

# HEART AWAKENING

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

## **Relationships are Mirrors:** The Giving and Receiving Dynamic

At the Center of the Heart Chakra is a Giving and Receiving dynamic happening. This is how we manifest, how we emit vibrationally what we are giving and receiving with every area of our lives. The Heart Chakra will always play a role in how we're manifesting as it directly influences our 'giving and receiving' energetic dynamic in HOW that manifestation, that result will play out.

The Law of Correspondence states "as above, so below, as within, so without"  
Our Energetic Correspondence between all of life is always occurring.  
Our reality is a mirror of what's happening inside us at that moment.

Everything is a Mirror.

We're either Reflecting information or Deflecting Information as an energetic conversation. This is a Giving and Receiving Dynamic that we are creating with LIFE itself. How powerful, How beautiful to see and understand you can use this concept to help you co-create your life. You can use this also to heal and empower your energy body back into harmonic balance with your life.

WE ARE EITHER OUR PAST PROJECTIONS OR OUR PRESENT POSSIBILITIES.

The Choice is always ours.

To Begin to Understand how Mirror Projection works, Think about it simply like this:

What you feel, you're projecting what they are feeling about you,  
what you believe, you're projecting what they believe about you  
What you think, you're projecting what they think about you  
When you attach yourself to your insecurities or fears, they project them back to you

What you're giving with your beliefs, feelings or thinking(vibing) about what you're manifesting is what you're receiving back to you.

This is often what creates conflict or disconnection in relationships.

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Life is happening through us, not to us.

WE'RE EITHER IN A STATE OF DEFLECTING WHAT WE DESIRE OR  
REFLECTING WHAT WE DESIRE.

There is an Energetic cord, an Energetic Connection happening with every giving  
and receiving dynamic we have with life. This is Heart Resonance.

When we don't see this or believe this, we buy into the illusion of separation which  
enables the disconnection.

Are you operating from the past projection or the possibility of what could be?

Whenever we feel that disconnection from ourselves or others, we're in that past  
projection.

We're creating that pain and giving it a purpose, then we're using it as a projection  
of self. This is where we validate that into our sense of identity, worth and value.

Then, this determines our actions, how we show up in our life, how we feel about  
ourselves, influencing our standards and boundaries we are co-creating with our  
life. We'll be going deeper into this on Lesson 5.

This concept can literally be applied to all areas of our lives.

There is nothing innately wrong or bad about your past projections of self.

However at any moment we can choose to step into possibility instead.

As We always carry the power and ability to change the mirror

Our Present Reality is actually more Real than our past.

Our Past projections are simply optional!

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What if the projections simply hold us back from seeing ourselves clearly?

Our true aligned self - who is free from the projections we have bought into,

The ideas, the limited stories, the limited beliefs, even the fears,

What we validate into our identity becomes the projected attachments of who we are.

But we entirely carry the ability to change them, as we change our own internal mirrors.

The more we cultivate our own internal mirror for change, The vibration we emit radiates and reflects back, revealing the path of least resistance.

To Go Deeper into this

**TUNE INTO THE ENERGETIC CONVERSATIONS HAPPENING AROUND YOU:**

Many people call this Active listening but what i've come to find is what we actually need to be creating is a receptive channel of listening, where we become clear and fully open up to listening to the next person to hear them through their focal point.

Our energy must create a clear channel of receptivity otherwise we tend to hear resistant thoughts. I call this interference because our mind works a bit like a radio. When we're tuning in we can truly hear correctly, when we're not tuning in:

We tend to listen to reply, instead of hear.

Talk over people

React and retort

Deny or resist the conversation

Your job is to get your mind clear to hear by tuning in.

That's really it but the issue is created from our mind not knowing how and not realizing by not paying attention we're not able to hear the messages coming through.

This is truly the universe speaking through us.

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This is how you can start to see oneness in action within all of us.

As we learned before our mind is like a container of frequencies. Those frequencies have an Input and output.

However to receive the message we must open ourselves up and be receptive to listening to our true frequency. This may sound out there to some but what you are actually experiencing is your conversation with the universe all around you through you.

## **FIVE STEP FOCUS EXERCISE:**

Step 1. Focus on their focal point and stare into their eyes when they talk.

Step 2. Let yourself clearly hear what is being expressed.

Don't think over them.

Don't talk in your head.

Try not to let resistance enter.

Simply listen by being open, receptive and surrendered. Tune in.

Step 3. Realize what is being said is a message you need to hear about yourself. Fully comprehend and listen to what is coming through.

Step 4. When the other person starts talking about another person - they're actually talking about themselves. This is when the soul cries out to express itself. Watch for the change in energy when this happens. It's really interesting to see this awareness in action.

Step 5. Enjoy the clear communication and symbolic messages coming through. Your response to them is the message they need to hear for their own soul expansion.

This is how we give and receive energy all the time, it's within our daily conversations that spirit helps us communicate messages and signs that illustrate how we create our world.

What's funny is this is actually a very simple technique but it's the awareness that makes this exercise very powerful for the mind to experience.

It can create instant clarity because it allows us to stop talking about ourselves and instead step back to hear clearly what is going on internally.

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Our Relationships are the divine mirror that create growth and transformation within our lives.

It is through working with the Emotional Relationship we have with ourselves and beginning to influence our internal mirror, we then begin to change ourselves from the inside out.

To Begin to Change the mirror, Bring Awareness to the Deflection:

Tell yourself the truth and Accept what is:

What are you Complaining about,  
What are your excuses about,  
What are you projecting onto others,  
what are you projecting onto yourself.

Changing our Mirror is actually pretty simple.

When we change our habits, we change our mirror.

When we change our perspective, we change the mirror.

When we change our emotional response, we change the mirror.

When we give ourselves something different, we change the mirror.

When we do something differently, we are creating a pattern interrupt  
that changes the mirror.

This is how we break patterns with the past.

This is how we sever cords that need broken.

It lives in you and you always carry the ability to change it.

The more you commit to it and make it into a habit,

Everything we want to change is only just a habit away.

Deep healing and Receiving can occur from this.

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## SOUL WORK

### CHANGE THE MIRROR TO CHANGE YOUR RESULTS:

Journal Prompts to Explore and Dig into for Clarity.

#### AWARENESS:

Observe & bring awareness to,

What part of the mirror do you need to shift and change?

What past projections of your false self are continuing to hold you back from truly embracing all that you are in the present?

What is your current projected mirror saying:

What are you Projecting currently with your Beliefs?

What is the Empowered Story, What do you actually want?

What would you want to believe? I Believe & trust that...

#### IDENTITY:

What are my current beliefs & thoughts i'm saying about myself to myself?

What do I want to say about myself instead?

### IN YOUR EMOTIONAL RELATIONSHIP TO YOURSELF & OTHERS:

What am i trying to project onto the relationships around me?

What do you feel you are refusing to give back to yourself that you're seeking emotionally from others? I am refusing to give back to myself...

(Repeat until it feels clear, this will trick the subconscious to reveal the actual need you're seeking.)

Now How can I start to give that back to myself?

If I was owning my Power Internally, What would that start to look like, & What would I begin to do differently?