

JOURNEY TO THE WISDOM OF YOUR HEART

A Self-Facilitation Worksheet by Leslie Davenport

From *Healing and Transformation Through Self Guided Imagery*

*We must close our eyes and invoke a new manner of seeing...
A wakefulness that is the birthright of us all.*

PLOTINUS

INTRODUCTION

This is a simple, six-step imagery process that can bring you to your heart's wise guidance. You can use the worksheet by yourself any time you want clarity and relief from concerns. All you need is a piece of paper and a pen or pencil.

Although this worksheet provides everything you need to take you directly to your heart's wisdom within, Chapters 5, 6, 7, 8, and 9 of *Healing and Transformation Through Self-Guided Imagery* offer additional tools that allow you to fine-tune your imagery journey. The chapter titles match the steps of the worksheet so that it is easy to find what you are looking for. For example, you may find the breathing exercise in step 2 of the worksheet completely relaxing. But if you are someone who relaxes more easily with a different approach, you can replace it with one of the many exercises for traveling inward presented in Chapter 6. Perhaps the walking meditation or music practice would be a better fit for you.

The book also offers solutions to concerns that occasionally arise. Let's say you are fully relaxed and ready to enter your inner sanctuary. You follow the steps but find there is no image. Or there are three beautiful places that come to mind. Or it's a scary place rather than a peaceful one. Now what do you do? Chapter 7, *Discovering Your Inner Sanctuary*, gives you the solutions for overcoming these temporary obstacles and continuing your imagery journey.

So let's begin. It is important to read *all* the steps of this worksheet before you start. You also have the option of prerecording the instructions or having a friend read it aloud. Be sure to follow the suggestions for pacing noted by each step. You can also download free MP3s of the worksheet at www.LeslieDavenport.com.

Whichever version you choose, set aside twenty minutes in a quiet, comfortable setting where you will not be interrupted. Find a relaxed position, whether lying down, sitting in a chair, or being supported by cushions.

JOURNEY TO THE WISDOM OF YOUR HEART SELF-FACILITATION WORKSHEET

1. What do you need guidance about? (One minute)

Write one word or phrase to stand for the topic on which you wish to receive inner guidance from your heart. Make it as short as possible. For example, if your concern is, "My ex-husband is late again with a child support payment. He breaks his agreements time and again. What shall I do?" you would write "my ex" or "finances," depending on which is closest to your real concern.

Write the word or phrase on the piece of paper. Turn the paper over and set it aside, trusting that in just a few minutes, a greater wisdom than you now possess will fully address your concern.

Your Topic _____

2. Journey to Your Heart by Traveling Inward (Three to four minutes)

The journey to your heart begins as soon as you close your eyes. Bring your attention to your breathing. Each time you breathe in, silently say the word "clarity." Every time you exhale, silently say the word "peace" and feel your body relaxing. Anytime you find your thoughts wandering, bring your focus back to your breath and relaxation. Continue for about three minutes, until you are as relaxed as possible.

Your Journey: _____

3. Discovering Your Inner Sanctuary (Three minutes)

Now that you're relaxed, imagine a place where you can feel even more peaceful. It may be a beach, a meadow, or a quiet room in your home. It could even be an imaginary place. Whatever appears, let it be a setting where you can be completely yourself, free from pressures or expectations. You may be surprised where you find yourself, but let your heart show you where it wants to meet you. Even if you have done this process before, you may find yourself in a new environment that is just right for today. Whether you are indoor or outdoor, settle into the most comfortable spot, and enjoy the colors, sounds, scents, and feel of this safe and special place.

Your Inner Sanctuary: _____

4. Bring Your Topic to Heart (One minute)

Now image your paper being delivered to you in this wonderful place. In your mind's eye, view your concern again. Feel your distress embraced by the qualities of your inner sanctuary. Imagine holding your paper and concern lightly in your upturned palms, and know that you are about to receive clear guidance from your heart.

Revisiting Your Topic:_____

5. Receiving Your Heart's Message (Three to five minutes)

In your sanctuary, ask your heart for a wise and loving response to your issue. Let your heart's reply appear as an image a few feet in front of you. Whatever symbol appears, receive it as an honored guest. Whether it is a color, a figure, a phrase, or an impression, notice its texture, shape, sound, and so on. Feel the qualities that this image embodies. What does it want you to know about your concern? How do you feel in the presence of your heart's wise advice?

Your Heart's Message:_____

6. Thanking Your Heart (Two minutes)

Thank your heart for the guidance it offered you and allow the image, sound or impression to fade for now. Know that just as water can be moved from one room to another in a bowl, you can carry your heart's wisdom into your daily life in the vessel of your awareness.

Your Thanks:_____

Take a moment in your sanctuary to notice your feelings that linger. Anything that feels valuable to you from this experience, take a moment to let your body, mind and emotions memorize whatever has been most valuable so that it will be very familiar and accessible to you. Slowly open your eyes.

You will experience the greatest benefit from this process when your heart's wise advice guides your daily life experience. In the next few minutes you can bridge the wisdom you discovered by finding practical steps that transform your insight into action and presence.

Deepening Your Understanding

Turn the paper over with the blank side facing up. Write about or sketch your images and guidance. You may find that additional insights surface at this time. Your writing may simply be words or short phrases, or a continual flow of thoughts and feelings. Don't be concerned about the writing structure. Allow yourself whatever form of expression comes most naturally in the moment.

Your Insights: _____

Bringing Your Heart's Wisdom Into Daily Life

Is there a specific action you can take to integrate the guidance you just received into your life? Would it involve a conversation with someone, or starting a daily practice? Is it about changing or letting go of a pattern? If so, decide specifically where, when and how you will begin. What is the first step? Write it on your paper with the details of the timeline you will commit to.

Or perhaps the wise advice from your heart is about a quality, such as patience or courage, you want to cultivate more fully in your life. What are specific ways that you can stay connected to that quality throughout the day? Can you create "touchstones" to reconnect you to your heart's wisdom, such as putting a symbol on your desk or nightstand, or taping a phrase from your writing to your bathroom mirror or dashboard?

Enjoy the wisdom your heart has given you

Your Plan: _____

