

Heart meditation

Bring attention to heart area, place hand over heart

Imagine breathing into your heart and releasing through you heart

Positive feeling

Bring to mind a memory of an experience where you felt loved, or joyful, at peace.

Or a memory of having fun

Or imagine something is making you smile, but you can't show the smile, imagine that feeling.

Or Think about something you can say thank you for, something you feel gratitude for

Feeling the warmth in the heart is where you want to get to, imagine you are smiling, thinking about smiling can make same changes

Continue to Imagine breathing into your heart and releasing through you heart

Hold this memory or feeling, relive the warm feeling or the experience of fun or joy

Continue to Imagine breathing into your heart and releasing through your heart

Continue for a few minutes, whenever your mind wanders, bring your thoughts back to the lovely memory and breathe to your heart.

You can also use the above to take time to reflect on a situation or issue.

Breath deeply for a few moments, then bring to mind the issue

Now do the above exercise for around 5 minutes.

Now bring your mind to think again about the issue and ask your heart how this feels a way forward.

Finish by breathing to your heart for a few more moments.

