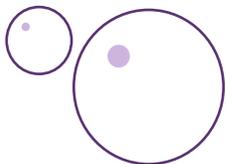


# Getting to the Matter of the Heart

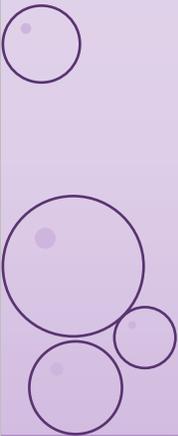
April 15, 2023  
Dare to Be Aware Fair



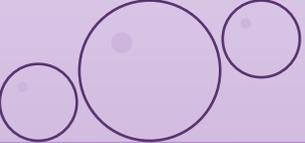


# Workshop Objectives

- Identify ways to heal your heart
  - Look inside your heart for your deepest desires, even the ones forgotten or set aside
  - Understand why you may have set aside your desires
  - Forgive yourself for temporarily side-stepping your dreams
  - Move forward in pursuit of your heart's desires with confidence and direction
- 

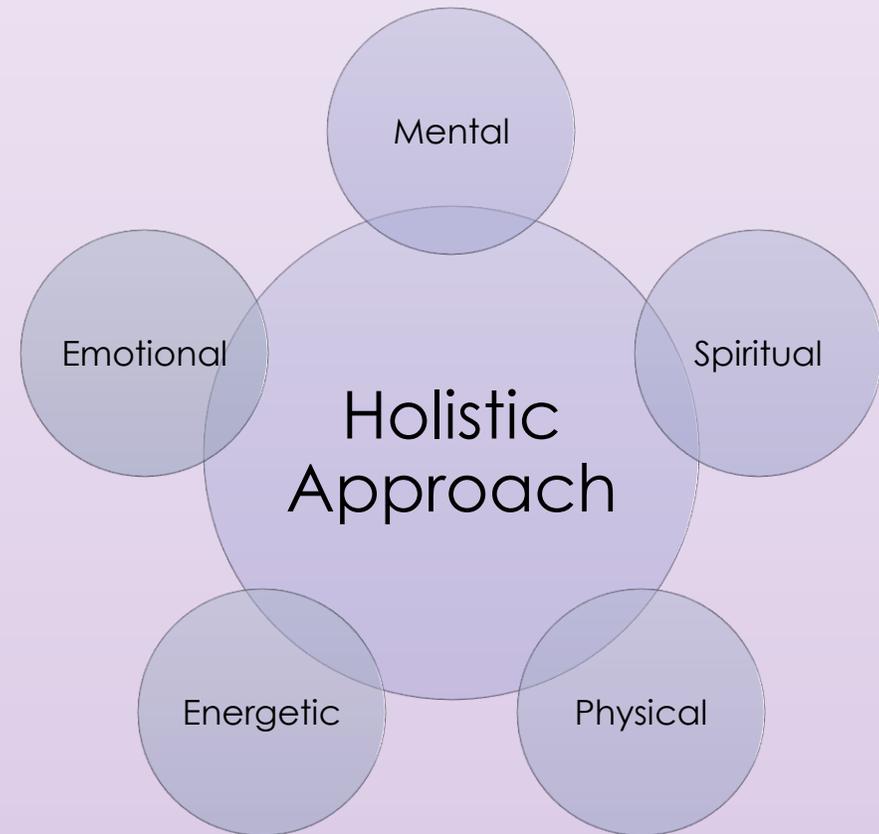


# Workshop Guidelines

- Confidentiality
  - Witnessing vs. cross-talking
  - Receptive and open
- 
- 

# About Denise Maple

- 15 years of spiritual training and pursuit
- 33 years of business experience
- 17 years teaching and training



# Why Do Our Hearts Close?

- Societal and familial influence
- Uncomfortable emotions
- Past experience
  - Loss and Grief
  - Trauma
  - Rejection or Judgement
  - Avoidant Attachment Adaptation



Sources: <https://dianepooleheller.com/3-reasons-why-people-shut-down-emotionally/>; *Can You Die of a Broken Heart* by Dr. Nikki Stamp; *Your Vibrant Hearth* by Dr. Cynthia Thaik, *Heart: A Personal Journey Through It's Myths and Meanings* by Gail Godwin

# Why Open Our Hearts?

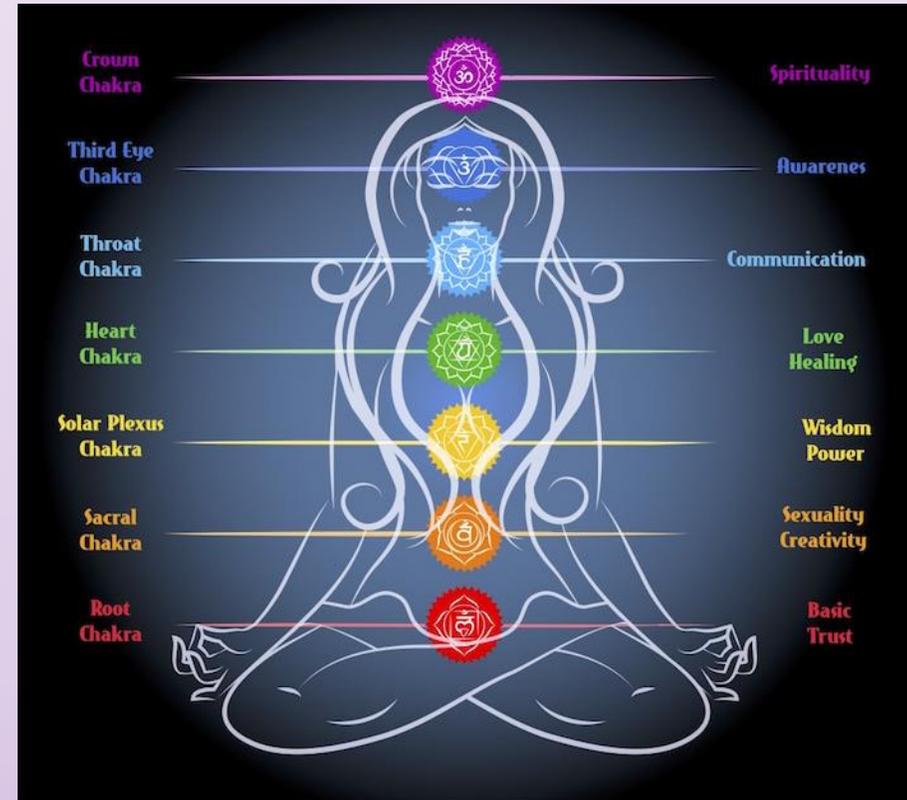
- Physical heart health
- You can heal your heart
- Live more fully and deeply



