

Heart



Opening

CONNECT TO SOMETHING
BIGGER THAN YOURSELF
ALIGN WITH YOUR HEART
CENTERED BUSINESS
CLEANSE. OPEN. HEAL.

YOUR GUIDE,
GABS DELORENZE

WHAT'S INSIDE

01 *Intro*

Learn about your heart space. Chakras, energies and setting intentions as you begin to open your heart.

02 *Anatomy*

Learn about the anatomy. Different areas to focus on/pay attention to. Learn how you're built from the physical body into the energetic body

03 *Recipes*

You are what you eat. Of course your heart space and emotions are affected by what you eat. Learn what foods to focus on while you tap into your heart

04 *Yoga/Movement*

One of my favorite ways to dive into your energetic body is to go through the physical body. Everything's connected. Learn what your physical body can be doing to tap into your emotional, spiritual and mental bodies.

05 *Meditation*

Heart centered meditations to help you connect back to yourself, back to your heart and back to love.

06 *Journal Prompts*

The best way I know how to take people inward is to ask hard questions. Uncover your true needs, wants, hopes and dreams as you unlock your heart through a pen and paper.

With an unblocked heart, I choose to stay open.
When I remain open, I bloom for others.
Offering them a safe space to be heard,
A safe space to be seen.
When I choose to remain open,
Choosing love and joy over bitterness and resent,
My authentic light shines bright.
Lighting the way for my deepest desires to be seen,
heard and felt.
Casting my fears aside,
Reeling in my powers.

MAY THIS GUIDE LEAD YOU CLOSER TO YOURSELF.
MAY THIS WORK SERVE YOU AS IT HAS THE MANY WOMXN BEFORE YOU.
SUPPORTING YOU TO OPEN YOUR HEART,
FINDING ALIGNMENT IN YOUR WANTS, DREAMS AND GOALS
AND LEAD YOU TO A DEEPER CONNECTION TO TRUEST, HIGHEST POWERS.

xo Gabbs

01 *Intro*

CAUTION: OPENING YOUR HEART MAY CAUSE DIZZINESS, NAUSEA AND/OR INCREASE IN BLOOD PRESSURE.

NOTE: IT WILL BE TOTALLY WORTH IT.

THE HEART CHAKRA

SANSKRIT: ANAHATA

The Heart chakra is associated with your ability to love. It will leave the ego behind (in a good way!) to allow yourself to experience the ultimate connection to the things around you & relationships.

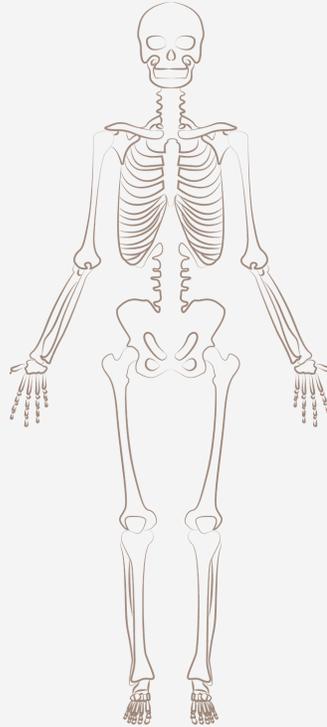
Location	Center of the chest
Color	Green (higher energy frequencies can turn to pink)
Element	Air
Healing stones	Pink quartz, jade, green calcite
Essential oils	Rose, geranium, ylang ylang, jasmine, bergamot
Gland Associated	Thymus (Immune system)
Physical Ailments	Respiratory illness, heart problems/difficulties, circulatory issues
Meanings/Functions	Love for oneself and others. Relationships, compassion, empathy, forgiveness, acceptance, transformation, ability to find peace.
Open heart chakra	Feelings of being deep connection, the harmonious exchange of energy all around you and the appreciation of beauty.
Blockage in the heart chakra	Difficulties relating with others, excessive jealousy, codependency, or being closed down, withdrawn, defensive.

02

Anatomy



YOUR HEART IS A WILD CREATURE, THAT'S WHY OUR RIBS ARE CAGES.



Your heart has 4 chambers and carries oxygenated and de-oxygenated blood AKA your breath is directly connected to your heart and the quality of the blood pulsing through your body.

Opening your heart means stepping into fear.
I don't normally suggest just diving head on into your
biggest fears (although, props!)

