

HEART AWAKENING

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

Dropping Into the Heart Space & Releasing The Noise of the Shadow

We've heard this saying before, Get out of the Head and back into the Heart.

What we're truly saying is Drop Back into Soul Alignment.

Drop into the Connection of yourself and all you are.

Reconnect back to yourself, Your Alignment and Fully Release the Noise of Your Ego,
Your Shadow.

We have to stop and ask ourselves:

Am I Pushing against myself, my body, my emotions and my natural rhythms?
Or Am I working with my emotions, my body, my beliefs and working with myself?

Our body is connected to our intuition.

So our body shows us often if we're in alignment or misalignment by working with
ourselves or working against ourselves.

It's always about Tuning back in to yourself and releasing the external noise that is
swaying you off path from your natural alignment.

Walking with Duality is recognizing The Acceptance of what Is, the past and instead
use it as a form of evidence, or a tool to heal.

The Shadow is merely showing us How to Shift and once we recognize that this is
literally it's job, Now we can understand it's rerouting us.

We can become the Non- Judgmental Observer of our Thoughts, Actions and
see the Reflection in the Mirror.

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We must be stronger than our Duality - We must identify, witness the shadow and question it's power over us --- In order to take our Power back, We must begin being conscious of our misalignment and limitations so we can begin to change them.

In this space we Rise above our Duality(ego vs soul) and we start to Create the Bridge in the Heart Space Connection.

Face the Mirror - and Tell yourself the truth so you can be Emotionally Set Free.

In True Liberation, You now can start to Empower the Channel back into True Alignment of Yourself.

WE HAVE TO LOOK AT:

Are we going against our own Personal Values?

Are we going against our own Energy?

Are we going against our personal sense of integrity?

Are we going against our personality and learning style?

Where are we making it harder for ourselves than it needs to be?

We make things harder because we're trying to prove a point to justify it to ourselves, and the misalignment grows and grows bigger as our doubt, uncertainty expands.

This clouds our judgment of who we are which influences our perception of how we see.

We allow the Noise to determine our Perception rather than seeing the solution, we instead fixate too heavily on the problem-based energy that we stop seeing it.

We Disconnect from the heart and soul truth within us.

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What we instead want to do is Drop into the Heart and see the Shadow for What it is.

You Already know the Solution in your Heart Space.

You Already know it's already yours.

You Already know you are right.

So it becomes a matter of Tuning into your Personal Alignment.

And Change your Perspective, out of the mind and back into
Dropping into the Heart Space.

Bring in the Awareness and Take away the power of the Shadow

to Activate Our Power in the Face of Duality

Repeat after me:

I Choose to Listen to my Soul Alignment.

I Choose to Trust Soul.

I choose to step into the Other side.

DROPPING INTO THE HEART SPACE IS ULTIMATELY ABOUT:

Will I allow fear to guide me or Will I drop into the heart,
allowing soul to guide me forward?

Will I let the fear dominate my vibration or
Can I drop in fully to Trust in my Heart?

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SOUL WORK:

What are the ways you feel you are currently going against yourself?

How can I start to Make my Life easier, what could I start to do differently in my life?

What would it look like to start working more with myself, honoring my ebbs and flows of my emotions, my body and begin to work with my natural alignment?

DROPPING INTO THE HEART SPACE:

Identify & Question your Resistance and Bring in More Awareness to it.

What is my Shadow here to teach me today?

Now What do I actually desire?

If I already knew the solution, what would I start to believe and do differently?

How can I begin to make new habits or new choices to activate the path of least resistance in my life?