

# Two Hearts

## Meditation Practices for Relationships

# Five Deep Breaths



**Feel yourself breathe in**

**Feel yourself breathe out**

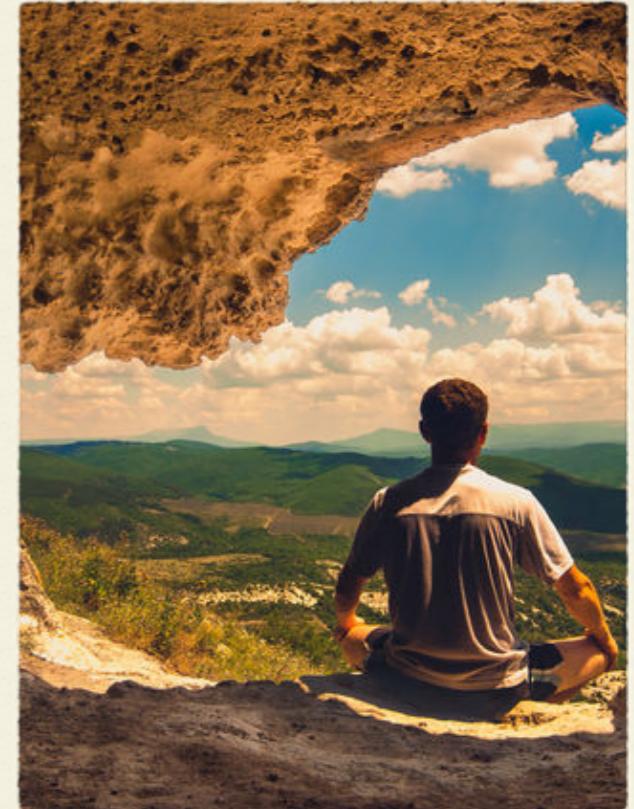
