

MOVING Your Invisible BOUNDARIES



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Heart Physics: the Key to Limitless Living
Dr. Jim Richards

MOVING YOUR INVISIBLE BOUNDARIES

the KEY to
LIMITLESS LIVING

DR. JAMES B. RICHARDS



True Potential Publishing

REACH THE WORLD

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Moving Your Invisible Boundaries: the Key to Limitless Living

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DEDICATION

This book is dedicated to the three people who were key to helping me become the person I am: my mother, Josephine Johnson, who showed me I could overcome any obstacle. My sister, Patricia McLellan, who showed me I could learn anything, and my wife, Brenda Richards, who showed me how to love.

I am constantly asked how I came to discover these insights. The spiritual answer to that question is rooted in the fact that I came to Jesus knowing I needed to be saved from me. I was the problem. I had no desire for the life I lived or anything it had to offer. But that really did not come to fruition to a great degree until I found myself in a marriage with someone who loved me when I had little or nothing to offer. For the first time I believed I was loved, with no agendas.

Brenda's love for me made me want to be a better man. In fact, it brought me back to my roots. Any of my residual problems would only be resolved to the degree that I died to self and came alive to the love of God. Her love made me willing to face my chauvinism, my ability to overpower, my need to be right, and my deep rooted hidden fears.

Mom, right now you are in Heaven seeing the fruit of your life's investment in me. Because of what you showed me I don't know how to quit, no matter how hard it gets. Sis, every time I face a new challenge it is what you taught me when I was too young to even remember much of it that makes me say, "I may not know how to do this but I can learn!"

Brenda, for most of my life my broken heart forced me to push everyone away! Somehow, you loved me through it all. Because of what you showed me, millions of lives will never be the same. I may have been the one to put this into words but you were the one that showed me what it looked like in real life.

I am a deeply appreciative son, brother, and husband!

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READ THIS FIRST

Understanding the heart may lead to the most significant spiritual revelation of our day! In fact, many ministers and researchers, both Christian and non-Christian, who actively study and teach personal development agree that a more biblical understanding of the heart could be the single important aspect of human development, while ministers feel it is the key factor to usher us into the *'move of God'*¹ believers have sought for so long! For you, connecting with God in your heart as opposed to your mind will be your key to moving the invisible boundaries that have defined the extend of your personal growth, health, happiness and success!

After all, God is a *heart* God; we are instructed to believe on Jesus in our *heart*; the Word must be sown in our *heart* to bear fruit; God speaks to us in our *heart* - the list of biblical references to the heart's effect on every aspect of life seems endless. It can be said there is nothing God does in the life of a believer that occurs outside of the realm of the heart! Yet very few Christians have ever been taught anything about the heart! Is it possible that the one missing ingredient required to actually experience all spiritual reality has been ignored through two thousand years of religious legalism, tradition and carnal thinking?

Heart belief is the prerequisite and the condition that allows us to participate in any good thing God has given including the new birth, operating faith in the promises of God and living the resurrection life! Since the Kingdom of God is a spiritual phenomenon only accessible internally, it stands to reason the door to the Kingdom is a *heart* that believes, not a mind that is informed. The heart is not another *doctrine* we must believe to receive from God; it is *how* and *where* we believe thereby allowing us to receive from God. The heart is where the invisible transforms into the visible, the impossible is made possible and spiritual reality explodes onto the physical plane!

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The heart is like an automobile ignition. It doesn't matter how big and well-tuned the engine, the tank may be filled with high octane fuel, the tires are top of the line and the paint job is impeccable; without an ignition to light its fire, all you've got is a well built paperweight. The car looks good, but doesn't really do anything. In our Christian life we've got truth, we've got doctrine, we have volumes of knowledge but let's face the dismal reality ... too often, it's not working as it should. Even when we manage to get aspects of the Word of God to work, it's kind of hit and miss. We're not really sure why it does or doesn't work! We are lacking the consistency that should be present in a God that is never contradictory or chaotic.

