

# HEART CHAKRA – WEEK 4



## DIVINE LOVE / ACCEPTANCE / FORGIVENESS / TRUTH – 20 MINUTE ACTIVITIES

### **DAY 1 – LOVE = CONNECTION**

Find a place in nature; a green place. If you're unable to go somewhere outdoors, go to a quiet place and dress in all green, put all of your green stones around you (keeping your stones with you is keeping Earth with you), then meditate - see yourself in a very beautiful and peaceful emerald green meadow or a lush green forest. Now in nature, find and look at or imagine a leaf that is at the top of the trees around you where the sunlight is shining through it. See how bright and healthy the green looks. The sun is energizing it. The sun's energy is reaching it from millions of miles away, creating health for it and, ultimately, in that entire tree. Imagine that you are that leaf. The sunlight is connecting with you, energizing and being absorbed by you, giving you health. Feel the sun's warmth and understand that you are connected to that leaf, that tree, the sun, the Earth and ALL things. Accept that ALL things are connected, including you. After this session record a short video on how you feel.

### **DAY 2 – OBSERVING CONNECTION**

Write about or video journal the connections of our universe. Throughout the day, bring your attention to things that are connected; physically, systematically, energetically, etc. Anything from electronics to how people are brought together through love. Everything from ants working as a collective to the very Universe itself, every kind of connection you can think of. Take some pictures of the things you see around you that are connected. If you can't take a picture, write it down if possible. While you're looking around at all of the connected things, also look at *everyone* around you. Contemplate how they are part of our family – the human family; connected to you and EVERYTHING.

### **DAY 3 – UNDERSTANDING CONNECTION**

Remember what you've been learning the last couple days: how intricately everything is connected; how even small things can have a major effect on the bigger thing it is connected to. A tiny leaf adds to the health of a giant tree just as a tiny virus or clog in a vein can cause an entire being to die. *Your health and happiness is intricately connected to the health of everything around you.* And that is why it is so very important to clear the clogs from your heart chakra. To clear your heart chakra clogs, you must release the heaviness from your heart: the lower vibrational emotions such as sadness, anger, jealousy, resentment, and especially hate.

Look into your life and the people that affect you. Identify the people who are causing you pain, (including YOU) what kind of pain they have caused or are causing, and why. Have you been in their shoes? Is there some way you can connect with them and understand why they did something that hurt you? Did they mean to hurt you or is your pain self-imposed? Are they even aware that they hurt you? – those are just a few questions you could ask yourself. The point of this exercise is that you identify hurt, work through it to the root of the matter, and then forgive and release. You will feel your heart actually 'lighten' as you *truly* forgive and release.

### **DAY 4 – LET IT GO (Ongoing Activity)**

Go somewhere quiet and peaceful. Think about ONE thing that makes your heart heavy, that makes you sad. Think about it, visualize it and face it. Face it with complete honesty. Why does this thing bother you? Why does it make you sad? Be completely honest with yourself as to why it hurts your heart. This is probably the best exercise for your heart chakra when you're clearing it out. This is something that you are going to want to spend a little bit of time on every day from now on. There are so many things that we hold onto. One of the best ways of balancing and clearing your heart is to Release and Let these go. Especially to release pain from things you cannot control.

### **DAY 5 – LOVING OTHERS**

Put yourself into a place that has a number of people. While you're there, visualize these people as part of your family. They are. They are all human beings. We are all brothers and sisters, made from the same cosmic dust. While you are there, focus on one person or persons and feel the love in your heart. Focus on it, visualize it as a bright green or pink light that emits from your heart to envelope the other. Feel the love for that person as if you've known them all of your life. Record a short video on how you feel when you're done.

### **DAY 6 – LIVING JOY**

Get together with someone in your life that brings you joy. Just spend some time with this person or people and be joyful. Be in the moment. Be in that experience. LOVE is about experiencing Joy and raising your vibration. Later on at night meditate for 20 minutes and visualize if everyone in the world could bring you that much joy. Feel it, open yourself up to it. LOVE IT.

### **DAY 7 – DO UNTO OTHERS (Show LOVE)**

Go out into the world and do something wonderful for someone that you barely or don't know. Look into their eyes with love when you do this. Feel the love for the act you are doing. Love is about giving. Love is about spreading Joy and Peace and Light. Love is about CONNECTION. It is one thing to think about it and talk about it. It brings a whole new meaning to LOVE when you give it.