

Opening Your Heart: Looking at Love a New Way with DreamTime Publishing's New Series

You can't really love someone else until you love yourself, but how do you learn to love yourself? The first step is by becoming self-aware, by learning to live consciously. Many people learn to do that through the pain of a difficult relationship, recovering from an addiction, or coping with the death of a loved one.

The Open Your Heart authors can teach your audience an easier way: By becoming self-aware through an activity they love and enjoy.

Think of an activity you enjoy. Now think how you feel while you're doing that activity. More likely than not you are meditating. You are in the moment, not thinking of the past, nor the future, but being present now. And that is the first step to becoming self-aware and recognizing your own thoughts, feelings, and motivations.

DreamTime Publishing's authors are available to teach your audience about love through their favorite activities, such as bicycling, basketball, art, singing, and more. DreamTime's publisher and creator of the Open Your Heart book series is available to discuss the concept generally.

The Open Your Heart series includes Open Your Heart with Art, Open Your Heart with Basketball, Open Your Heart with Bicycling, Open Your Heart with Geocaching, Open Your Heart with Singing, and Open Your Heart with Winter Fitness..

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