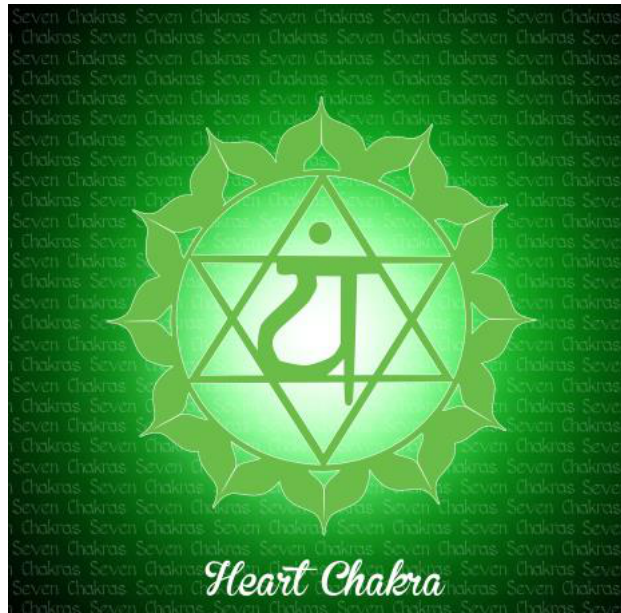


*Love Yourself,
Live with Purpose*



Yes to my life academy

Healing~Coaching~Training



~Yes to Heart's Wisdom~

**~Yes to Compassion and Kindness
Towards Self and Others~**

~ Yes to Love Towards Self and Others~

~ Yes to Intimacy and Relationships~

**~ Yes To Self-Acceptance and
Acceptance of Others~**

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Yes to Healing My Fourth Chakra

The development of the 4th chakra begins at four years old and continues until about 7 years old, even though the tasks of deepening our heart connection to self-others and the world is a lifetime pursuit. At around four years old, if the upbringing has been somewhat stable and supportive, we begin paying attention to others, we form our identity and gender role. We come out of “narcissism” and notice that others too have feelings. We make friends and develop our sense of altruism, we want to give to our friends/family as much as we want to receive.

If trauma happens at that age or before, trust (1st chakra), emotions (2nd chakra), our sense of personal empowerment (3rd chakra) may hinder our ability to relate to others. Any form of abuse sends a message to the child that we are not “worthy of love and belonging” which leads us to feeling rejected, unaccepted and guilty for not being “good enough”. To compensate for this perceived lack of value, we close our heart and begin behaving in ways to gain approval and love. Our subconscious registers that love is not something given freely, it must be earned.

The shadow side of this chakra is grief. It may be unprocessed/suppressed grief or a pervasive feeling of sadness that leads to depression. Love is the fuel of the heart and as we grow up, the time has come to learn to love ourselves no matter who the people around us say/do. We also have a choice to surround ourselves with people who are able to love us for the way we are- after we choose to do the same of course!

Balanced characteristics of the heart chakra

(Judith, A. *“Eastern Body, Western Mind,”* 2004)

- Compassion
 - Love towards self and others
 - Empathetic
 - Altruistic
 - Peaceful, balanced
 - Good immune system
 - Able to live intimacy
- Mind and body connection- able to decipher the body’s message
 - Reaching a good balanced between giving out and taking in from people
- Balance between feminine and masculine aspects within self
 - Attachment and freedom
 - Forgiveness

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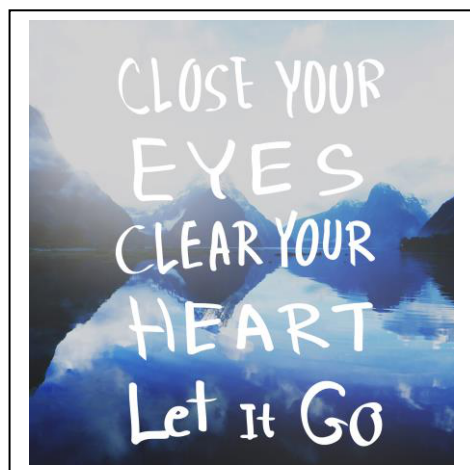
Physical issues

Deficiency: disorder of the heart, lungs, thymus (immune system), breasts, arms. Shortness of breath, sunken chest, circulation problems, asthma, immune system deficiency, tension between the shoulder blades, pain in the chest.

Emotional Issues

Deficiency: antisocial, withdrawn, cold, judgmental/critical, intolerant of self and others, loneliness/isolation, depression, fear of intimacy and relationships, lack of empathy, narcissism, refusal to forgive.

Excess: codependency, poor boundaries, demanding, clinging, jealousy, overly sacrificing.



