

Talk about how to open the 'Heart's Doors,' Kye Nelson has developed a powerful practice for doing this anytime and anywhere you want or need. 'oyh' is the acronym for short, and it packs the power of a wilderness retreat that you can receive in just a little time alone with your journal and focusing on a felt sense.

opening your heart (oyh)

I. balancing

attending to your state of being

- how is it 'in here' right now?
- what do you notice when you do a body scan for nuances of sensations, places where energy is held and not flowing, and also for felt sense traces? ..go with what the body wants to do as you feel each 'something'
- feel your balance, or your center or equilibrium, or your 'straightness' or sense of alignment with 'you', and notice where your 'posture' might like a little adjusting right now.

noticing what you're carrying

- what do you notice about yesterday and the past week?
- what about today and the coming week?
- anything seem urgent?
- other things you're carrying that want to be noted...

exploring your central concern

- of all the things you've noticed so far, which one of them most wants your attention now?
- how come this one wants attention?
- is there a particular incident that's closely tied to what's coming up here?
- as you let a felt sense begin to form here, what are you noticing?

- what's the crux of it?

sensing for balance

- is there some way that this whole thing has a familiar 'smell' to it... some way that this has got 'what keeps happening to me' or 'how I keep doing things' written all over it? [sometimes, this may be an invitation to go deeper, with JFH/GZ]
- let your sense of humor play with finishing the sentence 'well, if i could do whatever I wanted, what I'd *really* like to do is...'
- see if there's some quality of how you 'just are', showing up here in negative form: leaving lots of room for something to come, notice if there's some quality of your being *underneath* that negative thing... something that's not actually negative but which is coming out as a negative *right now*. it's your which is actually a positive thing about you when it's not appearing in excess
- sense what it would feel like to be living with complete integrity, in this area of your life...
- let your sense of humor play with finishing the sentence 'well, if the good side of this could do whatever *it* wanted what it would *like* to do is...'

making room for something more to come

- does the felt sense of this whole thing have anything else it wants to say, before it's ready for you go on to the next phase?

II. turning

experiencing small good things

- what's some small good thing *not* related to all this, that you can feel tangibly now?
- where are you feeling it in your body?
- the felt sense of it that forms as you pay attention there?
- other tangible good things that you notice as you put your attention there?

opening

- which of these good things you've noticed, most wants your attention now?
- what do you notice when you sit quietly with this one that wants your attention, and give it room to open some more?

being drawn

- notice some small positive physical act not related to your concern from earlier, that your wanting could be drawn to do right now, and go do it right now before you continue (could be something like sharpening your pencil or getting something to drink or going to the bathroom or putting the dishes in to soak, or)

making room for something more to come

- as you sit back down, does the felt sense of this have anything else it wants to say, here, before you go on to the next phase?

III. seeing with a new perspective

seeing new aspects of the central concern

- use what you were just noticing as a lens, and look through it at the concern you marked at the end of phase one... notice new details, different ways of seeing the situation from here...
- ...what else comes as you slow down and wait?

being drawn towards balanced ways forward

- are there things you now see about how you might handle other things you've been carrying, so you keep a sense of balance & an open heart?
- note any specific moves you're drawn to make, which relate to the main concern you marked, or other things you were carrying

making room for something more to come

- does the felt sense of all this have anything else it wants to say, before you stop?

If you've used oyh and found it of benefit, Kye would like to hear about your experience.

You can reach her by email at kyenelson@antheosophia.org.

Please feel free to share this link with friends, family, and colleagues, or to copy the material to give to clients or use as a handout for classes, etc, but if you do copy it please leave the contact information and copyright notice intact.

Kye is working on a book of essays arising from oyh practice, "Thinking with an Open Heart". If you'd like to be informed when it's out, drop her a line at the above address.

There's more about Kye and her work here.

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