

Hear Your Heart: The First Step to Wholeness

The Principles of Presence



Hearing is Awareness, Not Explanation

Focus on noticing what is true in your body right now without judgment or pressure.



Small, Consistent Interactions

Trust is built through predictable, gentle rhythms that honor your nervous system's need for rest.



You are the Expert of Your Life

Healing honors your autonomy; nothing requires perfection, performance, or external justification.



Daily Practices for Connection



Same Spot, Same Start

Meet in a familiar place each day to help your nervous system feel grounded and seen.



The Inner Whisper Check-In

Place a hand on your heart and ask: "What needs my attention today?"



The Rhythm of Calm

Use gentle humming to activate the vagus nerve and create a physical sense of peace.

Integration Steps for the First Week

Presence Pause

Frequency:
Once a Day

Intention:
Sit in your "same spot" and notice your breath.

Gentle Naming

Frequency:
When Overwhelmed

Intention:
Silly name a feeling's "color" to reduce its intensity.

Compassionate Response

Frequency:
Daily

Intention:
Offer yourself one phrase: "I am here with you."