

HEART CHAKRA - Worksheet 1

After activating your heart chakra by reading the heart chakra handout, write down everything that **resonates** with you or you can **relate** to from the past and present.

Balanced characteristics

Physical Disorders

Traumas/Stresses

Emotional Aspects

Mental Aspects

Negative beliefs (which beliefs can you relate to feeling)

Specific Emotions

Spiritual Aspects

Goals and affirmations (When you read each one, which goals don't resonate with you?)

HEART CHAKRA – The right to love and to be loved

The Heart Chakra is about love, forgiveness and compassion. Whether it be for ourselves, for others, by others or by a divine source. It is about the right to love and to be loved.

Love is the most important ingredient in life. It is one of the most powerful emotions we can have.

We all have the right to receive love and to express love.

Feeling loved makes us feel safe.

Sometimes when there are stresses in our lives we do not feel loved or are unable to express our love. Grief, loss, rejection, abandonment, betrayal, loveless, cold environments and conditional love are some of the traumas of the heart chakra.

Compassion for ourselves and for others also plays a vital role in the Heart Chakra. Often we are too hard on ourselves when it comes to loving ourselves or hard on others especially when feelings are hurt.

Forgiveness plays a HUGE part in the healing process of the heart chakra. When we have been hurt by others, we can be fuelled with strong emotions like anger, resentment, hatred, jealousy, unworthiness and powerlessness. These emotions are absolutely legitimate because whatever you are feeling is true to you. These emotions can help guide you to make changes in your life. All negative emotions are valid but if not dealt with effectively, can start to eat away at our entire being.

When you forgive, you are not condoning any actions, you are simply saying "I no longer choose to live with these negative emotions."

Accepting and forgiving the past and the present is a great energy shifter!

Forgiveness is like a relief. It is a release.

Is there anyone out there that you need to forgive? Have a think about it. This could be the best emotional shift you will ever get!

Were there any times in your early life you can recall, where you did not **feel** loved. It may have been where you felt rejected or only loved if you were good or behaved well (conditional love), or there was a divorce or a death. It could have been with family, friends, teachers, siblings, any situation where love was 'supposed' to be but wasn't.

It may have been that you just didn't **feel** loved. Even though you knew (logically, practically) that you were loved, i.e. given food and shelter but didn't feel love with kindness.

HEART CHAKRA - Worksheet 2

Write down **any** times/situations in your life where you did not feel love or there was conditional love. (I.e. only received love when you were good or towing the line)

Forgiveness – Is there anyone out here that you need to forgive ? Mother, father, sibling, friend, partner, boss, neighbour, a situation, society or yourself?
Remember it could help heal your heart chakra!

Is there anyone you would like to say sorry to or receive forgiveness from?

Continue with Heart Chakra audio 1

Heart Chakra - Releasing an emotional charge Worksheet 3

When we are hurt by someone or a situation, we feel it in our heart.

When we are rejected, shamed, criticized, have a loss, grief, betrayal or conditional love, we mostly feel the pain in our heart.

You can feel yourself being charged up with emotions of sadness, anger, guilt, despair and unworthiness.

We are all 'vibrating' at certain frequencies. We are always sending out signals to others and into the universe.

When we feel this charge within ourselves we are also sending out this signal, (these frequencies) out to the universe and others. When we do this we *actually* attract more of these frequencies back to us, because like attracts like.

Think about that for a second. You attract what you are sending out.

So if you are often feeling charged up by situations and people where you feel sad, angry, jealous or desperate you will attract more of those situations and people that give you those feelings.

The solution to attracting positive situations and feelings that you want, is that you need to release those negative signals (from your being), that you are radiating out.

Review your last work sheet about not **feeling** loved or being hurt, betrayed, rejected, feeling grief or having conditional love by someone in your later or present life today.

It may involve a partner, parent, boss, sibling, friend, co-worker, or society!

When doing the written activities, it's important to be true to yourself and write whatever you are feeling because that is what you are feeling. There is no judgment or blame because whatever you are feeling is correct for you! Remember you are the only one seeing your work.

Worksheet 3 (continued)

Write down a situation or heart chakra stress/issue that is happening **today or has happened in your recent life** that bothers you the most, where you do not **feel** loved or have been hurt by rejection, betrayal, loss, grief, criticism, separation.

Look at all parts of your life; career, work, family, relationships, friends, body/health, mind, emotional, mental (beliefs). Look at your heart chakra worksheets in stresses/ traumas and goals if you need to as well.

Worksheet 4

Looking at your Scale of Emotions list, what are the negative emotions that you **feel** when you think about this issue. (The negative emotions start half way down the list!)

Releasing the charge

Fill the Gap

I release the charge of (name the emotions)

I feel when (name the incident/issue happening today/recently)

Continue with Heart Chakra audio 2