



Women's Group Coaching
CLASS FOUR WORKBOOK

“When you block your feminine energy, you become numb to the feeling parts of yourself. The feminine brings forth a divine energy that is healing to all beings. She is your inner healer. She is the tears that cleanse your soul. She is the love that flows through your being. She allows you to feel butterflies when you fall in love with someone. Call upon her for your healing. She will come bearing the fruits of the Universe to nourish your heart and soul.”

Jake Woodard

WELCOME TO CLASS FOUR

In today's class we are going to be exploring some ways that you can connect more deeply with your heart energy, embody more of its qualities and let it lead your life. We will also explore some of the key things that may be closing your heart energy, disconnecting you from it and inhibiting the flow of love within you.

Awakening more of your heart energy brings you into deeper connection with your feminine. The essence of the feminine is feeling and when you cut off from your feelings, you cut off from your feminine.

Opening your heart allows the energy of love to flow through your body and radiate out of you and into your life. The embodiment and expression of love is a core part of the feminine essence so allowing love to flow freely through your heart is the key to coming deeper into your feminine.

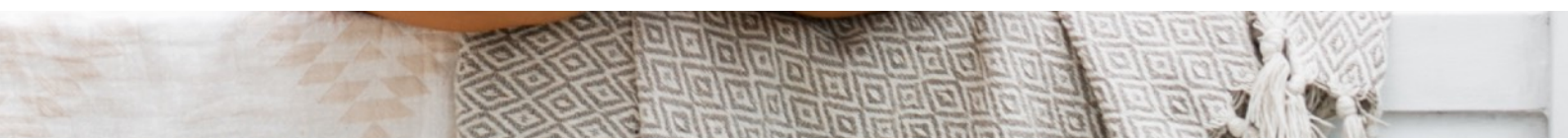
While the heart is a powerful and abundant source of love, joy and kindness, it is easy to become disconnected from our hearts. In the past you may have found yourself being easily hurt, having your generosity taken advantage of, giving a lot and not receiving back what you desired, or feeling that your vulnerability and true emotions were not received in a way that made you feel safe.

These types of experience can cause us to close down our hearts and develop the belief that it is not safe to have our heart open and exposed. We create walls, barriers and self-protective armour to keep our sensitive hearts safe.

But by doing so we cut off our connection to love. We find it harder to feel love for ourselves, to express love to others, and to come into our hearts. The walls we build to protect ourselves cut us off from what we are truly craving.

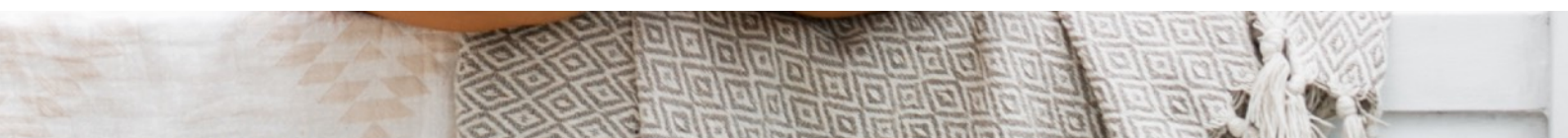
In today's class we will be working on unravelling these old patterns, bringing down these walls, softening any tension around the heart, and once again opening up the beautiful flow and expression of love through you.

Connie x



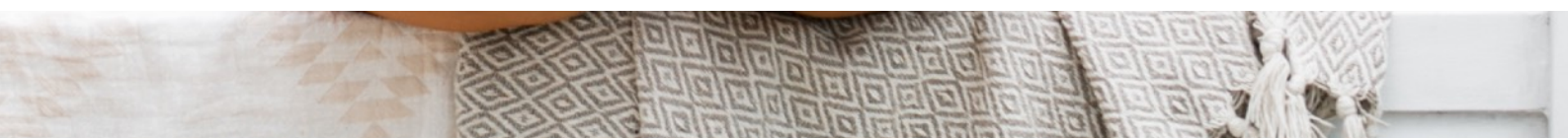
DO YOU FEEL MORE COMFORTABLE LIVING FROM YOUR MIND OR YOUR HEART? WHY?

DESCRIBE THE DIFFERENCE BETWEEN HOW IT FEELS TO BE IN YOUR MIND VERSUS HOW IT FEELS TO BE IN YOUR HEART:



WHAT MAKES YOUR HEART OPEN? WHEN DOES IT FEEL SOFT, EXPRESSIVE AND SAFE?

