

Seven Steps To Opening Your Heart To Love



"The Awakening of true Love lies in finding peace within Yourself... This peace is found through an open Heart."

Deepak Chopra - A Path To Love

Welcome to Opening Your Heart To Love! By choosing to learn The Seven Steps To Opening Your Heart To Love, you have made the choice to enhance your life and to allow more love and joy to flow through your Heart. You have made the choice to feel Alive.

Love is ever present in the languages of our soul, in our dreams and flowing through our feelings. We experience Love through our own open Heart. For the Heart is the bridge between the Human and the Divine... and The Heart holds the gentle rhythm of Life itself.

Every rhythmic beat of your heart flows in tune with the beat of Mother Earth. How precious this gift of Life, how delicate our human heart and how tender its expression. And so Divine our Soul.

Our lessons on this earth are lessons of Love. Remembering, we can not live in love and fear at the same time. They do not exist in the same space. We are either in one or the other at any given moment.

We have the choice...

The following steps will guide you in living from your Heart
and

Choosing to live in Love in this present moment.

Step One: Breathe Deeply

Begin by taking a nice deep cleansing breath in...
breathing in life, energy and abundance...

As you exhale release any stress, strain or tension from your body...

Release any thoughts, feelings...and just allow yourself to relax...

Step Two: Focus on your Heart

As you continue to breathe deeply, gently shift your focus from your head to your Heart and take a few moments to dwell here in this place of peace...

Your place of Peace...

Step Three: Breathe Deeply Into This Place

Breathe as deeply as you can into this place of peace...Your Heart.

Feel your Heart expand... soften... and relax...

Feel your lungs expand, your entire body filling with life, every cell and in between every cell... feeling fully alive!

Feel the unconditional love that lives in your Heart...

Step Four: Connect with the Truth that Lives in Your Heart

Gently place your right hand over your Heart...

Ask "What does my Heart want for me, now, in this moment'?"

Listen for the answer...be open to whatever form of communication you may receive

Step Five: Trust

Trust the answer that you receive...

This is your inner wisdom speaking to you...Your higher self...
Your place of Truth

This Truth will never fail you!**Step Six: Follow Your Truth**

Follow your Truth to the extent that it feels right for you...

Visualize yourself following your Truth...

Feel the feeling you have when you follow your Truth...

Breathe into this feeling and embrace it fully...

Step Seven: Let It Go

Surrender to a Higher Being...The Divine...

Know that you have done all you need to do
and the rest of the details will be handled...

I invite you to use these steps every day. Taking a few minutes in the morning when you first awaken is an excellent time to take yourself through these seven steps. Once you become familiar with these steps, you will be able to do them quickly, without needing to read them.

Feel free to use these steps during your day as well. It is an excellent way to keep yourself focused on what is most important to you and to stay connected to your essence... your Truth.

Often I find myself using these steps to re-connect to my Essence and stay focused on what matters most to me.

These times we face can be challenging - however, we have a choice. We can choose to stay connected to the place deep within that is peaceful and safe. Please join me in a daily practice of returning to your inner peace, your place of unconditional love.

Many Blessings

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