

Introduction

Welcome to the Whole Heart Integration Workbook. This workbook is designed to be support for exploring, embodying and integrating the basic practices introduced in Whole Heart Connection Introduction Workshop. Whole Heart Connection is a body-based awareness practice to enhance our ability to connect with ourselves, with others, and with the Infinite.

The Whole Heart Connection practices are a distillation of many years of Thea Elijah's study in the fields of Chinese medicine (including Qi Gong), Sufi healing, and raising a family. What they all have in common is an essential sense of wholeness that is available to all of us, no matter what our life experience. Throughout this book there may be various references that allude to Chinese medicine, Sufism or raising children, but all of them will be easily understandable to those who have no background in any of these fields.

This workbook is divided into 12 Practice sections. Within a Practice section, you will find a brief summary of the practice, a list of supporting materials within that section for development of the practice, a page of exercises specifically designed to help us learn the practice, and then the various supporting materials included in that section.

The sections are ordered in a suggested progression: Practices 1-5 are all focused on establishing the basic embodiment that is necessary to be able to successfully access the more directly heart-centered skills that are emphasized in Practices 6-12. Feel free to skip around if you wish, but keep in mind that if you are having difficulty with any of the exercises in Practices 6-12, it may be helpful to go back to Practices 1-5. Even for students who have basic proficiency in Practices 1-5 may want to go back to deepen their embodiment of these body-centered practices, because there will be a resultant expansion of our capacity to master the heart-centered skills detailed in Practices 6-12.

Most students find it helpful to focus on one particular Practice section at a time. Within a Practice section, the exercises are not meant to be mandatory, nor must they be practiced in any particular order. They are ideas that many students have found to be helpful, and you can try them out and discover which of them you find to be helpful. While working on a particular Practice, it's often helpful to re-read the list of related exercises every few days, because at first one exercise may jump out at you, and then a couple of days later another exercise may seem more helpful. Please feel free to try out alternatives that you like better, and journal about your experience. Let me know if you create any new practices that you'd like to share.

Journaling about your experience-what you notice, what you value and what you find challenging- can be extremely helpful! Many students notice that they "digest" their experience much more fully, and have more insights and awarenesses, when they journal about their practice every few days.

Note the list of resources for each Practice, listed at the beginning of each section. These resources often include 🎧 Audio Files which can be found on the CD that was included with this workbook. These files are mp3 files and may not play on all players. The audio files for the Practices can also be found here: <http://www.perennialmedicine.com/whc-audio-files/>. You must be logged into the website to access this page.

Included in this workbook, at the end of most sections, you will find questions and answers, reflections and discoveries that emerged from discussions that have taken place during the on-line version of this class. They are meant to enrich your own reflective process.

This workbook is designed to be used by students who have already taken a Whole Heart Connection Intro class. Without the experiential component, these exercises may be confusing, or misunderstood. If you have picked up this workbook and have a sense that you like what you are glimpsing here, please come to a class! Words on a page are no substitute for an embodied experience of a group of people practicing together.

If you've picked up this book because it belongs to a friend or family member who is working with the WHC practices, ask them to teach you some of the exercises so that you can practice together.

In fact, it's a great idea for anyone who has taken the WHC intro classes to use this manual as a basis for sharing. After spending time with this workbook on your own -- or at any point in the process! -- consider leading a practice group for friends (or colleagues or clients). Sharing is a great way to learn the practices, even if you are very new to the work. Anyone who has taken a WHC intro is encouraged to teach or share this material as long as:

- 1) you are clearly crediting Thea Elijah as the developer of the WHC practices, in any written statements as well as verbally when teaching or sharing, and
- 2) you are also making it clear that what you are sharing is your interpretation, for which you are responsible.

Then come back to another Whole Heart Connection class to discover how much you've learned, and to receive a new level of transmission in Whole Heart Community.