

1. Start by focusing your attention on your breath. Shift your focus, your attention, and your awareness away from this page, from these words, from your thoughts, and from thinking, to simply focus on the physical sensation of breathing. It is useful to start with one, intentionally deep breath. Put all your attention on the physical feeling of inhaling that breath, and then of releasing it. Then just allow your focus to remain on breathing, without controlling your breath. Let go of thoughts and thinking. It may take you 10 seconds, or it may take you a minute, to feel as though you have made that shift and for your attention to be tuned into the physical sensation of your breathing.
2. Once your attention is there, once you are tuned in and attentive to the physical sensation of the breath coming in and the breath going out, then expand the field of your awareness to focus your attention within your body more generally, and the physical sensations within your upper torso. Take a moment to tune in to be aware.
3. Now bring your attention to the center of your chest, where we commonly think of our hearts as being, and where your heart energy center is. Take a moment just to notice, just to focus your attention there. Tune in and notice however that feels at this moment.
4. Now, while holding your focus, your attention, on that spot and the physical sensations there, be aware of the picture. Question: "Does this image appeal to me? Notice whatever happens
5. Once you have taken note of whatever physical sensations occurred (or didn't occur) now take any, other, picture" Does this appeal to me?" Notice whatever sensations occur in the chest.

Adapted from Isler, Philippe. Listen to Your Heart: Using Mindfulness to Make Choices That Are Right for You (p. 28). FriesenPress. Kindle Edition.