

LIVING FROM FEELING EXERCISES

Everything heals through love. When we focus on unity, we create a bridge. When we focus on what divides us, we create suffering.

Here are some exercises you can use to heal yourself and create more connection with others.

Listening With Your Heart

Close your eyes and focus on your heart center, which is between your breasts at the breastbone. Feel and enjoy the peace there.

Ask a question to your heart and listen for the answer. It may come as a feeling, idea, image, or you may hear an answer in words.

When you are ready, leave your heart center, come back into the room and slowly open your eyes.

If you like, share your answers with your partner or a friend. Use them as you are guided.

Healing Beliefs and Thoughts

We heal our beliefs through our feelings and vice versa.

Choose a belief or thought you would like to change. Close your eyes and find your heart center. Bring this thought or belief into your heart and let the love there embrace it. Feel it softening through love.

Do this a few times until there is a positive shift. When you are ready, leave your heart area and come slowly back into the room.

How do you feel? How has your belief or thought changed? Do you have any new insights about a situation in your life?

For persistent thoughts and beliefs, do this exercise for 90 days and write your results in a Daily Journal. Be aware of your thoughts during the day. When you catch yourself in old ways of thinking, replace them with more positive ones.

The 'What's True for Me' Exercise

This Exercise can be used for any situation, thought or feeling in your life that you would like to change. Speaking aloud “what is true” releases energy for positive change.

When you do this with a partner, your partner acts as a mirror for you. Have them repeat the following question to you: “What’s True for You?”

**You can answer with:
“What’s true for me is that _____.”**

Your partner continues to ask you this question, without offering any of their own suggestions or opinions, until you have shared everything you have to share. You will know when this occurs because you will not have anything left to share.

At times, it may take more than one session to complete this Exercise.

It is important to do this with someone you trust completely so that you can share all of your feelings without censoring them. In sharing them, they heal. You will discover new insights and solutions you did not have before.

Healing Discord

Find the peace within your heart. Now connect with a person in your life where you are experiencing some discord.

Send love from your heart to theirs. Let it wash away the past. Allow your feelings to flow, whatever they may be. (If this situation triggers emotional trauma from your past, find an emotional wellness practitioner or use the techniques you have learned here to assist you in clearing it.)

Often when you heal the past, forgiveness and compassion for the other person arises spontaneously. Let these feelings flow and give thanks for this person and for the new lessons and growth they inspire within you.

When you are ready, slowly come back into the room and open your eyes.

What would you like to say to this person right now?

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