

# HEART AWAKENING

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

## The Worthiness Constructs that are Ruling Your Paradigm

Our Emotional Attachment, energetic holdings are simply memory.  
Memory is stored in our emotions.

Where we hold Meaning we assign that into our Identity and validate our worth around it.

The more we allow the old to continue, we continue to tolerate things that are below our standards

The simple reason for this is we are making it mean something about us and validate that into our identity, often giving pain a purpose.

Memory is stored in our emotions

When we begin creating external validation we are giving ourselves proof and evidence to stay exactly where we are

This means throughout our life we have created anchors keeping us set in an expectation that has become our normal, what is perceived and expected as real in our experiences until we're willing to raise those standards and change those boundaries we believe we are fixed, stagnant, stuck, lost...

Which perpetuates the cycle  
And creates illusions of separation in the mind.

It is only when we begin asking ourselves.  
What am I making this resistance mean about myself?  
That we can finally gain clarity on what is really going on... What we make it mean about your identity keeps you in a state of energetic holding, or better known as simply emotional Attachment, this creates pedestal goals.  
These usually house themselves in our chakras  
But what we see is we don't have a worthiness issue or a limited belief issue  
What we have going on is actually a standard issue

# H E A R T A W A K E N I N G

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

Your old normal cannot coexist with the new normal

You must surrender your old normal, while holding the faith and believe of your new normal co-existing as you walk in duality to pull it in from the quantum.

Indecision and uncertainty is simply a moment of murky and unclear boundaries on what we are willing to have, receive, or even be.

This will always cloud your progress or process as unclear boundaries are simply unclear decisions.

When our boundaries and Standards are clear - our Energy is Clear.

When we give ourselves full permission - We Decide.

We choose. We anchor in to the outcome as already real and already true for us. We remove it from the emotional attachment of the pedestal we created around it.

What we believe we are worth - determines what we can create in our reality.  
So what happens when we start to believe we are worthy because we are?

Something changes, an ache transforms into desire, desire creates momentum, momentum of feeling creates action. Action produces results, Results create Manifestation.

In this place a seed is not just born, a seed is transformed from one state into the next.

If what we believe we are worth determines what we can create - this changes everything.

It means we choose what we can create.

We choose what we are worth.

We choose  
everything.

What we believe we are worth is the seed we use to create  
what we desire in our lives.

# H E A R T A W A K E N I N G

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

When you start playing a different game, you start seeing different results and through those results you begin to see,  
new Solutions.  
New Possibilities.  
Different Trajectories.

Expand Your Worth and you begin to see what you believe is what you receive.

We cannot rely on putting our worth outside of ourselves,  
Because we are the ones creating  
rules and standards for how life works for us.

When we only focus on what is outside of us looking in - we are simply allowing our past to dictate our present.

When we set up new standards and boundaries we begin to naturally change our giving and receiving capacity by working with the quantum.

Be + Do = Have

Not Do+ Be = have

This simple way of looking at it is what can allow you to shift paradigms and understand how True Magnetism works.

It begins by Changing your Energetic standards and boundaries you are creating within your heart space.

What do you believe you are worthy & deserving of?  
What are you no longer willing to tolerate?

After all there is no true requirement for receiving as you are naturally an energetic magnetic being.

It all begins with Activating this power in your Heart Space

You are Worthy because you are.  
You are Already Good Enough as you are.

# HEART AWAKENING

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

## SOUL WORK:

We create rules & standards for how life works for us.

### AWARENESS:

What ideas are telling you its a struggle, hard work, impossible, you're not worthy to receive what you desire?

Is this ultimately true for you? Where does this come from?

What are the reasons you are fully worthy as you are to take action & move forward anyway, walking with duality?

Evaluate: What are you putting on a pedestal that you are firmly ready to take off?

If you begin to lean into the concept of Everything is available and already exists for you, How would this start to shift your beliefs about receiving?

## TAP INTO YOUR EMPOWERED STORY:

### RECEIVE IN & CLAIM YOUR SOUL DESIRES:

Energetic check-in: Are you focusing on what is thriving and what you actually desire or the opposite? It's time to give yourself permission to have it all.

Declare fully what you want & desire:

1. If I gave myself permission to own & fully Claim my soul desires....

(repeat this until you feel full and done, you will know when)

# HEART AWAKENING

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

## CREATE EMPOWERED BOUNDARIES & STANDARDS

1. What are you choosing to tolerate that is no longer serving you anymore?  
What are you no longer willing to tolerate?

2. What are you willing to declare that you're no longer available for? What is your new normal?

Are you unavailable for EVERYTHING that is stopping your vision to come into form, It's time to go ALL IN on your Soul Desires. We are here to create results and extraordinary outcomes.

Journal on:

It is Normal for me \_\_\_\_\_ (to have, know, create, be, all that you desire & want.) I am no longer available for anything less than this.

I no longer let these lower thoughts and vibrations hold me back, I choose liberation, I choose to expand. I am no longer willing to tolerate this to continue in my life. I am unavailable for anything less than what I deeply desire.

The Universe shifts when we shift perspective.

When we shift Energetically, The Universe naturally begins to align and shift things in our favor for the highest good.