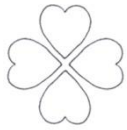


Heart Based Exercise (apply this exercises as long as it takes to bring your thoughts and heart back to balance)



In addition to the above exercise, wear a loose elastic band, hair tie, charity wrist band or just your watch around your wrist. Every time you go into your head (over analysing, judging, labelling and categorising) which takes you further away from love, change the item over from one wrist to the other, to bring you back to heart centred awareness.

Filter your experiences through your heart space and you will experience life through the filter of love.

It's a very effective and simple exercise that further brings awareness to your thought process and will aid you to re-direct your thinking to that which is more positive. It will show you the habits of your thinking and make you realise where your mind wanders to...you just need to pull it back again.

I offer this exercise to my clients and some of the feedback I've had is " I can't believe how many of my thoughts are negative and critical ", "Although I got annoyed at how many times I had to change the band over, it made me laugh when I realised half of what I was worrying about might not even happen". "My wife and I are now doing this together, I want my dad to do it too and he is so negative" (of course this in itself is a negative thought and the band has to be changed over to the opposite wrist)

Have fun along the way catching yourself, the more you practice the more you get your thinking under control.