



Heart-Centering Breath

When fear-based emotions like worry, doubt, loneliness, or even anger trouble you, this beautiful breathing practice can help you disconnect from those emotions as you deepen the connection to the peace and wisdom in your heart.

Start by placing your right hand on your heart.

Close your eyes or rest your gaze on the floor in front of you.

Inhale for a count of 4, hold your breath for a count of 1,
then exhale for a count of 8.

As you breathe, move your awareness to your heart.

Bring to mind something that you're grateful for. Allow the feeling
of gratitude to fill your heart.

Continue with your practice until you feel ready to allow
the wisdom of your heart to support your shift to Love.