USM is Proudly Partnering with The Huffington Post

GPS FOR THE SOUL

USM is excited to announce our participation with The Huffington Post in a first-of-its-kind Soul-Centered mobile app called GPS for the Soul.

What Does this Application Do?
Like a GPS system for a car, this app will help to “recalculate” visitors’ routes and guide them back to a desired location of inner peace and balance. As a mobile app, users have the freedom to access GPS tools that help to facilitate the inner calm they desire anytime.

How Does the Application Work?
Simply place a finger over the iPhone’s camera lens and flash and the app will begin monitoring heart rate. The screen will then show the current heart rate variability. After utilizing the restorative tools, the user will again measure their heart rate to witness the effect the process has had on their variability.

How Is USM Contributing?
Great care has been put into the University’s four contributions to the GPS for the Soul application:

• “Rhapsody of Roses” pairs beautiful images of roses from Mary’s own garden with inspirational quotes from Loyalty to Your Soul and a special composition from USM Grad and Grammy Award-Winning composer Jon Gilutin.

• “A Meditation for the Soul: Awakening Into the Awareness of Who You Truly Are” is a closed-eye meditation process led by Mary. It is designed to assist you in discovering your authentic answer to the question, “Who am I?” while you connect with your true nature—Loving.

• “A Heartfelt Mediation” guides you to the calm and Loving residing within your heart, where the Authentic You is always present—where you experience who you truly are—a Divine Being having a human experience.

• “An Infinite Universe,” co-created by Mary, offers beautiful celestial images, peaceful music combined with evocative words infused with the energy of Spirit that serve as a reminder of all the qualities that are the essence of who you truly are.

Visit The Huffington Post, the Apple store, or http://bit.ly/YN6zhHu to download the GPS for the Soul app. Enjoy all of USM’s guides and meditations and add them to your favorites.