

Heartful Harmony Refresh Quick Start Guide

Heartfulness is our natural state of Harmony.

Start with a One Minute Harmony Refresh!

- *Feel your heart beat for one minute.*

If you feel sad, angry, stressed or afraid, Refresh!

Celebrate your life anytime with a Harmony Refresh!

Re·fresh is a verb - to give new strength or energy to; reinvigorate, revitalize, revive, restore, fortify, enliven, energize, wake up, exhilarate.

Practicing Heartfulness is a simple way to refresh your life.

Can you feel your heart beating? It is surprising how often people have a hard time feeling their heart beat even though it is a constant force in our bodies.



It is common to associate feeling our heart beat with fear or overexertion. What if feeling your heart beat could be your closest companion, a gentle natural reminder that you are alive, you are safe, feeling rhythm and harmony anytime, anywhere?

There is nothing metaphorical, emotional or energetic related to the skill of feeling your heart beat.

The entire focus is direct observation of your physical heartbeat. The countless hidden benefits of a Harmony Refresh are as simple as not having to understand how electricity works to turn on a light switch. It just restores harmony without knowing how.

It can be easy to feel your heartbeat with your hand on your chest while holding a deep breath. If it is still hard to feel your heartbeat, you can do twenty jumping jacks. You will start to feel your heart beat!

Make a sincere commitment to yourself to experiment with a *One Minute Harmony Refresh* at least once, every day this week. Feel your heart as often as you can. You may begin feeling more at ease. Continue to feel your heart beat until it becomes natural without even thinking.

Take a moment right now to feel the pulse of your heart beat, feel your body gently rock as your heart expands and contracts with each beat.



In your daily active life, you will be able to achieve effortless calm, harmony, and ease, using the simple reliable skills and habits of Heartfulness.

Three Simple Tips to amplify harmony and immediately access your calm.

- *Feel your heart beat as often as you can.*

If you can feel your heart beat, you have triumphed in maintaining harmony in your life! The more often you sync with your life's natural operating system the easier and more enjoyable your life will be. It is better to practice regular consistent harmony maintenance than to allow life to spin too far out of balance, which could end in a metaphorical crash and shut down to do a complete lifestyle reinstall back to default settings which could involve experiencing plenty of deep emotions and days of recovery.

- *Establish a habit of refreshing Harmony.*

You can establish a reliable habit of feeling your heartbeat by pre-deciding to focus your attention on your heart related with a specific task. A few examples would be: feeling your heart as soon as you get in the shower or while waiting in a checkout line, sitting at a stop light or while the computer is booting up. You can also rely on familiar tools like, writing yourself notes, put it on your calendar, set alarms, share your commitment with trusted friends and ask for their support to maintain your harmony momentum.

- *Give yourself appreciation for every moment of harmony.*

Be kind to yourself. Holding your hand on your heart is one way you can celebrate every minute of your success. A stable grounded heart rhythm can easily become the natural auto pilot in your daily harmony routine. With gradual practice, your harmony will ripple into every area of your life and become a monumental blessing to everyone you are with.

Heartfulness is a simple solution to a complicated world.



Harmony begins with Heartfulness

The first three gifts of Heartfulness begin
with the one gift that is everything.

The gift of Life

Can you remember the last time you felt completely alive?

The Gift of who you are is a precious gift of Life.

The gift of Life is unmerited, undeserved, unearned and generous beyond measure.

We do not earn our Breath,
it is a gift.

Our heart beats regardless of what we do or believe.

The gift of life is all inclusive. No one can be excluded from Life. The gift of who we are cannot be diminished. We can only become more of all we are.

The first Gift of Life is our Heart Beat

Our first heart beat comes nearly eight months before our first breath.

The second Gift of Life is our Breath

The unseen energy of Spirit and Breath animate all forms of life.

The third Gift of Life is our Mind

Our Breath allows us to experience Oneness and our Mind allows us to experience Unity.

Heartfulness is a process of being who you are and becoming more of all you are.

Heartfulness is our natural state of Harmony.



Restoring Harmony with a Harmony Refresh

**The first three Gifts of Life come with three important life skills,
which create the foundation for *Heartfulness*.**

This simple **Heartful Harmony Refresh** can be profoundly transformative.
Feel your heart beat – Be aware of your breath – Relax your physical body

Feel your heart beat - Breathe - Relax

You can do the three skills of Heartfulness in any order, anytime, anywhere.

As soon as you can effortlessly feel your heart beat in a *One Minute Harmony Refresh* you will be able to greatly amplify ease and harmony in your life by including the added effects of breathing and relaxing while you are feeling your heart beat.

*Take a moment right now, to **feel the pulse of your heart beat**, feel your body gently rock as your heart expands and contracts with each beat. Allow your breath to move in and out naturally. Breathe in the gift of life. Allow your body to relax as you exhale. Celebrate every breath as a good breath. Rest in your breath. Allow your body to settle into a state of calm.*

Notice how you feel, do you feel alive, energized or maybe calm, content or grateful?

*As you feel your heart beat, you might notice, you can't rush or control your heart beat by thinking. Allow your mind to contemplate and observe the source impulse of your heart beat.
What makes your heart beat?*

In every Harmony Refresh we can begin to experience this mysterious source of life. Try allowing the one that beats your heart to be in charge. Give your mind permission to let go of control for a couple heart beats and trust the One who beats your heart.



Living in Harmony from now on!

Amazing things happen when we add awareness of our breath with the awareness of our heart beat. The synchronized rhythm of your heart beat, breath and mental focus can greatly amplify the experience of harmony and balance in your life.

This heartfelt state of being supports a lifestyle of energetic buoyancy, where life can flow with more harmony, calm, ease, intuition, confidence, safety, concentration, aliveness, gratitude and generosity. As Heartfulness becomes an effortless automatic habit, you will experience increased relaxed confidence and more effective results in your daily activities.

The Gift of Love and Life are always an invitation. You have all you need to have everything your heart desires. Heartfulness will expand your capacity for joy and satisfaction. Your life can only thrive and flourish in the presence of Heartfulness.

Enjoy the pleasant process of getting to know your heart. Heartfulness is based on skill not knowledge. We don't think gratitude, we feel gratitude, we feel life.

Simply remember the Gift of Life is with you in every heartbeat



Everything you need to begin a more harmonious life is included in this simple introduction to Heartfulness and the Harmony Refresh.

For more Heartful Harmony resources please visit

www.HeartfulHarmony.com

You can register at www.HarmonyRefresh.com for a free membership in the private **Heartful Harmony Momentum Community**. This is a free subscription group, similar to a membership site where others charge a monthly fee. The momentum community and heartfelt resources will give you simple, easy support to begin effortlessly reducing stress, gaining momentum and increasing harmony in every area of life.