stars because there are many chapters that talk about redundant concepts such as gratitude, forgiveness , and living in the moment.

The parts that I found the most interesting are
(resilience , fear , and setbacks) and
(synchronicity: the hidden order behind everything).

Vorbis says

What a glorious load of tripe. I have never seen so many words dedicated to saying exactly nothing.

To sum up what is repeated over and over in varying ways over too many chapters: "Follow your heart".

Right.

What?

My heart is inside of me, it follows my legs around wherever they walk. It doesn't really have the independent leadership option.

Oh wait, you meant metaphorically? What exactly, metaphorically. Follow the part of me that somehow knows what it wants to do in the way my mind doesn't? Actually, there is no part of me like that. Sorry. I try listening out for it, meditating, and I get a deep calmness. No sense of purpose though, or idea of what to do.

Doesn't look like *you* found what to do either, mr author man. Your purpose was to go and interview other people about their purpose? Are you fucking with me? That's such a redundant circle.

If you need to find your purpose in life, rather than just needing someone to get a spray bottle and squirt love juice all over you while saying "HEART. IT'S ALL YOUR HEART", avoid this book.

Nerisa Eugenia Waterman says

"The Power of The Heart" subtitled Finding Your True Purpose In Life was gifted to me by Atria Books.

The Power of The Heart by Baptist De Pape is the companion to the movie "The Power of Heart" that made its debut on October 7, 2014.

This book is a compilation of spiritual stories and lessons by 18 of the world greatest spiritual leaders.

As an avid lover of spiritual books I didn't know what to expect when I received this book, however it was not quite what I expected. Now I should tell you I did not watch the movie, although I had an opportunity to attend the movie Premiere in London I declined, I was hoping for a Premiere a little bit closer to home, but unfortunately it was not in the cards.

Now if you follow my book reviews, then you know I am a big fan of spiritual books, and as a Buddhist I am always looking for that spiritual book that just knocks me off my feet.

Although this book moved me...it did not knock me off my feet.

However...I think this book is definitely a book that everyone should definitely read at least once.

Warning...this is not a chronological book of spiritual stories weaving trials and tribulations resulting in

spiritual lessons. Nonetheless...there are spiritual lessons to be learned from this book. If this is your first time encountering a spiritual book then I think this is the perfect first book to get your feet wet.

If you are a seasoned reader with a library full of spiritual books than this may or may not be the book for you. Like I said before I think this book is a book that everyone should read at least once. For me there were bits and pieces that made stop and re-evaluate parts of my life... but not enough to give this book a 5 star. I was expecting deep and philosophical insights from the spiritual leaders featured in the book...and this left me a little bit disappointed.

However... with that said...I do recommend this book.

I believe this book has earned its place on the Christmas Wish list for this season...

If I had a rating system for books...I would rate this book 4 out 5 stars...Of course 5 being the highest rating.

The Book Blog Review: <http://myohosisters.webs.com/apps/blo...>

Madli Allikas says

Spiritual books are for people who look for them and for them who are open for sayings and beliefs that hey maybe have never heard of. If you didn't like it, you read it at the wrong time in your life. It doesn't make the book bad, it makes you not suitable for it.

I got the book when I met my sweet friend, she told me she doesn't remember how this book got into her hands, she just felt like that's it and this is what I need. After reading it, she brought it to me as a "I thought of you and you have to read it now, made me understand so much more about my own life!"

I finished it, I've read different spiritual books and listened to audiobooks, been raised with knowledge based from spiritual books. Now BEFORE reading it, I looked at the reviews and all the comments and it kind of scared me that there are people telling shit about it. It made me doubt in it. Now me giving a 3 to this book, does not mean that it's as shitty as all those 1 star people say, it's me saying that it's a worthy book and it is a good book. Yes, it is too long for it and repeats a lot, to me it was weird that the author actually said really little and it was mostly just quotes, but that was the point of the book, it was made in a way I hadn't read before, it still gave me ALOT and i would still want my close ones to read it aswell. It's a short book full of knowledge so please TAKE IT SLOW!

You can't take the whole book in one day or week. You have to take time for it, you got to get into it. Now all those people who said what's the point and made it seem like it's nonsense and stupid and wtf my heart doesn't speak, listening to them would be wrong. I mean yeah, I understand, maybe you really never felt your heart in that deep way like that book is, but that is only good. It means you never felt like you are doing it wrong, your life, something is off, even tho when you think logically - everything is perfect. That is the heart and mind fight and it's okay that some of you never will or never understood the power of heart.

I have lived my life in a way i felt my heart screaming all the time "that is not it, that is not it", it's a painful feeling, it's waking up stressed and going to sleep sad, it's everything that this book is trying to do, help people avoid doing that. AND IT HELPS. It really gives support for the inner fighter to get some courage to say no to things you don't really really feel like doing, feeling.

