



## Heart to Heart Meditation

The Heart to Heart Meditation comes from Dr. Brugh Joy and is described in his book *Joy's Way: An Introduction to the Potentials for Healing with Body Energies*. This dyadic exercise is a way of intentionally experiencing and fostering Unconditional Love.



The instructor will voice guide you through this meditation.

- Individuals begin by sitting comfortably in chairs facing each other with arms extended so that their hands are connected palm to palm in their laps.
- Each individual grounds and centers, focusing on their own heart chakra.
- When the centering is complete, each visualizes a “chrysalis of white light” enveloping the two participants.
- Once inside the chrysalis, each participant focuses on sending a flow of Unconditional Love through their own heart chakra to the heart chakra of their partner.
- Near the close of the meditation, the instructor will guide to withdraw your heart chakra energy, to re-center and ground, and bring your awareness back to the room.