



HEALING FROM THE HEART

When you are in a state of fear or anxiety or worry, you can shift yourself out of it.

Place one hand over your Solar Plexus (SP), and the other over your Heart.

Bring your focus onto the Heart and the fullness therein – where the Life principle is anchored. The energy will immediately begin moving up (even if you can't feel it) from the Solar Plexus where anxiety tends to begin, to the Heart which is a much stronger energy center. Within a few seconds or minutes, the energy is transmuted into calmness ... or peace, quietening the anxiety 'into no-thing', bringing the SP vibration into wholeness. The Heart is connected to the whole. The separated ego joins the whole and is "made whole" - thereby reducing its gripping concerns. Keep breathing with your awareness held in the region of the Heart.

After a little time, keep one hand on the heart and move the other hand (or fingers) lightly touching the Ajna center; after a few seconds, touch the Crown center – where the "heart in the head center lotus" resides. Breathe into this greater Heart. Keep your awareness in the Heart Center in the Head for a time, until you feel a natural release.

This alone will take care of it. All the above is for a quick transmutation of energy from lower to higher vibrations. It is wonderful to do this exercise while lying down on your back, and just as wonderful to see how quickly the energy is transformed by the Heart.



YOUR HEART KNOWS THE ANSWER

GUIDANCE FROM THE SOUL – THE HEART AND MIND TOGETHER

When you have more time, add the following elements to take the experience deeper and to bring the emotions and mind into it for a deeper shift and fuller acceptance that 'all is essentially well and shall be well' and to receive specific guidance from the Heart of the Soul.

Place your hand (or hands) over the heart. Breathe deeply and slowly ... moving yourself into the heart field of the Soul. You can easily enter the Soul field through the portal of gratitude, appreciation and/or thinking of someone you love, appreciate or are grateful for, or some circumstance or experience for which you are grateful. It can be as simple as the soft breeze on your face, the sight of beauty in nature, a special relationship, swimming in the ocean in Hawaii, or a golden glowing love or meditation experience still alive and vivid in memory

Breathe it in, feel it, enjoy it, fill yourself up with it...

(If you need to amp up your energy even more, think of yet another something/someone that you are grateful for... choose up to 3 moments in your life for which gratitude is the natural expression. Gratitude is an inner fire of the soul - an aspect of Love that creates subtle shifts of feeling which arise from a higher vibration).

The purpose is to expand and increase the energy field of the Heart – of the Soul, a Soul field. A deep relationship with God or with the Soul is the strongest Heart energy there is. Some who are still building this relationship find “gratitude” and “appreciation” as a perfect portal into it. Gratitude from the heart and the appreciative mind are natural states and emanations of the Soul – the heart-mind.

Then bring whatever is concerning you into the energy field of the heart – a worry, concern, an issue, anxiety about something weighing on you, a conflict, circumstance or specific situation, or whatever is bothering you at the top of your mind. By bringing it into the heart field, we are placing it into a higher and stronger vibration which can ‘take care of everything’.

Hold your hands over your heart to help focus the energy there.

Placing your concerns inside your heart is to place them into the Love-Wisdom of the Heart. Doing so, we receive the answers we need, and we are building and strengthening the “Heart-Mind” ... the inner “Christ in you”. We are learning to live from that Center, and to trust it.

Often, this is enough to shift the energy.

Now, bring in the Soul’s Guidance, [the Mind and Heart together](#), where the Heart knows the Answer. Bring into your mind the following statements while focused in the Heart, asking the Heart to answer. Listen for it.

All I need to remember is _____

All I need to focus on is _____

All I need to feel is _____

What’s really true is _____

All I need to know is _____

All I need to do is _____

Abbreviated questions:

What are you to remember?

What are you to focus on?

What’s really true?

What are you to do?

YOUR HEART KNOWS THE ANSWER

Above exercise was sourced and combined from the following:

Heart Math, Tony Robbins interview with Oprah, Polarity Therapy, and my own embellishments and metaphysical understanding (HBH); 9/6/16