

Your Heart's Way Exercise

Whether you are responding to a stressful situation, seeking creative inspiration, or wondering how best to use your free time, this simple four-step skill builder can guide you in making optimal choices. You can apply Your Heart's Way in almost any place at any time, and it takes only a minute or less to use.

1. **Pause with Confidence.** Mentally say to yourself, "I am calm, I am confident." If you are spiritually inclined, you may instead wish to mentally utter a very short prayer and/or visualize yourself surrounded by radiant light.
2. **Breathe Slowly.** Allow your breath to become deep, quiet, and regular as your belly expands with each in-breath and contracts with each out-breath. Imagine that you are breathing in and out through the heart area in the center of your chest.
3. **Feel Your Heart.** Take about seven seconds (perhaps longer when possible) and gently focus on your heart area-the central portion of your chest. While you do this, be inwardly quiet and receptive.
4. **Sense Your Guidance.** As you concentrate on the sensations in your heart area, intuit what your heart is communicating. Your heart's guidance may be quite subtle, showing itself in a feeling, thought, image, or inner knowing.

As you practice, you will sense your heart's guidance more easily and quickly.

With continued practice, Your Heart's Way will become habitual. You may even become so attuned to your heart and its guidance that you will live almost every aspect of your life from that beautiful place.

Keeping a portion of your consciousness constantly attuned to the gentle warmth in your heart area will not interfere with the performance of your daily activities. In fact, it will increase your effectiveness, creativity, and kindness.

