

Be still and listen. The earth's heartbeat is slow and steady, like the beating of a drum. Align with the earth's beat by slowing your breath. Imagine a cord descending from the center of your chest down through your body and into the heart of the earth. Let the energy of the earth flow up and through this cord. With each pulse or beat, feel yourself becoming more attuned to her rhythm. Let her patient, steady energy help thaw your heart. Let the steady beat gently crack open whatever hardness remains.

Today, tap gently on your heart chakra in the center of your chest three times. Take a deep breath and say,

"My heart knows the way. I choose to follow it."