

## Connect with Your Heart Guided Meditation

This guided meditation will help you create a practice of reconnecting with the wisdom of your heart...

To get started, find a comfortable position to spend the next few moments together and begin to turn your attention to your physical body simply noticing how it feels in the present moment...

Those of you that feel safe may choose to close your eyes...or soften your gaze gently down past your nose...

Turn your attention inward now by taking a few deep breaths, inhaling through your nose as you feel your lungs and belly expand, then exhaling slowly as you invite your body to begin to relax...

As you are doing this, you may begin to witness the activity in the space around you or the endless chatter of your thinking mind... If you find yourself becoming distracted, simply notice, resisting any urge to judge yourself or this practice and return your attention to your ever-present breath... **[1-minute]**

We will now spend the next few moments together allowing your body to settle and slowly beginning to turn your attention inward focusing your attention in the area of your heart...those of you who feel comfortable may choose to place a hand on your heart to feel it beating...

Breathing a little slower and a little deeper... move your breath to your heart space...breathing from your heart space allows you to connect with the inherent power of your heart...to respond more lovingly...to feel more at peace... **[1-minute]**

Take the next few moments to invite a feeling of compassion by calling to mind someone or something in your life into your heart...this can be a person, a pet, an experience, or anything that allows you to access a feeling of unconditional love...

Spend the next few moments to practice embodying this feeling...focusing your breathing and attention on your heart space...adding feelings of compassion, love, appreciation and gratitude...

Begin now to feel this healing energy within yourself and imagine it extending outward to your family, loved ones, the world around you...

Spreading compassion for yourself and all those you know and don't know....

Breathing and living from your heart....

Bringing you peace and power.....

Reminding yourself always that love is your true nature...

Some of you may decide to pause the recording now to continue with this practice while others will begin to gently expand your attention outward again returning more fully and presently to the room or space around you... wiggling your fingers and toes, opening your eyes if they have been closed ...

Remember this practice as you return to your day, taking moments throughout to connect with the inherent power of your heart...