



The Inspired Heart
Moving into Intuitive Awareness

Taken from www.intuitiveheart.com/texts/inspiredheart.htm

See also "Close Encounters in the Liminal Zone: Explorations in Imaginal Communication." *Journal of Analytical Psychology*, 1996, Vol. 41, pp. 81-116; 203-226. Posted at www.henryreed.com/publications/close2you.htm

Just Close your eyes now and turn your attention inward, toward your breathing. Allow yourself to become aware of your breathing. Just let your breathing happen, on its own, naturally, while you simply become aware of it. Let it be, while you are aware of it, let your breathing be. Let go of any control your breathing, and simply watch it happen by itself. Just allow yourself to discover the natural flow of your breathing. Just allow yourself to go with the flow.

PAUSE

The breath naturally comes and goes. It's a natural flow that has a lot to teach you. Let's begin by placing your focus on the exhalation, the breath flowing out. Notice how the breath flows out. It's a natural letting go, a relaxation. Let the exhalation teach you how to relax, to let go. With each exhalation, you learn how to relax a little bit more. With each exhalation, you learn how to let go a little bit more. Just let yourself relax and let go a little bit more with each exhalation.

PAUSE

As the breath goes out, and you relax and let go, you release all control over your breathing. You can now accept the coming in of the next breath. Let each incoming breath come to you on its own power, in its own time. Let each incoming breath teach you how to accept, to receive.

PAUSE

As the breath goes out, relax, let go and wait for the next incoming breath to come on its own. Let go of any need to make the inhalation happen according to your own will and simply accept the incoming breath as it comes on its own. Each cycle of breathing gives

Experience the breath as taking care of itself, taking care of you, removing the old air and bringing you new air. Experience the breath as a gift, taking care of you, cleansing you and renewing you, bringing you the gift of life. Enjoy the feeling of the breath of life coming to you as a gift. Life breathes you, spirit breathes you.

PAUSE

Experiment for a moment with feeling gratitude for this gift of life. Just allow yourself to feel grateful for the gift of life coming to you freely, giving you what you need. See what it is like to experience gratitude for the breath that comes to you as a gift. Give yourself permission to enjoy the feeling of gratitude.

PAUSE

Focus your feelings of gratitude in the area of your heart. Let your heart to be the center of your experience of gratitude and notice how it responds. Allow gratitude to soften your heart. Allow your heart to become warm, expanding, blossoming with love. Allow your entire body to become in harmony with this feeling of love.

PAUSE

Your heart is open now and a channel of love. Discover the higher consciousness that resides in your open heart. Listen as your heart speaks to you. Feel the love flowing through your heart as it gives you an important message for you now.

PAUSE

Accept the truth of your heart. Accept this opportunity to allow the higher consciousness of love to bring you needed wisdom or inspiration.

As I read aloud a question, let your heart speak out its truth in response

READ QUESTIONS

Question #1:

Very Good. Now once again return your focus to your breathing. Let your natural breathing remind you how you can trust inspiration. Appreciate the natural flow of the breath and the life force that is breathing you. As you experience gratitude for this gift of spirit and life, your heart once again opens to share its wisdom with you.

Ask Question #2:

Very Good. Now once again return your focus to your breathing. Let your natural breathing remind you how you can trust inspiration. Appreciate the natural flow of the breath and the life force that is breathing you. As you experience gratitude for this gift of spirit and life, your heart once again opens to share its wisdom with you.

Ask Question #3

OK, now, let's take a deep breath, exhale, and release this meditation. Wiggle your fingers and your toes, stretch and open your eyes.