



# How to Let Your Heart Love You

- On the out breath let your shoulders drop, your chest soften and your thoughts melt into peace as they float down out of your head and into your heart.
- With your attention on your heart follow your breath as it flows with an even, regular rhythm as if in and out of your heart area.
- Bring to mind something that makes you smile. Feel the energy of that smile expand and radiate from your heart.
- Take some time to enjoy the feeling of warm, mellow loving energy filling you.
- Now bring into your awareness some aspect of yourself that you find hard to like. See it being brought into your heart.
- Feel it being welcomed into your heart...just as it is. Your mind might judge and dislike this part, your beliefs might conflict with it, your expectations might be disappointed by it. You might want to disown it...but in your heart, it is welcome, accepted and received with love.
- Feel the unconditional love at the core of your heart tenderly wrap around this disliked part of yourself.
- Notice how all the sharp edges of your judgement and conflict about it start to melt. Feel the shadowy heaviness that is tangled up with it - lighten and brighten as the warm, nurturing energy of love dissolves the disconnection between this part and the rest of your being.
- Rest in the sanctuary of your heart as this process deepens and grows.