Receiving the Heart's Gifts

Themes

Connection, courage to meet experience, be with

Willingness, the power of commitment

Change, updating felt sense of self

Transparent communication, I : Thou

- Authenticity, listening from the heart, empathy
- Conflict transformation, productive conflict, repair, justice

Giving and receiving love, sharing, collaborating

Heart wisdom ~ mystical qualities of the heart

- Soul calling, stillness, magnetism
- Self-forgiveness, peace with the past
- Alchemy of upper centers and lower centers
  Integration of opposites (left and right)
- Right relationship
- Alchemy of time: ancient time, timelessness, time-full-ness
- Mystery of causation

Wholeness, both / and, nonduality, belonging free of othering, polarization, or against-ness

We space, interconnection, mutuality, universal human needs

Interbeing, inner abundance

Elements & Senses

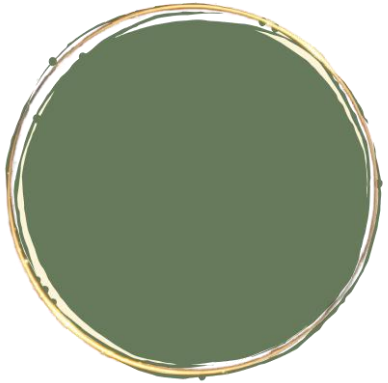
Wind • Air •
Our organs

Breath • Touch and being touched •
Feel-sensing

Physiology

Heart • Thymus
Lungs • Chest • Upper back

Arms and hands



An Invitation to Explore Your Experience

Notice the quality of space in your chest right now — not trying to open it or change it, just noticing what's here.

Prayer

What prayer connected to the heart center resonates for you? What follows may inspire some ideas.

May I have the courage to welcome what is here,
tending my (our) experiences with
compassion and strength,
opening to receive and give what is needed.
Courage to change, grow, release and become.

Heart Integration Invitation

Cultivating compassion and the courage to turn towards whatever is present in you, without rushing to interpret or find meaning. Let the meaning find you.

Bringing the courage of the heart to meet your own experience — including the places that have adapted, hidden, or numbed.

The heart as the alchemical center: where grief and gratitude can live together, where strength and tenderness are not opposites.

Mantra

Seed Sound YAM Mantras for love, compassion, courage, and mutuality • Loving-kindness / Metta

What heart prayers resonate for you, in your life, or informed by your ancestors, sacred traditions, or the Earth?

What is most essential for you in listening through Anahata chakra?

Potential Explorations to Deepen Connection with Your Heart

- Noticing the quality of space and sensation in your chest — breath, fullness, tightness, openness
- Presence breath in the heart space
- Emotional literacy, naming what's present in your heartspace without rushing to resolve it. What emotions do you find most challenging to presence?
- Touch and being touched. How do you experience the connection between your hands and heart?
- Giving and receiving, are you more comfortable with one than the other? the wheel of consent
- Cultivating appreciation, specific moments, people, qualities in yourself, others, life
- Conflict resolution, repairing missatunements, restoration of relationship
- Social justice, what social movements and needs call to you the strongest?
- Bringing compassion to the adaptations and personas stored in the heart center
- Exploring the integration of opposites: strength and tenderness, grief and gratitude, sovereignty and mutuality
- Contemplating the heart's wisdom, deeper knowing
- Connecting with devotion — what or who calls forth your love and service?
- How did your ancestors experience love, forgiveness, and courage?
- What practices in your life connect you with the gifts of your heart?

Where I am available and willing, may I welcome ~ Where I am distant or numb, may I soften with compassion