

AUTHOR OF

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THE TRUTH THE WORLD DOESN'T  
WANT YOU TO KNOW

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*Set Your Heart  
Free Forever*

A SUPPLEMENTAL GUIDE

BURT  
HARDING

*Set Your Heart  
Free Forever*



A Supplemental Guide:

The Truth the World Doesn't  
Want You to Know

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# Setting Your Heart Free Forever

Out of the world's maze of metaphysics and complex psychology into the tender simplicity of Pure Being.

The more I studied, the more complex information crowded my mind until after many, many years I hit upon the simplest Truth of Being Human and its innocence.

Truth—there is only ONE TRUTH—is extremely simple. However, the intellectual will never understand the full meaning of the Heart's declaration.

Burt Harding

I can assure you that if you but touch the hem of the truth written in these pages, you will discover practical inner tranquility with the ensuing happiness beyond your greatest expectations.

Right now you might not be able to imagine the joy and inner beauty that you will see and experience until you embark on the very simple, enjoyable exercises given here. However, it is all about knowing the difference between the conditioned daily mind and your beautiful Heart that is so damned up by thoughts of limitation and fear.

I had spent 40 years learning about the power of the mind and conducting hypnotherapy sessions. Then emerged the greatest hypnotic spell of all when the movie “The Secret” took practically every unawakened human by storm. The Law of Attraction became the idol of man’s fancy and, the movie and book of the same title, sold millions.

## Setting Your Heart Free Forever

However, it was its time, and nothing ever happens by chance. After a few years, this proved a blessing for wanting and believing do not awaken love, tranquility and inner knowing beyond words. Wanting objects is a starving soul that believes the world can give it what it needs.

The law of attraction is a law of mind. It is NO SECRET since it was given by Sages long ago including Jesus and Buddha. The teaching then was “as you sow you shall reap,” “as you think you will draw towards you,” and a more modern version is “whatever goes around comes around.” However again, material gain was always sought by the poor in spirit to fill a deep unconscious ache.

The belief was, of course, that material objects can bring us happiness and meaning which is the deception of the mind.

What has been missing all along was not knowing about the Heart as the only Truth (also

known as Pure Awareness). The term “Heart” refers to the Source and Essence of one’s Being. It points more to Love.

Actually, this essence cannot be defined through words. The individual mind is incapable of understanding truth simply because the mind is linear and so, opposite truth which is timeless.

Did you know that the heart never makes a mistake? And also that it is eternal and our true Home. Did you also know that all unhappiness and misery is a deep unconscious yearning to go Home? Yes, our heart is unborn, undying and our true Being.

The Heart is like the Sun and the conditioned mind like the moon. The light of the full moon is a deception because it borrows it from the sun. Similarly, all emotional suffering is a yearning for the freedom of the Heart.

## Setting Your Heart Free Forever

To make it simpler and clearer just see the Heart as the Seer. See the daily conditioned mind as the moon known as the SEEN.

# The Seer and the Seen

Please watch the following video on YouTube.com:

<https://youtu.be/mPMVqYfOrXo>

The SEER is you. You are this great Truth known as Pure Awareness and coined as the “Heart.” What the SEER sees are noted as the SEEN. This applies to all that is perceived. All that is perceived is NOT YOU. If you understand this in your heart, then that’s known as “awakened.”

## Reflect for a Moment

You are the Seer  
All that is seen is not you.  
You need the seen as the mirror  
To bring you back to the Seer.  
The Seer and the Seen then

## The Seer and the Seen

Are known as One.

All that is seen in this world is an object (objectified item). It is all derived from the unseen realm. The Emptiness of space is replete with Intelligent Source and Loving Force. This Emptiness or Nothingness (no-thingness) creates, out of itself, like a spider weaves a web from itself, and thus we have the automatic creation of energy that moves in waves, forms atomic particles and into molecular structure and finally as matter (solid, tangible form).

This Force is super intelligent enough to create perfection of motion like the earth rotating around the sun in infallible precision to create the semblance of calendar time and seasons, etc. Thus, the human was created from consciousness that emerged from Pure Awareness through the creation of trillions of living cells into human form. Thus, the

human being was born, but the Pure Being was and is the Heart that never knew birth nor death.

All this emerged from Source known as the SEER (Pure Awareness).

