

The Unsentimental Perspective Of The Heart

(Lecture at the EUROTAS conference in Milano, Oct. 2009)

I think we have to depart from the assumption that the heart of most people is closed. Or, to put it in another way, that the heart of most of us is closed most of the time. When we usually say, this is a Person who has a closed heart, we tend to immediately get sinister images: a twisted, bitter old man with a heart of stone, such as Alec Guinness in “Little Lord Fauntleroy” or Scrooge in Charles Dickens’ “Christmas Carol”. These examples are extreme and off putting, so it’s easy for us to distance ourselves from them and feel virtuous and good about ourselves. What a chance that I am not like that. And since, in such stories or movies, there is often word of cold hearts of glass or stone, we can easily conclude that *our*, that *my* heart is not closed, walled up, shut off etc. - because I don’t behave like those ugly men in the stories.

This might be (that we don’t do such evil things), but the conclusion that therefore, our heart would be open, is false. An open heart is – at last in our society – an exception. Most of us have been brought up as Christians, and a certain form of Christian education largely excludes the possibility of an open heart right from the start.

Where guilt is carried in the mind all the time, the possibility of an open heart is ruled out completely. When you are constantly preoccupied with whether you make a good or bad impression, whether the others like you or not, *whether the Good Lord likes you or not* – it would cost a lot of effort to keep your heart open.

Here, the whole distortion becomes obvious. We are loving, so we are told, when we help an old woman across the street or donate for hungry children or when we don’t lie, steal or murder. This is a misleading way of thinking, as you can see by the results; everywhere in the Christian world there is tons of lying, stealing and murdering every day. In this framework, the heart would be open, when you do good deeds and don’t do bad ones. This is not entirely false, but is not what *principally determines* the state of the heart. However, it is presented as such, and becomes in this form a very narrow value system, which leads, as I said, to the fact that the hearts of most people are closed most of the time (even though they might think differently about it).

*** I would like to suggest that you find out for yourselves: to bring your consciousness into the area of your heart, to stay there for a while and find out, by which criteria you say right now, whether your heart is open or closed.

Before you do this, a little footnote: *Longing* and *nostalgia* are, as a rule, signs of a *closed* heart. Longing says “I would like to” or “I would like to have”, indicates thereby that “I am not” or that “I have not”, indicates a lack. It belongs, most of the times, to the “package” of all degrees of depression. It deceives us by covering up the fact that we feel depressed or walled up, and it thereby solidifies this state even though it pretends to lift it up.

(I want to play you a song, which many of you certainly know. It is sung by Marianne Faithful and expresses quite well what I just talked about. It is the story of a depressed housewife who is literally bored to death by her white suburban life. And at the age of 37 she realises that what she has been dreaming of for years and years, will not happen: she will never ride in an open sports car through Paris with the warm wind in her hair. And as she realises this, she climbs on top of the roof and death takes her by the hand and guides her down into the street where a long white funeral car is waiting which then drives her – or rather her corps - through Paris and the warm wind goes finally through her hair.

I shall read you the words and then I'll play the song.)

THE MORNING SUN TOUCHED LIGHTLY ON THE EYES OF LUCY JORDAN
IN A WHITE SUBURBAN BEDROOM IN A WHITE SUBURBAN TOWN
AS SHE LAY THERE 'NEATH THE COVERS DREAMING OF A THOUSAND
LOVERS
TILL THE WORLD TURNED TO ORANGE AND THE ROOM WENT SPINNING
ROUND

AT THE AGE OF THIRTY-SEVEN SHE REALISED SHE'D NEVER
RIDE THROUGH PARIS IN A SPORTS CAR WITH THE WARM WIND IN HER
HAIR
SO SHE LET THE PHONE KEEP RINGING AND SHE SAT THERE SOFTLY SINGING
LITTLE NURSERY RHYMES SHE'D MEMORISED IN HER DADDY'S EASY CHAIR

HER HUSBAND, HE'S OFF TO WORK AND THE KIDS ARE OFF TO SCHOOL
AND THERE ARE, OH, SO MANY WAYS FOR HER TO SPEND THE DAY
SHE COULD CLEAN THE HOUSE FOR HOURS OR REARRANGE THE FLOWERS
OR RUN NAKED THROUGH THE SHADY STREET SCREAMING ALL THE WAY

