

listening to whispers

for Summer of 2021 Reset



heart meditation

Before we get started, let's get centered and connect to that heart full of loving intelligence. Here is a little heart meditation to practice opening your heart and feeling more love and gratitude.

1. Find a quiet spot and settle in. Get comfortable. You have arrived on your journey of listening to whispers right on time! Take a few deep breaths. There is no need to hurry or rush. Tell yourself "thank you" for taking this time for yourself.
2. Now, it's time to get connected to your resilient, joyful, playful, intelligent, loving heart. Begin by placing one or two hands over your heart to help focus your attention there. You may want to massage your heart area, or even tap on your heart area to wake it up and make a connection to it. Begin to shift your attention away from your mind and surroundings to the area around your heart. Massage your heart area for a minute or so to focus your attention there.
3. Now with one hand or both hands over your heart, begin to breathe intentionally through your heart area. In and out, big breaths, in and out of the heart area. Take your time here, and do this for several minutes, 5 even 10. Notice your body calm down and relax.
4. Now it's time to activate a feeling of gratitude and love in your heart. Begin by saying, "I am so very grateful for _____", keep repeating and acknowledging what you are grateful for. Do this for several minutes, "I am so very grateful for _____." Notice a feeling of gratitude well up in your heart. You are intentionally shifting your focus to gratitude, and paving the way for an open heart.
5. Now it's time to activate a feeling of love in your heart. Recall someone you love, or a special time or place in your life you loved, and feel the feeling of it in your heart. Enjoy this feeling, soak it in for a little while.
6. If your heart is feeling closed or sad, go gentle. You can say to your heart, "open and release my sadness or heaviness". Give it a try! You can ask your heart to open and let go of the sadness. Notice what happens over the course of the day.
7. When you are done, release a prayer, wish or intention for the day that you will be able to listen to the whispers of your heart.

listening to whispers

After you have centered yourself, and silenced the noise, do spend some time journaling on these three questions daily for a week.

date: _____

1. What is bringing you joy and happiness? What makes you joyful?

2. What are your true desires for the next 6-12 months? What is calling for your attention?

3. What can you do to begin to pave the way towards your desires? How can you put your desires in motion today? What's an action you can take?

For one week, spend time journaling on what your head is saying about your desires, and what your heart is saying. Notice the voice of the inner critic or ego, and the words of guidance, encouragement, and inspiration from your heart.

Head

heart

