"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." – Helen Keller

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens." – Carl Jung

"The beauties of the highest heavens and the marvels of the most sublime realms are all within the heart: this is where the perfectly open and aware spirit concentrates."


A Simple Effective Method for Reducing Stress Creating Optimal Health and Empowering the Heart

Ancient, modern and revolutionary, the SourcePoint Practice is derived from 2600 year-old wisdom teachings and is supported by modern medical research. Use the SourcePoint Practice to create a revolutionary shift in your perception and way of life. This practice offers a simple, highly effective way to reduce the stress of modern living, create optimal health, and cultivate the enlightened qualities of your heart. Recent medical research has shown that by cultivating heart-centered perception, you can shift your mind and physiology from stress and anxiety-based activity to a calmer, more fulfilling, healthy and empowered state of being. The peace, wisdom and fulfillment you are looking for are within the heart, waiting to be experienced. You simply need a way to access this experience. Anyone can learn the SourcePoint Practice and you can use this method anywhere, anywhere. You have everything you need right inside of your own heart!

Studies have shown that meditative techniques which shift conscious attention to the area around the heart are beneficial for reducing stress, anxiety and depression; enhancing cognitive performance; and decreasing muscle tension, headaches and all forms of pain caused by tension.

Most disease originates from discord between the mind and body. Learn to use your heart as a psychological and physiological access point or SourcePoint for creating a healthy state of coherence (harmony) and integration between your body, brain and heart.

Physicians, psychotherapists, and other health professionals are increasingly adding methods such as this to their practice as an essential element of an integrated health program.

Explore, discover and experience a part of your being that has never been damaged or wounded, a part of you that is deeper and remains untouched by fear, negative beliefs, anxiety or depression.

Learn to balance the head and the heart; harmonize intellectual and cognitive perception with heart-centered perception.

Use the SourcePoint Practice to initiate a profound shift from stress-based behavior (sympathetic nervous system predominance) to a more relaxed, peaceful, compassionate and empowered way of life (balanced autonomic nervous system).

Reduce emotional reactivity, neurosis, fear and stress by gaining direct access to the enlightened qualities of the heart. Learn to establish a deep sense of peace, well-being, happiness and empowerment, completely independent of outer circumstances.

Experience more love and increased emotional resilience (affect tolerance). Learn to connect more deeply and intimately in relationships without losing inner contact with your own core self.

Dissolve emotional defenses around the heart and liberate the natural vitality which brings greater health, more confidence and a more authentic sense of self.

To continue cultivating the enlightened qualities of the heart, practice embracing the world around you. Gently focus your awareness and feel into the center of your heart, located in the middle of the chest. Breathe slowly, naturally, and evenly. This simple practice will create an immediate shift from cognitive processing into a more relaxed, heart-centered feeling and perception.

1. Take a few deep, full breaths. Relax your mind and body, letting stress and tension dissolve. Move your attention down from your head, into the area of the heart. Gently focus your awareness and feel into the center of your heart, located in the middle of the chest. Breathe slowly, naturely and evenly. This simple practice create an immediate shift from cognitive processing into a more relaxed, heart-centered feeling and perception.

2. With your awareness and feeling gently focused in the heart, be present and attentive; breathe slowly and evenly. Feeling deep into your heart, let the protective walls come down. Let your chest and heart soften and relax. This is the most important part of the SourcePoint Practice. Allow yourself to feel a sense of openness, tenderness, peace and well-being. Feeling and sensing these qualities naturally opens the door of your heart. Be present and attentive with your experience moment to moment, by breath by breath.

3. During this practice, if you become distracted, simply return your attention and feeling back into the center of your heart and relax. If you need a visual image to help focus your attention, imagine your heart as a golden lotus flower fully open. Move your awareness and feeling deep into the center of the lotus. Breathe naturally and relax into the experience of openness, tenderness, peace and well-being.

4. If you encounter unpleasant thoughts or emotions, there is no need to indulge in them or push them away. Embrace your moment to moment experience without trying to change it in any way. Maintain gentle awareness and feeling in the center of the heart. Embrace any experience that may arise with acceptance and compassion. Unpleasant thoughts or emotions are a natural form of purification that will give way to a deeper, more authentic experience of the heart.

