

## Conversation with My Heart

This track is a guided meditation called “Conversation with My Heart.” It will allow you to go deeper into your creativity and imagination and into your heart, where the healing process begins.

In the sports world, gifted athletes will often refer to “zoning” or being “in the zone” when performing at very high levels. When zoning, they have control of their breath, they turn the chatter of their mind off and “play,” no longer feeling tired, no longer feeling stress or pain . . . they are playing their sport with joy . . . no worry of winning or losing. Fully aware, they allow their bodies to move with grace and perfection without thinking, without trying.

The same applies here. With practice, you, too, can zone into a highly creative place, where everything is possible.

### **To Begin:**

Wherever you are, please get centered . . . take a deep breath in and a deep breath out, in and out . . . in and out . . . and while you are breathing in and out, bring your consciousness down into your heart, where you see a pink light that illuminates your heart and chest. Now, bring your thoughts down into your heart . . . breathe deep into your lungs, chest and abdomen. As you breathe in, take in all that is positive, all that is healing . . . all of that lovely pink light that warms your heart . . . and when you are ready, breathe out with a HA! and release the worries, the pain, the negative . . . Again, breathe in that lovely, healing light, and imagine replacing the negative in your body as you breathe out . . . haaaaaaaah!

Now ask your heart about your healing abilities . . . You can ask anything you wish, including:

What does my healing process look like and feel like?

What can I do to help my healing process?

What question pops into your mind first? Your heart is listening . . .

Allow a minute or two for a conversation with your heart . . . it has much to tell you and inform you . . . about your journey with illness and pain, about you and your loved ones . . . all you need to do is ask.

Breathe in, breathe out, breathe in, breathe out . . .

You have the ability, you have the imagination to help yourself heal on many levels . . . emotionally, spiritually, physically. When ready, open your eyes feeling rested and relaxed.