



## MODULE THREE

# Be Guided

*Class One: Awakening & Opening Your Heart*



**“IF YOU GO DEEPER AND DEEPER  
INTO YOUR OWN HEART, YOU  
WILL BE LIVING IN A WORLD  
WITH LESS FEAR, ISOLATION  
AND LONELINESS.”**

*Sharon Salzberg*





## WELCOME TO MODULE THREE, CLASS ONE.

### *Awakening & Opening Your Heart.*

#### **In this class, we will cover:**

- + The importance of keeping your heart energy open and letting love flow through you freely.
- + How to work through self-protective patterns that are causing your heart to close.
- + The healing power of forgiveness, vulnerability, and the balance between giving and receiving.
- + The importance of supporting the heart through strong boundaries, speaking your truth and living in your power.
- + How to embody more of your heart energy and let it guide your life.

## HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. The workbooks will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way, and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





## TUNE IN



Choose 5 words to describe what love feels like to you:

Choose 5 words to describe what your heart energy feels like:

What activates or connects you with your heart energy the most?



## TUNE IN

What is a key experience from your past that left you feeling heartache, pain, rejection or sadness, and which caused you to close or shut down your heart?

When you tune into your heart about this situation, what do you notice? Describe what thoughts, emotions, feelings or sensations arise in your heart around this situation. Once you have identified them, close your eyes and spend some time breathing into them and feeling them.



## TUNE IN

What protective pattern did you decide to create as a result of this hurt, to keep your heart safe in the future? E.g. Not getting close to people, holding in your emotions, not taking risks, isolating yourself, no longer communicating your wants or needs, avoiding relationships, staying busy with work, etc.

How is this self-protective pattern blocking you experiencing the love, connection, joy or abundance you are craving?



## TUNE IN

Reflect on that experience and what led to your heart being so hurt. Were there any red flags you ignored? Did you not listen to your intuition? Did you not have a boundary? Did you avoid a conversation? Did you suppress your truth? Have the courage to get honest.

What did you learn through this experience? How can you use this experience to empower you around how you want to handle things in the future?





## TUNE IN



Where in your life, or in which relationship at the moment, would you like to practise greater vulnerability?

Where in your life at the moment, do you want to allow yourself to receive in bigger ways?

Where in your life at the moment, do you want to practise being more open?



## TUNE IN



Take a moment to close your eyes and tune into your heart. What has your heart been asking for that you have been denying or suppressing?

What guidance does your heart have for you?

What steps do you want to take to show up for what your heart wants?



## TUNE IN



What 5 heart qualities do you want to embody more of?

How would you like to practise this?

## PRACTICES TO WORK WITH THIS WEEK:

- + **Practise being open:** Hold the intention to practise opening and being open. Reflect in your journal around what opening up or being open means to you and explore the places in your life where you would like to work with and embody more of this quality.
- + **Connect with your heart each day:** You can connect with your heart simply by placing your hands over your heart space and closing your eyes. Take a few deep breaths into the energy in the centre of your chest. As you do, you can ask your heart if there is anything it needs or wants, or any guidance or loving words it has to share.
- + **Protect your heart without closing it:** There are a lot of ways to protect your heart without closing and shutting down. Pay attention to red flags and don't dismiss them. Ensure you have clear boundaries in place. Watch out for over-giving, and pull your energy back if you need to. Speak your truth. Communicate your thoughts, feelings, needs and wants. Stand up for yourself and have your own back to ensure you are treated with respect.
- + **Practise being vulnerable:** Explore what vulnerability means to you and how you want to practise it. Does it mean sharing your emotions, telling someone how you feel or being more honest? Does it mean asking for help, letting people know you're not okay or letting others support you? Explore this in your journal and think about how you want to practise it.
- + **Practise forgiveness:** Harboursing resentment shuts down the heart. Is there anything from the past you are holding onto? Is there anyone you need to forgive? Are you holding resentment against yourself? Forgiveness is about setting yourself free, not making them right. Choose to forgive because it will help you open and expand your heart.
- + **Embody more of the heart qualities:** The qualities of the heart include: Compassion, Gratitude, Abundance, Appreciation, Softness, Love, Acceptance, Forgiveness, Patience, Generosity, Kindness, Care, Play, Freedom, Joy, Trust, Courage, Vulnerability, and more. Reflect on which of these qualities you would like to work with and perhaps choose one each day as a guiding word.



## TUNE IN



Which practices from today's class would you like to integrate or focus on this week?

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*CONGRATULATIONS!*  
**YOU HAVE COMPLETED  
MODULE THREE - CLASS ONE.**

**SHARE YOUR EXPERIENCES:**

Come on over to our  
Facebook community and  
share about your insights,  
realisations, learning or  
practices from this week.



