



*An Illuminated Meditation*

39  
WAYS  
TO  
OPEN  
YOUR  
HEART

Arlene Gay Levine ✨ Illustrated by Karen Kroll

\$12.95 U.S./\$16.95 Canada

Inspiration/Gift

*The first way to attract angels is to open your heart.*

—Sally Sharp, author of  
*100 Ways to Attract Angels*



In the busyness of everyday life, it's easy to lose track of your heart's needs, wants, and desires. With stunning watercolors and deceptively simple words, this little book will encourage and inspire you to reconnect to your deepest essence and tap the wellspring of happiness and tranquility at your core.



CONARI PRESS

ISBN 0-943233-90-9



9 780943 233901

39 WAYS  
TO OPEN  
YOUR  
HEART

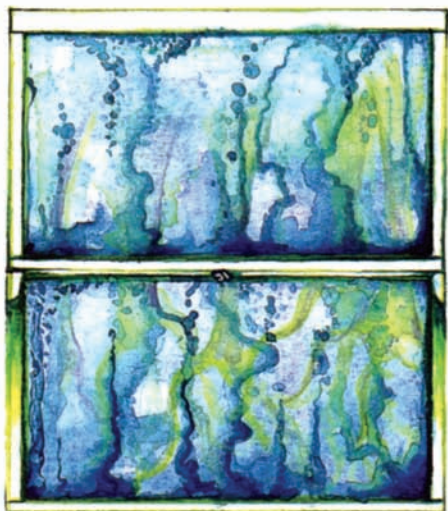
*An Illuminated Meditation*

*Arlene Gay Levine*

*Illustrated by Karen Kroll*



CONARI PRESS



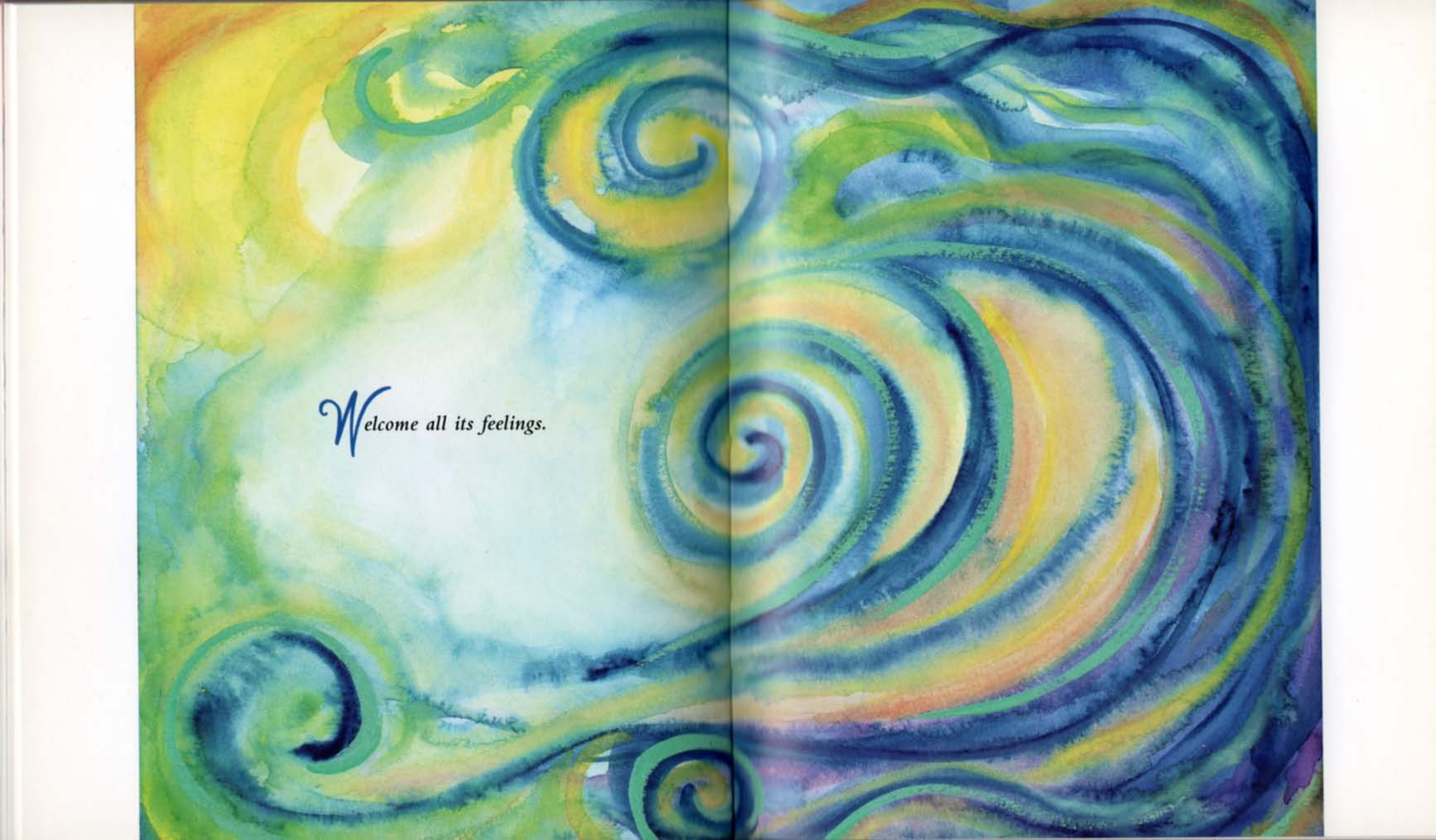
### 39 Ways to Open Your Heart

Planted deep in the heart of each of us is an urge to grow that carries us forward from one level of life to the next. Like the buds of early spring, we are called to unfold in a spiral evolutionary dance. Yet sometimes this impulse to become all we can be gets bogged down in the weeds of daily living.

What do you do when you are tired of battling with the difficult moments of daily life? Have a drink? Eat too much? Get depressed? So many of our solutions only sink us deeper into despair. When times are tough, we can learn to make room in our hearts for ourselves, choosing to connect with the healing energy within us all. Opening our hearts to ourselves, to those around us, and to life itself is a way of softening toward all that is difficult, easing the way with the balm of compassion.

You have the ability to open your heart at any moment. Reacquaint yourself with the geography of your own restorative powers by meditating on the sayings and illustrations in this little book. Read it from front to back or open it at random for self-guided inspiration on your interior journey back to joy. In times of need, one of the *39 Ways to Open Your Heart* may suddenly arise in your mind, the painting floating gently into view.

Whether given as a gift to yourself, a friend, or a loved one, *39 Ways to Open Your Heart* is a gesture of support and care. I hope it helps guide you to the fertile territory of your open heart.



*Welcome all its feelings.*