*Why the creation of form if the Heart was perfect Oneness living in its heavenly state?*

The Pure State of Awareness (SEER) wanted to experience itself, which was not possible through Pure Awareness. You see, Pure Awareness is the Seer. It sees but cannot see itself. It is like your eyes can see everything but cannot see themselves. Therefore, Pure Awareness wanted to experience itself through billions of forms and celebrate its wonderful, glorious Beingness. However, in order to do that it needed to objectify itself. Just like our eyes needed a mirror to see themselves. This, paradoxically, created a veil from perfection, a seeming separation created automatically through consciousness.

## The Seer and the Seen

Consciousness, by creating the form body, also knew that the Pure Being within it known as the SEER Heart, although perfect in every way, was faced with seeming limitation through identification with the form body.

When the Seer created the seen  
From itself.  
It was meant as a mirror to see itself.  
Just as the eyes see  
But cannot see themselves.  
But then, we made the mirror real  
And had to search for the Seer  
which was doing all the Seeing.  
Recognition dawned when  
These polarities were seen as one.  
The perceiver suddenly saw  
that the perceived was just a mirror.  
Through the mirror saw itself  
for the first time.  
This was the awakening.

When a child is born, it is still pure awareness until it starts to experience its own body through walking and identification with its given name. Thus by the age of two or three the child establishes the veil that clouds its invisible spiritual perfection by making this first separative egoic remark, “This is mine!” reinforced further by parental hypnotized beliefs in a God outside itself. It is this falling into ignorance that created all the wars, prejudices, bigotry, and negative fears—this separation from SEER to SEEN.

The paradox of creation was this—that although the human was a Being playing the role of limited human, yet the veil covering this great, awesome glory necessitated “evolution” of inner recognition.

This evolution was and is the recognition that we are the SEER and not just the SEEN image of limitation of form.

## The Seer and the Seen

This creation has one purpose, and it is this—to discover its own perfect unborn state of Pure Being (SEER). This means activating the witness (SEER) beyond judgment, beyond labels and SEE clearly its Divine Perfect Nature. This witnessing would require a drive for what is TRUE.

One is the SEER and not the SEEN although both work together in Consciousness. Since both SEER and SEEN are ONE then harmony, peace, love, allowing, acceptance, tolerance, understanding, compassion all known as LOVE to be the driving force behind the drive for Truth.

The Awakened Master is the one who knows himself/herself (beyond gender) as the perfect SEER without being caught in the SEEN. This means there is no involvement with time or space but total surrender to the SEER within as the holiest of holies. Anything SEEN by the SEER is accepted as part of Oneness.

Burt Harding

The average human being has no knowing of its true nature and so is often involved with beliefs, religions, traditions, culture and national mentality. This is not wrong but ignorance of one's true nature as the SEER.

# The Suffering in the World

All suffering, all of it, is the ignorance of not recognizing the truth of one's Being. What has replaced the heart was (and is) the mind. The mind is needed to live in this world of seeming form. However, its role is as a servant rather than a master. When one is sick mentally, deranged, dysfunctional or insane it is nothing more than the terrible unawareness from the alienation of the heart.

If you are reading this material for the first time, you are bound to be skeptical and the mind probably filled with, "But what if . . .?" This is a natural response from the conditioned mind and so to counteract it the following methods are simple

and prove somewhat the truth of what is being said through your own awakening heart.

Do not be hard on yourself if your conditioned mind disbeliefs most of this. After all, this is why this booklet is being written: to show you proof from your own heart that you are far more beautiful than you ever imagined. Just keep aware that the egoic mind is always showing fear, concern and doubt because its survival instinct can feel threatened when you start turning towards your heart first.

Before we start with the simple methods of awakening the heart, just know that this evolution from mind to heart would require some vigilance of the conditioned mind's attempts to trick you into giving up or fill you with doubt and concern. This is an understandable challenge that one has to face in its journey towards the glorious heart.

## The Suffering in the World

The SEER in you is perfect so be aware of what you are SEEING in your mind's eye. This SEER is not capable of seeing itself yet and not even aware that it is possible. Therefore, all the SEER sees initially is the SEEN, which is familiar to you. Once the SEER becomes aware of itself and that it is YOU and has always been YOU, then a whole dynamic comes into play. It is this seeing that will bring the great change to the Heart.

