

HEART Practice

With your eyes closed or open with a soft gaze looking downward, enjoy a full deep breath in and a long exhale...and another full breath...and with your next exhale, take your awareness to your heart area and just breathe there, with your awareness at your heart area...as though the breath enters and exits through the heart area....just being there, not trying for anything, just being with your heart.

Experiment a bit if you like with one or more of these additions. You can try:

1. Touching your heart as you breathe to help keep your attention there.
2. Nodding your chin a bit toward heart.
3. Smiling gently toward your heart and simply be there, breathing. Not trying, just being open and being with.

And you can also add this:

Staying with heart breathing, extend warmth and kindness toward your heart as though you are welcoming a dear friend. Letting that warmth and kindness expand with each breath.