



Module #4 of 10

**UK Extension's  
Universe of  
Possibilities™**

**TEACHING OUTLINE—HEART INTELLIGENCE**

***THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication *Heart Intelligence*, the fourth of 10 modules in the educational series titled *UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*. The other educational modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study *Heart Intelligence*.***

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *What happens to a person who doesn't follow the wisdom and inner promptings of his or her heart? How is society affected when many people fail to listen to their consciences? What factors make it difficult to tune into and act on your inner guidance? What helps you most in following your heart?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Go over and encourage discussion on the sections on Page 4, "Follow Your Heart's Wisdom" and "Heart Intelligence Defined."
- ◆ Share with participants the findings under "Harmony and Wise Decision-Making" on Page 5.
- ◆ Discuss the sections on Page 5, "The Love Connection" and "Love Dissolves Fear," emphasizing the heart's connection with feelings of love. Ultimately, the love we experience in our hearts is what chases out fear in its many forms.
- ◆ Take time to go over "Your Heart's Way" on Page 6 and have participants practice putting this activity into action. Show how they can use this powerful tool any time they want, in a minute or less. It can become part of their daily routine.
- ◆ You'll find other great ways to involve your group in the concluding sections "Questions to Ponder and Discuss" and "Skill Builders."
- ◆ It's important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading "A New Possibility." It's always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the "Positive Thoughts" on Page 7.