

divine femme



Class Six

Open your heart and
embrace your emotions

welcome



Welcome to Class Six of Divine Femme! This week we are going to be opening and activating your heart energy so you can embrace your emotions and embody more love, softness & vulnerability.

This workbook complements the Live Class and will help you reflect and do the inner work.

Please watch the Live Class first before completing this workbook, or work through it while you are watching the class.

You can type directly into this workbook or print it out and handwrite your responses.

Take your time with these questions, and trust whatever wants to flow.

Connie x

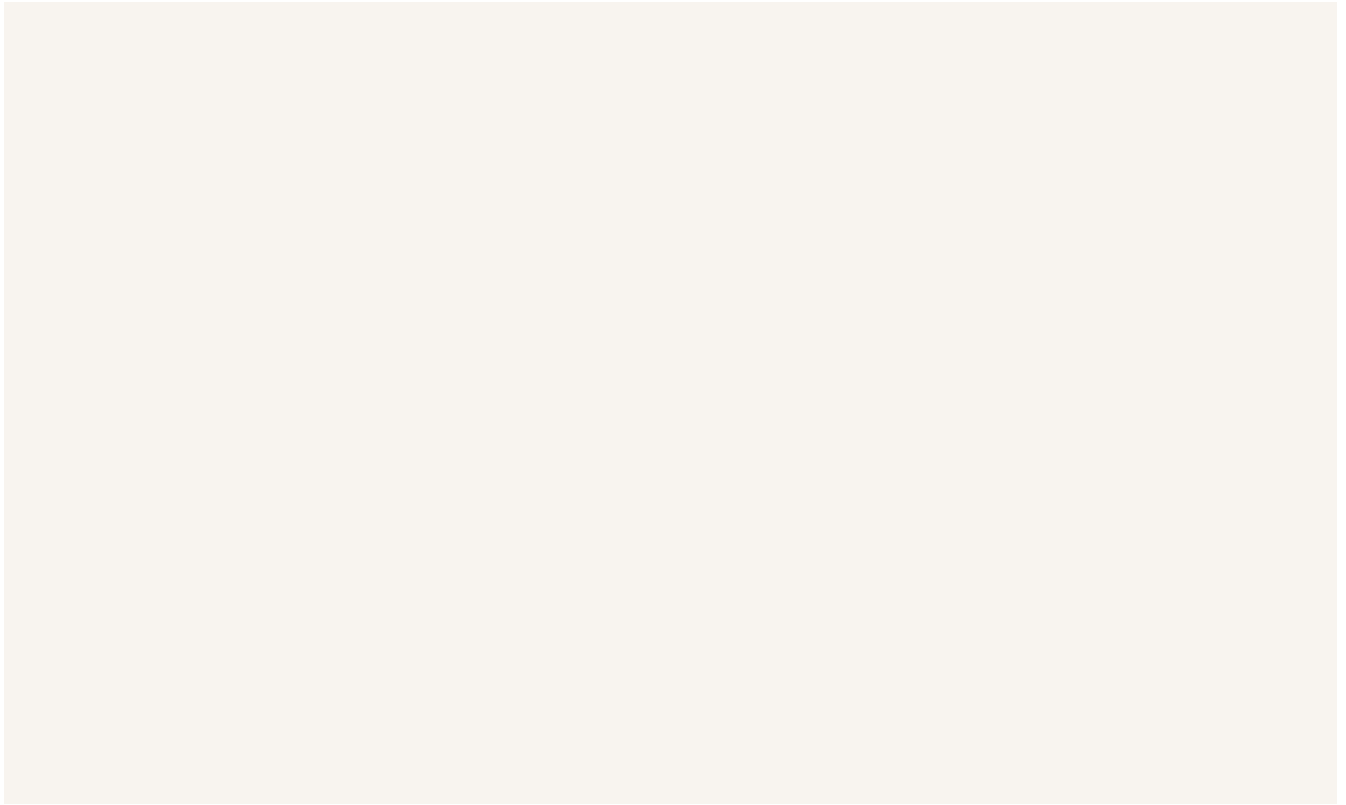
QUESTIONS

Do you feel more comfortable living from your mind or your heart? Why?

