

## Part One: Opening the Heart

Pages 1–32

### 1. Increasing Our Capacity to Love

Do you know anyone who is a transformer of love?

What is that like? (pp. 3–4)

What are some things that happen in the labyrinth of life?  
(pp. 5–6)

- ◆ Inner landscape and choices
- ◆ Y in the road
- ◆ Walls and castles

How might life change if you embrace the truth that all your experiences are designed to teach you how to give and receive more love? (pp. 6–7)

What are some of the questions that arise on the journey of heart mastery?  
(p. 7)

- ◆ Living the questions
- ◆ Examples from the book and from your own experience

### 2. Heart Perspective

How does alchemy relate to heart perspective? (p. 8)

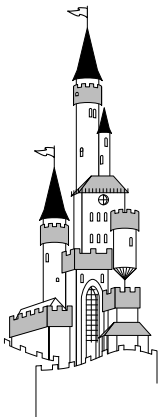
- ◆ Changing life
- ◆ Point of reality

What is heart perspective? (pp. 8–10)

- ◆ Serving a cup of tea
- ◆ Sleeping monk
- ◆ Using long chopsticks
- ◆ Other thoughts?

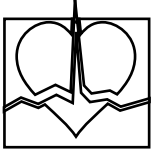


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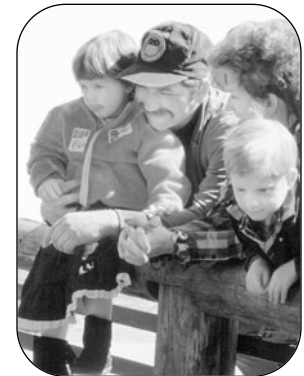
What are some habits that can get in the way of heart perspective?  
(pp. 10–11)

- ◆ Defense mechanisms, judging others, being preoccupied
- ◆ Other examples?



Have you seen ways that physical health can be related to heart perspective? (pp. 12–13)

What can parents help their children understand about competition and challenges in life? (pp. 13–14)



### 3. Stretch the Muscles of the Heart

What are some activities that stretch the muscles of the heart? (pp. 16–17)

- ◆ Be a friend rather than want friends
- ◆ Do things you don't want to do

How can sorrows or bad experiences be seen as guides from beyond? (p. 18)

Where can you find the inspiration to stretch your heart?  
(pp. 19–23)

- ◆ In relationships
- ◆ Right on the street!
- ◆ When listening with your heart

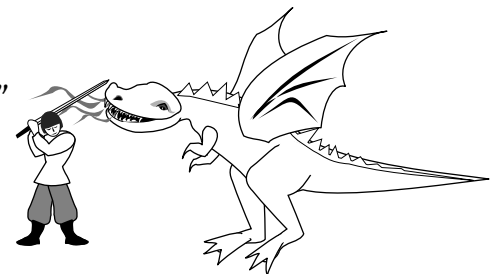


### 4. "I Love, Therefore . . ."

This chapter covers the practical actions of the heart (p. 24) and gives examples. An exercise is included in the worksheet to help personalize this in your life.

What are some examples of how the "Therefore, . . ." can be different for each person? (pp. 25–30)

- ◆ Turning great fear into great strength
- ◆ Giving without fear of personal loss



What about your own needs? (pp. 30–31)

