

'Feeling through the layers into peace, love and freedom'

Go slowly, breathe and feel within yourself, allow mystery and watch as healing unfolds.

DIRECTIONS: Read everything in " ..."

Begin with 3 minutes of HEART CENTRING MEDITATION

"Which area of your life do you feel stuck, anxious, frustrated or would like more clarity"

.....

IN THE FUTURE? "If the thought is about the future: What is actually real in the present, NOW?"

.....

"Just take some quiet time now. Turn your attention inside. Close your eyes... connect with your breath"

1. Thinking: *"What are you telling yourself about this situation?"*

.....

"There are layers of awareness. Sometimes what is really going on is not in your consciousness and may take a little sitting with to discover.

"Just Witness the thoughts with a NEUTRAL mindset, ACCEPT them for the moment, do not attempt to CHANGE them. See them as thoughts that you are aware of..."

2. Focusing your awareness to feeling the sensations in your body

"We are now going to explore the FEELINGS under the thoughts"

"Move your attention to what you can FEEL in your BODY."

"What PHYSICAL SENSATIONS can you feel in your body?"

"Where are they?"

.....

What qualities do they have?"

.....

"We are going to FEEL DOWN through to the layer of EMOTIONS"

"Take a deep, gentle breath in down to your belly and up into your heart"

"Feel into the SENSATIONS. What EMOTION are you feeling?"

"It could be fear, anger, sadness or numb or another emotion..."

.....

"Now give yourself permission to feel the EMOTION in your body fully"

"Breathing gently in, down to your belly and up to your chest"

"Notice your ATTITUDE to the emotion you are feeling"

'Are you judging, rejecting or invalidating yourself for what you are feeling"

.....

Are you telling yourself any SHOULD'S or SHOULDN'TS...?

.....

"Notice your response... Are you holding, resisting or fighting your feelings?"

.....

*"Understand that Resistance LEADS TO **PAIN and DISCOMFORT**"*

"See if you can WITNESS YOUR FEELINGS with curiosity and openness."

"Take a gentle breath down into your belly and up to your chest."

CYCLE 1

- ACCEPT** *"For better or worse this **IS** the way you **ARE**, right now at least"*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, then LET GO"*
- ALLOW** *"Allow what you are FEELING to be **FULLY HERE.**"*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, and LET GO"*
- WELCOME** *"Welcome the **FEELINGS IN.**" (If Anger ask them: "What is it you feel like saying?")*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, and LET GO"*
- RECALL** *"Let the feeling take you back in time... Is there a previous time when you felt this feeling. What was happening?"*
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If YES... PERSPECTIVE *"You are now an adult and have much more power now. You no longer need to react or repeat this childhood pattern"*

What can you do now that you could not do then?"

.....

- BREATHE** *"Focus on your breath. Draw the breath gently and deeply IN, and LET GO."*
- WELCOME** *"Welcome the **FEELINGS IN.**"*
- PRESENT** *"Come back into the present moment, focus on the sensations in your body and keep your breath flowing. Feel under this emotion".*
- "What is the feeling now?".....*

HEART QUALITY → If CALM, RELAXED, PEACEFUL, QUIET.... Go to the '**LOVING**'- page 3

IF AN EMOTION → SAD, ANGRY, SCARED.... Process the next emotion using Cycle 2

CYCLE 2

- ACCEPT** *"For better or worse this **IS** the way you **ARE** feeling, right now"*
- BREATHE** *"Focus on your breath. Draw the breath in gently and deeply, then LET GO"*
- ALLOW** *"Allow what you are FEELING to be **FULLY HERE.**"*
- BREATHE** *"Focus on your breath. Draw the breath in gently and deeply, and LET GO"*
- WELCOME** *"Welcome the **FEELINGS IN.**"*
- PRESENT** *"Come back into the present moment, focus on the sensations in your body and keep your breath flowing. Feel under this emotion".*
- "What are you feeling now?".....*

HEART QUALITY → If CALM, RELAXED, PEACEFUL, QUIET.... Go to the '**LOVING**'- page 3

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3. "We are now moving to LOVING"

"Shift your attention to feeling the flow of **ENERGY** in and around your body, like a soft humming"

"Breathe into your belly and up into your heart"

"Your heart is intelligent and you can ask it for guidance. Take a breath into your heart."

"Ask your heart in this moment: The heart **QUALITY** I am being called to develop here is

.....

"It could be something like.... **Ease, Happiness, Peace, Love, Connection, Gentleness, Grace Spaciousness, Wealth, Courage, Enthusiasm or Gratitude**

"Cultivate the heart quality of..... by focusing on it and breathing belly to chest"

"Remember a previous time when you felt this feeling of"

Feel the feeling in your **HEART** for as long as it feels right for you" [about 3 minutes]

"Set your **INTENTION** as:

"**I CONSENT TO LIVING IN THE PRESENCE OF.....** (Heart quality above)

AND PRACTICING..... (From Heart Practices below)

FACILITATOR CHOOSES THE CORRESPONDING PRACTICE FROM HEART PRACTICE LIST:

HEART QUALITY and PRACTICE LIST				
<u>Heart Quality</u>	<u>Heart Practice</u>		<u>Heart Quality</u>	<u>Heart Practice</u>
EASE	Surrender		GRACE	Trust
HAPPINESS	Enjoying the moment		SPACIOUSNESS	Mystery
PEACE	Acceptance		WEALTH	Generosity
LOVE	Compassion		COURAGE	Welcoming life in
CONNECTION	Openness		ENTHUSIASM	Follow my Heart
GENTLENESS	Mercy, Forgiveness		GRATITUDE	Appreciation

***Tell the client To Repeat The Above Intention 3x's Out Loud After You Or Silently Within Then Get Them To Take 3 Conscious Breaths and To Come back Into The Present Moment.

REFRAME WITH HEART INTELLIGENCE

Looking at this situation again through the eyes of [Heart Quality]
I now see this as an opportunity to...

.....

ACTION STEP

The very next action step to take from my hearts wisdom is to

.....

OK GREAT! 😊 ...well done, you can open your eyes now...