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How to Feel and Strengthen our Heart by Guiding



About Heart Guiding and How to Feel & Strengthen our Heart

The exercise may seem simplistic, yet it can be profound for both the guide and the subject. The nice feeling that you will be feeling, is the feeling of your heart. The reason that it is profound is because that nice feeling is a direct link to the True Source, the Source of Love and Light. At the beginning level, the nice feeling will be experienced possibly as a sensation of warmth, openness, expansiveness, light, peace, calmness, gentleness, or joy.

When you feel the nice feeling and allow yourself to let go and follow the nice feeling, then it is the feeling itself which will bring you into your heart. At this stage you will be in the outer layer of your heart, and the key to know that you are really there, is that you will be enjoying the nice feeling. If you are not enjoying the nice feeling, then you are not yet in your heart.

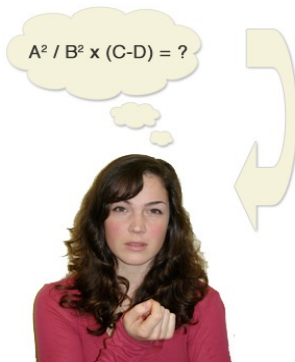
Simply relax, and stop trying to feel something, because the process of trying or looking for the nice feeling will block your experience. Any effort or attempt to try is a process of the brain that will keep you in your head instead of in the enjoyment of your heart.

Some people will enjoy the nice feeling in their heart the first time they do this exercise. Others will feel something as soon as they realize that they are trying. Just relax, smile and feel the nice feeling that is already there. Do not do this exercise as an exercise. Do it as an enjoyment, like having fun as a child. If you approach this with seriousness, or as a disciplined meditation technique, you will be less likely to be relaxed and less able to experience the joy from your heart.



How to Feel Our Heart

You can freely download a guided recording from our website about how to feel your heart and another recording on how to strengthen your heart and feeling. Additionally you can ask a friend to guide you to feel your heart by reading the scripts on the pages below starting with **Feeling our Heart**. Often it is easier to feel and enjoy the experience more if you are guided through the steps slowly with someone who is good at helping you to relax.



Thinking hard just gives your head pressure..

When you think of something seriously for a while you will feel the area in your forehead is heavy or there is a pressure because your brain is working hard.



Remembering a happy moment without smiling..

When you are happy there is a reaction in your chest.

This is your heart reacting when the feeling from the heart is working.



Remembering a happy moment and smiling freely..

When you are **smiling freely** the feelings from the heart become stronger.



Feeling Our Heart Script for Guides

You can read this script to a friend slowly and clearly with a relaxed and positive manner. After each section and between lines pause for a few seconds to allow your friend some time to fully experience what they are feeling. After reading step 9 you can pause and repeat the steps from 4 to 9 again. This allows your friend to notice the difference between smiling freely / not smiling and how it affects their feelings. The key to feel with our heart is to be relaxed, smiling freely and following our feelings. It may take a few practices to relax enough to clearly notice the differences and to feel our heart more.

1. Sit in a comfortable position with your back straight.. place your palms on your lap facing upwards.. Close your eyes and relax.. Take some time to soften any tension in your body and allow yourself to relax.. and relaxing even more
2. Be here and now completely.. Relax.. keep relaxing....keep relaxing even more... good. Take a breath in and breathe out fully.. relax even more.. completely relaxed..
3. Remember one of your happiest moments that really touched you. It can be any moment.. maybe a time when you felt close to someone or were doing something you enjoyed.
4. Notice how you felt during the happy moment without thinking about the details. When you are happy.. feel the smile coming up.. allow yourself to smile.. follow that feeling.. and stay with that feeling.. relaxing and smiling and nothing else..
5. Feel how natural that is.. remember that feeling.. relaxing and smiling.. being in the feeling of that moment.. allow it to happen without thinking how... smiling and relaxing.. and relaxing even more into the nice feeling... and nothing else..
6. Relax and smile freely.. and keep relaxing and smiling freely.. notice what happens to your feeling as you smile more.. keep on smiling and relaxing into the feeling.. and nothing else..
7. Keep relaxing and smiling.. relaxing even more.. and smiling even more..... keep relaxing and smiling.. and relaxing into the feeling.. and nothing else.. **(15 second pause)**
8. Stop smiling and keep relaxing.. relaxing even more.. notice how you feel.. keep relaxing and relaxing even more.. and nothing else..
9. Now lets feel the difference.. feel how it is when you smile.. **(Repeat three times: steps 4 - 9)**
10. You can open your eyes and give yourself a moment to relax.

