

The Heart Focus Process

You can use the following script for the Heart Focus to guide another person or for yourself. Once you determine the details of the image, you can use the Soul Centering Process that follows to find out more and for clearing.

Start by closing your eyes and shifting your focus from your mind to your body. Feel yourself resting in your chair and notice how wonderful your breath feels as you inhale and exhale. Take a few deep, deep breaths, allowing yourself to relax more with each breath. Imagine that you are taking in pure, fresh air, filling your lungs completely. Then as you exhale, just allow any tension you have in your body to begin to melt and drift gently down into the earth below you. Take your time and fully enjoy each breath.

Now take a few loving breaths, nourishing and nurturing yourself more with each inhale and feeling the loving energy flowing throughout your body.

If you have thoughts running through your head, you can take a moment now to clear the thoughts with the breath simply by sending pure, clear energy into the mind, allowing the thoughts to simply drift away. Notice how your mind feels clearer with each breath.

Now focus your attention on your heart. Imagine that you can visualize your heart like a valentine and notice how it looks. Make note of your observations about each of the following questions. Remember that if you do not actually see a clear image in your mind, you will probably still know what it looks like. Or imagine what it would look like if you could see it.

What is the color of your heart?

How does it feel physically?

How does it feel emotionally?

What is its shape?

How do the edges look?

Are there any cracks or holes in it?

When it beats, how does it sound?

Is there anything else about it that you need to be aware of?

Looking at your heart in this way may bring awareness to an issue you need to address. You may also have perceptions that you do not understand. You can often bring more awareness and healing by connecting with your soul.

SOUL CENTERING

When you have finished noting the details of your visualization, start to direct your breath to the area around your heart again, focusing on the energy of your soul. Imagine that you are sending pure energy into this area, so with each breath there is more and more energy there. And as you continue breathing, you can feel the energy building so it may seem there is a ball

of light there around your heart, and this ball of light becomes brighter and brighter, radiating its energy out in all directions.

Now feel yourself completely surrounded by the energy of your soul. Feel it permeate every cell of your body with its beautiful light.

Now you can shift your focus to the area just above your head and imagine the light there. Allow this light to pour down through the top of your head and fill your entire body, so you can see and feel yourself filled with the light all the way down to the tips of your fingers and the tips of your toes. As it becomes brighter and brighter, allow it to overflow so that you are completely surrounded with this light and you can feel yourself in perfect harmony and balance with everything that is around you. Pause for a moment and see and feel this light from your soul.

Now, from this point of connectedness with your soul, go through what you noted about the image you had of your heart and allow your soul to tell you what each perception means. For example, if the color was not clear, ask why. If the shape was not uniform and symmetrical, ask why? If there were cracks or holes, ask what each one represents. If you cannot bring the meaning into your awareness, ask for the meaning and write down the responses as you receive them. This allows you to bypass the conscious mind. And to finish, ask you soul if he or she has a special message for you.

If any unresolved emotions came up in your visualization, you may use R&A now for clearing, if you wish. Then return to the visualization. When you have finished using R&A, notice if the image has changed. As a blockage heals, the image changes, too. You may learn more by reviewing the image once more.

When you are finished, shift your awareness back to the present time and feel yourself where you are, sitting, making note of your body's position. And, as you breathe, allow your breath to bring in active energy to help you to return to your normal waking state, feeling alert and wonderful. You may feel like moving around a little, wiggling your toes and fingers, and stretching a bit. Counting from 1 to 5, you will feel more and more alert: 1, 2, 3, feeling more awake now, 4 and 5, feeling completely awake and wonderful.