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**Weekly Tip from Dr.
Mark**

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Are you a Champion?

We are currently looking for a someone in each of the cities we'll be visiting this year to champion our events. For a glance at where we're looking and what sort of help we need, take a quick look at our [seminars](#) page. If your city isn't on the list and you're still interested, let us know where and we'll make it happen!

Blessings and Abundance, in all ways,
Dr. Mark

Is There Room?

Valentine's Day is upon us in several countries around the world and, with it, our thoughts turn to hearts and love and to all things representing them. True, the modern notion of Valentine's Day overshadows the spirit by far, but the message is still a good one. Who in your life do you make room for in your heart? How do you express it? On this day, at least, we take the time to include others in our heart, and it feels good!

How often though, on Valentine's Day or any other, do you take the time to ask if there is room in your heart for *you*? When is the last time you considered whether there is a place in your heart to allow the abundance, joy, and love that you wish to have? After all, any number of those around you can offer you Valentines, but if there is no space in your heart to receive them it is as if every one of those expressions comes upon a locked door. When that happens, the spirit of Valentine's Day and all that it brings cannot enter.

What to do? Begin by celebrating *your own* life! For every Valentine that you give this year, give yourself one at the same time. You will quickly find yourself in the midst of a process of allowing that gets reinforced from within and from without. Are you concerned you won't get any Valentine's wishes at all? Give yourself a few first, and watch what happens!

Are you wondering if you are already in a heart-centered place and don't need to do this? Take a look around you. If your heart is being nurtured by others and you're happy with that, then you're good to go. If not, well then you know what you need to do. Remember, what you are getting is *always* a perfect reflection of and match to what you are giving. *Always. No expectations.*

Creating the space in your life for a moment of aloneness and connection to

your heart is perhaps the greatest gift that you can give and it is the best way to know that your heart is fully open to others as well. It is an opportunity to be fully present and connected to your own heart. It is a chance, through journal writing, stories, imagery, and with anything else that you choose to do in those moments, to intimately connect to your heart and to jumpstarting your process of allowing. It is what [A Life Aligned](#) is all about.

This Valentine's Day, take the time to find room in your heart for yourself. It is the key to allowing the presence of others. You will find yourself well along on the journey to allowing the magic in your life.

Happy Valentine's Day!

Dr. Mark's newest book is available now!

Described as "*mesmerizing*" and "*a must read...*"

A Life Aligned: The Journey to Allowing the Magic in Your Life

can be ordered at a bookstore near you or directly from

[Dr. Mark's eStore*](#)

*books ordered online will be signed on request, and a portion of each sale is given with gratitude to:

[The Center for Health Design](#)

"Through research, education, advocacy and technical assistance, The Center for Health Design supports healthcare and design professionals all over the world in their quest to improve the quality of healthcare through evidence-based building design."

Have You Experienced *A Life Aligned*?

Many, many of you have written with comments about *A Life Aligned* to tell me what the book has meant to you personally. Thank you! I am grateful for every bit of this feedback!

If you have thoughts to share, please send them to Dr. Mark directly by [email](#).

Seminars!

We are currently scheduling dates for late Spring, Summer, and Fall across the United States. If you would like Dr. Mark to bring *A Life Aligned* and its *5-Point Process* to life for your organization, please [email Ray Reese](#) to discuss your needs in depth.

Every seminar is different, no two the same! Each is customized to the attendees and the space. No group is too large or small, and venues of all types will be considered! The more unusual and interesting, the better! For a glimpse of what we are planning, please visit our [seminars](#) page.

Don't have a space in mind, but want to vote for a city/location anyway? [Email Dr. Mark](#) and we'll see what we can do. **Anything can happen!**

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