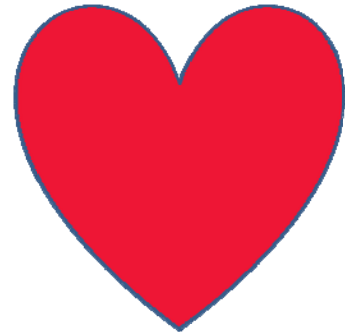


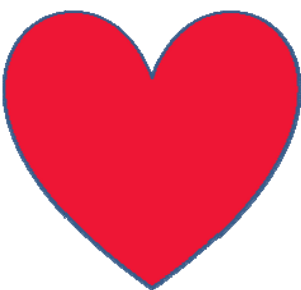
BASIC HEART MEDITATION

Begin by bringing your awareness inward. Notice your breath; allow yourself a few breaths to settle in. Feel your relationship to the Earth by allowing yourself to connect through the soles of your feet deep into the Earth Mother. As you breathe, bring the Earth's energy up through your body, activating each of your energy centers/chakras.



Feel yourself centered within your heart by bring your awareness to your physical heart. Allow yourself to make a connection to a heart emotion: i.e., unconditional love, sheer joy, deep compassion, oneness. You can make this connection by thinking of a time you felt a heart emotion or by thinking of a being or thing that evokes this in you. Allow this heart emotion to fill your heart.

With the simplicity of your intention, expand this feeling with each breath, allowing it to spill over into other areas of your body. Allow yourself to become so full of this heart-emotion that it fills your entire being head to toe. Keep breathing and allow yourself to expand even more until this heart emotion spills over into your energy field, into the space around your body.



Now, coming from this heart-centered state of being, ask your question or tune into the issue you have been contemplating. See what arises. Allow yourself to be open to anything your being wishes to communicate – thoughts, images, body-sensations, direct-knowing, memories, etc. From this space of heart-centeredness, whatever arises is information...don't discount what comes. If you find yourself drifting out of the FEELING of the heart emotion in and around your being, simply refocus on feeling that before continuing your inquiry.