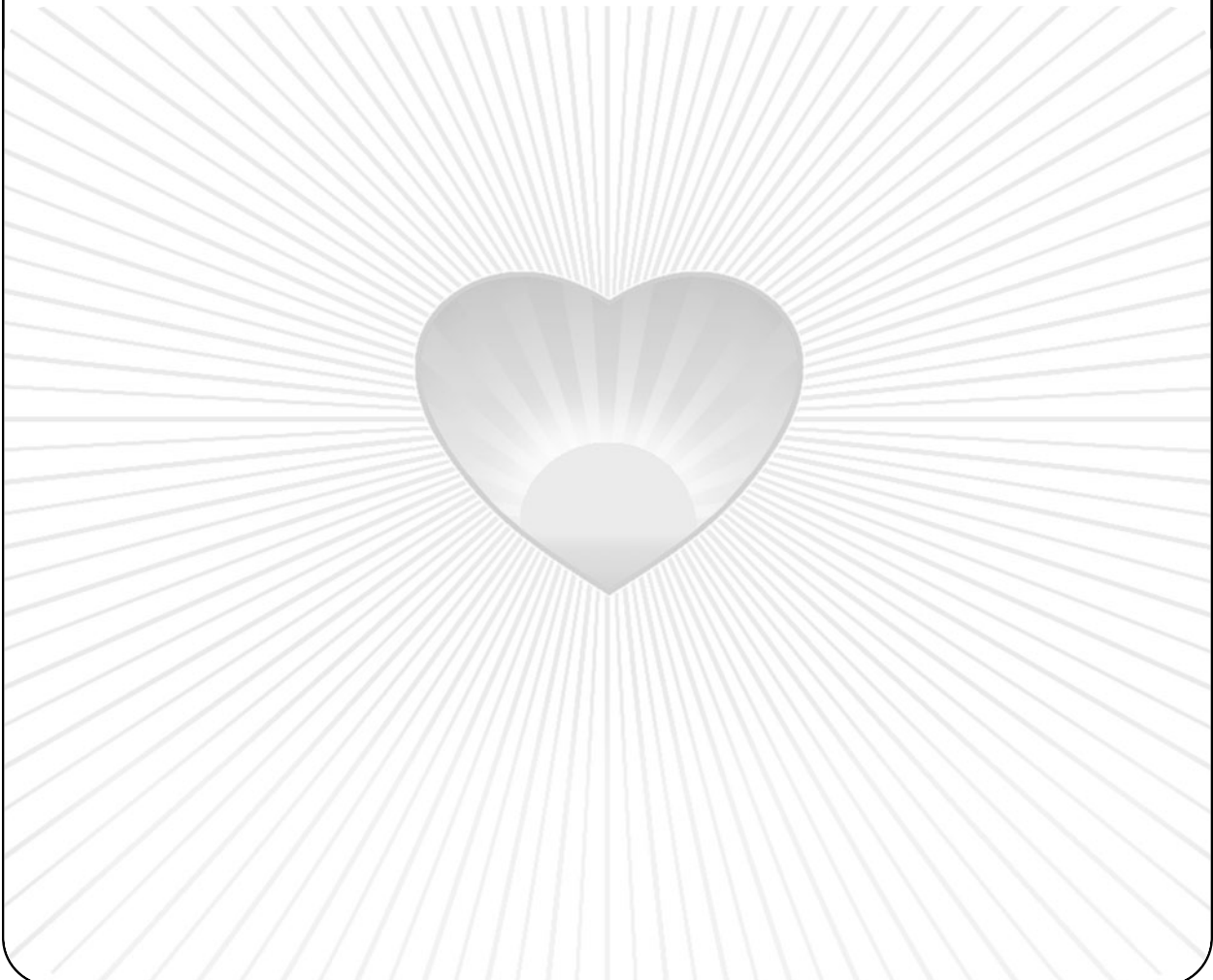
## 5. Making It a Reality

### Heart Centering

*Pages 14–15*

Take a few moments to close your eyes and feel the spiritual presence within your heart. Then recite the following as many times as you wish:

*O Divine Presence,  
Let me see as you would see,  
Hear as you would hear  
And speak as you would speak.*



## HEART PERSPECTIVES WORKSHEET

### Part One: Opening the Heart

*We all play the song of the heart  
a little differently.*



### Self-Reflection and Discussion

Use these exercises and practical techniques to increase your capacity to give and receive love. Create your own alchemy of the heart!

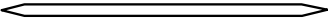
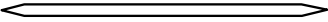
### HEART PERSPECTIVE (pp. 8–14)

#### Create your own heart ritual.

Before you get out of bed or before you go to sleep, or during the day when you feel out of touch with your heart, you can use a simple mantra, prayer or affirmation to help you get back to the seat of love in your heart. You can write an affirmation or prayer in the space provided (see page 15 for ideas) and use it in the following ritual.



During the day if you feel the urge to criticize yourself or others, remember that you can stop, redirect your attention to your heart and recite your prayer or affirmation.

♥  ♥ **Heart Ritual** ♥  ♥

- Close your eyes for a few moments.
- Feel the spiritual presence within your heart.
- Recite your affirmation or prayer as many times as you wish.

