

“A Change in View Creates a World of Possibilities!”



Heart Breathing

<http://www.heartmath.com/About-Us/Overview.html>

1. Sit comfortably, feet planted on the floor, back supported, hands resting on lap, palms up or down
2. Close your eyes and take some deep breaths, breathing in to the count of 4, holding for a count of 2, and breathing out to a count of 4 or 5.
3. Locate your little finger on your left arm. You may move it if you like.
4. Keep taking deep breaths and now locate your heart in the center of your chest. You can place the palm of one hand on your heart if that would help. As you continue taking deep breaths, breathe into your heart.
5. Imagine your sending oxygen and life sustaining air into your heart.
6. As you continue to breathe into your heart, imagine a time/ place/ person with whom you felt a deep sense of appreciation and gratitude. It could be a favorite place, someplace you've traveled, a starry night, the warmth and comfort of a loved one, a favorite pet, ... someplace where you felt deeply appreciated and thankful.
7. Be in that place of appreciation and gratitude as you continue to breathe into your heart.....
8. Continue..... deep sense of appreciation and gratitude... as you breathe into your heart.
9. Know that you can return to this place whenever you want to!
10. When ready, take a few more deep breaths and open your eyes