

Heart Centred Living

Heart Quality

1. Ease
2. Happiness
3. Peace
4. Love
5. Connection
6. Gentleness
7. Spaciousness
8. Wealth
9. Strength / Courage
10. Enthusiasm
11. Trust / Grace
12. Gratitude

Heart Practise

- Effortless Flow
- Savouring the Moment
- Acceptance
- Compassion
- Openness
- Mercy
- Mystery
- Generosity
- Tonglen
- Follow Your Heart
- Acknowledge 'Perfection'
- Appreciation