

HeartHugs

Where Heartiness
becomes alive



Where hearts
embrace, the world
blossoms.

What is HeartHugs?

The two words say
what it is. A heart
hugs.

HeartHugs is a way of
hugging, which comes
from the heart,
without wanting
anything. Just like that
– what comes from
the heart, makes the
world blooming.

Physical HeartHugs

Take your arms and
put them softly
around yourself and
your heart.

If there are more
people, hug each
other. Your arms are
the extension of your
heart. That means
pure heart energy is
flowing from you to
the other person and
back to you.

Soul HeartHugs

Look at yourself in the
mirror and send a hug
from your eyes to
your heart.

For two persons:
Look in each other's
eyes and let the
HeartHugs flow
through your eyes to
the other heart.

Universal HeartHugs

Reconnect yourself
with your wonderful
heart and send this
energy out into the
universe to whom
ever you want:
children, plants,
animals, friends,
mountains, countries,
humans, civilization,
war zones, family, ill
or healthy people etc.