5. Use the SourcePoint Practice for five, ten or twenty minutes, once or twice a day. With patience and consistency, your experience of heart-centered feeling and perception will gradually deepen and stabilize. The physical and psychological benefits from this practice will influence your life in many wonderful ways. A shorter version of the SourcePoint Practice may also be used: At any time, in any situation, wherever you may be, relax your mind and body, move your attention down into the center of your heart, breathe slowly and naturally. This will create an immediate shift into heart-centered perception, greatly reduce stress, and bring a deeper sense of peace, relaxation and clarity. Your heart is always the SourcePoint!

6. To continue cultivating the enlightened qualities of the heart, practice embracing the world around you with compassion and a vision for a healthy, peaceful and sustainable future. Make a determined effort to care for, cherish and bring benefit to all living beings. Engaged and selfless acts of kindness and charity are a natural expression of a compassionate heart and a natural extension of the SourcePoint Practice.

1. The SourcePoint Practice is one of the most effective methods you can use to create positive changes in your health, relationships and all aspects of your life. Through this practice, you will gain access to your most important and valuable inner resource—your own heart. Relying on the external world to provide happiness and security always causes stress because of impermanence and uncertainty. Conversely, using the SourcePoint Practice you will discover the lasting happiness, security, wisdom and compassion which naturally reside within your heart. You may use this practice silently and privately, anytime, anywhere. The simple yet profound practice of breathing slowly, naturally and evenly, and bringing your attention into the heart creates an immediate and beneficial shift from habitual intellectual/cognitive processing into a more heart-centered perception and way of being. According to medical studies, this shift of perception greatly reduces psychological distress, anger, fatigue and impatience, and activates the relaxation response of the parasympathetic nervous system. Stress hormones are reduced; the immune system is empowered to protect and heal the body, and your energy is refreshed and vitalized. The SourcePoint Practice also helps you maintain a healthy state of coherence (harmony) between your brain, heart and nervous system. This increases emotional resilience, positive outlook, communication skills, productivity, motivation and clarity regarding your goals in life.

2. During the SourcePoint Practice, let the muscles in your face, chest, back and abdomen relax and soften. Let the emotional armoring and defense around the heart relax and soften as well. This is the most essential part of this practice. Allow yourself to feel a sense of openness, tenderness, peace and well-being. Feeling and sensing these qualities opens the door into the center of the heart—into a more direct and authentic experience of your Essential Self. Gradually, layers of psychological stress, misperception and emotional armoring will fall away. The door of your heart will open wider. As you practice, your experience of living in a heart-centered way will deepen and stabilize the true qualities of your heart will be liberated and radiate their immense benefits into all aspects of your life.

3. During the SourcePoint Practice, your attention may wander or become distracted. This is inevitable and natural in the beginning stages. Do not attempt to stop your thoughts; this is almost impossible to accomplish. Do not struggle with thoughts or emotions; simply allow them to come and go as they will, like passing clouds in the sky. If you get distracted, return your attention back to the heart area, relax, and breathe naturally. This is the practice and the training. Gradually your awareness will become quite steady and focused. You will be able to maintain an open, peaceful and heart-centered presence. If you need an anchor for focusing your attention, you may want to use the suggested visualization in practice step 3.

4. While bringing your awareness into the heart, you may experience emotions of which you were not previously aware. If uncomfortable or unpleasant thoughts or emotions arise during practice, do not indulge in or get carried away by them, and do not attempt to resist them. Learn to embrace all thoughts and emotions that arise with acceptance and compassion, without trying to change or control your experience in any way. Remember that unpleasant thoughts or emotions are simply a natural form of purification. Using the SourcePoint Practice, layers of tension, anxiety, fear and unresolved emotion will gradually melt away. The natural joy, vitality and radiance of the heart will shine through.

5. In our modern world, most of us tend to develop and habitually overuse our intellectual and cognitive functions. We may not give the same time and attention to developing the heart! Therefore, cultivating a more heart-centered perception and way of being may require some consistent practice. It is ideal to use the SourcePoint Practice as suggested in step number five. In addition, the shorter version of the SourcePoint Practice is highly beneficial as well. At any time, in any situation you find yourself in, you can always make the shift into heart-centered perception and return to the nourishing, revitalizing center of your being. Even this short version of the SourcePoint Practice will generate a wide spectrum of physiological, psychological, and spiritual benefits.

6. Giving attention to your own personal development is excellent and necessary. In addition, learning to share your heart with others, offering loving and selfless service to both the local and global community is also integral to personal development and evolution. Use the SourcePoint Practice for your personal development, and consider extending this heart-centered practice into the world through selfless acts of kindness, generosity and charity.