

Did you know that your heart is the largest generator of electromagnetic energy in the body? This energy can be felt from several feet away! Did you know that more than 60% of the cells in the heart are neurons—like brain cells?! The heart has a powerful wisdom, especially when we learn to bring it into alignment with our minds.

This is a practice for learning to send positive energy from our heart. It is inspired by the “Shift and Shine” technique from The Institute of **HeartMath**. You can find more at [HeartMath.org](http://HeartMath.org)

Think about things that you care about—family, friends, pets, food, nature—things that you love; things that make you happy. When you love or care for someone or something, you might feel that love in your heart. If you feel sad or lonely, you might feel that in your heart as well. **Shift** means to move or change, like going from sad to happy or moving from one place to another. This is a process that can let you create a shift.

Imagine the feeling of the warmth of the sun on your skin. When we feel love, appreciation or care for someone or something special, it’s like the warmth from the sun shining in our hearts.

1. **Heart Attention.** Begin by putting your attention on the area around your heart or the center of your chest.
2. **Heart Breathing.** Now pretend to breathe in and out of your heart. Imagine the breath comes into the heart from all directions, and then breaths out from the heart in all directions.
3. **Heart Feeling.** Think of someone or something that makes you feel happy, like a parent or maybe a special place that you visit, like a park, or the ocean. Feel that happy feeling in your heart and then shine that feeling to someone or something special.

Did you send your love to someone special?  
Thank you for sharing your heart felt feelings.

p.s. If you decide to color this mandala and do this practice, share it with us! Take a picture of your mandala and post it on “Yoga in Mar Vista” on facebook and maybe tell us a bit about what you experienced and where you sent your love.