



Hand on Heart

Hand on heart is a beautiful self-compassion practice you can do throughout the day. It is a way to give yourself loving kindness.

You can also expand this practice when you feel any emotional pain, such as judging yourself or feeling alone. Take a moment to place your hands on your heart and talk to yourself, out loud, the way a loving friend would speak to you. You might even begin by saying, “Hey, sweetheart, I know you’re hurting right now ...”

Heart to Heart

As you experienced in the Process, Heart to Heart is a wonderful way to share a connection without words. This is a practice you can do with your family members, perhaps with your partner every morning before starting your day, your children in the evening, or with close friends. You can also try it in the mirror with yourself.

- Reach out your right hand toward the other and wait before touching them. Then, use your left hand to guide the other person’s hand to the center of your sternum, place their hand on your heart space, and leave your left hand on top of their right hand. Allow yourself to center and breathe. Experience your feet fully grounded. You can adjust your feet to make sure you are comfortable. Make sure your elbow is bent and arm relaxed. Look into the other person’s eyes. Just be present without speaking, putting all your attention on the other person. Notice what is happening for yourself and your Body while you’re witnessing the other person and being witnessed in this way.
- Now, to complete, share a connecting hug in silence.