



The location of your Spiritual Heart or *Centre of Feeling* is at the centre of the chest at the level of your armpits.

To prepare for this simple & effective ‘Heart Strengthening’ ... best is ... to do a brief relaxation (2-3 minutes). E.g. a few rounds of deep breathing, then with intension let go of any tension, burdens, limitations, negativity, unnecessary thoughts & emotions .....

.... then .... (continue with step no 2)

## ♥ Heart Strengthening

.. it is often also be experienced as a simple heart meditation, as a guiding into the heart .. It can assist in being better connected to this deep part of us within .. with our heart helping us with our health, inner peace, joy and loving connection to others

1. Relax your body – close your eyes
2. Touch your chest where the Heart is located (slowly, with feeling & love) (with the tips of one or two fingers .... to ease focusing toward the heart ... )  
Keep being relaxed or relax more
3. Now .... ☺ SMILE to your Heart (without thinking how to or where your heart is)
4. Feel the area under the finger(s) ... perhaps feel a sense of expansion, feel any special feeling from the area under your fingers (peace, calmness, joy, warmth, ...) & follow the feeling
5. Enjoy, smile ☺ and be happy  
*(0.5 to 1 minute silence)*
6. If your brain starts working / thinking, which is quite normal, just ☺
7. ... relax & ☺ at your heart & continue to feel the peace & calmness in your heart
8. Enjoy!  
*(1 - 2 -minutes silence).*
9. Keep relaxing
10. ☺ smile ... happily, freely, sweetly
11. Keep feeling the area under the finger(s) and enjoy ....
12. Come to an end by moving the fingers of both hands and by taking a few rounds of deep breath ☺ ... and open the eyes with a happy smile ☺

Variation(s) ... after some time ... (you can do variation A& B several times)

- A. Don't touch (while still feeling) ... then touch again, feel ... and follow the feeling ...
- B. Don't smile (while still feeling) ... then smile again, feel ... and follow the feeling ...

Note(s):

Some people can feel that as you ☺ to the Heart ... there is a special feeling from the heart, peace, joy, stillness & calmness that can not be felt by or with the brain.

If you have just started working with the Heart and if you haven't felt much or nothing yet just relax and ☺ ... and practice regularly.

If you remember .... practice daily for a few minutes 1x, 2x or several times to keep strengthening your heart.

With some practice this technique becomes deeper and you should begin to feel your Heart better and better each day / each week ☺☺☺.