

Accessing Heart Wisdom



Heart Focused Process:

1. Find Your Feet/Hoofs and Your Connection to the Earth

- Notice the outline silhouette of your feet and explore touching the earth with the silhouette/outline and inner foot.
- Notice the sole and soul of your foot as it touches Earth.
- Feel yourself standing firmly on the Earth.
- Feel yourself yielding to Earth and allowing her to support you from below.
- Connect with your self-support and Earth support feeling grounded.



2. Focus on Your Heart Space

- Allow your awareness to move from your mind to your heart space.
- Leave for now the outer world behind and be with your inner world of heart.
- Gently touch your heart space with your palm, hand, finger, or prayer gesture.



3. Slow and Deepen Your Breathing

- Notice your breath and slow your inhale and exhale and space between
- Explore bringing your breath into your heart space and breathe in and out deeply and slowly through your heart.



4. Bring a Positive Feeling into your Heart.

- Allow into your heart a genuine sense of appreciation, gratitude, caring compassion for a person, place or one of nature's beings.
- Allow the feeling of those qualities to fill and expand your heart and extend them out in the world in any way you choose.

5. Inquire of Your Heart a Question that is Meaningful to You.

- Ask a brief concise question without the need for explanation



6. Deeply Listen to the Answer from Your Heart Wisdom

- Listen to your body, emotions, and mindful thoughts.
- Listen in for images, emotions, single words, embodied sensations.

