



Heart of the Matter Transformation

Resiliency Tool Kit

The Heart of the Matter Team is happy to make these tools available to you. We have included meditations, conscious living tools, and practices to support you.

The meditations are available on the [Heart of the Matter Meditation App](#) in the category “Free Meditations.”

You can also access these meditations on our website:
[Resiliency Tool Kit](#)

Getting Started

This style of meditation is different than more traditional ones, so we suggest that you orient yourself to the Heart of the Matter meditation by listening to the following 4 recordings.

1. Orientation
2. Towel Purpose and Instructions
3. Desire
4. Emotions as a Doorway

More Meditations for Everyday Life

1. For stress and challenging emotions
 - Moving Through Anxiety
 - Stress Release
2. To move intense emotions
 - Get it Out
 - What do we Do with the Rage?
3. To open up quickly
 - One Song Let Go
 - Dance it Out
 - Making Space



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4. To think clearly
 - Getting Information in Meditation
 - Awareness of Thought Patterns
 - Sorting Your Thoughts
5. For conflict with others
 - Triggers
 - Find Calm within Conflict
6. For relaxing
 - Find a Flow – Relax the Effort
 - Rejuvenate and Relax into Yourself
 - Relaxing

Conscious Living Tools

1. Design a Morning Program
2. Important Tool for Meditation

Articles

1. [Contemplate One Question](#)
2. [Managing Emotions](#)
3. [Longing to Give](#)
4. [Listening Deeply to Others](#)
5. [When My Body Needed Healing](#)
6. [Prayer Writing Stream of Consciousness](#)
7. [Using Meditation Tools at Work](#)
8. [Letting Go of Negativity](#)

Heart of the Matter Transformation Retreats Online

“Virtual Journey Within” – November 12 – 14, 2021

www.heartofthematterretreat.org