

## Communing With Your Heart:

*A Physical Relaxation Exercise by Dr. Jim Richards*

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The Bible is full of admonitions to *commune with our heart, be still and know, wait on the Lord, meditate, consider, ponder* and dozens of other sayings about getting quiet and still before God. In our attempt to make the Gospel fit into our twentieth century lifestyle we have ignored those instructions. We have become the pot that attempts to instruct the potter.

Jesus went as far as to tell us that the Word of God could only come back to us in strength and life to the degree of thought and study we gave to it. *Mark 4:24 Amplified Bible*. We want to confess it a few times and run on to our next activity. It just doesn't work that way.

The enclosed tape is the same on both sides. It will lead you through a physical, mental and emotional relaxation. Then you will be able to recognize the voice of your heart as well as the voice of God in your heart.

Use it daily for about one month and you will be able to reach the relaxed meditative state easily. From here, experiencing God in your heart will have a new meaning and power in your life. Remember, faith is believing in your heart, not your head! When you believe (in your heart) **all things are possible!**

Communing  
*With Your*  
Heart  
*A Physical  
Relaxation Tape*

Dr. James B. Richards

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