



Three Hearts - One Beat Inc.

Choose the situation you want to come to terms with. State the intention to honor your heart.

1. How does it feel? (with the situation in mind - give it a name: ex: *hurt,sad,painful,frustrating etc.* and then describe it)

2. Where in the body do you feel it? If you have a clinical diagnoses think of how it relates to how you feel (close your eyes and concentrate quietly)

Facing this feeling;

Ask your Higher-Self, ***“Higher-Self, what is it that I have to forgive here?”*** Wait for the answer. (It takes as long as it takes and in various forms-usually, it’s the first thought that comes to mind)

3. Write what you feel, see, hear, or a memory or thought that comes up. (a reoccurrence may happen in the day to confirm)

BREATHE!!

Repeat again, if necessary, Go deeper!

You will know it has been cleared when you suddenly feel a shift into peace or an understanding, an answer or relief in the body

You may even feel ”Lighter”. Sometimes it’s easier to work with a Healer/Coach who knows these techniques, to can hold the

“space” and give the structure and guidance for these memories to be accessed and released, as it can be intense work.

Always remember, when you are shown the answer, say; ***“Thank you!”*** Then give yourself and the memory as much Love as possible.

You’re on your way... growing into your spiritual heart!

NOTES: write any insights, questions or a letter to your self or your next steps toward healing