

Relax & Release (R&R) Daily Heart Energy Work

- 1) **Pause** when feel your heart tighten/close
- 2) **Relax** your shoulders
- 3) **Relax** the energy around your heart
- 4) **Fall behind** the energy around your heart (into your conscious awareness)
- 5) **Feel** the (usually painful) energy around your heart
- 6) **Release & Allow** the energy to pass through you - don't mess with it - think about it, fan it, or push it back down