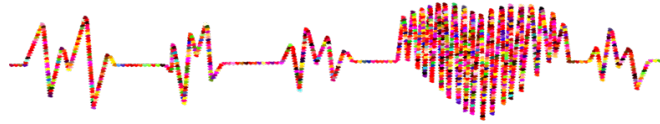


# Heart Connection Meditation

*Practice often for a healthy heart and positive outlook.*



Place your hands lightly at the base of your throat, one on top of the other. Now rest your chin on top of your hands comfortably connecting head, hands and heart. Close your eyes and open your senses. Feel your breath and the warmth of your skin. Sense deep within yourself to your heart, feel it beat in tune with the universal rhythms of creation. Let this moment be set aside from all distraction in order to make way for the existence of peace, here and now within you.

Call now all ancestors, guides, angels, helpers and friends allied to the unfolding spiral path. Invited and honored elements, animals and forces of nature, gratitude for your presence grants us grace and power. Take in the flowing harmony of this moment as your spirit merges with the heart of the universe.

You are now touching your own true heart, the heart of creation, the heart of love itself. You are cradled in the hands of our loving universe, your hands. Love now shines through the heart all of that is touched by your intention. Bring to mind the people, places and things that you wish to infuse with love's gentle life giving power. Invite them into this beam of light created by your courageous heart. They are now within your reach, as are all the worlds, through the Heart Connection.

Stay as long as you wish in the Heart Connection Meditation, then return to the waking world, knowing that your heart still beats in tune with the spirit of love.