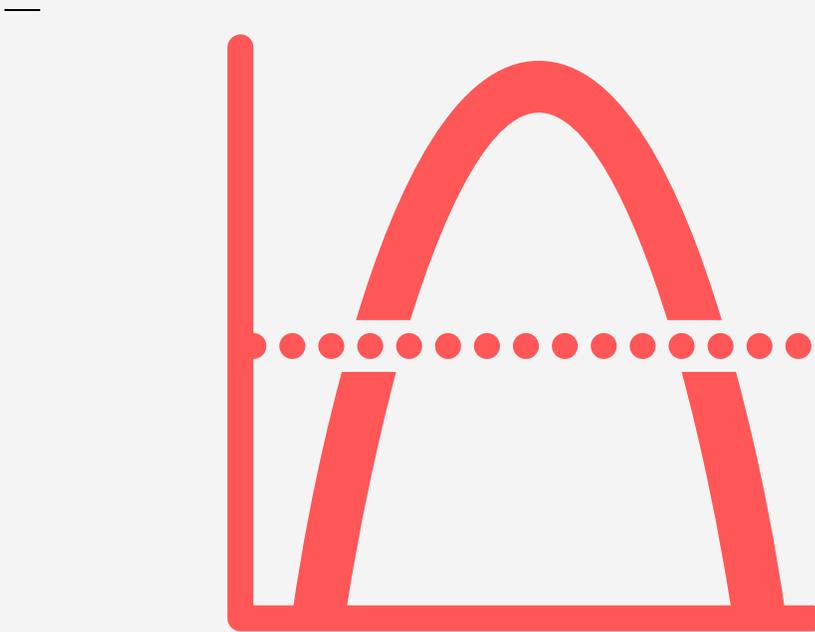
I would recommend doing something that "kind of"
scares you almost daily.

Live in a little DISCOMFORT so when you do need to
dive head on into something bigger, you're already
ready for it!

02 Anatomy

It's an all or nothing effect.
The same is true your muscles work - they either contract or they don't, there's no inbetween.

Look at the graph below:



Imagine the dotted line is your threshold for fear. The more you flirt with the line, the more comfortable you'll become with your boundaries around fear. So when you need to get polished (Remember: nothing new ever came from comfort zones, pressure leads to diamonds, to step deeper into spirituality you need to identify what's holding you back...) you'll be more than ready and capable. And notice, there will be time for you to regroup and reconnect. You don't need to live in the fear forever.

03 Recipes

NOURISH TO FLOURISH

It's only fitting that the best way to open your heart through food is to eat GREEN!

Remember: the chakra color is green.



Roasted Green Veggies

Preheat oven to 425 F

Favorites: Broccoli, asparagus, brussel sprouts

Trim to size of your choice & add into a bowl

HINT: Broccoli cooks faster than asparagus/sprouts so make a little larger if marrying them all together

Mix with oil of choice (coconut/avocado/EVOO)

Coat with salt & pepper

1 tsp + Cumin

1 tsp + Saffron

1 tsp + Tumeric

Dash of cayenne pepper

Spread evenly along baking sheet

Bake for 15 min - mix & flip veggies

Bake for 15 more minutes or until charred

Green Smoothie

In a blender:

1 cup greens (spinach, lettuce...)

1/2 cup berries (can omit for less sugar!)

2 tbsp butter of choice (almond, peanut, cashew...)

1 tbsp chia seeds

Fill half the blender with water (or juice of choice)

BLEND! & Enjoy!

CAN ADD:

Protein powder

Flax seed

Collagen powder

Celery

The options are limitless!

04 Yoga/Movement

There's no right or wrong way to open your heart!

Just think: chin away from your chest, shoulders back, heart open!

** Be sure to keep your belly engaged to prevent low back pain!

NOURISH TO FLOURISH

Camel



Thoracic Spine Twists



Bridge/Wheel



Backbend (supported)



05 Meditation

QUIET THE MIND & THE SOUL WILL SPEAK

Love Connection Meditation

Find a comfortable seat
Take a few deep breaths as you feel
your body get heavy

1. Bring one person who is easy to
love to mind.

Try and remember a moment where
you felt the most amount of love
from them. Feel where you feel
yourself receiving love in your
physical body. Send them love.

2. Bring to mind one person who is
hard to love. Place them in front of
you at a safe distance. Send them
love from the same place you felt
yourself receive the love from #1.

3. Think of a stranger. Someone you
saw walking down the street, anyone
you saw in passing. Send them love.



06 Journal Prompts

GRATITUDE HELPS YOU FALL IN LOVE WITH THE LIFE YOU ALREADY HAVE

To Connect to Love

Make a list of everything around you, within you and in others that you love.

Why do you love these things?
Attributes? Qualities?

What's holding you back from creating more room for these "things" that you love?
What habits (good and bad) are inhibiting you?
What do you do to numb out?

To Attract More Love

The best way to attract more love is gratitude!

Make a list of 10 things you love.

Get super clear

WHY do you love these things?
What do they bring out of you?
What do they cultivate within you?

Notice the small vs. the large things you're grateful for. The people, the places, the cup of coffee, warmth of a handmade blanket...

Stay in Touch!

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WHAT'S NEXT?

Get your Pocket Guide to a
Disciplined Mind: a 30 day
Meditation Course

***"Busy" doesn't equal an
abundant life nor is it helping
with your stress***

Use the code GRATITUDE for 20% off

Thank You!

My prayers for you is that through this work, you find yourself. May you use this knowledge to connect to your higher calling, to attract new clients & cultivate the life and business of your dreams. May you connect back to your spirituality, your sexuality and heal your shadows.

ALL MY LOVE,
GABS

