

PRAYER: ASKING FOR THE ESSENTIAL HEART

As with all prayers and practices, find a comfortable place where you will not be disturbed. Imagine you are looking for a pure tone, a quality of heart and some relaxation. Gently ask, “How can I nurture myself?” Take a few minutes to make sure your tone is resonating inside of you. Listen for a frequency or a melody that touches your heart. The more sincerely you ask, the more you will have a sense of arriving and the more motivated you will become to practice. Ask yourself if you want these reminders to become a central part of your lifestyle. Say to yourself, “Whenever I have five or ten minutes in the morning, during the day or at night before I go to bed, I’m going to ask, “How can I nurture myself?” You can be secondarily interested in the content that comes back, because you’re primarily interested in putting your hand on your heart and tenderizing your breath while you ask, “What could be better than this?”

As you start to aim towards your heart, listen to the content of your guidance. Would you enjoy doing yoga? How fast or slow do you like to move? Do you want to slow down? What rhythm of speech soothes you? What pace of thinking allows you to feel easy and flowing?

When you feel your own sincerity, you can tell yourself, “Yes I do care, and I’m paying attention right now. I’m breathing and relaxing and nothing else matters as much. I’ll be nicer to everyone else when I give this to myself. What tone of voice would nourish me? How do my eyes look and feel when I care? Are they softer and more open? How do I remind myself with my breath that this can be enough? In moments of silence, do I appreciate that simply looking, without answers, can be a relaxed state?”

Remind yourself that looking sincerely is always enough. Notice how you touch your own body, perhaps by putting your hand on your heart, that leaves you feeling nurtured and relaxed? Can you find a way to remember to breathe softly during stressful moments? May you plant that seed right now.