AT THE AGE OF THIRTY-SEVEN SHE REALISED SHE'D NEVER
RIDE THROUGH PARIS IN A SPORTS CAR WITH THE WARM WIND IN HER
HAIR
SO SHE LET THE PHONE KEEP RINGING AS SHE SAT THERE SOFTLY SINGING
PRETTY NURSERY RHYMES SHE'D MEMORISED IN HER DADDY'S EASY CHAIR

THE EVENING SUN TOUCHED GENTLY ON THE EYES OF LUCY JORDAN
ON THE ROOF TOP WHERE SHE CLIMBED WHEN ALL THE LAUGHTER GREW
TOO LOUD
AND SHE BOWED AND CURTSIED TO THE MAN WHO REACHED AND
OFFERED HER HIS HAND

AND HE LED HER DOWN TO THE LONG WHITE CAR THAT WAITED PAST THE
CROWD

AT THE AGE OF THIRTY-SEVEN SHE KNEW SHE'D FOUND FOREVER
AS SHE RODE ALONG THROUGH PARIS WITH THE WARM WIND IN HER
HAIR...

It is correct that a certain *longing* is necessary in order to achieve something or to develop a vision. The Sufis say: If you want to find God, your heart must burn with desire.

Desire and longing are certainly a great motor for any form of evolution.

But at the same time, *longing* can – as I said already and as you heard just now – become an essentially stabilising element for keeping your energy low or throw you deeper and deeper into depression. It postpones love into the future and, thus, keeps the heart closed.

Now, please take a minute or two to find out in which state you believe your heart is right now, whether you believe it is open or closed and how you determine this.

We live, as we all know by now, in a time of big crisis. It manifests itself in financial and industrial collapses and in the destruction of our planet. However, the essential reason for this crisis can, of course, not be found on those levels.

We go through a heavy time of transition – the transition, one could say, from the domineering, negative narrow aspects of the 3rd chakra, the Solar Plexus, into the opening aspects of the 4th, the heart chakra.

One of the main themes of the 3rd chakra is control. It is the highest of the 3 lower chakras, lies at the border between belly and chest, between the *I area* and the *I – Thou area*. There, one has to observe quite carefully, which feelings, which needs, are allowed into the “we”, into the relationship area. As long as they are kept under control in the belly, everything remains an internal affair. But when they have risen up above the diaphragm, they are, so to speak, in the world – and not anywhere in the world, but in the area of the heart.

Our dilemma is that we must learn to give up the (too much) control of the 3rd chakra and have not learned yet to live in the 4th. We believed for a long time that giving up control meant to allow more feelings and needs to be expressed. Of course, there is a lot to this, and it was historically an important step, after the narrowness of the 40ies and 50ies. But today, this presents itself somewhat differently. (I am talking about the big collective movement of consciousness; the process of each individual is still another thing: some might e.g. be today, in his or her individually historical sense, at the threshold from the 50ies into the 60ies.)

But as far as the movement of the collective consciousness is concerned, the actual learning now has to do with seeing through the perspective of the heart.

There are quite a lot of schools or institutes nowadays who train you in Heart Intelligence. One of the most famous ones is the *Heart Math Institute* in California, who has developed a whole training program in which you learn to use the capacities of the heart in order to reduce stress phenomena. They did a lot of research on the connection between the heart and the brain, found out that the heart sends much more signals to the brain than the other way around and has thereby a great influence to calm the whole energetic system. They use their skills in big business companies and even the NASA has taken on their techniques in order to bring down the anxiety level of the astronauts.

However, Heart Intelligence (or Emotional Intelligence) is an ancient method of calming the nerves, the pulses and the release of certain hormones in

the body. Influencing your own heart rate or using the calming effect of the heart capacity is a fundamental aspect in Taoistic energy work as well as in Buddhist meditation and many other spiritual approaches which deal directly with the energies in the body. The basic technique is quite the same everywhere and it depends on what you do with it and how frequently you use it in your daily life, how much it becomes an effective part of your whole life. It has to do with, first of all, getting in touch with the area of your heart, then stay there and bathe your heart in your breath, and finally let the beneficial results of this spread through your body or even beyond the boundaries of your body.

