



Excerpted from *Presence-Based Coaching*
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Core Heart Practice 8.2: Touching Your Heart

Do this simple practice a few times a day consistently and over time. This is not a thinking practice, so any effort or attempts to think about what you're doing will just get in the way. In spite of my advocacy, self-observation is a brain activity and won't help you here. Nor am I asking you to look for or to generate emotions like joy or love. Rather, I'm inviting you to allow a different intelligence to emerge simply by sensing and feeling into your heart.

Sit comfortably, and close your eyes to decrease the input into your brain. Relax. Now, relax more. Hunch your shoulders up, then drop them. Relax. Center yourself to bring your attention into your body. Relax more.

Touch your heart, in the upper center of your chest, to direct your attention to your heart... Smile, even if it seems artificial. Without thinking about what this means, simply connect your smile to your heart. Let your smile invite your heart to grow even stronger.

Keeping your eyes closed, relax, and smile to your heart. If you feel anything, let it expand. Follow the feeling, rather than observing or labeling what you feel.

Don't observe. And if you don't feel anything, don't try to feel. Just relax more, and keep smiling to your heart.

Consider that the feeling is already there, waiting; as you relax, it becomes available to you. Any effort, paradoxically, constricts the feeling and makes it less available. So simply keep relaxing, and smiling.

Just feel.