The person being guided may notice that the nice feeling quickly goes away when they stop smiling. This is because the mind has become more dominant than their heart. Just repeat the key steps of relaxing and smiling to feel the nice feeling again from the heart. Some people may find that as they begin to enjoy smiling, they then find it hard to stop smiling because the nice feeling is so good they just want to continue smiling. We hope from this simple exercise that you experienced and learned that the feeling from the heart is stronger when you are smiling freely.



How to Feel and Strengthen the Heart

You can freely download the Heart Strengthening Exercise as a guided recording from our website or ask a friend to guide you with a script. By sharing the experience **you can support and tailor the pace of the guiding** to help your friend to feel their heart more easily. The key steps to be able to feel the heart are to **(1) relax (2) smile (3) follow the feeling**. If the person you are guiding is not smiling freely you may need to encourage them to be more relaxed before asking them to smile more. If they are already relaxed and smiling freely **give them encouragement** to follow their feeling even more.

How to guide your friend to do Heart Strengthening Exercise

First allow your friend to find a comfortable position they can be relaxed in. Aim to take a **minimum of 10 minutes** to not rush the guiding and **read each part of the script exactly** but do not simply read this as a script, instead notice how your friend is doing and reacting and **give some supportive comments** highlighted in blue and green when needed.

For example, when you feel your friend is **enjoying and doing well** you can gently give them good feedback and encourage them to continue to feel and enjoy even more by saying a few times one or more of these phrases:

[yes, good, very good, great, wonderful, feeling more, keep following your feeling, follow your feeling even more, relaxing into the feeling, let go, let go more, let go even more].

If your friend is **not relaxing, not smiling or not following their feeling** just stay on this part of the script for longer by saying a few times one or more of these phrases:

[relax more, relax completely and freely, relax even more, smile, smile freely, smiling even more, follow your feeling, relaxing into the feeling more, letting go, let go even more].

As a guide you can also relax and **sometimes close your eyes** to more easily follow the feeling and so be more aware when guiding your friend. By **closing your eyes and guiding with your feeling** you can help your friend so they can feel and strengthen their heart more easily. It is not uncommon for the person doing the guiding to be able to feel more than the person being guided since they are not on the “spot”, and naturally we enjoy and feel happy when we are able to help our friends.

Speak slowly and clearly with a positive relaxed and supportive manner. Follow your feeling as you are guiding to get the best results and enjoy doing the guiding.

Key steps to feel and strengthen the heart when guiding are:

- 1) Relax** - Remember to only move on to smiling when they are completely relaxed.
- 2) Smile** - Remember to only move on to feeling when the person is able to smile freely.
- 3) Follow your feelings** - Remember to keep them smiling and relaxing to be able to follow the feeling. Remind them to continue to follow their feeling to enjoy the experience more.



