



**I keep coming back to sensing my heart lately.** Closing my eyes, I first feel what needs to be felt, then I drop my attention right into my physical heart, resting within its constant beats. As I stay longer in this space, another quality emerges, I feel my energetic heart, expanding, creating light, reaching into and out of my body. I stay with it and my physicality melts into the delight of experiencing this spaciousness.

**Dropping into your heart is a way to find out what you need most.** Your heart knows. You already know. All it takes is taking three minutes out of your day to connect with your inner sensation of living. Then slowly but surely the truths begin to surface. Where are you stuck at? What is taking too much time and effort? What do you need to let go? What do you need to say, do, think or imagine differently? You stop, you wait, you listen, and then you take inspired action.

**When there is a struggle in your body, the safest place to drop into is your heart** because it can keep you centered. It gives you not only a physical place to concentrate into but an emotional refuge. When you come into contact with your knowing heart, suddenly things don't seem or feel that hard any more.

**When is the last time you dropped into your heart?** When did you last seek your own counsel, your own wisdom, or your own companionship? I invite you to take a moment, drop everything else and rest comfortably in your heart.

With love and light,

Damla