

ART IN SOUL INFOSHEET

Heart Chakra Attunement Meditation

Connect with this moment – with the energy of this breathe – in and out. Ground yourself and be present coming in to your power.

Open your chakras as you bring the nurturing earth energy up from the soles of your feet, through your body, flowing down your arms and out of the palms of your hands. Feel the earth energy rising up through your throat, opening the higher spiritual energy centres. Feel it rising up through your head, cleansing your ear chakras, opening them to your inner voice and spirit. Feel it rising up through your third eye, opening you to seeing through the eyes of spiritual love. Feel it rising up through your crown cleansing your higher mind for effortless connection with your Higher Self and guide team and open your crown with your intention to link strongly with the love and wisdom of your eternal self.



Feel now the energy beginning to flow down through the top of your head. You may experience this as a pulsing sensation, waves passing all the way through. You may experience this as a profound sense of stillness, of peace, of strength, of courage, of love, of incredible clarity. Whatever you need right now, be open to receiving it from your Higher Self. You may experience this as colours washing through you. However you experience this receiving, it is perfect. Simply allow the energy to flood through you – filling every cell of your body – every organ – every muscle – every bone – every vein. Breathing slowly and deeply, connected to the earth energy connected to your Higher Self, a perfectly balanced channel of Divine energy.

Bring your attention now to your heart centre, allowing the nurturing earth energy and the loving energy of your Higher Self to continue supporting you, to continue flowing through you. As you bring all your attention to your heart centre, the gateway between your upper and lower chakras – breathe very slowly and very deeply and with every breath you take, feel your heart centre expanding. Open the green door that you may now perceive in front of you. You are going on a journey to the very centre of your heart.

Find yourself now on a curved green pathway. Lush green grass beneath your feet, bordered by beautifully textured green bushes. All around you, a soft green healing light permeates everything. You journey this sacred spiral to reclaim yourself from the ages of 12 through to 16. To heal your heart of old woundedness, which may be restricting your capacity to fully feel your love of life, of yourself and of others.

Begin to walk slowly round the spiral, encountering yourself at whatever ages you may have been hurt or angry, fearful, guilty or ashamed. Experiences long forgotten may flash through your mind as you are prompted to uncover what has been frozen – awaiting your loving adult self.



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Continue round the spiral, drawing to you all you are ready to let go of. If you were teased or bullied, felt unpopular or unable to be comfortable with your emerging sexuality and body changes – all of these old unexpressed parts of your experience may now, in this present moment, be gathered together and released with love.

Continue onwards to the very centre of the spiral and where the grass is covered with a carpet of rose petals. The smell encourages your heart centre to expand and expand and expand. Gently, caressing any tenderness or heaviness you may be feeling, sit down in the centre of the petals. Feel the cool silken petals against your skin. Wafts of the wonderful scent of the roses begin to permeate every cell of your being – enhancing the feeling of being held in the loving embrace of your Higher Self.

You are joined here now by the Divine Feminine. She comes to sit before you. Feel her incredible strength, the dignity of her acceptance, the power of her unconditional love – holding you. Up-holding you. Know now what you may feel is too much for us. Is easily done with her support. You are not your experiences. You are not all that you were taunted by. You are not the value of how another may have mistreated you or failed to fulfil your needs for love, acceptance and approval. You are not unseen, nor unheard nor unloved. You do not need to earn her love. She is here with you and you are truly her daughter. Above and beyond your biology, you are an aspect of the Divine.

She asks you now to be willing to surrender the old experiences that may have wounded you. It is time now to give her any heaviness or hurt in your heart. She asks you now to surrender anyone you may feel stubborn anger or un-forgiveness towards. She reminds you un-forgiveness is a willingness. Not to hold on to any suffering of any kind in relation to the person. It does not mean that what they did or said or did not do or did not say was 'ok'. It does not mean you have no right to feel the way you have felt. It means simply losing yourself enough to let go of those feelings in exchange for true peace of heart and peace of mind – for the joy this freedom brings.

She asks you to surrender any ambivalence you may have to seeing and accepting your beauty and the magnificence of your body so you may fully embrace the joys of being female.

It is time to let go of all that no longer serves you so you are free to love life like you have never been hurt. To experience the simple joy waiting for the fullest expression in your heart.

Breathe slowly, filling your lungs with the love of spirit and exhale. Let go of the old. Inhale with love. Exhale – let go of the old. Inhale with love, taking the pink energy deep into your heart and lungs allowing your blood to pump it all around your body. Exhale – let all the feelings and memories go. Inhale, feel the love of your Higher Self pouring all the way through you. Exhale all that is not love. Inhale – feel the love



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of Mother Earth beneath you, supporting you, Exhale the past. Let go. Inhale, opening your heart. Letting the grace of the Divine Feminine heal your heart – bringing you the peace that passes all understanding. Exhale – let them go. Remember anyone who ever wounded you in anyway was lost in their own pain, acting from a place of their own woundedness – incapable of understanding how negatively they may have impacted you.

Inhale Divine love. Exhale all un-forgiveness and let go. Inhale – opening your heart further, receiving her grace, soothing your soul. Exhale, letting the past go. Inhale, feeling your heart getting lighter and lighter. Exhale, let go. Inhale, feeling the warmth radiating through your heart centre, colouring your entire chakra a beautiful pink. Exhale, let go of anything remaining.

Welcome you back from the ages of 12 to 16 – back into your heart.

Allow the Divine Feminine to hug you now and feel her energy enfold you. She hears your thoughts. Ask her now for anything your heart desires – talk with her now about your hopes, your fears – make any requests for help you need with anything or anyone.

It is time now to allow all you have experienced and received to be integrated into your four body system. The Divine Feminine releases you, reassuring you – whenever you are in need of her. She is with you instantaneously.

Begin now to get in touch with the exterior of your body, wiggling your fingers and toes. Smoothing down your arms and your legs. If you feel less than fully present, tapping your head gently, awakening your energy meridians. Rubbing your hands together briskly, cupping them over your eyes – open your eyes into your hands and when you are ready, allowing your hands to drop away and all of you to be here now. In this time, space, sequence – in this moment.

Take a break and have a warm drink!



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