

# Meditation: What is Your Heart's Desire? Find Your True Calling.

Relax your body. Sit quietly and comfortably. Take a deep breath in. Breathe out slowly. Close your eyes and focus on the center of your chest, the area of your body known as your heart center. The location of your heart center is slightly different than the location of your physical heart. Find a small point in the center of your chest to focus on and breathe awareness into this space. Observe your chest as it rises and falls with each breath.

When you have made a connection to your heart center, focus on the ground beneath your feet. Feel your connection to the living body of the earth. The earth is alive, aware and responsive. Connect to this living female life form that nourishes you and keeps you alive. Send love to the earth from your heart center. Visualize sending her a gift of your appreciation, it may have a particular shape or color, it may be just a little orb of light. Take some time to feel gratitude for all that this beautiful being gives you. Marvel at how you are a part of this larger living body. Let your love pour out from your heart and trickle down to the center of the earth. Enjoy this feeling of gratitude. When you feel complete after sending your gift to her, you have made a connection with the Earth. Now you can prepare to receive love back from the Earth. Maintain your focus on your heart center and soak up this love. Enjoy this feeling.

Now bring your attention to the Sun above you. Connect with this masculine, life-giving force by feeling all the love that you can generate in your heart space. Feel appreciation for the power and life-sustaining energy of the Sun. Send that gratitude from your heart to the living being we call the Sun. And when you are ready, allow the love from the Sun to flow back to you. Open your heart to receive and connect with the radiant, masculine solar power that fuels our lives. By doing this centering exercise, you have connected to heaven and earth. You are now ready to tap into your soul and its purpose.

In the center of your chest, many people have a raised "bump" area. This area of your body may be very smooth or it may even feel sunken in. Place your hand over the center of your chest. Whatever your body feels like in this area is ok,

just notice. Place your fingertips or palm over your chest. As you connect your hand and fingers to this area, think back to the most spiritual experience you've ever had. Can you remember a time when you felt really connected, tapped in to something greater than you? If you've ever felt a sense of belonging, this is the area where you can access that feeling again. You actually have a unique note, a sound frequency, that emanates from this part of your body. This sound is known as the song of your soul. It is the sound of your soul's purpose. If you can't hear it, can you imagine what this sounds like? This is your special song that emanates from you when you have the feeling: "I am meant to do this. This is what I came here to do."

If you're having trouble accessing a memory of a spiritual experience, focus on feeling love for something or someone that is easy to love, while staying connected to your heart. Feel as much love for something, anything, as you can in this moment. This is how you connect to your soul's purpose. The more you "live" in your heart space and become aware of how it feels, the more clarity you will have on what you came here to accomplish. Take a few moments and enjoy the feeling of passion and purpose that lives in your chest. You came here for a specific reason. It is now your time to discover your life purpose. Pay attention to any messages your heart and soul have for you at this time. Notice if anything comes to your mind that brings you joy and fulfillment. Take your time with this process. When you are ready, bring your awareness back to the room and to the present moment. This exercise can be done any time you wish to connect deeper with your soul's purpose. A meditation may not give you instant clarity but will bring gradual awareness over long periods of time.

Revisit this exercise often. Staying in touch with your passion assists you in creating a meaningful and rewarding life.

## Reflection:

Upon completion of this meditation, finish this sentence.

My purpose and passion is to:

When I \_\_\_\_\_,  
I get the feeling that this is what I came here to do.

I feel a sense of belonging when:

---

---

---