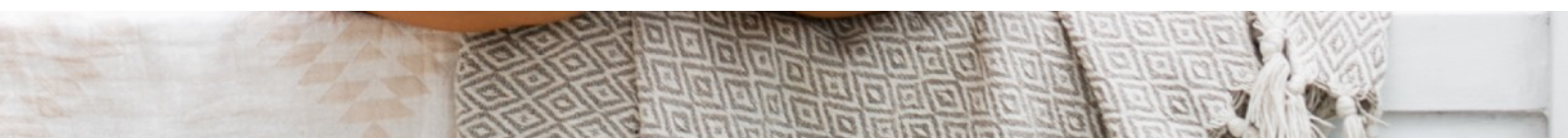
WHAT MAKES YOUR HEART CLOSE? WHEN DOES IT HARDEN AND SELF-PROTECT?



CIRCLE WHICH OF THE FOLLOWING HEART QUALITIES YOU WOULD LIKE TO EMBODY AND EXPRESS MORE OF.

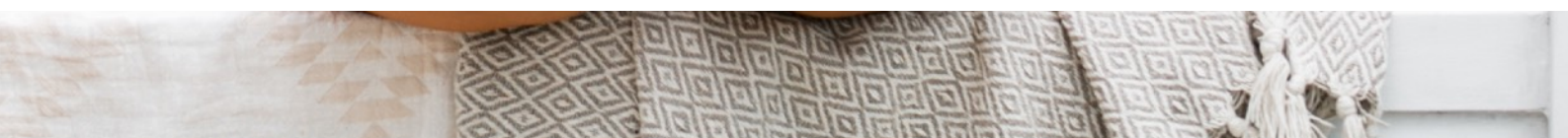
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|------------|--------------|---------------|--------------------|
| JOY | PLAY | CREATIVITY | UNCONDITIONAL LOVE |
| ACCEPTANCE | OPENNESS | VULNERABILITY | SOFTNESS |
| COURAGE | TRUST | FORGIVENESS | PATIENCE |
| KINDNESS | APPRECIATION | DESIRE | ABUNDANCE |
| COMPASSION | GRATITUDE | GENEROSITY | RECEPTIVITY |

CHOOSE THREE. WRITE THEM BELOW AND EXPLORE HOW YOU WANT TO PRACTISE THEM:



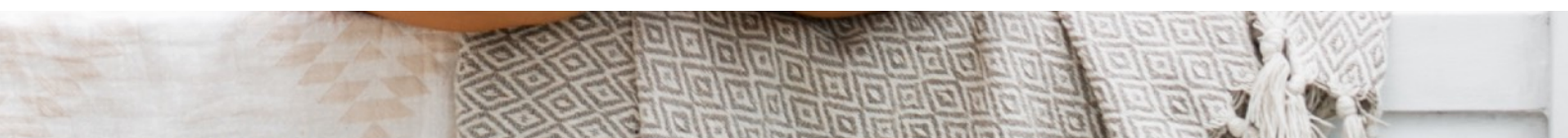
REFLECT OVER A KEY EXPERIENCE FROM YOUR PAST THAT CAUSED YOUR HEART TO CLOSE. THIS MAY BE A TIME WHERE YOU FELT HEARTACHE, PAIN, HURT, REJECTION OR SADNESS.

HOW DO YOU FEEL NOW WHEN YOU TUNE INTO YOUR HEART ABOUT THIS SITUATION? DESCRIBE THE THOUGHTS, FEELINGS, EMOTIONS OR SENSATIONS THAT ARISE IN YOUR HEART. ONCE YOU HAVE IDENTIFIED THEM, CLOSE YOUR EYES AND SPEND SOME TIME BREATHING INTO THEM AND FEELING THEM.



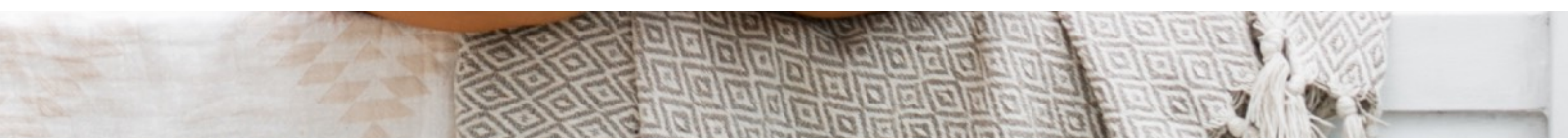
WHAT FEELS UNRESOLVED IN THIS SITUATION FOR YOU THAT IS CAUSING IT TO STILL RESIDE IN YOUR HEART AND MAKING YOU WANT TO SELF-PROTECT?

