

Listen to Life's
Whispers

**No Regret
Living**

Something
BIGGER

Mild to Wild
possibilities

4 Steps: Listening to Life's *whispers*

1. Start the Conversation:

2. Have Certainty That You Will Get an Idea, Insight, Nudge, Whisper:

3. Make Room for Silence:

4. Open Your Heart:

heart meditation

Here is a little heart meditation to practice opening your heart and feeling more love and gratitude.

1. Find a quiet spot and settle in. Get comfortable. You have arrived on your journey to the heart! Take a few deep breaths. There is no need to hurry or rush. Tell yourself "thank you" for taking this time for yourself.
2. Now, it's time to get connected to your resilient, joyful, playful, intelligent, loving heart. Begin by placing one or two hands over your heart to help focus your attention there. You may want to massage your heart area, or even tap on your heart area to wake it up and make a connection to it. Begin to take your attention away from your thinking and surroundings to your heart. Massage your heart area for a minute or so to focus your attention there.
3. Now with one hand or both hands over your heart, begin to breathe intentionally through your heart area. In and out, big breaths, in and out of the heart area. Take your time here, and do this for several minutes, 5 even 10. Notice your body calm down and relax.
4. Now it's time to activate a feeling of gratitude in your heart. Begin by saying, "I am so very grateful for _____", keep repeating and acknowledging what you are grateful for. Do this for several minutes, "I am so very grateful for _____." Notice a feeling of gratitude well up in your heart. You are intentionally shifting your focus to gratitude, and paving the way for an open heart.
5. Now it's time to activate a feeling of love in your heart. Remember someone you love, or a special time or place in your life you loved, and feel the feeling of it in your heart. Enjoy this feeling, soak it in for a little while.
6. If your heart is feeling closed or sad, go gentle. You can say to your heart, "open and release my sadness or heaviness". Give it a try! You can ask your heart to open and let go of the sadness. You may not feel it immediately, notice how your heart may open during the day.
7. When you are done, release a wish or intention for the day that you will live with an open heart.

She used to listen to
the voices of doubt in her
head... then one day she
said **BE QUIET**... and
began to listen to her
heart instead...



Dear

just because

you are

wonderful...

WONDERFUL...

wonderful...

Love,

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Listening to Life's Whispers Workshop

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