In today's religious quagmire spirituality gives way to intellectualism! Control has replaced power! Mysticism is the new miraculous. Positive thinking is the fad substitute for faith in the heart! We are told to close our eyes, confess the truth a million times, be full of remorse for of all our sins and if God is in a good mood the last anointed prayer prayed over us might kick in! This 21st century gospel doesn't even resemble the message of Jesus or the early church. What we call spiritual is so bizarre we're embarrassed for our friends to see what we do in church. Unlike Jesus, who performed miracles out in the open among the lost, we hide behind church walls because what we do only works with those initiated into the club, who speak the language and have bought into the culture! What's worse is the absence of a personal moral lifestyle that should be the organic expression of our belief in Jesus Christ. We know we have the truth; it just doesn't show in our lives!

We aren't seeing believers exhibit the fruit of a godly life. Christians continue to struggle with sin, doubt, distress, and confusion. The body of Christ is tossed to and fro with every wind of doctrine. Regardless of the latest spiritual fad that promised to be the answer, we are left feeling there is always something lacking, one more step, or one more formula we must learn. Sadly, the issue of the heart, or more specifically, the beliefs of the heart have been consistently omitted from the application of spiritual truth! It seems the one central truth is missing, "If we don't believe God's word in our heart, our hopes of living in His promises are in vain.

Coming to understand and apply the truth of the heart opens the door to all we have learned about God. It doesn't cause us to discard the truth we have known; it brings it into perspective. It puts the application of God's Word within

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our reach - no longer something that seems far off and unattainable. And it certainly doesn't require some spiritual guru to supply it to us.

Over the last several decades, so many wonderful biblical truths have been restored to the body of Christ. The problem is, however, the restoration of information has not actually translated into *transformation*. More information hasn't necessarily translated into better quality of life (spiritual fruit) in the believer! In fact, this flood of information has given rise to a negative backlash. After hoping in so many failed doctrines, believers succumb to the many dangerous paths that simply lead to more frustration, desperation, and vulnerability.

The acute awareness of God's promises that we can't seem to put into action leads to deep unresolvable insecurity. The subsequent frustration often leads to rejecting the promises of God, which are our only means of '*escaping the corruption that's in the world*.'² Even worse, some are giving up on God completely. When believers fail to receive the clearly stated promises written in God's Word, they can fall prey to a mentality of doubt that declares, "*If this didn't work, none of it works.*" Even more frightening is how believers frustrated over failed promises become vulnerable to destructive heresies.

The issue of the heart has been eluded the majority of believers in every generation from Moses until this very day. Whether consciously or subconsciously the masses seem to be determined to hold to their self-life and only surrender to God externally. This is why the children of Israel struggled in the wilderness.³ The legalist point to disobedience as the issue, but God's word is clear that the disobedience is the result of a heart of unbelief. Likewise, the early church soon departed from faith in the risen Lord and gave itself to every imaginable heresy. As the early church distanced itself from Old Testament Scripture they had no Biblical basis for interpreting the New Covenant. Like those who came before them, they became ignorant and arrogant. They rejected God's Word, God's purpose, and God's promises. In the absence of resurrection power the scriptures were subjectively interpreted based on '*personal revelations*' or cult philosophies which resulted in extrapolating truth into destructive heresies, destroying the listener.

The great majority of the 21st century church has rejected the finished work of Jesus as the absolute basis for knowing and experiencing God. Instead of believing on the cross, i.e. the death, burial and resurrection of Jesus, in our

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hearts we are asked to intellectually agree with the information. Then we wonder why there is no power. We would do well to consider Paul's insight

For I determined not to know anything among you except Jesus Christ and Him crucified. I was with you in weakness, in fear, and in much trembling. And my speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power, that your faith should not be in the wisdom of men but in the power of God (1 Cor 2:2-5, NKJV)>

We refuse to examine our faith in light of the outcome for fear we will not pass the test. We want God, but we don't know how to experience Him. We are overrun with error that sounds good philosophically (the wisdom of men) but contradict the character of God, His clearly expressed Word and bear no fruit.

Then there are those who are so discouraged they cannot deal with another personal failure. Consequently, they justify their failed experience by inventing a legalistic doctrine of prerequisites pushing God's promises beyond reach! There is, however, a much deeper destruction at work. When we can't get the truth we believe to produce the promised result, our hearts are injured.⁴ Repeated failures make it increasingly difficult, if not impossible to trust God.

