

Two Hearts

Meditation Practices for Relationships

Five Deep Breaths



Feel yourself breathe in

Feel yourself breathe out

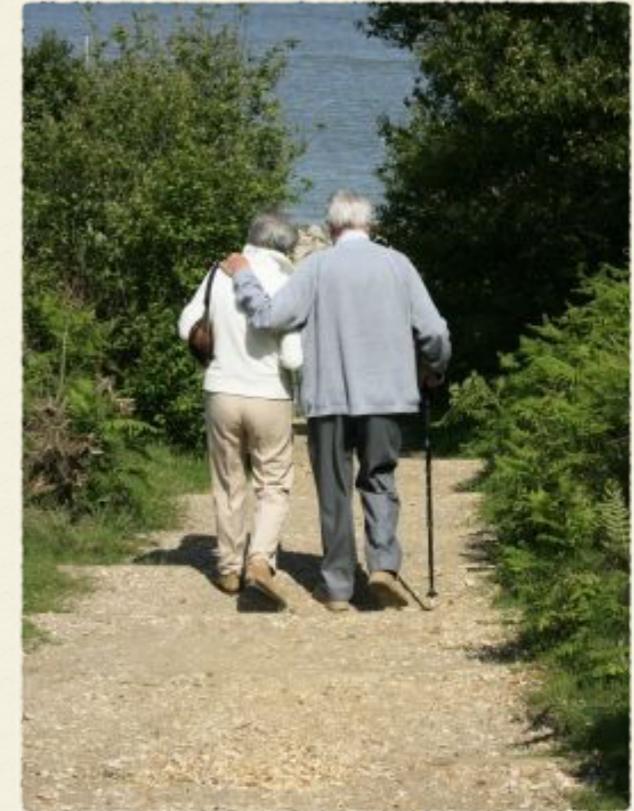
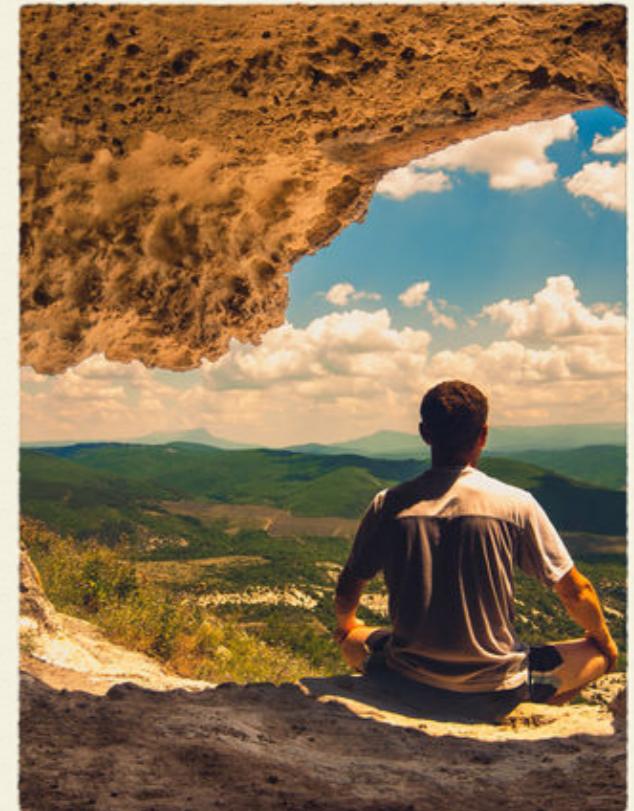
Topics

- Introduction
- Water Breath*
- Emotions
- Partner Practice*
- Break
- Intuition of the Heart
- Swinging Breath*
- Upcoming Events
- Forgiveness
- Final Meditation*

* Meditation Practices

Relationships on the Spiritual Path

- The fruit of realization is sharing it with another
- “Relationship is the highest yoga”—Stephen Levine
- “Very often it is those that are closest to us that hurt us the most”—Susanna Bair



Definition of “Heart”

