

# HEART of *Inner-Connection*



## Higher Guidance

Practice meditation, prayer, or speak to yourself with compassionate affirmations.



## Embodiment

As you inhale and exhale through your nose, notice the physical sensations in your body with non-judgemental awareness.



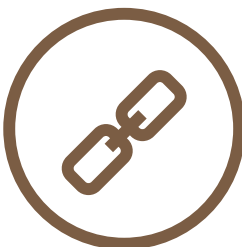
## Aspiration

Take action based on your values, your vision for your life, or a vow you've made to yourself or another person.



## Relationship to Self

Speak to yourself with loving-kindness, patience, and encouragement as you would to a dear friend or a child you love.



## Trust

Take action that demonstrates and builds trust in yourself, your Higher Guidance, and your relationships.