***So let's do this a little bit. Bring yourself into a comfortable position, close your eyes, if you want, relax, and imagine that the energy - in a very simple way - goes all the way down in your body...so that after a little while, your shoulders have come down, your back relaxes, the energy of your stomach... and of your entire belly flows into your thighs and calves and feet. Your face becomes empty, you start to look a little stupid, because you don't have to look impressive in any possible way anymore. Stay there for a moment in this emptiness. Now, bring your awareness into the area of your heart. Without any mental effort, feel this area...which does not mean that something should be there, just direct your focus to the area in the lightest possible way. Then imagine that you bring your breath to and around your heart... When you breathe in, you bring the breath closer to the heart area, when you breathe out, you bathe your heart in the warm wind of you breath. Do this for a minute or so. .. There is perhaps a little warmth that has developed in the area of your heart. Feel it or think it...

And now, let it spread a little further... in your chest, your belly..., your throat, your head... your legs. Just sit there and imagine the light warmth of your heart being in your whole body.

*The heart. A strange, wonderful, mysterious place. Exactly in the middle of the body, there are three chakras above it and three below it. (In the following, I won't distinguish between the *organ* of the heart and the *energy centre*. The chakra lies more in the middle than the organ.)*

The heart is the sun of the individual universe. The queen of organs. The life giver.

The evolutionary tragic in our story is: We ate from the tree of knowledge and have therefore been thrown out of the Great Unity. We have shifted the centre of gravity of our being into our heads and have, thus, started to believe that it is *us* who control our lives. This means, something has changed in the 6th chakra: there is a greater sense of *strained pulling together* rather than *flowing effortless intuition*. And this goes, of course, hand in hand with the control in the 3rd.

So: The good centre of gravity in the abdomen - in 1st and 2nd - was largely lost, due to our flight into the head. The concentrated effort in the 6th, in combination with control related issues in the 3rd: all this has enormous consequences for the heart.

The rhythms of the body are basically determined by the root chakra. The root chakra is our connection to the force of the Earth, the maternal, and when this connection has been disrupted (in a personal, private way to your own mother as well as through the Great Connection the the Female, to the Earth) -

then there is no true security, no being carried and taken care of anymore. However, the connection between root chakra and Earth is seldom completely interrupted, if it were, we would die, since the root chakra provides the energy for all the other chakras. But when somebody has moved his main focus into the head, the connection to the Earth is harmfully disturbed; the balance between sympathetic and parasympathetic nerve-systems, which is regulated by the root chakra, shifts and becomes one-sided. (This balance "includes", of course, the balance between contraction and relaxation, between breathing in and breathing out, between taking in and letting go, and so on.) A neurotic balance establishes itself in the pelvic floor, and this influences directly the rhythm of the heart.

The rhythm of the root chakra is fundamental, it expresses the person's whole way of living, how he or she deals with stress and pressure on the one hand and manages to let go and find equilibrium on the other. *The rhythm of the heart reflects much more the pulsation of the present moment* – you have the parallel in the blood pressure at any given moment.

There, we come to the first mystery: the heart is a place of rhythm and of love. When the inner rhythm is too fast or too slow, it profoundly affects our capacity to perceive through the heart. (I can perceive others, myself, dogs, trees, music, food, landscapes, the wind, pictures, etc. - and I can perceive all this through the heart, or not...do you understand what I am trying to say...) Everything shifts, when I loose the relationship to my own inner rhythm: my emotions, my presence, my way of being – everything gets out of balance, when the connection with my good inner rhythm is disturbed. And this is the state most of us are in most of the time. Whenever I am too hasty or too phlegmatic, when my state of being is dictated by a future event or goal, when I postpone unnecessarily, hold back too much, when I am impatient, when my rhythm becomes determined by something or somebody else – always then, I largely cease to perceive through the heart.

Imagine you see something beautiful or listen to some good music – and all of a sudden, something else, a worrying thought e.g., meddles in and creates some hectic in you: immediately, your perception narrows down, gets foggier, poorer, the heart closes up.

The heart is only open when you are entirely with what you are with at this moment. When this is the case, you live in a certain basic friendliness, you are kind with what is in you and in front of you. There is a little warmth in your chest. This does not exclude that you might be angry with the other person, but the anger is a secondary layer. Below it there is the basic friendliness. *When I am entirely and completely with somebody ore something, I cannot reject it.*

This is a weighty statement, you must check whether it's true for you. There is a profound and mysterious connection between being really present (that means also being in your right time) and loving yourself. We all know that a fundamentally friendly attitude towards myself is the precondition for a positive perception of the world. And so it appears to me that

- 1) a good amount of self love is the requirement for the capacity to really be present and
- 2) the capacity to be present can stand as some sort of test for the actual amount of self love.