Physical Heart / Body

Mind / Thoughts

E-Motional Heart / Feelings





Practice
Water Breath



Freedom

Sacredness

Excitement

Bliss

Gratitude

Compassion

Harmony

Resentment Regret

Shame

Peace

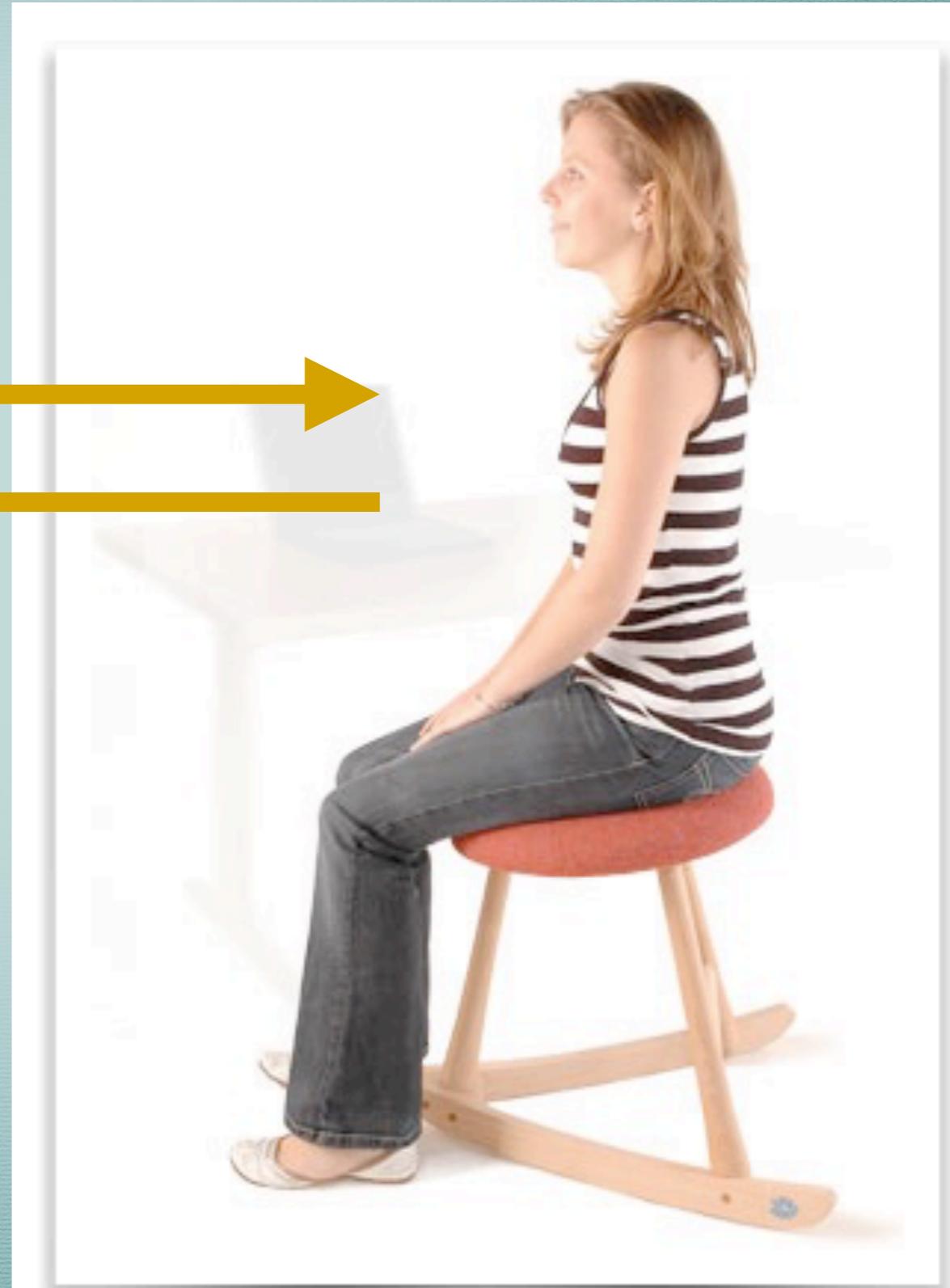
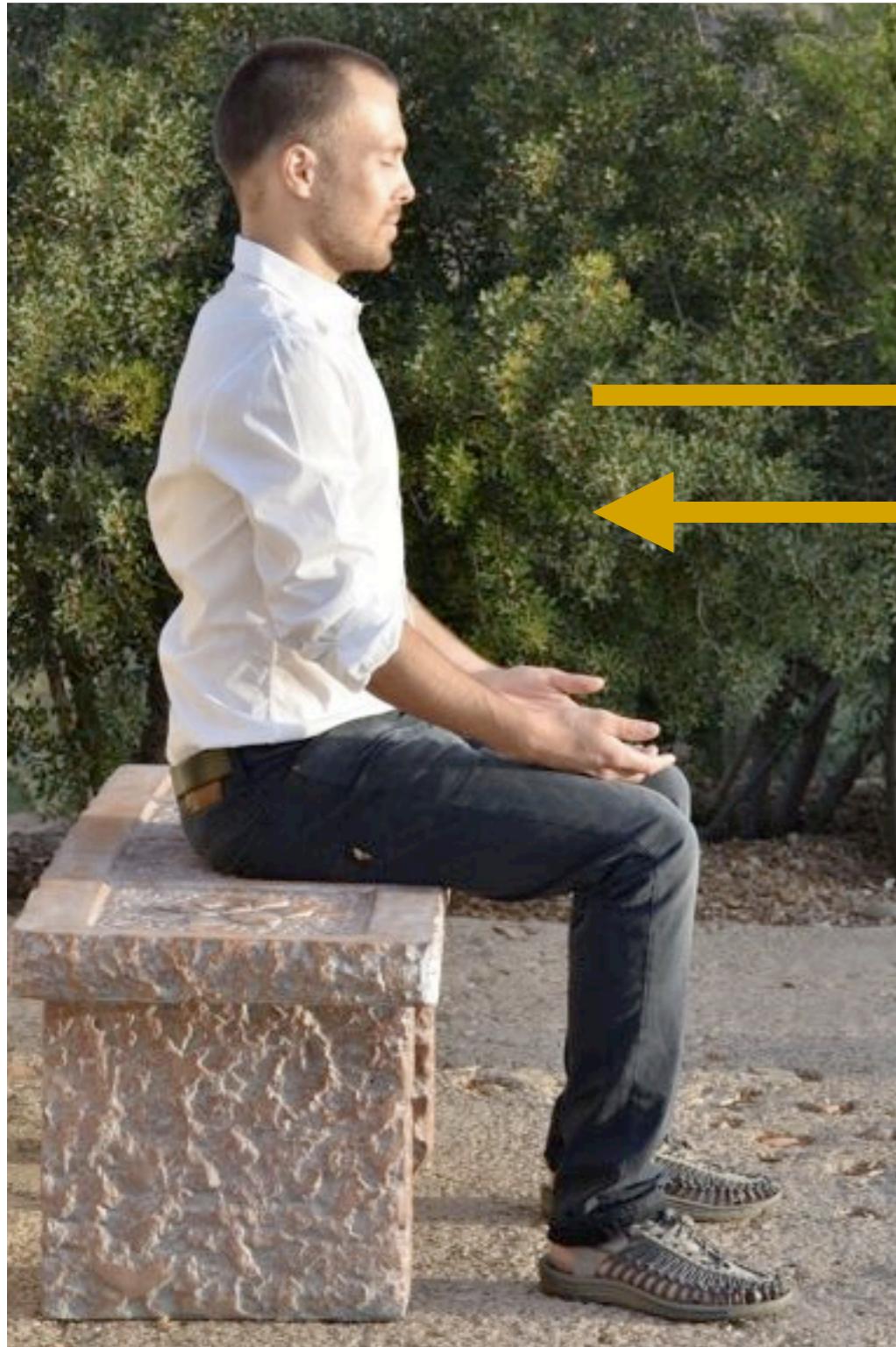
Anger