It's so important not to do things because they seem logical, it's so important to do things that will fill your heart with the power. That is a book that will give you amazing ways to connect yourself to your hearts wishes with our very logical minds.

Ashish Kumar says

Really nice book ! If you are a beginner in spiritual reading !

Michelle says

The most beautiful things in the world cannot be seen or even touched- they must be felt with the heart... ~ Helen Keller

Many thanks and much appreciation to Atria Books for the ARC of this wonderful book for the purpose of this review. This book is co- authored, compiled, and edited by Baptist De Pape, a lawyer, author, filmmaker, and spiritual advisor.

This treasured volume was written to educate, motivate, inspire, and enlighten readers of the most powerful dimension of consciousness, energy, wisdom, of life itself: the human heart. This short volume is divided into three parts. Part I: Paths To The Heart, Part II: The Inner Powers, Part III: Heart In The World. The eighteen contributing authors - medical professional scholars, scientists, doctors, and educators are among the best highly acclaimed world wide thinkers and spiritual advisors in modern society. The observations and comments of each individual were short, direct, and easy to follow. Contemplative exercises for meditation and enlightenment were also included.

The observations realized from "Power of the Heart: Finding Your True Purpose in Life" were that the heart is all knowing, so powerful it is associated with the "voice of God" or the universe, which essence is love. We connect with our heart through silence. People who are disconnected from their hearts were described as "the walking dead" merely existing. This is at the center of much emotional distress and difficulty. The heart and brain connect through "the spirit of nature" which is all around in the outdoors. Animals are another example of connection, lowering stress and blood pressure.

The Institute of HeartMath is briefly discussed: we have 60,000 thoughts a day 80% are negative, when we live from our heart (love), lives are changed in the level of consciousness. The powers of intention determines action, and intuition is the language of the heart. Our relationships with others are covered in the final part: the importance of love, self-acceptance, trust, compassion, and communication. Resilience, fear, and setbacks are challenges and opportunities for growth. There are multiple lessons to learn and contemplate: quotes, eighteen short biographies (photos) are included on each individual featured in this outstanding book.

Therese Tappouni says

“The Power Of The Heart,” subtitled “Finding Your Purpose in Life” is beautiful in every way. Beginning with the attention to detail on the cover, the dust jacket, the paper and the layout, this is a book you will keep forever. The book is a companion to the movie, featuring the vision of the author/creator Baptist De Pape and what he calls his “co-creators,” eighteen icons of the spiritual and scientific world. He interviewed them over a period of time, including Deepak Chopra, Paulo Coelho, Eckart Tolle, Jane Goodall and many more. The results are breathtaking. As a Licensed HeartMath® Trainer, I am fully aware of the heart as the center of our power and wisdom as represented here by Howard Martin and Rollin McCraty. As a lifetime reader, I

am aware of the heart-path of Isabel Allende and Maya Angelou. Baptist De Pape weaves a tapestry of beauty as he brings together some of the world's greatest spiritual thinkers, writers and scientists to pay homage to the all-knowing heart. Masterful writing, arresting photos and sprinkles of spiritual sayings add up to a book you will keep for yourself while buying other copies for those you love. I am grateful for being shown the way to this inspiring guide, and I know my clients will feel the same way.

"The new science on the role of the physical heart satisfies our minds in a way that allows us to more fully believe in what we intuitively sense. It points toward an intelligence associated with the heart." Howard Martin, vice chairman of the Institute of HeartMath®

Therèse Tappouni
Indian Shores, FL
www.theresetappouni.com

Kara Lane says

The Power of the Heart is the companion book to the film by the same name. Each chapter of the book focuses on a different power of the heart, such as gratitude, forgiveness, resilience, and love. Baptist de Pape then provides quotes from the 18 spiritual leaders he interviewed, along with his thoughts on each power. Quotes from other famous people are also peppered throughout. At the end of each chapter, he provides a "Contemplation" exercise relevant to the topic of the chapter. The format of the book reminded me of *The Secret* by Rhonda Byrne.

I liked seeing the differing perspectives of the spiritual leaders to the topics Baptist raised. I found myself particularly drawn to the quotes from Deepak Chopra and Paulo Coelho. Here's an example from each:

Deepak: "Love without action is meaningless, and action without love is irrelevant."

Paulo: "There is nothing wrong with fear. The only thing that is wrong is to be paralyzed by fear."

Baptist also made some great observations, like saying: "Resentment is like a cup of poison you pour down your throat in the hope it will kill the other person. And while the other remains unharmed, you wind up destroying yourself."

There were also some great quotes from historical figures to illustrate certain points, such as Gandhi's comment: "As human beings, our greatness lies not so much in being able to remake the world...as in being able to remake ourselves."

This is not the kind of book where you get an in-depth look at the philosophy of each spiritual leader, but it does provide inspiring reminders from all of them to lead with our hearts if we really want to live a purposeful life. The quotes alone make it an excellent read.
