



**“Twenty Eight Days To Rekindle The Fire”**

Judith C. Lovell, <https://www.youtube.com/watch?v=50bHZwIBKPQ>

**“There Is Only Love”**

Karen Drucker, <https://youtu.be/qhMTfIRrB7o?si=UdY52BTM04Ju-bTR>

**“The Fascinating Relationship Between the Heart and Brain”**

HeartMath Institute, <https://www.youtube.com/watch?v=WhxjXduD8qw&list=WL&t=87s>

**Transform Your Mind & Body: Heart Coherence Breathwork**

BreatheWithSandy, <https://www.youtube.com/watch?v=OOgBjpQt3yQ&t=35s>

**"My Heart Song"**

Baba Ram Dass, <https://www.youtube.com/watch?v=iIlKHZAeEv8>

**Special thanks to the staff and students of The New Seminary for Interfaith Studies:**

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**The Right Reverend Dr. Jay Speights, D.Min., Executive Director**  
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