



For The Love Of Healing
Integrative Energy Healing Center

FTLOH MARCH 2024 NEWSLETTER

MARCH TO YOUR INNER HEART'S BEAT

March is so unpredictable, teasing us first with balmy weather, tree leafing, feeling warm then plunging us into windy winter cold, often with some icy precip, back to hot soup, and winter jackets. It's all about staying warm and comfortable physically.

As we play this dance with March let's be aware of our heart beats not only to the physical range of temps but on other levels. Is your heart reacting to all the emotional /mental shifts and changes in your fast paced sometimes complicated world of thoughts, stress, anxiety, uncertainty, maybe fear? We all have moments like these. Yet, with awareness we can calm that reaction and quiet the racing pace of our heart.

Between yesterday and tomorrow is this moment. As you read this newsletter allow the words to have your attention, make it your reality, accept it is the present moment. Continue reading, bring your present awareness to your heart center in the middle of your chest. Keep reading, breathe, and feel into the depths of the heart center. Relax into this connection. Notice, see, or sense what else is there. No judgment here. Be with your breathing just following the steady movement. Feel the rhythm of your heart.

Breathe deeply and slowly several times as you tune into just your heart beating. Try this thought: I am calming the rhythm of my heartbeat and slowing it down, inhaling and exhaling with slow even steady breaths. Begin to feel the calm and quiet in this moment. Your only thought is just being aware of your breath and your heart's gentle beat. Stay there as long as you want. Just experience this moment. Here you are a human, being present with the rhythm of your heart. Enjoy practicing being present as we move through blustery March with St. Patrick's Day, Easter celebrations, and the newness of spring.

Thank you for all of the referrals for our spiritual counseling and energy balancing sessions we are very appreciative and for your continuing Love Offerings they are extremely generous and heartfelt.

Thank you!

Visit our website for Information About Us, Meditation & Class Events, Articles, and PayPal Link.

Appreciatively,

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