



Exercise 1

Heart Strengthening

1. Close your eyes to reduce the activities of your brain.
2. Completely relax your body and mind.
3. Breathe in deeply through your nose, and exhale through your mouth
4. Breathe in deeply through your nose, and exhale through your mouth
5. Breathe in deeply through your nose again, and exhale through your mouth
6. Touch your heart at the chest level with your five fingertips.
7. Smile sweetly freely to your heart without thinking how.
8. With your eyes still closed and staying relaxed... smile to your heart ...
9. Continuously staying relaxed... with your eyes still closed ... and smile sweeter... freer... to your heart ...
10. Tense your body ... and relax your whole body
(Repeat 2x)
11. Now remove your fingers from the center of your chest ... Touch your heart again. Follow the feelings and feel the difference ...
(Repeat 1x)
12. Without thinking .. smile sweetly and freely to your heart ... Stop smiling to your heart ... Smile to your heart again ...
(Repeat 1x)
13. Now smile even more sweetly and freely to your heart, following your smile and feelings
14. Continuously smiling sweetly freely to your heart... Feel... your heart is expanding... feel the peace, calmness, lightness, joy and all the nice feelings from your heart... while continuously staying relaxed with your eyes closed
15. Smiling sweetly freely to your heart... just enjoy these nice feelings from your heart... the expansion of your heart... the peace, calmness, lightness and joy from your heart... to allow your heart to grow stronger and stronger...
16. Let go of everything... and smile sweeter freer to your heart... while enjoying all the nice feelings from your heart more and more completely... Allowing your heart to grow stronger and stronger...
17. Continuously enjoying the peace, calmness, lightness and joy from your heart... continuously allowing your heart to grow stronger and stronger... So that your whole mind, your whole body and whole being are completely enjoying all the nice feelings from your heart.
18. Your mind, your body and your whole being are completely within the peace, calmness, lightness and joy from your heart
19. While continuously enjoying all the nice feelings from your heart... smiling sweetly and freely to your heart...
20. Slowly move the tips of your fingers and gradually open your eyes... while still smiling... sweetly and freely... to allow your heart to continuously grow stronger and stronger...