



Energizing Heart Rhythm Meditation

Susanna Bair

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Susanna Bair

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Emotion and Energy: You'll discover an inexhaustible source of power within; you will harness the power of your heart's passion to confront what you need to face, stop self-defeating actions and do what you don't think you can do. **Happiness:** In every heart there is a source of profound happiness, a happiness that needs no external reason. **Your Greatness:** As you energize your heart you'll find your greatest qualities: lifelong passion, guidance in all things, a compelling vision of your future, compassion, cooperation, confidence and courage. **Connection to Others:** Feel your connection to all people, directly, heart-to-heart. **Your Purpose:** The purpose of your life is imprinted into your heart at its creation and you'll find it when you energize your heart.

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