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**STRETCH THE MUSCLES OF THE HEART** (pp. 16–23)

**Identify the next stretch that will help to open your heart.**



1. Who or what are the messengers in your life that are asking you to stretch?
2. What are they trying to tell you?
3. What must you do to make that next stretch?

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**Embrace the “leper.”**



1. Is there someone who annoys you or something that you don't want to do because it will force you out of your comfort zone?
2. How can you open your heart to embrace this “leper” in your life?

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**“I LOVE, THEREFORE . . .”** (pp. 24–31)

The language of the heart may be poetic, but the actions of the heart are extremely practical. This powerful exercise can help to engage your heart at all times.

What are you willing to do and how are you willing to change to be love in action?

- ◆ First, take some time to meditate on and then write down the things in your life that have to go, like pessimism, fear, or selfishness.




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- ◆ Next write down the positive vision of what things will look like when you are love. What is your life like? What is your heart like? How do you treat yourself? How do you treat others?

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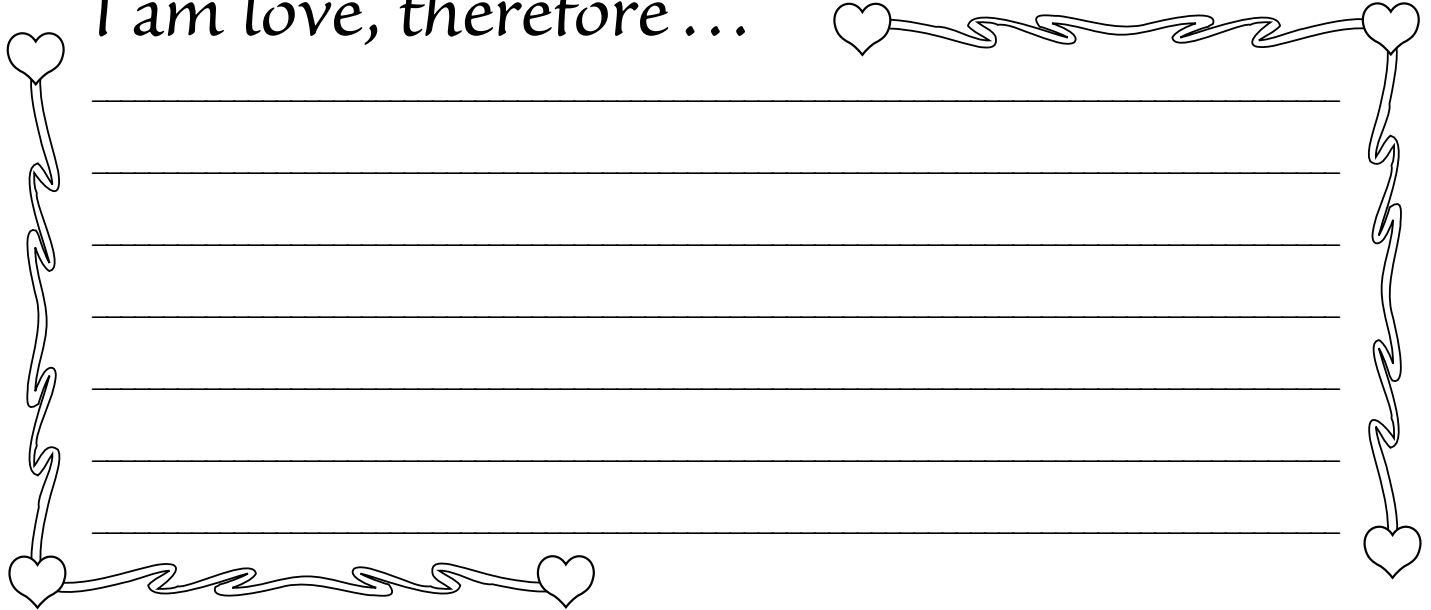


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- ◆ Meditate on what love commitments will help make this vision a reality. You can write them down in the “I am love, therefore . . .” section on the next page. Put these affirmations where you will see them every day, and say them aloud with all of your being at least once a day.



# I am love, therefore ...




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## Adjust your gifts to the size of the need.



Are there areas in your life where you need to readjust what you give—from both your spiritual and material resources—to the size of the need rather than to what you think you can afford to give?

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## Confront your fears.

1. Is there something you are afraid to face that is keeping you from making progress?
2. How can you move through that fear?
3. What support would you need?




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