

Heart Math – Your Happy Place

April 2023

Stand up and imagine your **tree roots** going down into the earth,
Then up into the Sky. Breathe in and out –
up from your roots to the sky and back down to the earth.

Then, **breathe up** to your heart.

Place a hand on your heart to help keep you focused on that area.

Breathe in and out through your heart.

Let your breathing become nice and slow and relaxed.

Now **think of a time that you felt really happy or content or at peace.**

Maybe it is a special event or activity. Maybe you are all alone, or with friends.

Remember **a specific time and place** when you were really happy.

Remember the air, the colors, the smells...

exactly where you were, who else was there...

and drink in that perfect, happy moment.

Feel it in every cell of your being.

And enjoy how that feels.

Take a moment and **just feel that happiness and contentedness and peace inside your heart.** Notice how you are feeling now. This is your HEART ENERGY!

You can do this exercise anytime and anywhere you want.

At school or work at home or even sitting in a car or bus.

All you need to do is remember that happy, peaceful thought and focus your breathing through your heart.

*The more you practice breathing through your heart
and feeling that good feeling inside your heart
the easier it gets to shift from feeling ‘not so great’ to feeling “good.”*

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And when you feel good,

it makes it easier for others around you to feel good, too! Remember,

your heart will send coherent heart wave patterns of good feelings that other hearts can pick up on.