Sources: *Heal Your Body* by Louise Hay; *Can You Die of a Broken Heart* by Dr. Nikki Stamp; *Your Vibrant Heart* by Dr. Cynthia Thaik, *Heart: A Personal Journey Through It's Myths and Meanings* by Gail Godwin

# Understanding the Heart Chakra

- What is a chakra?
- What does the heart chakra signify?
- How to support your heart chakra
  - Reiki and other energy healing modalities
  - Crystals like Emerald, Jade, Malachite, and Chrysocolla
  - Say affirmations like “I am love”
  - Heart chakra meditations



Sources: [www.chakras.info](http://www.chakras.info); *The Crystal Healer Volumes 1 & 2* by Philip Permutt

# How to Get in Touch with Your Heart

- Dive into someone else's story
- Listen to your heart while praying or meditating
- Ask your heart what it wants to tell you and what it needs
- Ask for support
- Notice what opens your heart and do more of that



Source: <https://dianepooleheller.com/3-reasons-why-people-shut-down-emotionally>

# Heart Opening Activities

- Chest opening postures
  - On a balance ball
  - Yoga postures such as Camel
- Practice vulnerability with those you trust
- HeartMath
- Affirmations
- Meditation
  - Guided
  - Silent
  - With crystals
- Dance!



Sources: *Heal Your Body* by Louise Hay; HeartMath.com,

# Heart Health

- **Be in community**
- **True connection**
- **Laugh!**
- **Forgiveness**
- **Go after your dreams**



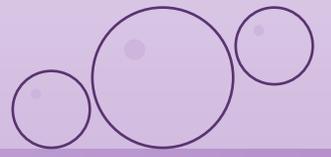
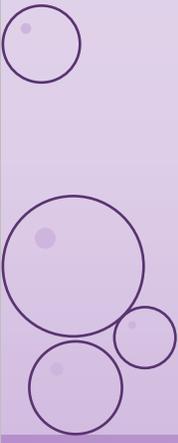
Sources: *The Heart Speaks* by Mimi Guarneri, M.D., FACC; *Your Vibrant Heart* by Cynthia Thaik, M.D.

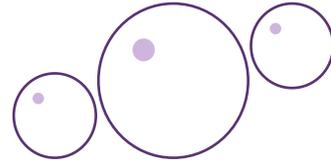
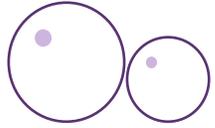


**○ “Your task is not to seek for love,  
but merely to seek and find all  
the barriers within yourself that  
you have built against it.”**

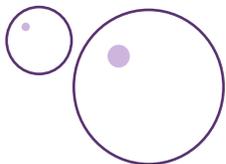


**-Rumi**





**Let's practice!**

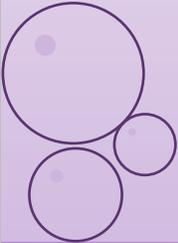
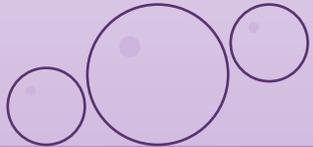


**LIVE LIFE**  
Spiritual Direction





# Recommended Reading and Resources

- Free meditation apps like [Insight Timer](#)
  - [HeartMath.com](#) and [HeartMath.org](#)
  - [Forgiveness Letter](#) and [Radical Self Forgiveness Worksheet](#)
  - [Your Vibrant Heart](#) by Cynthia Thaik, M.D.
  - [The Heart Speaks](#) by Mimi Guarneri, M.D.
  - [Heal Your Body](#) by Louise Hay
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# Follow up questions or looking for guidance and support?

[www.livelifespiritual.com](http://www.livelifespiritual.com)

- Spiritual Counseling
- Holistic Business Coaching
- Reiki
- Ministerial Officiant Services
- Courses and Workshops (In-person and virtual)

262-724-0064

[denise@livelifespiritual.com](mailto:denise@livelifespiritual.com)

## Upcoming Events

### Stress Management – De-stress with the kitties!

Tuesday, April 25th from 11:00-1:00

BaristaCats Café in Whitewater

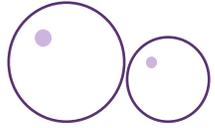
### The Power of Gratitude

Thursday, May 11<sup>th</sup> from 6:30-7:30

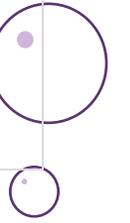
Hop Harvest & Vine Public House in Pewaukee

### Spiritual Practices Series

Starts May 20<sup>th</sup> at Susanna Farms in Lake Villa, IL



# Stay in touch!



Sign up for the Live Life Spiritual Direction email newsletter  
and receive a free guided meditation.

[www.livelifespiritual.com](http://www.livelifespiritual.com)