# Ways to Awaken the Heart

We will start with the 5-Step Method for clearing the mind and having the first glimpse of the Heart. Please do not just read this material otherwise it is more words. Practice for a few minutes each step until it is mastered before going to the next.

## STEP ONE:

Start by sitting comfortably without resting your head keeping it erect. Place your tongue on your upper palate against the front teeth and raise your inward closed eyes towards the spot between the eyebrows without straining.

Now place your hands on the stomach and exhale through the mouth while feeling the stomach

## Ways to Awaken the Heart

pull itself inwards. Hold for a couple of seconds and then inhale through the nose counting to 4 seconds. Exhale again to the count of 6. Repeat this 6/4 rhythm just three times only before starting this practice.

Now feeling reasonably relaxed, start by watching the mind's regular activity without identifying with it. Just watch! Remember, just watch detached like watching a parade without joining it.

Do this for just 4 to 5 minutes.

How did you make out? Were you able to watch the mind's activities of sensations, body twitching, restless mind-wandering, self-talk and so on? The more you observed, the better.

Did you get involved in any of the activity? If yes, and most people say "yes" then it is okay because you have been both honest and yet willing.

Do not attempt the next step until you can watch everything without getting involved. This should be accomplished after a few repeats.

**STEP TWO:**

Now do the same procedure as you did with step one in breathing and positioning of tongue plus breathing.

Now you are already beginning to feel like the SEER in watching the activity of the mind. However, this time, you will call it “THOUGHTS.” Watch all mental activity as merely a thought.

Do this for 4 to 5 minutes. You know you have mastered it when all activity was seen to be thought, and you weren’t involved.

Now you are ready.

**STEP THREE:**

Start again with the same procedure in breathing

## Ways to Awaken the Heart

and positioning and watch the parade of THOUGHTS. Remembering that all mental activity is a THOUGHT.

After watching about a minute, this time, ask yourself, “I wonder what the next thought will be?” and then just watch for that next thought. You might end up asking it several times. How long was each gap between thoughts while waiting?

You have succeeded when the question was not asked more than three times, and the gap was anywhere between 10 to 15 seconds or more. Five minutes each time is enough.

If you feel you are honestly ready for the next step, then do so.

### STEP FOUR:

Start by relaxing yourself, doing the breathing and positioning of the tongue. This preparatory stance quickens the activity of the pineal gland in the

brain and starts awakening the super-being known as the SEER.

This time, you are familiar with the gaps between thoughts. This gap is the Emptiness or Nothingness of the Heart. Soon the darkness by which the gap is experienced will start turning into lighter and lighter form. This SILENCE is the Light itself which is the highest Intelligence known to mankind. It is through this Silence that all creation began.

Now if you truly WATCH you will start to FEEL that this Silence is a potent energy. You will start feeling more energetic, somehow even joyous for no apparent reason. This joy is the “feeling” of the heart awakening.

Now pick a feeling that resonates with you such as Infinity, Joy, Bliss, Happiness, Beauty, Grandeur, Spaciousness, Borderless, Wholeness, Love without conditions, Eternity, etc. These so-

## Ways to Awaken the Heart

called subjects are the nature of Emptiness known as the Heart. The term Emptiness refers to that which is objectless. It is this very Silence that becomes the ANSWER to all problems and suffering in the world. You will start enjoying this EMPTINESS to the point of actually falling in love with it.

Now if you resonate with all this to the point of making perfect sense to you, then you are ready to do next and final step.

### STEP 5:

Assume the same stance as before, do the breathing and positioning and start.

Now for a few minutes EMPTY yourself of everything you have ever known in this world as the mind. i.e. self-image, your name, your persona, your body, your attachments, expectations, fears,

hopes, and desires. Give it all up until you feel EMPTY—totally EMPTY.

If a fear creeps into your belly, then also give it up. If a question arises as to why this is important, also give it up. Just be Empty of everything.

Now, in this total emptiness what is it that remains? Look for it which is Emptiness itself. What is it that is left?

And this is where you experience the SEER! The SEER is what remains known as the Heart or Pure Awareness of nothingness. This unknowing and unknown element is the highest knowledge attainable by the human. There is no greater knowing than unknowing. Socrates made it plain, and so did all great Masters such as Buddha or Jesus. When Jesus finished his forty days of fasting and emptying himself, he found himself as the Christ Seer.

