

# Heart Exercise – Short Form

To start a Divine Mother healing session:

Breathe into the heart center, not just the heart organ, but the whole chest area. Breathe as if the breath is coming through the front of the chest into the heart and soften in the heart to receive the breath. Allow the heart to open, like a flower opening its petals, to receive the warm, soft breath.

If you can't keep your attention in the heart, take many strong, deep breaths (10 to 15) into the chest area. The deep breaths quiet mental activity and then you can focus attention on the heart.

The breath carries life energy. Soften in the heart as you receive the breath. Notice the flow of breath moving into the heart center.

Continue to put your attention on the heart center, which is the whole chest area, not just the heart organ. Notice if there is any tightness or discomfort there. If there is, breathe into it, allowing the breath to move through it, opening it up, and moving the flow of breath through the discomfort.

Practice the Heart Exercise for a minute or two before beginning the Invocation. This dissolves blockages and connects you to your heart. Keep breathing into the heart throughout the Invocation as you unite with Divine Mother and the Great Beings of the universe. Then begin the healing sequence.

Doing the Heart Exercise and then going right into the Invocation helps you connect to Divine Mother, who is actually conducting the healing. This process is designed to move you out of your small self and settle you into your heart.

## About the Heart Exercise – Short Form

Note: The Heart Exercise – Short Form is an abbreviated version of the Heart Exercise – Long Form, which is in the Specialized Tools section of this book.

### Why Start with the Heart Exercise?

The Heart Exercise – Short Form moves your attention immediately into your heart center, the home of Divine Mother. You are dropping out of your mental energies into your heart because that's where the power is. Your mind is useful, but your real power lies in the intelligence of your heart. Your heart is where you are One with Divine Mother. With your attention there, the power of Divine Mother can move through you to conduct the healing.

## **Why Use the Breath?**

We use the breath because it carries life energy to the body. When focused on the heart, it enlivens the Divine Energy within your heart. At the same time, it releases any energetic blocks from your heart.

Many people have numbed their heart energies, believing that this protects them from being hurt. The breath wakes up the heart so that it can function fully.

## **What Are You Looking For?**

This Tool directs you to notice what's in the heart. It could be anything, whatever comes up for you. It could be a physical sensation, like tightness or pain. It could be emotional, like sadness or fear. It could be an energy, like heaviness, vague discomfort, darkness, or light. It might be more subtle, like space or quiet.

No matter what it is, or how insignificant you may consider it, just intend to breathe into it. This allows the breath to begin healing any blocks or obstructions in your heart. If there are no obstructions, it takes you deep into the heart, centering you in your Divine Self.

## **What If I Can't Keep My Focus on My Heart?**

If your attention keeps moving off the heart and into the head, put your hand on your heart. Feeling the pressure of the hand will help keep your focus on the heart. Then breathe through the back of your hand into your heart, and notice what is there. If all you are feeling is the pressure of the hand on the heart, breathe into that. This will get you started.