

Cinderella

A Story of Personal Transformation

To Remember

Personal Transformation is a voyage of self-realization, of personal self-discovery.

The Greek word **Metanoia** describes this transformation. **Metanoia** refers to a **spiritual conversion, a change of thinking and purpose.**

The story of Cinderella is a story of Personal Transformation; it's a replica of the story of our evolution as a soul, where the first thing that happens is that we lose our conscious connection with our Creator, our Source, what we call our Father/Mother God.

Jesus always focused His teachings on Love. He said that there were really only 2 commandments: **“love God above all things and your neighbors as you love yourself”**. And He also said: **“Love each other as I have loved you”**

The key to a Personal Transformation is in the heart, and that key is Love.

The heart is more powerful than the mind. It produces 10 times more electromagnetic energy than the brain.

In recent years, scientists have discovered that the heart has its own independent nervous system —a complex system referred to as “the brain in the heart.”

This system receives and relays information back to the brain, creating a two-way communication between heart and brain.

When you go to the heart, you connect directly with Spirit, which only wishes for you to discover your spiritual identity.

Remember:

**“The mind does not have any answers
and the heart does not have any questions”**

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