## Ways to Awaken the Heart

This is the Heart known as the Self-coined by Bhagavan Ramana Maharshi himself.

Now you have a greater “feeling” (resonance) towards the label “SEER.” It is pure awareness or Presence. Anyone with enough inner Silence and intelligence can see that one’s true nature is “I AM.” I exist, and therefore, I AM existence itself.

# Recycling of Bodies Method

This method is an extremely simple one and requires only your full attention to recognize the Seer. It is just a visual inner journey.

Now take a few deep breaths and relax completely with the focus on your inner space between the eyebrows:

Visualize being born, just a toddler. Picture the body as you can visualize it and its pure basic awareness of itself. The child, at this point, doesn't even know it has a form much less an egoic mind.

Now picture this same child (which is you) becoming two or three years old. The body has changed completely, and even its thoughts have changed. It responds to its given name and has

## Recycling of Bodies Method

learned to walk. A completely different human yet it is still “you.”

Next see this child about 6 or 7 years old and established in its beliefs about the world and its surroundings. It has even taken on an ego by identifying with the body and name. This child is now completely different in body and mind from the one previous. And yet . . . It is still “you.”

Next you see a teenager and a completely different body again with a completely different view of life than the previous one. And yet, despite all these recyclings of bodies, it is still “you.”

Now you have grown into a man or a woman with, again, another completely different body and mind, and yet, despite all changes it is still “you.”

And this goes on and on until old age and so-called “death.” So the question is this, “What was it that saw the changes?” It is logical to say that there

was a Seer of all these changes. Now again, if one can see changes happening, doesn't it mean that the one watching is changeless? Can change watch change happening? Of course not. The only way that change can be aware of itself is if that which watches does not change, right? If you have grasped this, then you are more aware of the Seer. The SEER is changeless, timeless, infinite, eternal, and yet totally invisible and Empty. It is the highest intelligence known.

Are you ready for the next method?

## SEEING the SEEN

The Seer is Infinite, eternal, never-changing and plays the part of being human. In Truth the SEER has 14 billion eyes since the population at present is 7 billion people. Every human who doesn't know he/she is BEING totally believes that the SEER is that individual. Because of this unawareness, the ego is active and alive. It takes the form of being a person rather than a Presence.

How did it all start forgetting the SEER? Well, let's go back to the time you were two or three years old and already walking and relating to given name. All this plus the conditioning of the parents telling you to be a good boy or girl hinting unconsciously that you need to be good otherwise you won't be

loved nor accepted. This starts a vicious circle of pretense, lies and greed. In fact, our first words were, “This is mine.” It is this that builds up the person and away from the seer into the SEEN. To make it clearer, this is what happens:

You believe you have to be a certain way to be loved and accepted, and so you start feigning a given form of expression. You see how others act and you emulate the ones you admire as stronger and better. In short, you are acting on the SEEN and have totally forgotten that you are the SEER.

The outside world becomes a foreign world you try to adapt to simply because it is the SEEN and, therefore, your reality. You have taken a step away from the heart (seer) into the SEEN (mind). Now you act like people expect you to and also how you think you should act. Your spontaneous love and genuineness have taken a backseat. This is all due to acting from the SEEN called mind.

# The Three Stages of the Seen

## FIRST STAGE:

The SEEN is called “I” and you refer to this “I” as “me.” In fact, in conversation, you are always referring to the SEEN as “me,” “I,” “mine,” “my,” “my body,” “my mind,” “my life,” “my experience,” and so on. This stage is the PERSON known as ego where the whole world revolves around him or her whether they know this or not.

This “I” feels separate from others and is often unconsciously in competition. It is yet totally unaware that everyone else SEE the same thing. In other words, everyone is like you, totally self-conscious. Conversations dwell on “I think,” “I feel,” “I know,” “I understand,” etc. This stage is the

most common stage of all and is the corruption of the Divine Seer because it sees only itself known as self-consciousness. This stage is the stage of the envious person filled with insecurity, uncertainty, fear and often unconscious anger and guilt.