Heart Strengthening Exercise Script for Guides

1. Start by sitting comfortably on a chair or on the floor, keeping your back straight and place your palms upright on your lap..
2. Relax.... relax your whole body..
3. Close your eyes and relax... relaxing even more.. and keep on relaxing..
[relaxing, relax more, relaxing even more, keep on relaxing] [yes, good, very good]
4. Let go of any tension in your body.. take a deep breath in... and breathe out slowly..
[relaxing, relax more, relax even more, keep on relaxing] [yes, good, very good]
5. Relax... and relax even more... allow yourself to relax completely.. however relaxed your body is right now.. just let it relax even more..
[relaxing, relax your whole body, relax even more, let go more] [yes, good, very good]
6. Relaxing even more deeply.. keep on relaxing more.. relaxing completely..
[relaxing, relax your whole body, relaxing even more] [yes, good, very good, great]
7. While relaxing now smile.. smile even more.. and stay relaxed.. and relax even more...
[relaxing, relaxing even more, smiling, smiling freely] [yes, good, very good, great, beautiful]
8. Just smiling and relaxing... and smiling even more.. and relaxing.. and nothing else..
[relaxing even more, smiling, smiling freely] [yes, good, very good, great, wonderful]
9. Now gently touch your heart in the center of your chest, with one or two fingers... relax... and relax even more... just smiling and relaxing.. and nothing else..
[relaxing completely, relaxing even more, keep on relaxing, smiling more, smiling freely] [yes, good, very good, great, wonderful, beautiful]
10. Now smile to your heart without thinking how or where your heart is.. smiling freely to your heart.. smiling more.. keep smiling to your heart.. relaxing.. and nothing else...
(30 seconds to 1 minute silence)
11. Allow your awareness to go to your heart beneath your fingertips.. smile to your heart and relax even more.. and follow your feeling.. and nothing else...
[relaxing more, smiling more, follow your feeling more] [yes, good, very good, wonderful]
12. Keep smiling to your heart.. stay within the feeling.. let yourself be pulled deeper within the feeling.. and relaxing deeper and deeper within the feeling.. and nothing else..
[relaxing more, smiling freely, feeling, follow your feeling] [yes, good, very good, beautiful]
13. Feel... feel.. follow your feeling.. follow your feeling even more.. keep smiling freely.. and relaxing even deeper in the feeling.. and nothing else... **(3 to 5 minutes on this step)**
[relax more, smiling more, follow your feelings, follow your feelings more, let go more] [yes, good, great, very good, feeling more, following your feelings more, wonderful]
14. And in your own time, when you're ready, gently open your eyes with a happy smile.



Helpful Tips and Notes

- **Variation 1:** Sometimes smiling at your heart can be challenging as we are not used to smiling. If this is a problem then you can guide them to **remember a happy moment** and start the smiling from that point, allowing the happy feeling to begin their smile. It's important that they let go of the memory once they have the nice feeling or else they will start to daydream and will not be able to follow the feeling.
- **Variation 2:** As a further addition to the heart strengthening exercise to feel even more you can guide the person to experience the difference by repeatedly asking them to: **1) tense / be relaxed, 2) smile / don't smile** to your heart and **3) touch / don't touch** move their fingers a few inches away from their heart for a few seconds.
- It is recommended to **repeat the exercises a few times** and take turns in guiding and giving feedback on how you feel. Sharing the experience helps you learn more about your heart. See our website for tips about the 8 common problems most people have.
- If you and your friend enjoyed heart guiding and strengthening exercises try doing the **Open Heart Meditation** together which is freely downloadable from our website.
- It's best to **have no expectations** whilst doing the exercise. If you feel tired stop and do something else and try the heart guiding and strengthening exercise later. Don't push your friend to do more than they want to. It should be an enjoyment.
- Some people notice that as they **smile to the heart** the special feeling coming from the heart: peace, joy, stillness & calmness cannot be felt with or by the brain.
- If you have just started working with the heart and haven't felt much or nothing yet just relax, smile and follow the feeling and **practise regularly to strengthen your heart**.
- If you can, try and practice daily for a few minutes or several times in the day to keep strengthening your heart. With some practice **this technique becomes deeper** and you should begin to feel your heart better and better each day / each week.
- If you feel any pressure around your heart, this indicates that you are feeling the releasing of blockages and old emotions stored within and around your heart as they are being removed. To help **speed up the process** we recommend you just relax, smile, and follow your feeling even more and do Open Heart Meditation regularly.
- **So you can relax more easily:** Maintain good posture. Be aware that your head can droop without you realising it. Take glasses off. Tuck your elbows in / keep arms relaxed.
- If you enjoy heart guiding and would like to practice with other people then we recommend that you either join a local **Open Heart Meditation group**, or login to one of our **online meditation groups** or attend one of our **Open Heart Workshops**.



Key Steps to Strengthen our Heart and Feeling

Step 1: Relax your Whole Body



Find a nice and quiet place to sit. You can sit on a chair with your feet firmly on the floor or sit cross legged on the floor, whichever is more relaxing and comfortable.

Sit with your back and spine straight with good posture without forcing or straining yourself. If you need back support then sit on a chair with a flat back or use a cushion to be as comfortable as possible.

