



**BONUS Episode**  
**Inhaling Light, Love, Life, and Joy**  
**A 12-Minute Heart-Centered Meditation**  
*with Susan Pokorny*

Today's episode is a BONUS! Christmas is a few days away. It's a great time where you get to reconnect with friends and loved ones. But it can also cause you stress at the same time which shouldn't be.

Susan Pokorny is a wellness trainer with a focus on mind-body health. She's the owner of [Pure Home and Body](#), and the best-selling author of the book [Two Inches of Wool](#). She's also a certified yoga instructor since 2001 and is very passionate about trauma-sensitive yoga.

In this episode, Susan is going to share some heart-centered meditation that is very helpful in dialing down your stress hormones that arises when you are under high-intensity stress. Give your mind and body a break today. Feel better and meditate. Share it with the people around you too and you'll feel better wherever you go.

In this episode, we discuss:

- Heart Meditation
- Breath patterns and inhaling light, love, life, and joy
- How your body responds to stressors
- Focusing on positive thoughts that feeds happiness to your soul.
- You have a choice with how your body is going to respond to the stresses around you.

**RESOURCES:**

Book: [Two Inches of Wool: The Simple Art of Self-Care](#)

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divorce, conversations, women, financial, wellness, marriage, finances, meditation, holidays, yoga, breathing, light, love, life, joy, inhaling