



The Mind-Heart Integration

1. Think of your problem or challenge
2. Feel the feeling that you have as you think about this problem, imagine you're in the thick of it...
3. Close your eyes and imagine this feeling to be a little child
4. Ask this child to tell you how he or she is feeling
5. Place your hand over your Heart and see yourself bringing this little child close to your Heart in a loving embrace, a gentle hug
6. Within yourself, send this little child messages of love and reassurance, let this little child know you are there for him or her and that you understand how he or she is feeling and that everything is going to be alright...
7. Place your other hand over the front part of your head and breathe deeply into this moment...
Allowing your mind to integrate into your Heart...

Breathe deeply and know that all is well in this moment...

Bring this little child with you from this moment on into whatever you do and where ever you go

Staying connected to your inner child is a loving, wonderful way to stay present with your feelings