Your head should be looking forward and slightly upwards, as it is hard to feel your heart if your head is drooping down and this helps prevent you getting sleepy.

Step 2: Close your Eyes and Smile Freely



Close your eyes. This helps to reduce the domination of your brain and helps you to relax more easily.

Scientifically speaking, it is known that when we open our eyes, our eyes send signals to our brain to process the images which makes our brain work hard. Put aside all thoughts from the day and just be here and now.

Start to smile freely. By smiling freely the feeling from the heart becomes stronger. Stay smiling so you can begin and continue to follow the nice feelings that arise from your heart.

Step 3: Touch your Heart and Smile to your Heart



Touch your heart at the center of your chest with one or two fingers at the level of your armpits to bring your awareness to your heart. This helps your awareness of your heart and connects your whole being to your heart.

Smile to your heart without thinking how.

The best attitude is to not expect anything. If you are too busy wanting or expecting too much then you are busy thinking, instead you should be relaxing and enjoying the feelings that are naturally arising from your heart.

Step 4: Stay Relaxed and Follow your Feeling



Stay relaxed and continue to smile freely to your heart for several minutes. After a while you may feel some expansion and a light and calm feeling around your heart.

Follow and relax into the feeling even if it is very gentle or you can only just feel it a little bit. By following the feeling without any effort your heart and feelings grow stronger and you are able to enjoy the nice feeling from your heart even more.

Stay relaxed and keep smiling to your heart for five minutes.

Steps and Notes for Open Heart Meditation

Open Heart Meditation is suitable for beginners and experienced with meditation. The best way to do OHM is with a group of friends or family or you can do it on your own. It takes about 20 minutes to do by listening to a CD or MP3 audio file which guides you throughout the meditation.

How to do Open Heart Meditation

1) Find a quiet place to sit comfortably. You can sit cross-legged on the floor or on a seat with your feet flat on the floor.

2) Make sure that your back is straight, keeping your head up at normal eye level and looking forward so you have a sitting good posture.

(It is more difficult to feel anything if your chin is drooping.)

3) Taking a few deep breaths by inhaling through your nose and exhaling out your mouth to relax your body. Put aside any thoughts from the day to be able to use this time just for you.

Now do the simple preparation steps to strengthen the heart:

4) Smile and relax....

5) With a few fingers of your right hand or palm, touch the centre of your chest to help you to focus more on your feelings...

(our non physical / spiritual heart is at center and level with the armpits)

6) Keep smiling and relaxing...

7) Follow your feelings without thinking how...

(follow your feeling to strengthen your heart for a few minutes to be properly prepared to do the Open Heart Meditation)

8) Now listen to the Open Heart Meditation and follow along without focusing on the words or thinking too much, instead just follow your feelings more to let the meditation happen naturally.

(keep on smiling, relaxing and following your feelings without stopping to experience the whole meditation)

Additional Notes

Do not try to remember or think about anything other than enjoying the nice feelings when you are relaxed and smiling. Remember to keep smiling. Smiling is the key to feeling good and cleansing the heart and smiling also helps to follow your feelings more easily.

To be effective, one should do the Open Heart Meditation daily. For most people to clearly recognise the benefit and feel their heart it typically takes doing the Open Heart Meditation 3 - 4 times. Some people may be able to feel things happen right away, for others it may take a few more tries. If you are not feeling anything, please continue to smile and do the Open Heart Meditation daily, as some people need to do it longer to recognise the benefits. Open Heart Meditation helps gently but very deeply, so even though you may not recognise any benefits yet many things are happening.

Try to do the Open Heart Meditation daily because often we have or are affected by negative emotions throughout our day. When we do the Open Heart Meditation daily, our heart gets stronger and we are less effected by other's negative emotions.

Open Heart Meditation Transcript

By Irmansyah Effendi, MSc.

The Open Heart Meditation has three main parts: the first part is to prepare and activate our heart. The second and main part of the meditation we ask the True Source of Love and Light to bless our heart and remove our problems to be cleansed and replaced with Love and Light. The last part of the meditation is about radiating even more Love and Light from our heart, to dissolve into the Love and Light, to fill our whole heart with Love and Light and finally to share it all with others.