WHY DID YOU DECIDE TO CLOSE YOUR HEART AFTER THIS EXPERIENCE?



TAKE A MOMENT TO GET REALLY HONEST. WHAT ROLE MAY YOU HAVE PLAYED IN THE MANIFESTATION OF THIS EXPERIENCE? E.G. WERE THERE ANY RED FLAGS THAT YOU IGNORED? DID YOU NOT LISTEN TO YOUR INTUITION? DID YOU NOT IMPLEMENT A BOUNDARY? DID YOU AVOID A CONVERSATION? DID YOU SUPPRESS YOUR TRUTH?

WHAT CAN YOU LEARN FROM THIS EXPERIENCE? HOW CAN YOU USE THIS EXPERIENCE TO EMPOWER YOU AROUND HOW YOU WANT TO HANDLE THINGS IN THE FUTURE?

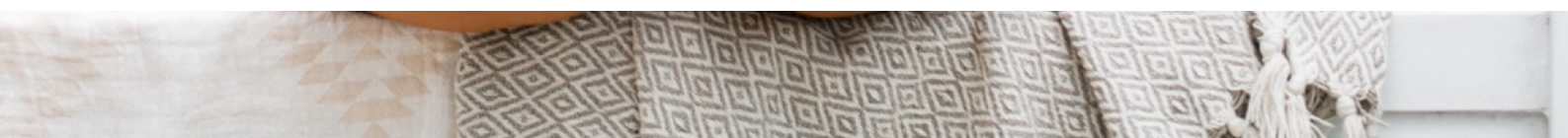


THE NEXT TIME A STRONG OR UNCOMFORTABLE EMOTION ARISES, CREATE A SAFE SPACE TO SIT WITH YOURSELF AND WORK THROUGH THE FOLLOWING QUESTIONS.

WHAT IS THE EMOTION THAT IS ARISING?

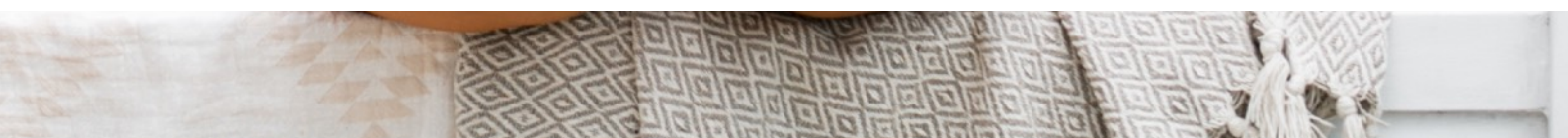
WHAT TRIGGERED THIS EMOTION?

WHAT DOES THIS FEEL LIKE IN YOUR BODY? DESCRIBE THE SENSATIONS IN AS MUCH DETAIL AS POSSIBLE.



SIT AND BREATHE INTO THIS EMOTION AND WRITE DOWN ANY MESSAGES OR INSIGHTS YOU RECEIVE ABOUT WHY IT IS HERE:

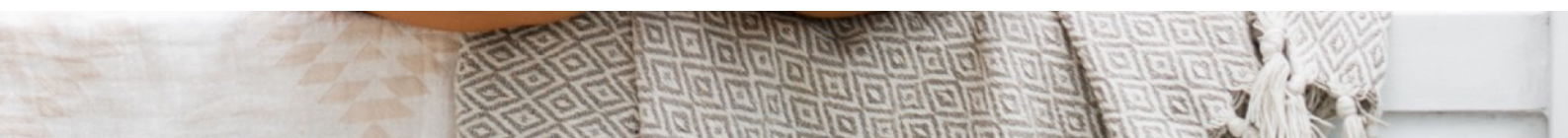
WHAT IS THIS EMOTION TELLING YOU THAT YOU NEED? E.G. TO HAVE A CONVERSATION, TO PUT IN A BOUNDARY, TO PRACTISE GREATER SELF-CARE, TO HONOUR MY NEEDS, TO ACT ON MY INTUITION, TO HEAL A WOUND, ETC.



CLASS REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKEAWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE OR PRACTICES YOU WANT TO IMPLEMENT FROM THIS CLASS?





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