Hand on the Heart

We come into the steady calm of an inner equilibrium by steadily experiencing moments of feeling safe, loved, cherished, and letting those moments register in our body and encode new circuitry in our brain.

Begin by placing your hand on your heart, feeling the warmth of your own touch. Breathe gently and deeply into your heart center. Breathe into your heart center any sense of goodness, safety, trust, acceptance, ease, you can muster. Breathe a sense of calm and peace into your heart center. You may elaborate this as you wish. Breathing in a sense of contentment, well-being, a sense of kindness for yourself, gratitude for others. Slowly gently breathing in qualities of self care and self-love into your heart.

Once that’s steady, call to mind a moment of being with someone who loves you unconditionally, someone you feel completely safe with. This may, of course, be a moment with a beloved partner or a beloved child or parent, though the dynamics of those relationships can sometimes be complicated and the emotions mixed. So you may choose a moment of being with any True Other to your True Self—a dear friend, a trusted teacher, a close colleague or neighbor—a moment when you felt seen and accepted, loved and cherished. It may be your therapist, your grandmother, a third grade teacher or a spiritual figure like Jesus or the Dalai Lama; it could be your Wiser Self. It could be a beloved pet. Pets are great for this, actually.

As you remember feeling safe and loved with this person or pet, see if you can sense in your body the positive feelings and sensations that come up with that memory. Really savor this feeling of warmth, safety, trust, and love in your body. Take a moment to allow the feeling to become steady in your body.

When that feeling is steady, let go of the image and simply bathe in the feeling itself for 30 seconds. Savor the rich nurturing of this feeling; let it really soak in.

Adapted from Linda Graham

https://lindagraham-mft.net/hand-on-the-heart/