



Heartful Living

Heart Guidance Worksheet

Use this sheet to help you get started in connecting with your heart for guidance...after a while there will be no need for it as your heart helps you hear its messages with increasing clarity. Focus on one area or issue at a time. If you wish to cover other issues return to step one and begin the process again.

Step One

Connect to your heart, and breathe as if in and out of it. Allow your chest area soften as you continue to breathe in and out of your heart. Bring to your awareness something that makes you smile. Feel that strengthen your connection with your heart. Have the intention to allow the wisdom of your heart to communicate with you, this may be in images, sensations, words or feelings.

Step Two

Ask your heart...What do I honestly feel about the issue I am focusing on? What is true for me? What is real for me now regarding this issue?

Step Three

Given the above what do I want now? What does my heart say it needs now? What does my heart really desire? What does my heart long for?

Step Four

Taking time to breathe into your heart...ask your heart these questions. For small everyday issues ask...'What is the next step to take me to what I want and need now?' For larger more life changing issues you might ask...'What is the next step that I can take to bring the feeling of fulfilment regarding the above into my life now.'