

# GEM Submission Guidelines

You may submit as many GEMs as you want. We hope you do for your experiences, knowledge and stories help us to create a community of individuals who are open to sharing lots of miraculous moments. The more GEMs the better!

## General

Your GEM must be uplifting, positive, and well-intentioned. By sharing your GEM the listener is expected to feel better or apply what they have learned after listening to your GEM.

The person who authors the GEM ideally speaks the GEM. This assures an authentic feeling to the GEM, and directly presents your feelings, energy and emotion. However, we understand some people may not be comfortable speaking their GEM - in this case, provide a transcript or rough recording of the GEM and we will speak it for you. Please speak your GEM as if you are sitting with the person, sharing what you have experienced or something that really impressed you. As you share, your excitement and enthusiasm should be genuine.

You may speak your faith in the GEM. Heart Speak is inclusive, and honors spirit in all forms and beliefs.

The GEM must be 2 minutes long, give or take a minute. There is a size restriction to your file of 8mb.

All material in your GEM must be copyright-free and royalty-free.

Advertising or soliciting is not permitted.

All GEMs must hold the promise of the listener feeling better, by trying, visualizing or listening to what worked for you. In this sense, you are an inspiration to the listener.

## Types of GEMs

All GEMs are either Personal Stories or Visualizations.

### Personal Story GEM

The Personal Story GEM shares a personal experience.

There are several kinds of these, and you may invent even more !

### Try-Me / Personal Story GEM

You will share something you personally experienced. It includes an action the listener can take, to try the experience themselves. This action can be as simple as paying attention to their breath, or watching for a sign. The whole idea is to share your experience so someone can try it themselves.

### Fond Memory / Personal Story GEM

This is an experience that you will always remember no matter what. This memory serves to guide you, reinforce your beliefs, or has helped you further your growth. The memory is something you can always look back on that brings a smile to you inside and out.

### Inspirational / Personal Story GEM

This GEM is something you have come across or was shared with you that really helped inspire you.

You noticed you changed because of what was shared with you or this forced you to go within and learn more about yourself. Or it could have been something that opened your heart to the bigger picture of life helping you shift your thoughts or feelings, even how you felt physically.

### Visualization GEM

The Visualization GEM is guided imagery.

The listener will be immersed in the imagery that you share. The visualization can be a visualization, meditation, set of affirmations, declarations, chanting, sound effects, etc., or any combination of these.

The Visualization GEM can offer general well-being, or address a specific situation, like anxiety about taking tests.

## Submission Process

Please email your submission to [submissions@heartsspeak.life](mailto:submissions@heartsspeak.life), attaching your (preferred but optional) recording, and optional picture, and placing your other information including the optional transcript into the body of the email. Note: You do not require a userid to submit a GEM.

The Heart Speak staff will evaluate the GEM for appropriateness.

If your GEM is accepted, we will notify you with email, and ask you to sign a release form, so that the GEM becomes the property of Heart Speak. We sincerely appreciate your GEM. We thank you for serving the greater good, and directly impacting the betterment of life on earth.

If your GEM is not accepted, we will notify you with email.

There is no limit to the number of GEMs you may submit.

Heart Speak reserves the right to change the GEM, or request you change the GEM, due to artistic, technical, or other criteria.

We realize that some people may feel uncomfortable speaking their GEM for the public, so if you want to submit just the text of a GEM, or a rough, preliminary recording, that's fine. We'll speak it and record it for you.

## Requirements

<b><u>Copyright and Royalty Free</u></b>	All material must be copyright-free and royalty-free.	This includes: music, sound effects, pictures, etc.	You are responsible that the material is original, or copyright-free and royalty free.
<b><u>Audio</u></b>	The audio is preferred but optional. If you want us to record the	You may write out your GEM and then speak it (put some feeling into it),	Please keep any environmental sounds to a minimum, like paper

	<p>GEM from your transcript or rough recording, we will.</p> <p>The audio holds the essence of what you are presenting on Heart Speak. Please speak your GEM as if you were seated with the listener. It is meant to be a heart to heart sharing of your experience. Use your emotion and speak with feeling.</p>	<p>or you may spontaneously speak your GEM without a script. It is up to you.</p> <p>The GEM must be 2 minutes long, give or take a minute.</p> <p>You may use any sound effects you feel will enhance the experience.</p>	<p>rustling, dog barking, cars going by, etc. The exception is if the sounds are intentional, like recording near water, or in nature.</p> <p>You may want to consider using a bell or chime to begin and end your GEM, although this is not required.</p> <p>Be creative!</p>
<p><b><u>How to record</u></b></p>	<p>We do not require professional quality recording, just reasonably well done. You may record with a smartphone, tablet, camera, microphone, or computer.</p>	<p>On a Windows computer, go to Accessories and click Sound Recorder (or Voice Recorder on newer Operating Systems), and you are ready to begin. Note: Sound Recorder prompts you to save the file, but Voice Recorder automatically places a file into Documents-&gt; Sound Recordings.</p> <p>On Android devices, use Voice Recorder.</p> <p>On Mac devices, use Voice Memo Recorder (on some devices called Audio Memo).</p>	<p>Please attach the audio file to the email. The file must be less than 8 mb. We support the following file formats: wav, wma, mp3, mp4, m4a.</p> <p>We do not support video.</p>

<p><b><u>Written Transcript (optional)</u></b></p>	<p>Optionally, please provide a written transcript of the GEM, in English, in the body of the email.</p>	<p>We require proper spelling and grammar, even if the written words must slightly deviate from the spoken words.</p> <p>If we cannot quickly fix and cleanup the transcript, we will reject the GEM.</p>	<p>We understand that sometimes your GEM may be unscripted and spontaneous, ie, you are creating it in the moment. No transcript is needed.</p> <p>However, the benefit of a transcript is that the GEM body is searchable, and it makes translation to other languages easier.</p>
<p><b><u>Title</u></b></p>	<p>Choose a title for your GEM.</p>		
<p><b><u>Picture</u></b></p>	<p>You can provide the picture for the GEM or we will select a picture. If you provide a picture, it must be an original picture, or a picture that is copyright and royalty free (eg, from <a href="http://www.pixabay.com">www.pixabay.com</a>). The picture must be in digital format and less than 8mb.</p>	<p>Please attach the picture to the email. We support the following file formats: jpeg, jpg, png, gif.</p>	<p>We do not support video</p>
<p><b><u>Category</u></b></p>	<p>Heart Speak chooses the category, although you may suggest a category, including a new category.</p>		
<p><b><u>Speaker</u></b></p>	<p>Currently the speaker must be the same as</p>		

	<p>the author. You can “sign” your GEM with your <a href="#">username</a> or a pen name (alias). Please keep the speaker name for all your GEMs consistent.</p>		
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Thank you for participating and your willingness to offer your GEM.  
You are indeed a gem!