

## Heart Space Creation (in your mind and Heart)

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### 1. Connect to the Heart

Move your awareness to your heart and rest in the energy of the heart.

Feel the energy with any of your senses.

Rest in the space and feel the changes. Allow the connections and tissue changes.

### 2. Connect to Spirit in the Heart

Connect to spirit in or outside of your heart space.

### 3. Breath and imagery

Breathe into the heart Space and to His powerful love (in through the nose and out through the mouth if possible) As much as needed for you to rest in the space.

Image the space with what you need for safety.

What you need may be a special place, things, people, spirits that are unique for the creator of the space.

Continue to breathe into the space and sense the tissue shifting.

Fill the heart with love.

### 4. Practice coming and going from and into the space:

Leave the space and return. As often as needed for this skill to be second nature.

### 5. Expand the space as you are able.

### 6. Place issues in the Mailbox and connect with the heart space.

Surround the heart around another part. As you do this, stay connected to spirit. Observe and sense and allow the part to receive.

I go to my heart as a place where I communicate with spirit.  
I put on my life jacket of angels that are here to assist.  
I call them and they come.  
I imagine a special place in my heart that I create as a place for  
receiving and a place of giving.  
I connect to the Heart of Spirit outside and in my Heart (Mailbox)

All that I do is with spirit. I ask spirit “what are you saying” and “what  
are you doing”.