But what if the promises of God we've learned but can't get to work in our lives really are true? What if they're already ours because we are in Jesus? What if every wonderful thing God has ever done is for us *today* and can be experienced in the *'here and now'*? What if all we need is one key factor to make every good promise from God come alive in our lives? What if we already have sufficient faith to live in God's truth? I've got good news – as born again children of God, we do!

Man's religion has tried to make this all harder than it really is. You have sufficient faith! God has given to *every man a measure of faith!* You just haven't been shown how faith actually works from the heart.⁵ Our externally focused, carnally minded culture has confused the functions of the heart and the mind. We operate in intellectualism and call it faith. Our problem isn't a lack of faith. Our problem is pretty simple: first, we are not clear about the conditions and provisions of The New Covenant. Second, we attempt to use our faith to get what Jesus has already given us, thereby denying the finished work of Jesus. Our

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faith must be in the finished work of Jesus, not our works. Last and by no means least, we must learn that true, effective faith comes from our heart, not our head.

This book is not about doctrine; it is about getting your doctrine to *work*, provided your doctrine is rooted in the finished work of Jesus. I will walk you step by step through the biblical concepts of the heart. At the end of each chapter will be a short application segment with tips for putting what you just learned into practice. You must understand, in this book I will be using Jesus' teaching style. When Jesus taught, especially about the heart, He used conceptual, metaphoric language. If we attempt to turn each detail of Jesus' parables into a doctrinal point, we miss the concept. Likewise, many of my concepts are not meant to be a literal explanation. In portions of this book I may attempt to convey concepts for which there are no accurate English words. Try to simply understand the concept without worrying too much about the details. It is more important that you learn to live from the heart than to explain the heart!

As you make this journey, you will discover, as thousands of others have, that connecting with God in your heart is the answer you have been seeking. It is the missing piece to the puzzle! You are about to begin an incredible journey. Walking with God from the heart makes every day an adventure. Because there is no end to His greatness or goodness, this is your key to limitless living.

We all seem to put subconscious limits on how good we believe life can be, how much we can prosper, how much energy we have, the extent of our happiness and even our capacity to enjoy loving relationships. We call these self-inflicted limits 'invisible boundaries'. One of the most exciting aspects of this new journey you are about to begin is the ability to move your invisible boundaries. *Moving Your Invisible Boundaries* more than a book title; it is your new approach to limitless living.

Because I am reintroducing some biblical concepts that may be foreign to many 21st century believers, I have included scripture references at the end of each chapter along with other footnotes. Some readers may just want to read through the material, others may want to study the scripture references and other notes. Including the scripture references and footnotes at the end of each chapter allows the reader to study the relevant scriptures without having to leave the book.

This book references several Heart Physics[®] tools. Please don't think you must purchase these tools to benefit from this book. You can do just as I have

done; look up scriptures and experiment through trial and error to discover your own way of connecting to your heart. You have enough material in this book without any of the support material to make a major life transformation. The Heart Physics® resources, however, were developed for two primary reasons. After teaching these methods to individuals and groups over more than thirty years I realized how many more people this teaching could reach and help by committing it to a developed program. But most importantly, I realized that by including certain facets of this teaching into the programs I can help students reach a level of effectiveness in just a few weeks that took me years to attain. There's no sense in it taking ten years to learn and experience what you could in a month!

There are exercises at the end of each chapter designed to move you experientially through the material as it is learned. The Bible teaches that information, independent of heart-developed faith and application, is pretty much useless. As Paul said, *"knowledge puffs up but love builds up"* (1 Cor. 8:1)! No truth, doctrine or theology has the power to change your life just because you know the information. It must be believed in the heart. This happens by immediately finding ways to take ownership of what you hear. Commit to it. Envision your life with these concepts working. Express your desire and intention to God to live the truth you learn!

Please don't mistake developing your heart with *'behavior modification'*. Behavior modification is usually done through a form of conditioning. Conditioning is not altogether wrong; it is only wrong when it is a substitute for a true change of heart. Grace - God's power, capacity, and ability, which comes through unmerited favor and works from the heart, is what makes us able to be, do and have what God promises. Grace only comes through faith in the heart. We do not want you to totally reject the value of conditioning. Like almost anything else, conditioning can bring value when used properly. It is a great basic development tool when coupled with heart development. More on the subject of conditioning is addressed in my book, *Leadership That Builds People*.

