

Aligning with Heart

The heart is the seat of our deepest, most authentic nature. It is the meeting place of our human nature with our Divine Nature. We can call upon the energetic qualities of our heart simply by opening ourselves and inviting these qualities to come forward into our feeling nature.

One of the simplest and most direct ways to access and connect with the energy of the heart is to attune our awareness to the physical heart.

1. Place your right hand over the area of your heart and then place your left hand firmly over the right hand.
2. Place your awareness fully on this area listening for and feeling the steady rhythm of your heartbeat.
3. Take a moment to first feel a sense of deep appreciation for this amazing physical organ that functions without any effort on our part. You can verbally or silently say “dear heart, thank you.”
4. Notice how simply placing your attention on and acknowledging your physical heart, your mind begins to quiet.
5. Invoke qualities of heart by naming and contemplating them as you keep your awareness centered in your heart. If there is one particular quality that you would like to invoke, allow your awareness to deeply contemplate how this quality *feels* in your being.
6. Here are some qualities of heart to call upon:



Compassion / Wisdom / Forgiveness / Trust /

Courage / Truthfulness / Tenderness / Joy / Openness / Fearlessness / Bliss /

Serenity / Acceptance / Strength / Exuberance / Humility / Willingness /

Valor / Peace / Love / Gratitude / Enthusiasm / Devotion / Passion /

Kindness / Empathy / Generosity / Equanimity / Purity / Grace / Patience /

Acceptance / Appreciation