



Top Ten Ways to Connect to and Open your Heart!

When you open your heart, the World is energized by your Love!

The only condition to these heart connecting and opening ways is you have to do it!
You can't just think about it!

1. Make a list of special times in your life when your heart was singing with joy, gladness, appreciation and love. From here, create a photo montage to look at as you remember and reconnect with this feeling. Remember, these feelings are yours and you can access them anytime!



2. Go Hug a Tree! Really. It works if you do it. Put your arms around the trunk of a tree. Feel its life pulse, feeling its roots reaching deep into the earth, feel its branches reaching for the sky. Listen to its energy, feel its love.
3. Put on your favorite oldies tune from the summer of your pre-teen or early teen years and sing it out loud. If you really want to open your heart dance! Here's one of mine: *Got to get you into my Life*, by Earth Wind & Fire. <http://www.youtube.com/watch?v=g6L05WHTgUQ>



4. Volunteer! Go help someone less fortunate. When I was a young musician, I would take my troubadour harp and play at retirement homes. That brought me as much joy as it did the people I was playing for. Helping someone **else always** helps your heart to sing!
5. Send a friend a note, saying, "Thanks for being my friend. I am so happy you are in my life." Feel your genuine gratitude for your friend. *"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."*
- Anais Nin



6. Hug a person! AND Hug yourself!



7. Buy a small flowering plant or any plant. Commit to loving and nurturing this plant for 21 days. Then if you want to, gift the plant to someone or an organization, knowing that you are gifting your love in living form. Read this:
<http://www.environmentalgraffiti.com/plants/news-feeling-plants-how-sensitive-flora>

8. Heart opening yoga poses. Open your chest as much as you comfortably can. Feel your heart beat, feel the expansion. Breathe in “I Love” Breath Out “ I AM”.



9. I Matter! Allow yourself to feel how much you do really matter. If possible, go outside and lie in the grass and feel how much earth matters to you and allow this feeling to be reciprocal.



10. Make a gratitude list. As quickly as you can, write down 10 to 20 things you are grateful for. Decorate your list with stickers or bright colors. Remember how much fun it is to color and just doodle away, putting the cares of the world aside, feeling your heart open as you connect to the gifts in your life, the gift of your compassion and the multitude of ways you can expression your love. Need some help?

Here’s the Ultimate Gratitude List from A to Z:

<http://www.beliefnet.com/Wellness/Gratitude/The-Ultimate-Gratitude-List.aspx?p=2>