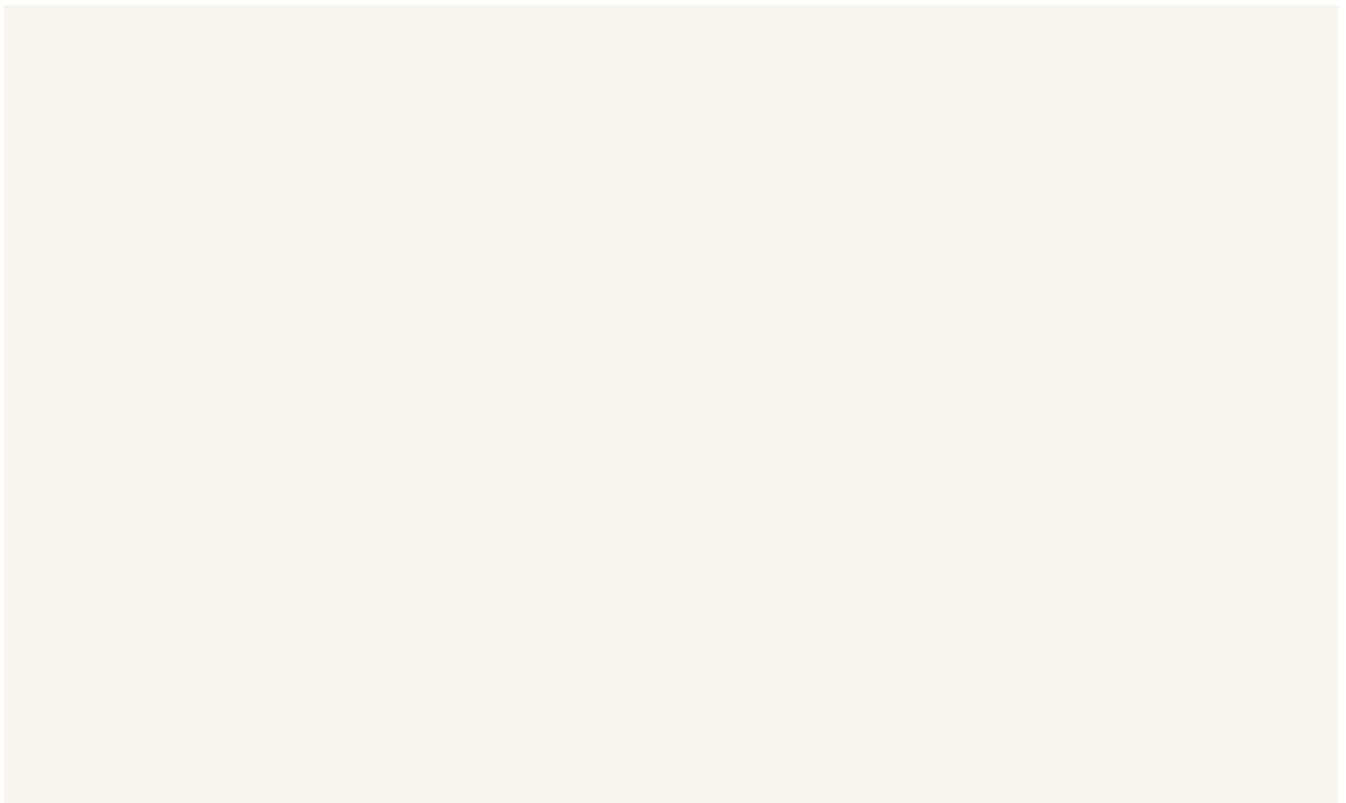
Describe the difference between how it feels to be in your mind versus how it feels to be in your heart:

QUESTIONS

What makes your heart open? When does it feel soft, expressive and safe?



What makes your heart close? When does it harden, shut down and self-protect?



QUESTIONS

Circle which of these heart qualities you would like to embody and express more of?

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

Choose three and explore how you would like to practise and embody them:

QUESTIONS

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, disappointment, 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.

What feels unresolved in this situation for you?

QUESTIONS

Why did you decide to close your heart after this experience?

What needs to happen for you to open your heart again?

What can you learn from this experience? How can you use this experience to empower yourself around how you want to handle similar situations in the future?

QUESTIONS

Which of your emotions do you feel most comfortable and safe expressing? Why?

Which of your emotions do you feel least comfortable and safe expressing? Why?

How would you like to begin opening to and expressing more of this particular emotion?

QUESTIONS

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 is the event that happened which triggered this emotion?

What are you telling yourself in this moment?

QUESTIONS

What does this emotion feel like in your body? Describe the sensations in detail:

Behind this emotion, what are you most wanting, needing or craving?

How in this moment can you give that to yourself?

NOTES

Additional thoughts, feelings and reflections:

You've completed your
workbook!

Come on over to our
Facebook community and
share your reflections and
insights from this week's
workbook with the group.