



## About the Open Your Heart Series: Q&A with the Publisher

Q: What motivated you to publish the Open Your Heart series?

A: I was looking for a way to help people take the very first steps toward self-awareness, living consciously, finding God, getting in touch with their Higher Self. There are lots of things to call it, but basically I wanted to find a way for people lead happier lives. And being spiritually conscious is a huge step toward that.

Q: How did you come up with the idea?

A: Lots of people discover the beauty of conscious choice while battling an addiction problem, grieving the loss of a loved one, or otherwise dealing with a painful situation. I thought it would be terrific if people could figure out a way to get there more easily. One day while meditating, boom. The idea hit me.

Q: How did \*you\* get there?

A: A challenging relationship. I am grateful for where I am now, but wow. I wouldn't want anyone else to go through that.

Q: Why "Open Your Heart"?

A: It's a short way of saying all the things mentioned above and applies no matter what your religious or spiritual beliefs are.

Q: Do you really think men will buy your books, too? I mean, come on. "Open Your Heart"?

A: Sure. Why not? Men have hearts, too. We've moved beyond that as a society and culture. More than half our authors are men who are passionate about their chosen topic.

Q: What does Open Your Heart actually mean?

A: To open yourself up to the flow of the Universe, of God, of your Higher Self. To learn to listen to the knowing voice within and to learn to trust your instincts. To recognize that being on a spiritual path doesn't mean a walk through a cemetery.

## Open Your Heart, the *Secret*, and New Thought

Q: What does opening your heart have to do with the *Secret*?

A: The *Secret* and the shows Oprah did about the movie and the book focused on the Law of Attraction. That is, they focused on the idea that you bring to yourself what you think about. If you don't know what you're thinking – if you're not even aware of your own thoughts and the vibration you send out – you cannot attract to you what you want.

Q: How does that relate to New Thought?

A: New Thought, which refers to using your thoughts to create the life you want, embraces the concept of the Law of Attraction, as well as many others. You can learn more about New Thought by researching Science of the Mind, Religious Science, and Unity.

Q: How does opening your heart help people understand the Law of Attraction and New Thought?

A: The Open Your Heart books help you recognize that you feel good when you're doing something you love and enjoy. Using a fun activity to learn to pay attention to your thoughts is much easier – and, well, fun – than other methods might be.

Q: Is the first step to creating the life you want to become aware of what you're thinking?

A: Exactly. Everything comes from that.

Q: So all you have to do is think about improving your life and it will happen?

A: Oh, if only it were so easy. There's more to it than just the Law of Attraction: The Law of Cause and Effect and the Law of Correspondence, for example, are also key factors. *Stop Struggling and Start Living: The Rules of the Game*, another book by DreamTime Publishing, tells a great story of a man who turned his life around using these laws.

Q: Why “Open Your Heart”? Why not “Open Your Mind” or something similar?

A: Because paying attention to your thoughts and how you feel – your vibration – is just one part of opening your heart. Opening your heart means becoming more open to allowing ALL the good that can come to you. It's a new approach to life. It doesn't happen overnight, and as much as we'd like it to, it won't happen from just one book. You have to start somewhere, though, and the Open Your Heart books make it easy to.

## Open Your Heart and Buddhism

Q: What does opening your heart have to do with Buddhism?

A: One of the things that happens as your heart opens is that you become aware of your thoughts as you are having them. That awareness is something that Buddhism strives for, too.

Q: Isn't Buddhism all about meditation?

A: Buddhists do meditate, and they also teach you to appreciate the flow of the activity you're in, whether it's sweeping a sidewalk, walking, or listening to music. The idea is to stay present where you are right now. The Open Your Heart books try to help people do the same thing.

Q: Do the books teach Buddhism?

A: There's a lot more to Buddhism, or any religious or spiritual belief, than we could possibly hope to teach with these books. We just want to help people become more aware, and subsequently happier.

Q: Do the books teach meditation?

A: Again, the term "teach" doesn't seem quite accurate. We just want to help people become more aware of their own minds. If they are already practicing a form of meditation with their favorite activity, then we'd like to help them recognize that.

Q: Why isn't the series called Zen and the Art of Basketball, Bicycling, etc.

A: For one thing, Zen is just one type of Buddhism, and we wanted the books to have as broad of reach as possible. Aside from that, others have already used that title quite a bit. We wanted to open our hearts to something different.

# General Information about DreamTime Publishing

## DreamTime Publishing Mission Statement

The mission of DreamTime Publishing is to arouse our inner wisdom to help us lead inspired lives. Although the name "DreamTime" comes from the Australian Aboriginal concept of how life began, many ancient and modern cultures throughout the world share the ideas illuminated in the Dreamtime. These timeless ideas encompass the notion that we are all beings of energy, that we are all interconnected, and that we all determine our futures and our destinies by how and what we think. By living consciously and becoming self-aware, we tap into the energy and the power of these concepts, allowing us to lead happier and more inspired lives.

## Meg Bertini, Series Creator and Publisher

Meg Bertini is the founder and publisher of DreamTime Publishing, an independent press focusing on practical mind/body/spirit books. After a successful launch of the new Open Your Heart series, she is looking forward to expanding the company's imprints. The first non-Open Your Heart book is now in print: *Stop Struggling and Start Living: The Rules of the Game*.

Meg is a graduate of Emory Law School in Atlanta, GA, and licensed to practice law in Georgia. Her publishing career began with marketing and editing work for attorneys, which later expanded to a broad range of clients. Because of her experience with different sides of the industry, she was able to pull together a great team of authors, editors, and marketing professionals, and she is happy to have found such a great group to work with. She is an Usui School Reiki Master and intends for DreamTime Publishing's books to help people become their best.

When she's not looking for talented writers, she enjoys traveling, gardening, and reading books she is not responsible for publishing. For more information about the Open Your Heart series, please visit our Books page, [www.dreamtimepublishing.com/books.php](http://www.dreamtimepublishing.com/books.php)