

Love's Practice

# 5-Step Heart Meditation

Love's Practice is a 5-Step Heart Meditation designed to be a relaxing practice, simply giving attention to the heart. The heart is both intelligent and loving, and works with all systems within the body. When the heart and mind are aligned, Soul as 'knower,' can utilize both for guidance and healing. The more frequent our practice, the greater our ability to access this intelligence.

Upon completing each meditation, reflect on and document any feelings, scents and visions that you experienced. Keep a log, formal or informal, of each meditation. By doing so, you will begin to see a theme or a pattern emerging, or a gradual ease in connection and flow. Then attend to tasks at hand. More and more you will feel a newer, vitalizing healing and loving energy move through you.





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♡ Begin by sitting in a comfortable position and close your eyes. For just this moment, let go of your thoughts and the outside world. I like to preface this meditation with a prayer:

*“God show me Thy heart in my heart  
and my heart as a part of Thy heart.”*

♡ Focus your attention on your heart and the space surrounding your heart. Focus on feeling the beating of your heart, and relax.

♡ While gently resting your attention on your heart center, take a few deep breaths, then slow your breathing to where it feels comfortable.

♡ Within this rhythm of breath and beat, softly from within ask your heart for any answers or messages to be revealed to you.

♡ For the next 5 or 10 minutes, relax with this intention. As you do so, you will begin to feel a newer energy—perhaps healing or loving or understanding/knowing—move through you and your body.

You may also see glimpses of objects or visions. Let the experience be what it is. If you begin “thinking” or drift off to sleep, notice it and then bring your attention back to your heart center.





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# The Heart Holds All Answers

There is a center in the human body where love, spirit, intuition and intelligence are joined. It marries the 'physical' with the 'spiritual,' balancing the world of form with the world of spirit. That center is the heart.

It works harmoniously with all orders within the body, sustains the body and communicates with the brain in ways that transform our life and greatly affect how we perceive and react to the world around us. This transformation happens when we allow our soul, our "knower self," to utilize our heart intelligence for answers and guidance.

Heart intelligence is the flow of consciousness, intuition and understanding we experience when our emotions and our mind are aligned with the heart. We initiate this through willing practice.

The fourth, or heart, chakra sits at the center of the seven chakras. It connects the lower three 'body' chakras with the upper three 'spiritual' chakras.

As you practice this meditation, you will begin to get glimpses of what you need to know. Although fleeting at times and incomplete, answers and messages will be revealed to you and you will find your life starting to change. Be it waves of gratitude or an "all is well" attitude, or waves of joy, peace and overall flow. This is the flow of the love from which you are created and of which you are a part.