***How can you find out, whether, right now, you feel friendly towards yourself or not. And if you think that you do feel friendly with yourself, how do you know that this is really so and not only a superficial, adopted assumption. Please, take a moment for this.

My general conviction is that a really open heart feels *light*, but I can't say with certainty, whether this is true all the time. Of course, there are different stages or degrees of openness, but a heavy heart often shows the tendency to what I want to call *sentimentality*, and I mean by this (in our context) a strong and often drama-like attachment to the unresolved parts of my personal story, sometimes combined with a subtle (or not so subtle) form of self-pity.

There is no judgement here that drama or self-pity would be bad or wrong for you. Sometimes, when you are terribly in your head, you need to go, perhaps, into great waves of self-pity in order to reopen the channel to your tugged away feelings. *And*, at the same time, you could probably say that your heart is *not* open then. Please, help me distinguish (in an unsentimental way) between a compassionate attitude towards a heavy heart and an unsentimental way of stating that a wounded, bleeding heart is still caught in personal drama and, therefore, to a large degree closed (because it perceives, e.g, very little of the world around it, is not present).

When Neo-Nazis in Germany beat up or kill foreigners, because they are not Germans, it is evident to me that they must be caught in a disastrous way of dealing with their inner time, their inner rhythm. The first and second chakras are, more than ordinarily, disrupted, there is no feeling for true security and being taken care of. The connection with their own female side is probably radically broken. To *replace* this (there always has to be a replacement for essence, if you don't live it) they take refuge to helpless and immature concepts, which are not their own. The centre of gravity has shifted (in an absurdly paradoxical way) from the belly into the head - so that there is no sense at all anymore for their own power. There is, if you want, *no time at all anymore* to have a sense of themselves. The heart has necessarily closed up – it would be crazy and totally self destructive from the heart's point of view to remain open with out any good grounding). I imagine their inner rhythm as a *stressed and nervous apathy*, through which they have gone infinitely far away from themselves. The closeness of the heart does not only show in a lack of friendliness (with themselves and with their victims), but in a maximum of self-alienation in the first place.

The (imagined) split of the Ego from the Great Intelligence or the Great Friendliness manifests itself in a – what I want to call - *grey layer* of cold indifference. How big and deep this horror of isolation is, shows in their infantile longing and readiness to join symbiotically a group of also 5 year olds, with a philosophy of 5 year olds, feelings of 5 year olds and a behaviour which corresponds to this age. They have been thrown out into brutal isolation much too early.

Interestingly enough, there is often a similarly desperate attempt in a certain pseudo esoteric trying to avoid and circumvent *the healing of the*

personal story and to search for the healing (the “Heil”) in the spiritual realm instead.

The less developed and capable the personal I feels, the more there is search for healing through some form of externalised God (or “*Vorsehung*”). And there, of course, the interpretation in Depth Psychology, that God is only a replacement for the Good Father or Mother, is absolutely correct.

With this, I have come back to my essential point: The *grey layer* which separates the Neo-Nazi from himself – so that he cannot find a home in himself anymore – this *grey layer* is the true wall which closes the heart and keeps it closed. It is not the bad deeds or the lack of good ones which create this shocking indifference in the area of the 4th chakra, it is the *grey layer of seeming normality* and habit. And this only finds its *negative culmination* in the Nazi, but is altogether a *very common phenomenon*. Most of the time, we don't have the necessary contrast program (of open heartedness) in order to become shocked by this grey layer. And *if* we have it (and many of us have it from time to time), we speak of peak experiences, of extraordinary states. Those are not seldom accompanied by all sorts of narcissistic feelings, as if an open heart were something extraordinary. It would be good to understand that an open heart – in the way I have described it – is our *natural state of being*, or at least, could be. But for this, it is unavoidable to first see, notice, feel, understand, that our heart *is closed* most of the time. For if we truly understand this, we might make the first step into being friendly with ourselves.

***So, *my image* is one of a *grey layer* around the heart. I want to invite you to find your own understanding and image for this. If you like, put yourselves into a very “normal” daily situation of your life, when you neither overboard with anger nor with love or joy, where everything just has its normal routine, the daily nitty-gritty – and find out, if you can feel the state of your heart in this situation. Whatever it is.

