



THE HEART CENTERING PRACTICE

INTENTION	EXPAND YOUR MIND. INTEGRATE EMOTIONS. GENERATE LOVE AND HEALING.
TIMING	YOU CAN DO THIS ANY TIME OF DAY, AND MULTIPLE TIMES A DAY.
DURATION	A MOMENT, A MINUTE. YOU CAN DO THIS IN A FEW BREATHS THROUGHOUT THE DAY. OR YOU CAN PRACTICE THIS AS A 10 TO 20-MINUTE FOCUSED MEDITATION.
POSTURE	IN MOTION IS FINE. OR SEATED IN LOTUS, OR LAYING DOWN. EYES OPEN GAZING AT A CANDLE OR FIXED POINT, OR EYES CLOSED.
DIRECTION	IDEALLY FACING EAST.

The Heart Centering Practice could become the most used tool in your metaphysical kit. Easy as breathing. Multiple-times-a day. *This is how you become the healer.*

This practice is how we *intentionally* use the power of the heart to do healing work.

The basis of this practice is simple: **invite EVERYTHING into your heart to be loved and transformed! ALL OF IT.** Especially the unfriendly sensations. Light and heavy. Bring it all into the heart portal to be healed—because the heart chakra is where all transmutation happens.

THE PRACTICE:

1. **ALIGN.** Lightly tap your crown chakra 3 times + heart chakra 3 times. **Breathe into your heart.**
2. **RECALL POSITIVITY.** We want to relax the mind. Think about your Love and happiness. Maybe a sweet memory with someone you Love, the best day of your life, your connection to nature, gratitude... Notice *the quality of energy* in your heart chakra... warm, golden-hued light filling your heart center.
3. **WHAT NEEDS HEALING?** Think of what you want to bring healing to—mental, emotional, or physical struggle. An unfriendly situation. A grievance, fear, or anxiety. **Visualize bringing that ONE energy/situation into your heart chakra.** (Focus on one situation at a time.)
4. **LIGHT.** Visualize pouring translucent, rainbow-coloured light frequencies onto the pain energy. Light pinks, peach tones, soft yellows, minty green, sky blue, lilac.

Let the pain issue rest in your heart, basking in the healing frequencies. You don't need to analyze it or change it. Just let it be what it is and experience the light.

5. **COMPLETE with a deep breath.** Repeat as needed throughout the day.