



FTLOH MARCH 2023 NEWSLETTER

March to Your Heart's Beat

We've heard the saying that March "roars in like a lion and leaves like a lamb." That's usually true for us here in Texas – externally winter cold springs into warmth and the dominant brown landscape regreens anew. Internally I notice my heart beat joyfully to the seasonal spring shift. There's an inner excitement for the longer daylight, fresh green of the trees, and warmer temperatures. What feelings do you notice? Renewal, revitalization, rebirth? Are you recognizing a shift physically, mentally, emotionally, and spiritually? What's the message? Stress? Unfulfilled promises? Overload? Joy? Peace? Comfort? Are you starting this month, as many times over the years, loudly roaring about your new spring goals and activities only to have them barely audible by the end of the month. Is it time to set a different personal goal to feel peaceful, calm and in the steady flow of life? Try tuning into your rhythmic beat first thing when you awaken and again during the day in the quiet between appointments and perhaps again as you wind down in the evening before bed. Is it time to set a different personal goal to feel peaceful, calm and be at ease in the flow of life? Listen and connect with your heart beat. What is a belief, emotion, or issue you know and feel that is keeping you from your joy, peace, or love? Listen quietly. Listen consciously. Take this time and work with the meditative thoughts below to march to your heart's beat.

Meditative Moment

Close your eyes and take a nice steady breath. Follow that breath through the entire cycle of inhale and exhale feeling the sensations in all the parts of your body as the breath moves in and out. Take another deep breath and follow it. Repeat until you feel grounded and present in your body. Now bring your attention to your heart center. Rest your hand right in the middle of your chest. Recall a joyful, loving, peaceful, or hopeful time from the past or present and just be with that feeling -re-experiencing it again. Notice, feel, and just be with how your heart is beating and be aware of any pattern as you and your heart experience that joyful feeling as it spreads throughout your body like liquid joy, love, peace, or hope moving into every muscle, organ, system. Allow that feeling of joy, love, peace, or hope everywhere in your body and being. Just let it flow filling you from the inside out. Here, in this space with your heart's beat, you will know what changes if any you need to make to be in a more joyful, loving, peaceful, hopeful place throughout your day and the days to follow.

Links to Events

[MAR Classes - https://www.fortheloveofhealing.com/events/](https://www.fortheloveofhealing.com/events/)

[YouTube Content - https://www.youtube.com/channel/UC5jEilycqPCMPmeRxuiBqiA](https://www.youtube.com/channel/UC5jEilycqPCMPmeRxuiBqiA)

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