References are made to *'developing the heart'* or to *'heart exercises'*; some of these exercises directly influence the heart, some indirectly. Don't try to figure out which is which. That will become more obvious as you learn to make a clear distinction between the *voice of your mind* and the *voice of your heart*.

Now! Get ready for the most incredible experience of positive, painless, permanent transformation you ever imagined. You are moving to a realm with the potential to know and experience God like never before. You are about to enter the HeartZone! In the HeartZone you will not just move past your invisible boundaries, you will move the boundaries and enlarge every aspect of your life... this is limitless living!

Endnotes

- i. The idea of a move of God is not actually scriptural within the New Covenant framework. The idea that God is not moving and we could somehow do enough to get Him to move is a legalistic concept fraught with self-destructive deception and doctrinal error. God has done all that needs to be done through the finished work of the Lord Jesus. We, not God, are the ones who need to “move.” We need to move ourselves to immovable heart beliefs concerning the Lord Jesus and His resurrection.
- ii. 2 Peter 1:3-4, His divine power has given to us all things that *pertain* to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption *that is* in the world through lust. NKJV
- iii. Ps 78:18-19, And they tested God in their heart By asking for the food of their fancy. Yes, they spoke against God: They said, “Can God prepare a table in the wilderness? Ps 78:37, For their heart was not steadfast with Him, Nor were they faithful in His covenant. NKJV
- iv. Prov 13:12, Hope deferred makes the heart sick, But *when* the desire comes, *it is* a tree of life. NKJV
- v. Rom 12:3-4, God has dealt to each one a measure of faith. NKJV

MAKING THE HEART JOURNEY

Every person goes through life with the deep awareness that there is more! We know internally that we could be experiencing more of what the Bible promises. We know that we live on the edge of something far greater than we have ever seen. We even experience brief glimpses into that realm, but like dreams in the middle of the night, they escape our memory when we awaken, leaving us with only a vague sense of having touched something holy! From time to time we even experience something in our life that is miraculous. When the rejoicing stops, we are left with the feeling that this should be a way of life, not an occasional mountaintop experience.

The fact that you are reading this book says one thing... you still have hope! We all know that those who seek, and keep on seeking, find.¹ But what we often forget is that those who keep seeking have a secret motivation... hope! Those who stop seeking do so because they no longer maintain the confident expectation of finding the good outcome they once expected! Hope is the confident expectation of good things.² It is intertwined with an attitude that says, "There is a solution to my problem. I will not give up until I find it!" This expectation causes us to keep looking when society, science, and religion have all said that there is no way! Hope believes it will find a way, even when there seems to be none!

Those who have hope will try all kinds of things. They are not daunted by failure. When hope stays alive, we tend to view those things that didn't work as an elimination process. It is a fine-tuning of the remaining options. Because people of hope don't quit, they tend to eventually find more solutions than the average person, but they also have more disappointments. They can even be gullible at times. They live by the adage: if I don't swing the bat, I'll never hit the ball. So they keep swinging at the ball. Sometimes they get home runs; sometimes they strike out! They often face criticism from the cynics who have stopped looking, whose only relief is found by smothering the hope and optimism of others, those who need company in their misery. But outside sources are not the greatest enemy of hope.

The supreme enemy of hope is an internal paradigm shift. This only happens if there are enough disappointments. Disappointment has the potential to negatively influence our heart!

Hope deferred makes the heart sick!³ When the heart becomes sick, it loses its capacity to hope, to confidently expect good things. Hope is the springboard to faith. Faith, which is the secret weapon of the heart, emerges from things hoped for. Without hope, it is

THE SUPREME ENEMY OF HOPE IS AN INTERNAL PARADIGM SHIFT.

impossible to move on to faith. However, the ultimate tragedy is found in the fact that a sick heart loses its ability to hear, sense, and follow God into an experience of His power, provision, and promises!

The Bible says the heart becomes sick when hope is deferred. This heart sickness, according to one source, is a condition resulting from being worn or wounded in battle. It can also be the result of grieving.⁴ Grieving is what happens when we experience loss, whether real or imagined. In other words, the day-to-day struggle with the same issues can wear us down, affecting our heart like a wound that occurs in the battle of life. The result is an overwhelming sense of loss, lack, or failure. This feeling of loss is what we feel when hope is gone. We don't just lose hope; we lose our hope of the outcome that is so desperately needed or desired! It is as if something has been forcibly taken from us and the loss wounded us so deeply we are unwilling to hope again!