....

Perhaps you can talk to your neighbour for a few minutes about what you experienced.

Do you understand how I see the connection between time and love (or lovelessness). There is a fairy-tale, in which a man has lived his whole life in the forest. He can speak with plants and animals and the wind and the rain. He wakes up, when the wind comes visiting and tells him that it's time to get up now. A hedge hog notifies him, when the blueberries are ripe to be picked. When the river begins to rise around the time of snow melting, the beaver comes by to warn him. When it's time for him to allow autumnal feelings of solitude, the trees and the rain give a sign by crying a lot of water and singing sad songs.

So he only always *does what needs doing* right now and he goes about it immediately. He never feels that *he* should shape what happens, that he should control things or worry about the harvest or have regrets about not having met a deer.

I don't want to tell you the whole story, since my intention is only to point out the connection between time and grey indifference (heart closure). So it's sufficient for you to know that, one day, people from the village, which lies 30

miles away, come and ask him to be their king.

“You have lived in the forest long enough”, they say, “and you have become so wise by now that it is really about time to take on an important responsibility and use your wisdom for the good of others.” (It is not clearly passed on, whether they or he had this idea, whether they made the first step or whether he showed himself several times in visible distance so that they would start to pay attention to him. But that does not really matter.)

So he accepts, walks with them the 30 miles back to the village, and becomes their king.

And there, of course, it's over, his intuitive response to things which *just need doing*. No beavers nor hedge hogs come by anymore, and the signs of the wind and the rain become more and more confusing. He has to take care and worry a lot now, he gets into a rather stressful hastiness that does not correspond to his own rhythm anymore. He is no longer part of the forest, he has become an important person. And when one becomes important, the inner and outer time often get topsy-turvy.

In his very late years – so the story comes to its end -, when he has been king for a long time, an old, old woman comes to see him in his castle. We learn that she has in fact been present at his birth, she is some mixture of mid-wife, wise fairy, herb woman, old witch etc.

In the evening, they sit together in the top most room of the castle tower and she gets to the point straight away.

“There is a grey mist around your heart”, she says.

“What are you trying to tell me?”, he asks with some slight indignation, because he has been king for so long and an important person and not been used to this kind of undisguised speech anymore.

“Well, just what I am saying”, she says with this calm coolness that old women in fairy tales are famous for, “that your heart has become grey. At least around the outside.”

“This is nonsense”, he replies sharply, “I am king and do important things every day for the people who have been entrusted to me.”

“Yes, yes”, she says.

There is a pause in the conversation, until he finally says in a peevish voice: “Are you trying to say that I should have stayed in the forest?”

“No”, says she.

“Or perhaps that I should have taken better care of my heart?”

“No”, says she.

“Ah...so you mean that now I should make an effort to reopen my heart?”

“No”, says she.

“But I reckon there is *something* you would like me to understand”, he says, looks at her, and pouts a little.

“Only that it is as it is”, she says, “only that it is as it is.”

At this point, he begins to cry and that's the end of the story.

This is a slightly silly ending for such a fairy tale, but I can't help it. That's the unsentimental perspective of the heart: to simply see how things are and to look at them in a friendly way.

It is infinitely difficult for us to see how something is (with ourselves and with others) and not come in and *meddle* with it. All that would be left then (if we didn't meddle) would be *to do what needs doing at the moment*. We cannot well distinguish between what *needs doing* (heart) and *meddling* with what is (solar plexus). It is incredible how often we *meddle* with other people's business (what they should wear and eat, what they should do with their body, with their relationships, with their sexual behaviour, with their likes and dislikes) and it is as incredible how often we *meddle* with our own business (how we look, how we will be when we shall be old, how again we made an ass of ourselves, how we should do better, how we should open our heart – or, to say it just in a general way : how much we are preoccupied with what is *not now*).

Why do I have to (even only a little bit) become annoyed, when *I* say, I consider Beethoven as one of the most thrilling composers, and then somebody else says, he can't see that at all, he finds Beethoven too heavy. Who gets annoyed? In any case the liver and the gall bladder, therefore the area of the solar plexus. The heart would only say: Yes. He sees it differently. That is interesting, isn't it?

And as if being annoyed wouldn't be enough, on top of this, I even have to become a busybody, bring myself in, *meddle* with his convictions and do some work on him, so that eventually perhaps *he might agree to like Beethoven, too*.

