

# Heart Focused Meditation

## Get Started With These Easy Steps

1. Bring your attention to your heart space.
2. Breathe in and out of your heart space with a regular, even rhythm.
3. Bring to your awareness something that makes you smile, or something that makes you feel good.
4. Sense the feel-good, smiling energy build and grow - opening up a portal to the reservoir of deep peace and wellbeing at your core.
5. Radiate this energy through your system, and into your world, carried on your regular, even breath...in and out of the still centre in your heart.