# Topics

- 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

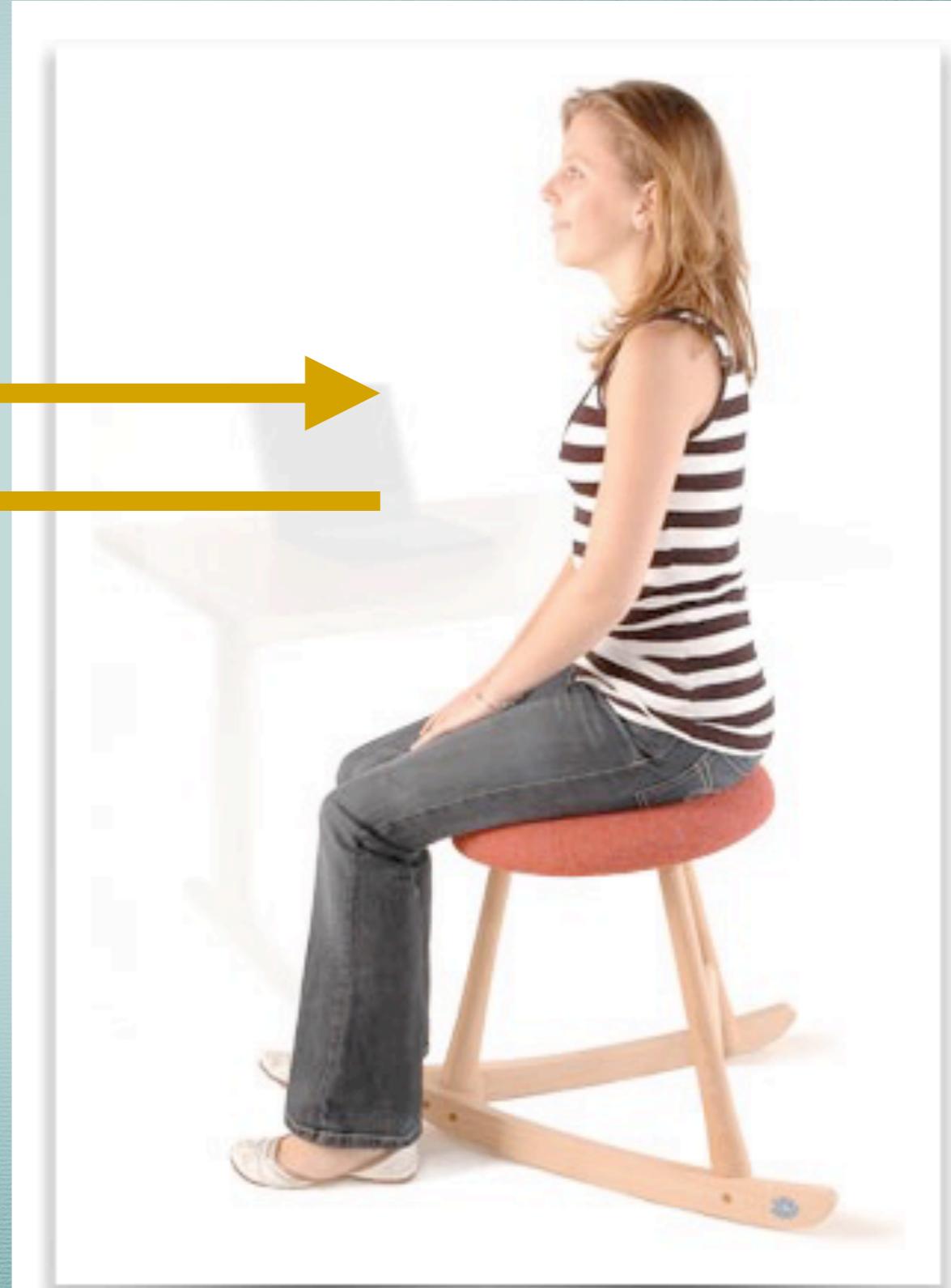
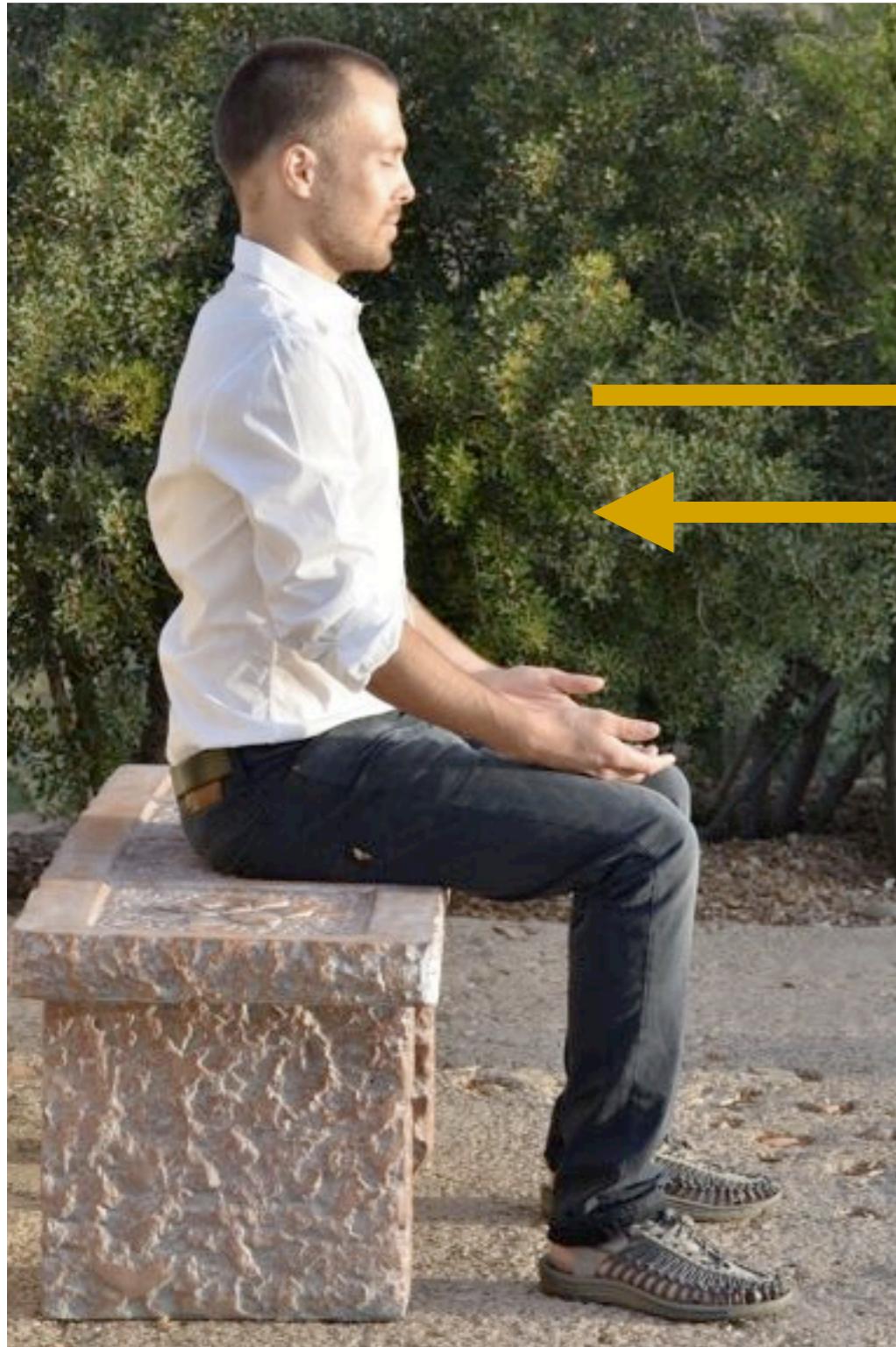
Anger

