

# HEART *Quick Guide*

## 5 Strategies for Inner-Connection



### Higher Guidance

Imagine an inner-source of unconditional love embracing you and holding you in your suffering.



### Embodiment

Scan your body from head to toe. Notice any sensations in your body without judgement.



### Aspiration

Take the next right step based on your values, dreams, or the kind of impact you want to have.



### Relationship to Self

Close your eyes and whisper to yourself, “I love you. Thank you for taking care of me.”



### Trust

Recall a time in your past when you successfully navigated a challenging situation.