

Pathways of the Heart

Day #1 Worksheet

1. Write down what came up for you during our guided heart/earth meditation around *self-acceptance* and loving yourself exactly as you are. If you had some resistance, what would you be willing to let go of to fully accept and love yourself?

2. When you tuned into your heart space at the end of our session today, had anything changed for you? Were you calmer, more relaxed? Or possibly agitated, restless or resistant?

3. What might you be projecting outside yourself onto another, a situation the world that you may have discovered? Any surprises? How might what you found be affecting your energy field and possibly contributing to the collective dream?