

# Heart Opening Practices for Hope & Healing

**Body:** Physically engaging with self and others

- Self: Creation Breath
- Other: random act of kindness, ie. buy a coffee, send a card, compliment, gratitude

**Heart:** refers to the emotional connection you have with others

- Loving-kindness meditation  
May you be free from fear, May you be free from compulsion. May you be blessed with love. May you be blessed with peace. (Repeat with "May I...")

**Spirit/Soul:** Passage Meditation – reading of sacred text to plant seeds of wisdom in narrow mind that will blossom into spacious mind.

Make me an instrument of peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. Oh Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. And it is in dying that we are born to eternal life. Amen.

**Mind:** Self-Inquiry leads to personal growth and cultivates gratitude – a powerful positive emotion.

Nightly Blessings Exercise (a.k.a. Gratitude Journaling)

Each night reflect and write about "what went well and why".

Positivity Ratio: <https://www.positivityratio.com/single.php>