

# Welcome! This is your course and download manual.

## YOUR COURSE MATERIALS INCLUDE

- A **Workbook and Tool Card** for each prerecorded Webinar video
- 4 **Webinar videos** + a bonus Webinar video
- 4 **Group Coaching Calls**, each about the content of a Webinar video, available live or recorded. (Content of the Bonus webinar is covered in the next call or the 4th call, depending on its order listed within the course.)

They are computer and mobile friendly and downloadable for you to play or keep forever. You have **60 days** access to enjoy the calls and download the materials. 60 days of Daily HeartStart Calls are also included, as described in a separate Daily HeartStart welcome email.

Each course page has all 4 Webinar classes and a bonus Webinar listed as you scroll down.

The screenshot shows the 'Heart Mastery Beginner Course' page. It features a video player for 'The Shift to the Heart' and a 'Group Coaching Call Archive' with a list of MP3 download links. Red callout boxes with arrows point to specific elements:

- 1. CLICK COURSE**: Points to the 'Shift to the Heart™ - Beginner' link in the 'Core Course Menu'.
- 2. SAVE/PRINT WORKBOOK + TOOL CARD**: Points to the 'Class 1: Workbook' and 'Class 1: Tool Card' links under 'Workbooks (PDF):'.
- 3. WATCH VIDEO: STREAMING OR DOWNLOAD**: Points to the video player and the text 'To download this MP4 video right-click and save as...'.
- 4. ATTEND SCHEDULED LIVE CALL OR LISTEN TO RECORDING**: Points to the 'Click here to see the call schedule on the events calendar' link.
- BLUE ARROW TO LISTEN TO RECORDED CALLS STREAMING OR RIGHT CLICK LINK TO DOWNLOAD AND SAVE AS**: Points to the play button and the MP3 download links in the 'Group Coaching Call Archive'.

## HOW DO I ACCESS MY COURSE?

1. Log in at [www.heartmastery.com](http://www.heartmastery.com) and select your **course** from the menu
2. On your course page, start with course Class #1. For your **Workbooks and Tool Cards**, click, select "Save As", download and print the class Workbook and Tool Card to have available with pencil or pen when listening to the webinar and during the Group Coaching Call, live or recorded.

3. Watch the **Webinar video**, either
  - **Streaming** from your computer or mobile device like an iPad, iPhone, Android phone, or tablet. Just click white arrow. And/or ....
  - **Download** and keep permanently on your computer or device. (*Are you New to downloading? See additional Download Tips below*) For saving with most browsers, just right click the blue link under the video screen. Select "Save Link As" from the dropdown menu. Find the folder you would like to save to in your Video library or device and click Save so it can download to there.
4. Check the **Events Calendar** schedule or your welcome email to see if there are **live Group Coaching Calls** scheduled. Options for attending free through Skype can be found at <http://heartmastery.com//setting-skype-access> and other Free Conference Call options can be found at <https://www.freeconferencecallhd.com/hd-conferencing/>  
**Call recordings:** And/or you can listen at your leisure to recorded Group Coaching Calls from the Group Coaching Call archive found below the video, either
  - **Streaming** with the blue arrow, or
  - **Download** them by right clicking the blue link. Select "Save Link As" from the dropdown menu. Find the folder you would like to save to in your Music library or device and click Save so it can download to there.

## DOWNLOAD TIPS

Create HeartMastery Course folders in your computer or device library for your Workbook PDF files in Documents, Mp4 files in Video, and mp3 files in Music so they are easy to find and enjoy.

For best performance we recommend these internet browsers: Safari, Firefox, or Chrome. JavaScript and cookies must be enabled on all browsers

## OUR EMAILS TO YOU

We send two emails per week with HeartMath tool reminders, meaningful quotes, reminders for the dates and access information for calls as well as some other valuable communications. To prevent our emails from being caught in your spam filter, add [info@heartmastery.com](mailto:info@heartmastery.com) in your email contacts. Check your Junk Mail files too and reclassify any of our emails there as Not Junk, and indicate they are from a trustable source.

## QUESTIONS?

If at any point you have questions or concerns, you can always address them by going to the "Need Help?" section at the bottom of your first course page. You may find your answers immediately in our FAQs found under "Need Help?" at the bottom of the course page. If you still need help, please use the "Contact Us" form.

Our helpful online FAQs:

<http://getsatisfaction.com/heartmastery?view=recent>

Contact Us page: <http://heartmastery.com/contact>

HeartMastery Customer Care: [support@heartmastery.com](mailto:support@heartmastery.com)

## JOIN THE HEART BUDDY NETWORK

The Heart Buddy Network is free and available to you and even your friends and family who want to participate. (You do not have to be a HeartMastery student.) If you want to join the HeartBuddy Network, go to <http://buddy.heartmastery.com/> (Bookmark that page.) It is a separate website from HeartMastery, but you can also get there by clicking **HeartBuddy Network** in the upper right corner of each HeartMastery webpage.

The screenshot shows the Firefox browser window displaying the website [buddy.heartmastery.com](http://buddy.heartmastery.com). The navigation bar at the top includes links for Home, Find a Buddy, Discussions & Groups, and My Profile. On the left, there is a Login section with fields for Username and Password, and buttons for Log in, Sign Up Now, and Lost password?. A red box labeled "Sign up here" points to the Sign Up Now button. In the center, a white box contains a list of steps: "1. Sign up for free", "2. Find a Heart Buddy", and "3. Meet weekly and connect from the Heart <3". A red box labeled "These are the basic steps to getting a HeartBuddy" points to this list. On the right, there is a section titled "Get Started with the HeartMastery Heart Buddy Network" with a "Read more" link. A red box labeled "About connecting with a HeartBuddy" points to this section. At the bottom right, a yellow box labeled "Website navigation at the top or here" points to a navigation menu with the following items: Home, Find a Buddy, Discussions & Groups (with sub-items: List all discussions and groups, Recent posts in my groups), and My Profile.

On the right side of the first HeartBuddy webpage, read through **Get Started with the HeartMastery Heart Buddy Network**.

The password and username you create there could be different from your HeartMastery website access. After you log in, explore **Let's Get Started**

near the top of the page. To become Friends with someone, go to **Find A Buddy**. “Friends” can interact and “HeartBuddies” agree to call each other on a regular basis and practice the communication tool with their heart sharing on a regular basis. Click Add Buddy. That allows you to request that person be a Friend or a HeartBuddy. For private messages to a Friend or HeartBuddy, go to Private Messages on the upper right side of the page.

Feel free to join in any Discussion as well.

**Do you love something about HeartMastery? Please tell a friend! Your referrals are the best way to help HeartMastery to grow and benefit more people and the world.**

Do you see how we might do something better in this program? [Please tell us!](#) Your feedback and contribution is the best way for us to be of better service to you and others.

We sincerely want the HeartMastery program to be a wonderful experience for you, one that will create a lasting change in your life and empower you to manifest your heart's purpose and create your lasting legacy for the world. Thank you for joining the HeartMastery community. It is our privilege to have the opportunity to connect with you in the heart.

With love and care,

The HeartMastery Team

*Medical Disclaimer:*

The Heart Empowerment and HeartMastery Program and its providers do not provide medical advice. We do not claim to diagnose, treat, or cure disease. This is a program specifically designed to learn tools to access heart intelligence to manage stress. If you have a medical condition or believe that your stress is related to a medical condition, you are advised to seek the attention and advice of a primary care physician.

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