

Homework for Session Two – The Heart

1.a) *Start tuning in with your Deep Heart. Asking where you are in relation to the field of your heart? See/feeling what is needed to repair any broken trust with yourself/God/other. Do some journaling on these 3 relationships.*

1.6.) *Bring your truth into these relations. Speak your truth from place of innocence- honoring what ever it is.*

2.) *Daily Practice of “the middle” by being committed to staying with your heart first. Simply touch your hand to your heart, take a breath and say, “I am here”.*

Inquiry: When you discover that you left your heart first- inquire into, “ what am I making my Source on the outside? Getting to know without judgment, the ways in which you give your power away, and the immediate feelings of self-betrayal, abandonment, rejection, judgment, etc. that serve as intelligent biofeedback.

Inquiry: What is more important then staying true to my primary connection to Source on the inside?

3.) *Find a conscious practice partner to begin to explore transparent honesty with love.*

4. *Read the articles I will send you after the class .*