Happiness

Love Joy

Think of someone you
enjoy spending time with

Partner Practice





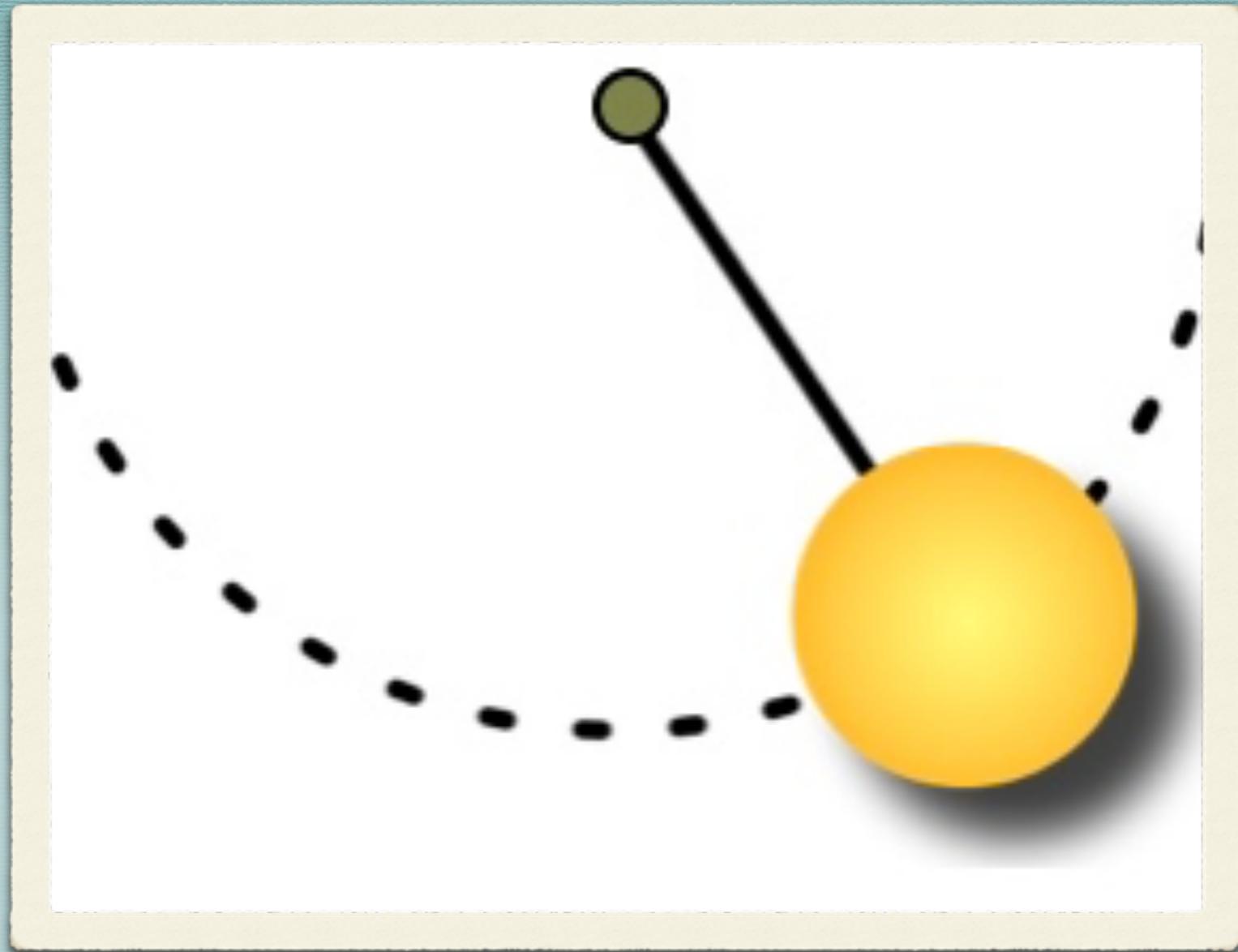
5-Minute Break

Intuition of the Heart

“What comes from without is not intuition; intuition is something which rises from one's own heart and brings a sense of satisfaction, of ease, and of happiness.”— Hazrat Inayat Khan, ~1930



Think of unanswered
question



Practice
Swinging Breath

Upcoming Events



Northampton class starts in May
Location: Forbes Library, Watson Room
RiverValleyHeart.org



Retreat: Archetypes of Purpose
April 19-24, 2019
Location: Chester, CT
IAMHeart.org/events



Workshop: Meditation on Purpose
April 27-28
IAMHeart.org/purpose

Open Heart



“Guard Dogs” of the Open Heart

- ❧ Regret
- ❧ Resentment



Think of something
unforgiven



Final Practice