



Heal Your Chakras,
Heal Your *Life*

THE HEART CHAKRA WORKSHEET

How to use this worksheet: Take notes while you watch the videos and pay special attention to how your body responds. Then, do this work sheet to integrate your experience & decide which actions to take. For best results, listen to the energy imprint right before journaling your answers.

Please note: For best results, work through all the questions. However, this is YOUR process and you can absolutely choose what you prioritize.

Section 1: Journaling + Integration

What happened for you with the energy imprint?

What happens in your body as you tune into this vibration?

Was it easy to tune into this vibration? Was it familiar? Unfamiliar?

What came to mind as you watched the videos? What resonated? What made you uncomfortable? What made you say "ahhhh now I get it"?

How do you feel about the main theme of this chakra: Accepting things/people as they are. (What happens in your body as you bring you awareness to that theme).

How does that show up for you in your life?

How do you feel about the subthemes of this chakra? (What happens in your body as you bring you awareness to these theme).

Relationships

Emotions

Self-Love

Love

Taking care of
others

Taking care of yourself

Forgiveness

Judgment

Boundaries

What is happening in your life regarding each of these sub-themes?



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Can you see the connections between the energy in the chakra (how you feel with it & your ability to connect with it) and your real-world behaviors?

For instance, if you feel like you can't accept yourself at all, how might that affect your relationships? How might that affect the care you extend to yourself? How might that affect the people around you?

Section 2: Clearing some resistance / Personal Peace Procedure.

List all the things you're judging yourself for with this chakra. Then rate the discomfort you experience.

Examples: .

I'm judging myself for judging	6/10
I'm uncomfortable noticing that my caring persona is hiding something	4/10.
I don't love myself	4/10

Use the shoulder technique on these statements.

(While rubbing the shoulder, say: "Even if ____ *statement* _____, I love myself, accept myself, forgive myself & forgive everyone involved".

Pro tip: If those statements are hard, go with "I'm willing to love myself, accept myself, etc." instead.

Rate the discomfort again. Continue until you get to a rating of 0 or at least 3 or 4 notches lower.

Section 3: Deciding on your actions

Now that you see... what are you curious to explore to bring more balance to your energy? We're looking for baby steps here, just to play with the energy and stretch you towards balance. Anything too big and you can get triggered.

Examples of inner balancing baby steps: Breathe into your chest. Wear the color green to remind you. Place a hand there with the intention of balancing. Using the shoulder technique with everything you're judging. Replacing judgment by curiosity. Tell yourself "I



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love you". Talk to yourself as if you're someone you adore. Comfort yourself when you're upset. Tell everyone you love them (in your head). Make a list of things you can appreciate.

Examples of outer balancing baby steps: Say YES to yourself (and maybe "no" to someone else). Take some time to take care of YOU. Go for a walk. Spend time in nature. Spend time with people you love. Say "I love you" to someone. Smile at someone in the street. Give someone a genuine compliment.

Come tell us in the group! We'll inspire each other and hold each other accountable.

Section 4: Checking the results

Now that you've taken your baby steps, how does it feel?

This is an exploration. It's okay to not feel too good. You might be activating some protective patterns. Acknowledge and let it go. Use the shoulder technique on any discomfort you may feel.

Section 5: Troubleshooting

Any roadblocks?

Come post on the group so we can learn from you and so you can get some tips on how to navigate this!