This book is not full of empty promises. I'm sure, like all of us making this journey in pursuit of solutions, you've had your share of disappointments, of hopes deferred. But you picked up another book which means you are still seeking! You are still fully capable of continuing the journey in the continuum of hope, faith, and fullness of life! This journey is only possible when one learns to live in constant contact with their heart. Hearing and knowing the voice of your heart is the first step of learning to hear and know the voice of God. The one promise I will make is that I will give you tools you can use to begin this journey of living from your heart!

I can also promise this: if you use the tools, principles, and processes I provide, and effectively influence your heart, your world will change. You will walk into a new, never-ending dimension of discovery that is beyond anything you've ever seen, heard, or imagined.⁵ The heart is the inner path to the Kingdom of God⁶ and all its resources. Apart from learning to live from the heart, our knowledge of God is little more than information with the occasional, inconsistent breakthrough of the true Life of God!

Learning to live from your heart does not mean you will reject or disavow all that you have previously learned. It does mean you will make a paradigm shift whereby you are now able to use all that you have ever learned or experienced in a way that actually works. This new awareness becomes the matrix around which all of your life is now organized, empowered, and expressed. Everything can now work for you instead of against you!

However, I must give you this warning: the journey of the heart is not an intellectual endeavor. While the information you gain in this book is crucial. It is of no real life-changing value until you put it into practice. In fact, nothing you currently know is of any real value until you put it into practice from a heart perspective. That is the shortcoming of nearly all self-development programs. They may tell you what to do, but unless the change in behavior is accompanied by a change in a heart belief, it will be little more than behavior modification. Behavior that is modified by effort lasts only as long as we are "motivated" to put forth the effort! But, one day we get tired, frustrated, or

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discouraged. On that day we are no longer motivated to put forth the effort. Or we encounter some opposition that is greater than our willpower, and our newfound behavior is crushed under the weight of circumstance!

The Bible promises a paradoxical place of rest. The place of rest is where we cease our own efforts. The paradox is, however, that we must labor to enter into this place of rest.⁷ In other words, once we do the work of entering the place of rest, the labor is over, and we begin to function under the power of positive, painless, permanent, effortless transformation! The Scripture clearly identifies the failure to deal with our beliefs as the cause of not entering rest. In the New Testament it is understood that beliefs are nearly always a reference to the beliefs of the heart as opposed to the thoughts of the mind. So I must understand that altering the beliefs of my heart has the potential to bring me to the place of rest where I experience what God has for me, completely independent of my willpower! So, this journey will be a combination of knowledge, application, and experience. Knowledge provides you with the truth you need to know. Pondering, contemplating, and meditating on that information from the perspective of application will bring you understanding. Seeing yourself able to live in this truth allows the heart to experience God's grace. The *Theological Wordbook of the Old Testament* says this about the verb, "knowing:"

The verb refers to knowledge which is superior to the mere gathering of data. It is necessary to know how to use knowledge one possesses (Pirke Abot 3:12). The verb ¹y¹da± can also mean "understanding" in the sense of ability. It can also mean "to be perceptive," (Ps ⁸73:22). However, yada' generally describes the process whereby one gains knowledge through experience with objects and circumstances. Bin is a power of judgment and perceptive insight and is demonstrated in the use of knowledge.

Information that is not gathered from the perspective of application is very deceptive and egocentric. It feeds all that opposes life from the heart! Jesus explained the way we know His doctrine is of God is the willingness (intention) to put it into practice.⁹ Understanding moves us to godly application.

As the meditative application of understanding continues, wisdom emerges. Wisdom is the practical application of information. This comes directly from the mouth of God to your heart! God's wisdom moves us to navigate the pathway

of application in a way that only God can provide. He knows all the factors, all the people, all the opposition, and all the resources. Walking with God and following His voice in your heart is wisdom. As we walk with Him, we experience the capacity and strength to make the journey, i.e. we remain in the place of rest through the entire journey!