How crazy can you get?

And if two nations are in war with each other, it is, of course, the same game, a game of 5 year olds. When we perceive the world from a narrow 3rd chakra, we create a world of 5 year olds. We hit the others, if they don't like what we like. We smash everything, if they insist.

When we live from the heart, we see things (more) as they are, we don't *meddle* unnecessarily, and we understand that we always smash ourselves.

To see things as they are – this is, without any question, the *ultimate friendliness*. There, you have the connection between being in your right inner time and love.

Then, we can start to get older. Perhaps 8 or even 9.

In times of crisis – and in this big contemporary crisis, many of us go also through personally difficult times – there seems to be a certain logic, that when things go rough, your heart must not be light and warm. When the circumstances of your life are miserable, your heart has to be closed. You have to feel terrible. This seems to be logical. You can see this the best in the example of starving children: when there are hungry children in the world, your heart must not be light and warm. It has to be heavy and, if possible, slightly worn out and perhaps a little sick with sorrow.

This is also, what I call sentimental. Perhaps it is particularly in these heavy times that we can learn *to distinguish between what happens and the attitude of our heart*. Perhaps it is particularly in these heavy times that we are called to learn to keep our hearts in a good temperature and to stay friendly.

For this, you need to keep yourself together – in the best sense of the word. When you do some energy work with your chakras, the most important thing is not to get them “going”, but to *connect* them, to bring them together. Healing is, in the first place, reconnecting something with the whole. Something that is ill,

has been split off, separated from the rest. So the healing work mainly consists in reuniting.

To finish, let's do this in a simple, basic way.

Go into your root chakra, in the middle between your legs. *Be there* with no effort, no goal, just be there. ..This is the place of basic *balance*, of security. This is, where you are at home. Your connection with the Earth.

f Imagine a channel going up through the middle of your body and feel the energy rise from the root chakra to the 2nd chakra in the centre of your abdomen. Be there... This is the place of your memory, your installed belief systems, and your power. Your power is as big as your memory and beliefs allow it to be. This is the place of your power manifesting into the world. Connect in your mind – however you do this with the least effort – the 2nd chakra with the root chakra.

Let the energy rise to the 3rd chakra, the solar plexus, one hand above the navel, in the middle of your body. Be there... The place of your feelings. The place of control or of “everything-is-possible”. Connect the solar plexus with the 2nd chakra. Feel or think them together. Connect the solar plexus with the root chakra.

Let the energy rise in the channel to the heart chakra, in the middle of the chest. Be there... The place of your good own rhythm, of your individual calmness. Being friendly means allowing what is to be there. In you and in others. Perhaps you can feel a little warmth. Connect the heart chakra with the solar plexus. With the 2nd chakra. With the root chakra.

Let the energy rise to the throat chakra, at the base of your throat, and there in the middle (of the throat). Be there. ..This is the place of your truth. Your truth is how you come out, how you express yourself. Connect the throat with the heart. The throat with the solar plexus. With the 2nd. The throat with the root chakra.

Let the energy rise to the middle of your head at the height of your eye brows. Be there. ..Let your face become empty. A little stupid. Feel the relief of being stupid. Everything can go down into your belly, legs and feet. Allow a few moments of stillness. - Connect the 6th chakra with the throat chakra. With the heart. The solar plexus. The 6th and the 2nd. The 6th and the root chakra.

Let the energy rise to the crown of your head. Be there... This is your connection to the light. The light above. Let the light come into your crown chakra. Let it flow down into the middle of your head. Into your throat. Into your heart. Feel the crown chakra and the heart together. Let the light go into the solar plexus. Into the 2nd chakra. Into the root chakra. Take your time to feel the crown and the root together, the light that connects them.

Let the crown chakra extend high, high, up into the sky.

Let the root chakra go down, deep down into the middle of the earth.

In the centre, between the two of them, is your heart.

Go there.

See what would feel good to you today. What nourishes you. What warms your heart. It could be anything: quietness, friendliness, openness, grounding, generosity, forgiveness, curiosity, balance, playing, resting, impulsiveness, sadness, whatever. Let it come into your heart. This is for your *attitude*. Breathe into your heart. Bathe your

heart in your warm breath and in this particular aspect that nourishes you right now.
Remain there for a few moments.

Thank you for your attention and cooperation. 1