



HEART MEDITATION

A relaxation, grounding, and balancing method

Place the palm of one of your hands at the center of your chest over your heart. Imagine that you are breathing in and out through your heart. Now get in touch with the feeling of love, compassion, or appreciation. Do this in whichever way you like. Perhaps connecting in with an experience of love or gratitude for a particular person, animal, concept, etc. can help you to feel that emotion. Connecting in with the feeling state is the most important part. When that feeling is strong in your heart, send it to whatever in your experience is in need of healing (e.g., body part, relationship, situation, person). Do this for as long as you wish and for at least 3 minutes.
(www.HeartMath.com)