

# HEART AWAKENING

STEP INTO LOVE, OWN YOUR WORTH & EXPAND  
YOUR RECEIVING CAPACITY WITH THE HEART CHAKRA

## Dropping in Fully To Self- Acceptance

We're either in the full Acceptance of what Is or We are rejecting what is.

We're either Focused on what we deeply want or we're focused on what we don't want.

It can honestly be as simple as this - but our resistance overly complicates it.

So ask yourself: What are you Rejecting?

and What are you ready to Accept and Allow In more...

Our Self love is built on the foundation of Acceptance of Self.

When we focus more on rejecting what we truly want, we keep ourselves in a holding pattern of Resistance.

Which is Simply by definition Resistance is the refusal or denial of resisting what we desire and want.

It is never about "fixing" or healing what is broken, you have always been whole the entire time - your resistance creates an illusion of resisting who you are and what you want due to your past conditioning.

Our Ego likes to give pain a purpose which perpetuates the cycle and keeps you stuck because it is simply the noise of your past conditioning, it is your inherited default autopilot setting.

It is what keeps you in the holding pattern, because you are allowing that resistance, that wound, that victim story, you're giving that pain a purpose. When we do this continuously we are constantly in a state of resisting what we fully want. In this space we are more focused on rejecting what we want instead of Accepting what we want.

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Begin to feel into:

What am I not Allowing myself to Truly Accept?

What am i not allowing myself to truly have?

Where am I not giving myself permission to Accept what I want?

Where am I not allowing myself to have those standards and boundaries in place?

Our heart chakra is associated with our sense of value, worth, & inevitably  
How we believe we are deserving and enough to receive.

Where do you feel there is:  
A sense of not enoughness  
Seeking validation/approval  
Sensation on needing validation

**What am I Refusing to Let go and Accept?**

The Resistance is there to show you how to reroute to your solution.

Our Job is to Drop back into the Now and Surrender our Past so we can personally  
break up the resistance we're feeling.

When you are in the Full Acceptance of yourself you begin to open the channel of  
Receiving because now you are Present, Aware, in a state of what is, and now you  
have officially let go and Surrendered your Shadow/ego.

When you have fully Surrendered - you have now open up the full capacity to  
Receive.

You have now fully released your attachments. Your neediness. Your seeking  
and dropped in Fully to the Acceptance.

As you let go of the emotional attachment, you officially let go.

In this space, you no longer have a holding pattern, because you are in the  
acceptance of yourself.

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Think about and Journal on:

1. What are you Fully Available for? What are you ready to be your new normal?
2. What are you ready to allow, step into and accept as yours? I am ready to Accept and Allow in more... (repeat until you feel complete)
3. And What do you feel you are currently rejecting?
4. Where am I refusing to Let go & Accept?

In the space of accepting, allowing, and to change what we are available for, we start to let in as we now become an energetic match for what we want.

Where is it time to give yourself FULL PERMISSION to Accept in what you want.

5. Where do you feel you're not worthy or deserving of what you want?

Because You are Innately Worthy as you are.  
You are Enough as you are.

Repeat after me:  
I am enough as I am.  
I am worthy because I am.  
I can receive because I can.

Journal on the Following:

6. Where am I refusing to Accept myself as I truly am?
7. What would you Let go of now, If you were in the full Acceptance and love of what is?
8. I Now give myself permission to...

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## BONUS PROMPTS ON RESISTANCE

### RELEASING EMOTIONAL CHAOS FROM THE IDENTITY:

Let's explore the emotional suppression attached to your identity this is often what produces the resistance. What emotions are keeping you stuck where you are?

1. When I feel resistance in my life, What am I trying to push away from?

Tell yourself the Truth, true healing comes from self-acceptance:

"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers

2. What am I making it mean about me? how am I allowing this to validate my worth? What am I not willing to accept about myself?

3. Why do I choose to hold onto these fears?

4. Am I Ready & willing to Release this from my Identity?  
How would this change how I see myself & approach my life?