The meditative process is the one constant in the entire progression of moving from information to application. It is the meditative process that keeps us in touch with our heart, in connection with God, and empowered by the Holy Spirit! Jesus taught that it was only the meditative process that determined the amount of life you would get from the truth you hear.¹⁰ When we leave the meditative process, we return to the control of the mind. The mind doesn't hear the voice of God. It doesn't matter how much knowledge we have stored in our mind; while absolutely essential to our overall life, it is no substitute for hearing the voice of God in your heart!

WISDOM IS THE PRACTICAL APPLICATION OF INFORMATION.

So, I am not making you any offer that the Bible does not make. Nor am I suggesting any process that is not based on Bible wisdom and application. But I am offering to show you what I have learned thus far in my journey of the heart. Those who make the journey are never disappointed. The only frustration you may experience is when you try to take control of the process rather than following your Shepherd as He leads you down the path of life!

Endnotes

- i. Matt. 7:7, Keep on asking for something to be given and it shall be given you. Keep on seeking, and you shall find. Keep on reverently knocking, and it shall be opened to you. For everyone who keeps on asking for something to be given, keeps on receiving. And he who keeps on seeking, keeps on finding. And to him who keeps on reverently knocking, it shall be opened. (From The New Testament: An Expanded Translation by Kenneth S. Wuest, Copyright © 1961 by Wm. B. Eerdmans Publishing Co. All rights reserved.)
- ii. in a good sense: *expectation of good, hope;* and in the Christian sense, *joyful and confident expectation of eternal salvation:* (From Thayer's Greek Lexicon, Electronic Database. Copyright © 2000, 2003, 2006 by Biblesoft, Inc. All rights reserved.)
- iii. Prov. 13:12, Hope deferred makes the heart sick, But *when* the desire comes, *it is* a tree of life. NKJV
- iv. Theological Wordbook of the Old Testament. Copyright © 1980 by The Moody Bible Institute of Chicago.
- v. 1 Cor. 2:9, "*Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.*"* NKJV
- vi. Luke 17:21, the kingdom of God is within you. NKJV
- vii. Heb. 4:11, Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. KJV
- viii. OT:8394, Theological Wordbook of the Old Testament. Copyright © 1980 by The Moody Bible Institute of Chicago. All rights reserved.
- ix. John 7:16-17, Jesus answered them and said, "My doctrine is not Mine, but His who sent Me. If anyone wills to do His will, he shall know concerning the doctrine, whether it is from God. NKJV
- x. Mark 4:23, The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you — and more [besides] will be given to you *who hear.* AMP

We hope you've enjoyed this free sample of *Moving Your Invisible Boundaries*. For more information on purchasing *Moving Your Invisible Boundaries*, please visit
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boundaries/](http://www.truepotentialmedia.com/product/moving-your-invisible-boundaries/)



Dr. Jim Richards

combines spirituality, energy medicine, scientific concepts and human intuition into a philosophical approach that aligns spirit, soul and body, resulting in incredible health, emotional, financial and spiritual breakthroughs. Jim is a life coach, consultant, teacher and motivational trainer. He holds doctorates in Theology, Alternative Medicine and Human Behavior.

Dr. Richards is an entrepreneur who has built several successful businesses. As a national best-selling author, Dr. Richards has written several books that have sold millions of copies around the world.

Invisible Boundaries

Have you ever set goals, trained for maximum results, and followed the same personal development plan that seems to work for everyone else, only to hit an '*invisible boundary*' that causes you to fall short? Unless you know how to expand your *heart* you will sabotage any success that might take you beyond your current heart boundaries. Even if you manage to push past your current heart boundaries, chances are you will experience some catastrophic event that pulls you back within the limits of life as you have known it!

Moving Your Invisible Boundaries is the result of forty years of research and clinical practice. These principles have been proven in counseling sessions, drug recovery programs, personal mentoring and by thousands who have put them into practice through Dr. Jim Richards' *Heart Physics* Programs. This book is designed to take you past information, past self-growth and into a life that experiences God, His promises, and the resurrection life of Jesus. By discovering and implementing the distinctions between the mind and the heart you will experience the secret to limitless living!

Rather than just hearing and reading the transformation stories of others, **your** life will be a transformation story. When you learn how to change your heart you will be able to move your invisible boundaries and begin to experience the joy of limitless living!

