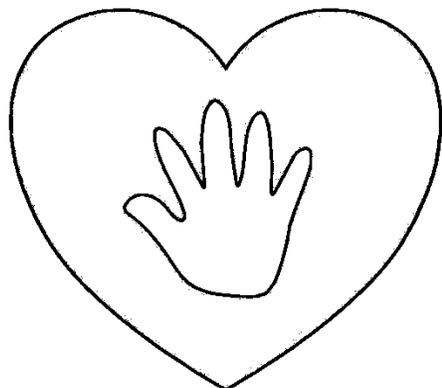


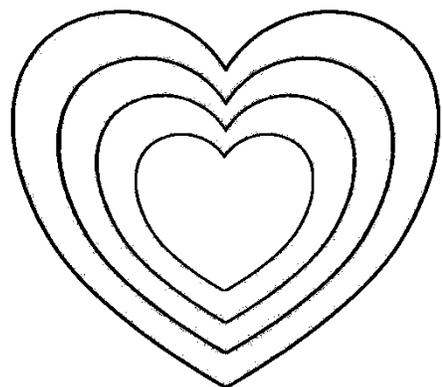
Shift and Shine Technique®



Heart Focus

Put your hand on your heart. Take your attention down to the area of your heart.

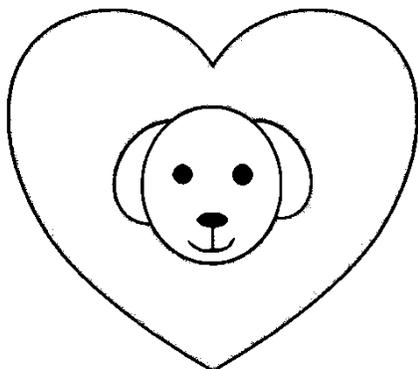
+



Heart Breathing

Imagine breathing in and out of your heart. Take three slow, deep breaths. Feel yourself relax.

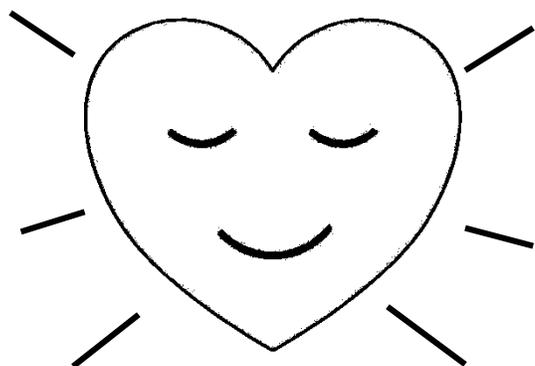
+



Heart Feeling

Fill your heart with that special feeling that makes your heart smile – like sitting in the warm sunshine or playing with your puppy.

=



Peaceful Heart

Feel that happy feeling in your heart.
Shine your happy feeling
to someone or something special.