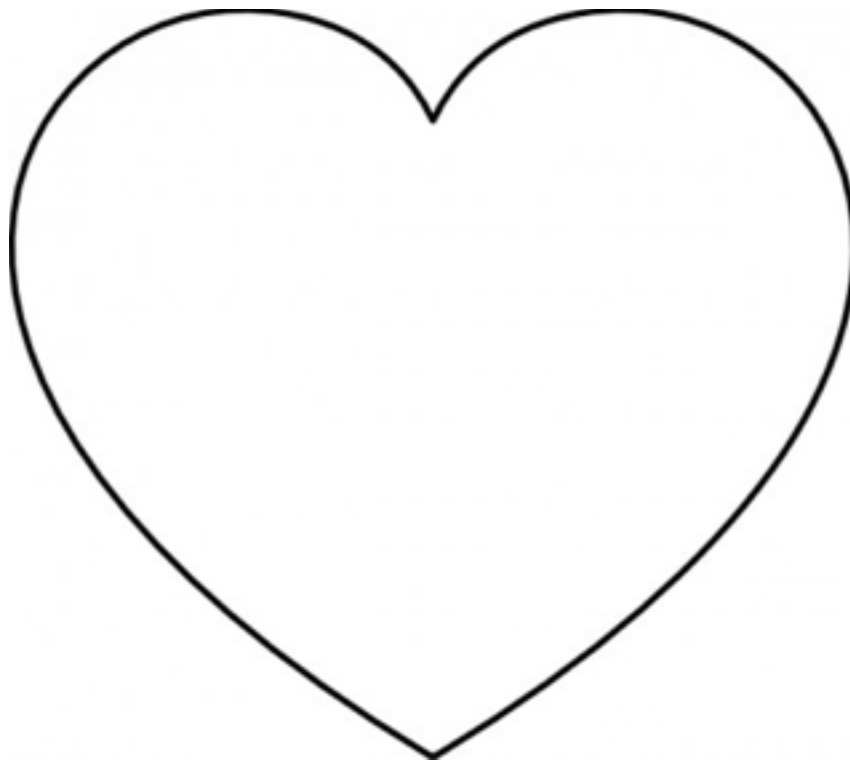


DAILY HEART CHECK IN

Heart Praxis

What's in your heart today?

What's in your heart today and where in your heart today do you feel the greatest sensation? Depict where you feel the sensation, how you feel it, and anything else you want to include:



If there was an emotional or nonsense word to describe this feeling, what would it be? Close your eyes and ask yourself. Let the word bubble up from your heart. Discard answers that come from the mind. When you let the word bubble up from your heart, stay with them, feel their quality. See if you feel a shift or a feeling of resonance. Spend some time resting in the feeling. Bring breath and compassion to this heart space.

Depth. Mindfulness. Authenticity. Compassion. Intuition. Body. Heart. Soul.

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