Beliefs

- * I am not worthy of love and belonging
- * I will never find someone to be with or "I don't care" about being with someone intimately
- * I don't trust people when they come too close
- * I must keep my grudges, I cannot forgive or I will not forgive
- * If my partner leaves me, I will not survive
- * I don't trust love because everyone has an "agenda", they eventually want something from me.
- * I cannot trust my heart's feelings

Affirmations

- * I am worthy of love
- * I can have both, my freedom and be close to someone
- * Forgiveness will set me free, it is not because I forgive that I forget yet I choose to forgive for my own health and sanity
- * There is an infinite supply of love
- * I love myself
- * I trust my heart
- * It is ok for me to receive love
- * I love myself

"Compassion isn't some kind of self-improvement project or ideal that we're trying to live up to. Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don't even want to look at."

Pema Chodron

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Healing Your Fourth Chakra in Practice

How Do You Relate To Your Fourth Chakra?

1. **What challenges do you have in connecting to your heart/to love and feeling loved/ to have compassion for yourself and others/to equally give and receive?**

2. **How do you take care for your heart** (on all levels)?
(hint: make a point of doing more of that ☺)
(Examples: you rest when you are tired and take good care of yourself, both physically and emotionally, you have compassion for your shortcomings, you forgive yourself after making a mistake or forgive others, you “tune-in” and trust what you feel in your heart, etc.)

Rebuilding Connection to Your Fourth Chakra

Nurture your connection to the heart.

HEART AWARENESS DAILY PRACTICE

Feeling “Heart Centered”

Establishing daily connections to your heart is like building a muscle, it may feel “foreign”, especially if this is new to you. Most of us know what it feels like to “fall in love” with someone else but don’t know how it feels like to fall in love with ourselves. By that, I do not refer to unhealthy narcissism, I refer to you being able to be kind, compassionate and understanding towards yourself, and take care of your emotional needs. You may think of that as loving a very small infant or a puppy. Our human heart is the only power center (chakra) that can have “dual emotions” such as having tears of joy. When our heart opens, our immune



system gets stronger, we are healthier on all levels and we also relate to other human beings with greater understanding, we become “inter-dependent”.

How do you begin?

Daily heart “check-in” sequence

Make it a daily habit to check-in with your heart. This requires being quiet and tuning-in. If you meditate, you may choose to do this practice at the end of your meditation. Either way, choose a quiet time, preferably daily and begin by putting a hand on your heart or simply focus on the sensations around your heart center.

- **Ask yourself the following questions:**

- Who is running “the show” in my life, my heart or my mind?
 - If you don’t know the answer, keep asking the question.
- What do I feel around my heart?
- When I make a mistake, do I have compassion for myself or do I “beat myself up”.
- When I am sad, do I let myself cry?
- Do let myself tell people that I love them?
- Is letting others see me feeling vulnerable something challenging?
- If I see someone suffer, does it touch my heart?
- Am I able to strike a good balance between giving to others and giving to myself?
- Can I let myself receive from others (love, compliments, kindness, etc.)?

If the answer is “NO” to any of the questions above, dig deeper.

- **What makes it challenging for you to open your heart?**

- **What experiences have you had in your life/childhood that made you not trust love?**

- **Why is it difficult for you to forgive yourself or have compassion towards yourself when you make a mistake?**



Rebuilding a trusting relationship with your heart

(daily journaling experience)

You may not be familiar with writing in a journal so be patient with yourself. The point of journaling is to develop a deeper, more intimate relationship with yourself. At first, you may find yourself bored or thinking about all the things that you “should” be doing instead of sitting and writing. You may think “I am not good at writing so why bother?” or “this is ridiculous, nothing is coming up”. I encourage you to stay with it long enough to move beyond your resistances.

You can use some of the following “prompts”

- Today I feel _____
- What I really want to do is _____
- What I love the most is _____
- What I am sad about is _____
- I don't feel anything (continue writing after that) _____
- I am really bored because _____
- I don't have anything to write about because _____
- Today my heart feels broken because _____
- I feel in love with life because _____
- I am in love with _____ because _____
- What makes my heart sing is _____

○ **Add your own**

- _____
- _____
- _____
- _____

Practice makes perfect. The more you practice, you easier it will get.

Think of this as having the most intimate relationship you ever have had.... This time it is with YOU!

Be gentle with yourself. Be patient with the process.
Be compassionate with your thoughts and feelings.
If you hit a "roadblock", do not get discouraged.
Get curious about what stands in your way.

Find a trusted friend to share what you discover.

**Feel free to send me an email if you have any questions or set up a
FREE "Yes to Healing my Heart" 45 minute Breakthrough Session.**

From the bottom of my heart- I wish you to be kind, compassionate and
loving towards yourself!
Chantal

The "child within you awaits for you to hear her/him ☺

