

# Meeting Life with your Heart

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*Meeting life with your heart* is when we find our way in life through living with compassion, intuition, and authentic presence rather than solely relying on our minds and “rational” thought. It involves cultivating self-love, embracing vulnerability, and responding to situations with kindness, ultimately leading to greater joy, purpose, and deeper connections with oneself and others.



*Meeting life with your heart* can also have positive influences on your mental and physical health. Expressing gratitude, focusing on your strengths and performing acts of kindness may help lower your risk of cardiovascular disease, bouts of anxiety or depression and increase your overall sense of well-being.

## Key Practices for Living from the Heart

- **Cultivate Heart Awareness:** Bring conscious attention to the chest area, sensing the tenderness and space within to foster a compassionate perspective.
- **Practice Daily Reflection:** Spend 5 minutes daily in meditation, breathing into the heart center, and asking what brings joy, what you are grateful for, and what makes you smile.
- **Use Mindfulness Techniques:** Engage in practices like yoga, Qigong, or simple mindful breathing (e.g., inhale for 4 counts, exhale for 4 counts) to connect with the present moment and emotional states.
- **Listen to Emotions:** Use your emotions as a guidance system to align with your authentic self and recognize when to move toward what brings inner peace.
- **Take Mindful Actions:** Actively choose kindness in interactions, such as smiling at others or performing generous acts, which helps shift from fear to love.
- **Let Go of Judgment:** Forgive yourself and others, letting go of past hurts to live more fully in the present.