



MOVING FROM HEAD TO HEART

Practices to Integrate the Teachings

“THE REASON YOU HAVE DESCENDED INTO PHYSICAL LIFE IS TO UNLEASH THE POWER OF YOUR SOUL UPON EARTH.”

— CAROLINE MYSS

This is your opportunity to take these teachings and bring them into practice within your own life. Contemplate, journal, and pay attention to your intuitive voice as you move through these questions. You may discover new and insightful ways to integrate the information; we encourage you to explore the edge of your comfort zone.

- What has it cost you to NOT take care of your body, your heart or your mind in the past? What price have you paid for neglecting your needs? Jot these down in the space below.



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- During your next meal, contemplate all the hands that were part of this food having made it to your home. Can you spend the next few moments sending out love and gratitude to each of these people, blessing their lives in some way?
- Imagine for the next while that you are connected in an intricate web of life. All of the actions of each of these people (above) have affected the very food you're eating. Imagine that each person's action on the entire planet is affecting the rest of us in the same way. All the choices we make cause a ripple effect that moves the web of life, either closer towards acceptance and unconditional love, or further away from it. What choices are you making today that are conscious and aligned with the kinds of ripples you want to make in the web?



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- Forgiveness...ahhh...here is a word we hear mention of so often and yet, like all other initiations, it requires a felt sense of it in order to make it long-lasting and complete. Most great teachers of ancient and modern wisdom speak about forgiveness, speaking of its necessity as we evolve as conscious beings. To not forgive someone is like taking a poison to kill your enemy. You and only you, carry the burden of non-forgiveness. This burden will continue to increase in intensity and weight the longer you carry it.
- What events and/or people in your life have you not forgiven?



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- Considering the concept that there are no limits to forgiveness, that nothing is unforgivable, is it possible to contemplate this notion with even the most traumatic events of your life? This doesn't mean that you allow those who have trespassed you in the past to enter into your life now. It's not about making all relationships right again. No, it's about setting down the burden you carry. This is a gift you give yourself that really has nothing to do with another. In the space below, write down what/whom you are ready to forgive.

A large, empty, rounded rectangular box with a dark purple border, intended for writing a response to the prompt above.



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- Create a sacred container for your grief. Imagine in this moment that you have a beautiful chalice that lives in you. This is the sacred chalice of your grief and your tears. For every experience you've had that was sad or traumatic or that involved some sort of loss, the chalice of your grief has gently and lovingly gathered up all the tears you may not have cried. It continues to fill until it reaches a point when the tears begin overflowing, seemingly uncontrollably. Take the time you need, when this happens, or whenever grief moves through you, to tip the chalice over and allow the tears to fall out. Find a safe and loving way you can give this to yourself. You may find that watching a particularly sad movie helps to empty your chalice, or maybe having a good friend over to hear you and witness you feels loving and nurturing. What ways can you create for yourself that are honouring of your holy tears?



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- Honouring your Inner Child...This last process in the Blasting Wide Open program is about becoming aware of the little child that lives in you, of her needs and wants and desires. Notice what comes up in your body when you think of your inner child. Have you noticed her? Have you taken time to hear her cries? The invitation here is to listen and give her your loving attention. Maybe find a warm blanket to wrap yourself up in, imagining your comforting and holding your inner child. Tell her what you want her to know. Tell her how you will keep her safe. Comfort her. After spending some time with your inner child, feel free to write down in the space below, any sensations, thoughts, emotions - whatever transpired during your time together.

