

# The HeartSoak™ Technique

The HeartSoak Technique is a simple technique that can help to “soak” stuck problems or feelings around an issue. This has a surrendering quality to it, but also a hopeful quality – a knowingness that the heart is a source of care and compassion that can bring love and acceptance to painful feelings or hardship.

## Use the HeartSoak Technique to bring love and acceptance to:

- ▶ “Stuck” feelings of worry, anger, sadness or resentment.
- ▶ Worries or issues that arise in the middle of the night.
- ▶ Trapped emotions from past hurt or trauma.

## Steps to the HeartSoak Technique

### Step 1: Acknowledge:

When distressing interactions, attitudes or feelings arise, try to acknowledge them, without judgment.

### Step 2: Heart-Focused Breathing:

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Just breathe in a way that’s comfortable for you.

### Step 3: Enfold:

As you continue Heart-Focused Breathing, imagine folding the issue and feelings into a piece of paper or fabric.

### Step 4: Soak:

Then, see yourself placing this parcel into your heart to soak in the care and compassion of the heart. Genuinely say to yourself, “I release this to my heart now”.

*Know that certain issues have to soak longer, sometime a few days or more. The key is to really turn it over to your heart.*