SECOND STAGE:

This is when intelligence starts awakening with questions such as, “Who am I?” “What is it all about?” “What is the meaning of existence?” and so forth. In this awakening of intelligence begins the seeing that everyone is the same “I.” In other words, you start seeing clearly how everyone thinks and believes the same that they are this “I.”

This awakening intelligence brings the realization that since everyone feels that same “I” as themselves then there is a oneness being recognized.

## The Three Stages of Seen

This realization brings greater sympathy, understanding, tolerance and even love. It is a slow recognition that this corrupt “I” is essentially a Divine “I.” This is the beginning of Oneness love.

### THIRD STAGE:

This is the awakening of SEER rather than SEEN. The “I” although it took the form of egoic occupation was really the Divine “I” hiding itself. The awakened heart no longer believes in the seen as reality, but only the One Divine Self as SEER is the one truth. This is the ONE seeing itself as the ONE. Are you beginning to see this whole divine play of Life and its grandeur?

At this stage emerges the greatest intelligence of all. There is only Unconditional Love where wrong doesn’t exist but serves as a lesson to teach us, sometimes the hard way, back to SEER. LOVE is not only the ONENESS but also the perfection

Burt Harding

of the SEER finally awakened in its true essence as perfect love.

For teaching in a nutshell, please visit: [www.burtharding.blogspot.ca](http://www.burtharding.blogspot.ca). The 6<sup>th</sup> video: “The Teaching.”

## About the Author



BURT HARDING, founder of the Awareness Foundation in Vancouver, Canada, offers a radical invitation to recognize the truth of our being as already whole and fulfilled.

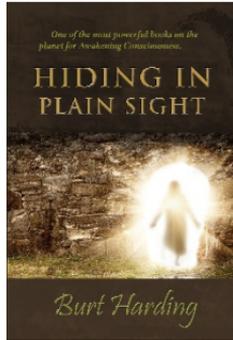
He reminds us of the love we really are beyond the personal stories we carry. In this way, we come to recognize what we have always known but did not

live from—the beauty and wonder of our own true essence.

Burt conducts sessions and workshops in Super-Sentience, a system devised to help heal deep wounds and promote a shift in the perception of who we really are.

He has conducted studies in higher consciousness for thirty years and had his own television series on the mind/body connection.

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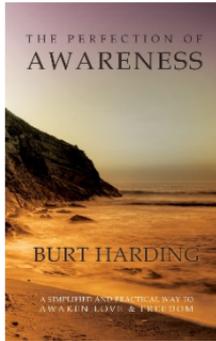


## HIDING IN PLAIN SIGHT

by Burt Harding

One of the most powerful books on the planet for Awakening Consciousness. Burt Harding offers a radical invitation to recognize the truth of our being as already whole and fulfilled. He reminds us of the love we really are beyond the emotions and personal stories we carry. In this way, we come to recognize how beautiful we really are in our essence. Through Burt, perfection unfolds as it lovingly embraces and lifts you, the reader, to a higher state of consciousness.

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## THE PERFECTION OF AWARENESS

by Burt Harding

Imagine your heart warm and open, your spine pleasantly tingling. As you look, the colors are brighter, the sounds clearer, like you are truly experiencing your surroundings for the first time. This is how you'll feel when you release the holdings of your conditioning. You'll discover the sacred, the radiant, beautiful awareness of presence everywhere you look.

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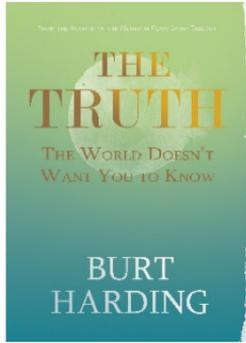


## THE FIRE & MYSTERY OF AWARENESS

by Burt Harding

Pure awareness and consciousness are vastly different and opposites. Once there is a clear cut understanding of the difference then, and only then, comes the very recognition that will bring an awakening to the truth of our Oneness. Containing the “missing link,” this book is about finally awakening to the Presence you are and always have been.

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## THE TRUTH THE WORLD DOESN'T WANT YOU TO KNOW

by Burt Harding

IF YOU FEEL STUCK . . . Or just need answers, what you seek will never be found out in the world. Burt Harding lovingly offers you the bridge necessary to make the final transition to the fullness of your true nature that answers the question, “Who am I?”

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