

## HEART CONNECTION MEDITATION FOR PARTNERS

Presented by Dr. Jennifer Echert, ND ~ Presented to me during a meditative state

Face each-other while sitting cross-legged on the ground outside. Hands palm up resting on the knees. Close your eyes. Take several deep breaths focusing on your Dan Tien point and take deep expansive breaths into your abdomen.

Focus on all being heard-the rustle of leaves, children's voices, etc.

Focus on all being felt- the sun, the wind, etc.

Focus on all being smelled- flowers blooming, damp earth, etc.

Focus on your Dan Tien (Hara) and visualize a wheel of golden-orange rotating counter-clockwise (to the left) in front of your body.

Focus on your heart point and visualize a rose-pink wheel rotating counter-clockwise in front of your body.

Focus on your throat point and visualize a turquoise wheel rotating counter-clockwise in front of your body.

Focus on your brow point and visualize an indigo wheel rotating counter-clockwise in front of your body.

Focus on the area above your crown point (the soft spot) and visualize a violet stream of light penetrating into and down through you to the base of your body. Draw violet light into your body to your base with each breath inhalation. Exhale pure clear white light. Repeat this several times.

Return your focus to the heart point and again visualize a rose -pink wheel of light rotating counter-clock-wise in front of your heart point. Now focus your attention on your partner and visualize a rose-pink wheel of light rotating in front of their heart point. Observe as both wheels merge and the rose-pink light envelopes both.

Keeping the rose-pink light surrounding both you and your partner, focus again on the violet light streaming into your crown point and flowing as a stronger pink light out of the heart point. Continue and watch as the pink light grows in magnitude and intensity.

Feel universal love, unlimited, encircling both you and your partner.

Now feel you love for all in life, all on the earth, and the earth itself.

Expand the rose-pink light. Continue to feel violet light streaming into your crown.

Slowly release the violet light and return your focus to your Dan Tien. Store any extra energy at this point.

Return your attention to your heart point and feel your gratitude toward the universe and the Higher Power for this experience.

End with your palms down on the ground and focus on your breathing.