

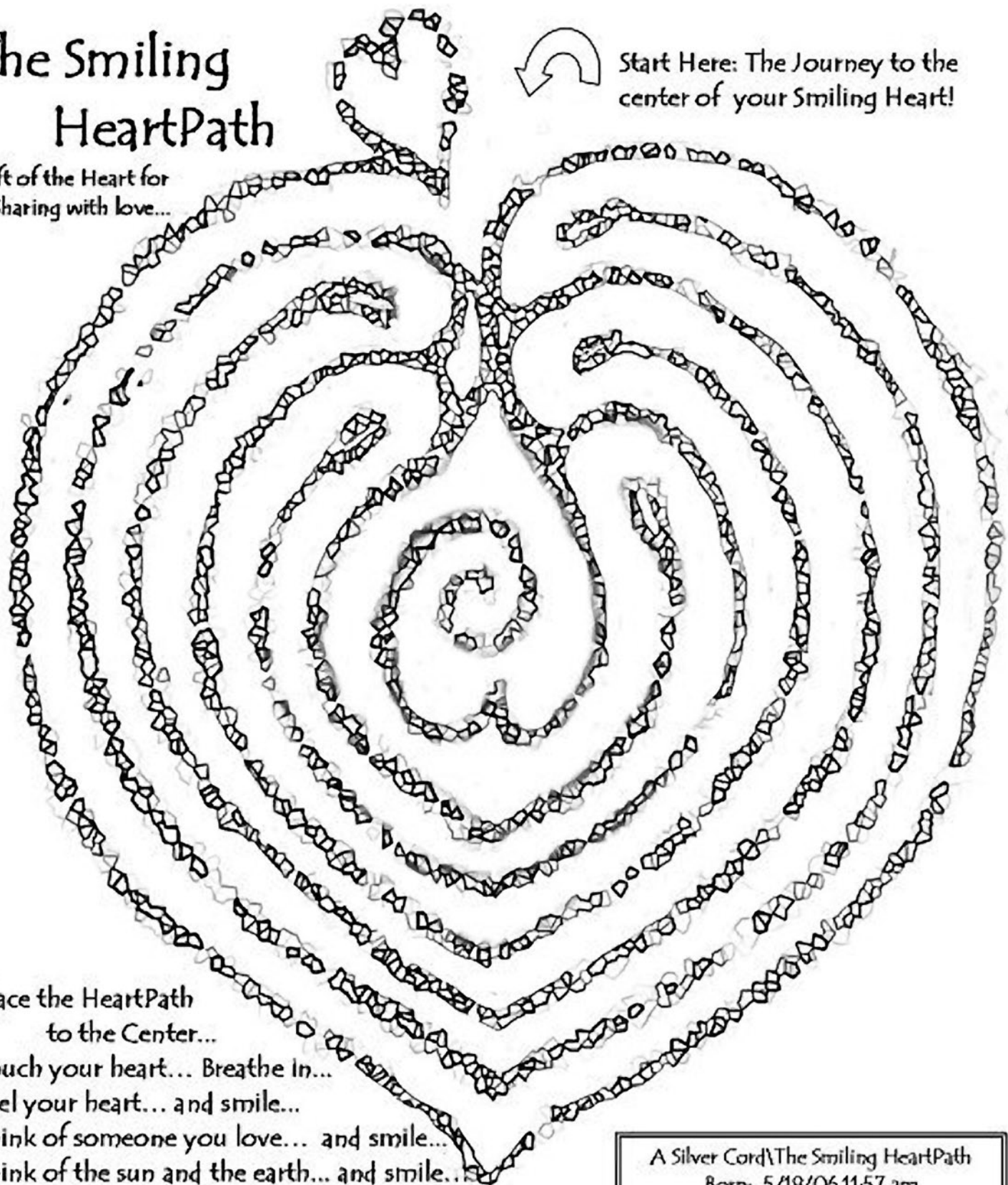
De-stress with this simple labyrinth meditation. Sit back, relax, let your fingers do the walking!

# The Smiling HeartPath

A gift of the Heart for  
Sharing with love...



Start Here: The Journey to the  
center of your Smiling Heart!



Trace the HeartPath  
to the Center...

Touch your heart... Breathe in...

Feel your heart... and smile...

Think of someone you love... and smile...

Think of the sun and the earth... and smile...

Think of yourself... Breathe in... and smile...

Smiling awakens & engages your heart...

And your smiling heart surrounds you with love...

Follow the HeartPath back to the beginning...

Breathe in... and smile... and step into your new day...

A Silver Cord\The Smiling HeartPath

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