

Steps for Practice – Warriors of the Heart Meditation

1. Daily Energy Routine

Can be used directly before the meditation or earlier in the day or even more often. All warriors use some physical practice to focus the energy and the mind. Review on my website or on YouTube.

2. EFT tapping

It's for resistance, which we all have, to becoming more powerful! It's also for any surface tension blocking us. Some parts of us resist going deep within, some parts don't want to experience inner stillness. We distrust letting go. It helps to acknowledge these parts and relax them with EFT tapping.

3. Heart Coherence Breath

We use the heart focus breathing to quickly move into heart rate variability, sustaining it by moving the energy of gratitude and lovingkindness around with the breath. When the energy of the bodymind is given to the heart, every part comes into coherence, each cell and organ are refreshed. The tongue is relaxed, which in turn relaxes the vagal nerve. And there's a big empty space behind the eyes. This shifts the brain to alpha. We use the breath to direct loving thoughts to others and back to ourselves.

4. Forgiveness – Blessing

When the heart energy is strong, we ask within, who or what needs forgiveness? We choose to cancel that debt, and they go forth free from us. The quarrel is over, that energy is free. From a clean clear heart, we send fresh blessings to someone who could use them, imagining them in a shower of golden energy, their needs met in amazing ways.

5. Intention - Blessing

State to yourself or out loud, the highest intention that comes from your heart for your life and the world right now. Then ask for witness and a blessing from your connection to the Divine, the archangels and angels all around, from the plant and animal spirits you are connected to, and your own guardians and guides, your intention is strong, please bless it! See and feel the love and blessings flow into the top of your head.

6. The Warrior in service

Calling up our own warrior within, we give it the geas, we ask for a vow, to serve this intention, with all honor and diligence, and all the power that is pouring down. In this sacred service, we powerfully send out an energy of lovingkindness into our community, along with our own intention. Feel the energy in your hands, your head, your heart center, your entire body. Imagine lovingkindness coming down in a gentle rain over all our neighbors and all the helpers. Focus it where you feel need.

7. Coming home to your heart

Sit back in the breath, bring all your awareness back to your body, feel it all over. Notice how it feels and take some deep breaths to return. You may want to write down some insights you received. Repeat as needed.