

Finding Answers in the Heart™



F.A.I.T.H. MEDITATION

by Mindy Strich

Everything in life is more joyful when we are connecting to others. Co-creating with each other and with spirit is the fuel that brings our desires to our destiny. When we share our dreams and our creativity with an open and vulnerable heart we become inspired. We allow the energy that we have held within us to come to life. Together we open doors of unlimited possibility.

Together as we begin this journey of FAITH, with one heart, let us join with the intention to serve the highest good for all.

Finding Answers in the Heart™

Record this meditation so you can follow it in a more relaxed state.

Find a quiet place to relax. Close the door, turn off the phone, sit or lie down in a comfortable area, and allow yourself to let go and just be.

Now begin.

Close your eyes and place your hand on your heart. Become aware of your breathing. Don't change it; just bring your awareness to your breath.

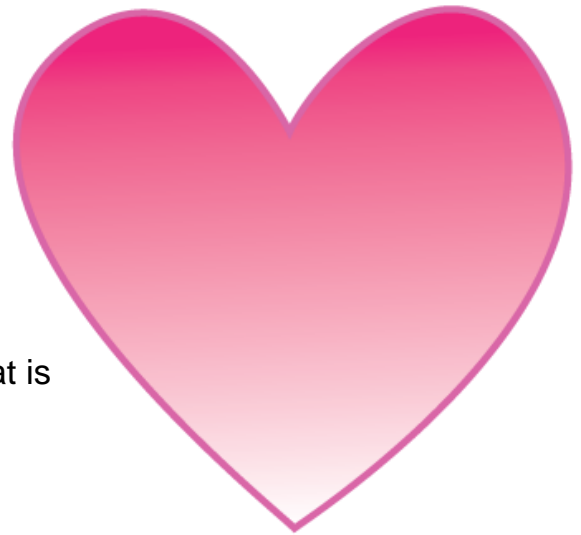
Now ask your mind to connect to your breath. Feel what is happening in your body as your mind quiets down and becomes in rhythm with your breath.

And now bring your awareness to your heart. As your mind continues to quiet down, feel the rhythm of your mind, your breath, and your heart beat as one.

Pause for a moment in gratitude for this miracle. Thank your heart, your mind, your breath, your body.

Recall your connection to others, your co-creations and sharing your dreams. And once again bring awareness to your heart while you connect in silence . . . the place of all creation and inspiration.

From this space of abundant and universal energy you will find answers in the heart.



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To close, bring your awareness to the top of your head, your crown chakra, and draw in the energy of a word or a phrase that represents your personal dream, vision, and intent for FAITH.

Breathe in those words, down through your entire body until you feel it in every cell. And when it reaches your feet, let it go. Feel it as you release it out of the soles of your feet into the foundation of mother earth. Breathe it in and breathe it out, surrendering and trusting that anything you ask for, if it is in your highest good and the highest good of others, will be done. Let it go and have faith that YOU and all your desires are seen, heard, and felt. Supported, provided for, and loved.

When you are ready you can open your eyes and slowly come back into the room.