Happiness

Love Joy

Think of someone you  
enjoy spending time with

# Partner Practice





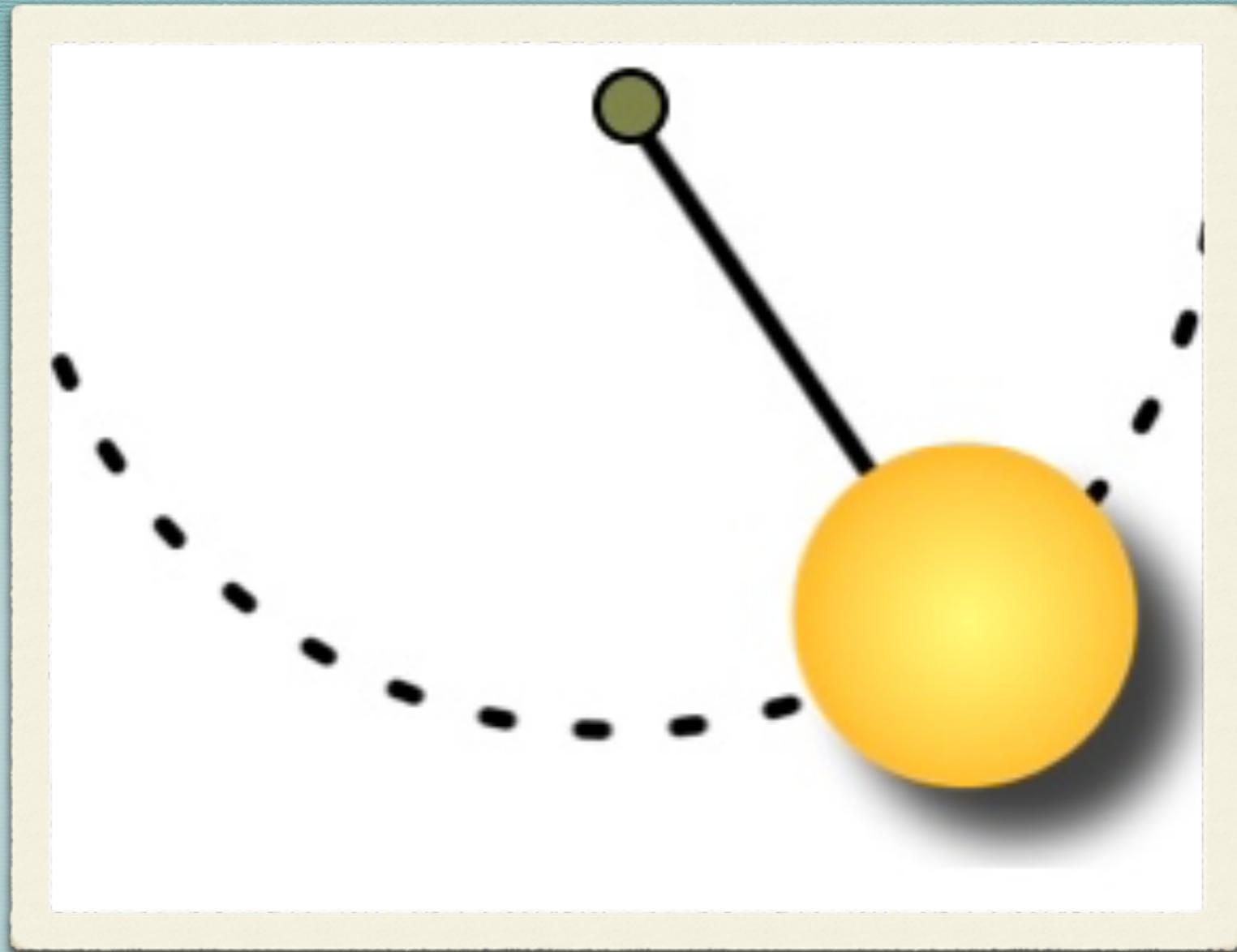
5-Minute Break

# 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



Free Meditation Coaching Sessions  
Available now until July, 2019  
via Skype or Telephone



Retreat: Archetypes of Purpose  
April 19-24, 2019  
Location: Chester, CT  
[IAMHeart.org/events](http://IAMHeart.org/events)



Workshop: Meditation on Purpose  
April 27-28  
Location: Beverly, MA  
[IAMHeart.org/purpose](http://IAMHeart.org/purpose)



Local 101 Class: Foundations of Advanced Meditation  
Starts Wednesday, May 1st  
Location: Forbes Library, Watson Room  
[RiverValleyHeart.org](http://RiverValleyHeart.org)

# Open Heart



# “Guard Dogs” of the Open Heart

- ❧ Regret
- ❧ Resentment



Think of something  
unforgiven



# Final Practice