1. Sit down properly with your spine straight without tensing yourself..
2. Place both palms on your lap facing upwards and close your eyes to reduce the activities of your brain...
3. Relax... and smile...
4. Let your mind and your whole self be here and now.. to do this Open Heart Meditation properly...
5. While being relaxed and smiling... inhale deeply without forcing yourself..... and exhale through your mouth to let go of all thoughts and tension from your whole being.....
6. Inhale deeply..... and exhale through your mouth to let go of all thoughts and tension from your whole being.... and feel that you are more relaxed.....
7. Feel... your whole being is very relaxed.... Enjoy... and smile more....
8. From now on, inhale and exhale normally through your nostrils....
9. With your fingers, touch the centre of your chest where your heart is located...
10. Smile to your heart without thinking how to do so...
11. Keep on smiling freely to your heart with your whole feeling..... and feel..... you gradually become calmer..... more relaxed..... lighter..... and peaceful..... as your heart starts growing stronger.....

12. While continuing to touch your heart at the centre of your chest and smiling to your heart, let us pray to True Source to ask for blessing, to cleanse negative emotions from our heart... and to open our heart better....

13. While praying, you do not need to repeat the prayer. Just keep on being relaxed and keep on smiling freely to let the heart do the prayer for the best result.

14. True Source.... please bless our heart... so that all arrogance be cleansed and be removed to be replaced with Your Love and Light.....

15. True Source.... please bless our heart... so that all anger be cleansed and be removed to be replaced with Your Love and Light.....

16. True Source.... please bless our heart... so that all selfishness be cleansed and be removed to be replaced with Your Love and Light.....

17. True Source.... please bless our heart... so that all envy and jealousy be cleansed and be removed to be replaced with Your Love and Light....

18. True Source.... please bless our heart... so that all greediness and cunningness be cleansed and be removed to be replaced with Your Love and Light....

19. True Source.... please bless us to realise that our heart is the key to our relationship to you... Please bless and help us to be able to forgive everyone sincerely...

20. (Now, forgive everyone who has done you wrong although the same person keeps making the same mistakes again and again... (1 minute))

21. True Source.... as we have forgiven everyone who has done us wrong, please bless our heart so that all related negative emotions such as hatred, resentment, sadness, dissatisfaction, etc. be cleansed and be removed to be replaced with your Love and Light....

22. True Source.... please bless and help us to realise all of our wrongdoings to you and others, to regret them, and ask for forgiveness...

23. (Now... realise all of our mistakes to True Source or to others... regret them and ask for forgiveness... (1 minute))

24. True Source.... please forgive us for all our wrongdoings to you or to others.... and as you have forgiven us, please help so that all burdens

such as fear, worries, etc. be cleansed and be removed to be replaced with your Love and Light.

25. True Source.... please cleanse and remove all other negativities from our whole heart to let your Love and Light flow abundantly and continuously into our whole heart..... to direct our heart towards you... and to open our heart for you.... better and better... to fill our whole heart and feelings with peace, calmness, joy and all wonderful feelings from your Love and Light....

26. True Source.... please bless and help us to be able to feel the presence of your Love and Light... together with all wonderful feelings from your Love and Light within our heart.. to enjoy... to let your Love and Light do the best not only for our whole heart but also for our whole being...

27. True Source.... we are so grateful to You...

28. Amen...

29. Feel... and realise that your whole heart and your whole being have become much lighter...

30. Enjoy... and let the Love and Light radiate beyond your whole heart and your whole being completely...

31. Let your whole heart, your whole being slowly dissolve into the Love and Light.....

32. Keep on smiling while enjoying the process...

33. While enjoying this wonderful moment.. let your whole heart and your whole being dissolve more into the Love and Light....

34. Feel... and realise, your whole heart... your whole feeling... are filled with all wonderful feelings from the Love and Light...

35. Enjoy... and be grateful...

36. While smiling sweetly and enjoying the wonderful feelings from the Love and Light, slowly move your fingers and open your eyes with a smile to share the Love and Light with others....

Notes:

1. The prayer in this meditation is simply an example. The term 'True Source' is used here to refer to the source of our true self/our spirit. Feel free to use the terms and the words that you are familiar/comfortable with.
2. This Open Heart Meditation is not intended to replace any prayers that you say daily.