

LivingMarvelously.com



Opening Your Heart eBook



8 Ways to Open Your Heart



Connect with your heart chakra.



Have a neutral mind - allow others to be who they are without judgement.



Allow yourself to make mistakes. Forgive others and yourself to release any burden that is closing your heart.

Challenge your beliefs about people. Which beliefs do you no longer have to believe?

Be silly. Be your authentic self and have fun. Worrying about what others think is a waste of time.



Give and receive well. With thanks and appreciation and not expecting anything in return.



Breathe and Meditate. Breathe into your heart and feel your chest expand.



Tell others you love them.

Affirmations for Opening Your Heart

My feelings are safe.

I am free to love and be loved

I deeply, and completely, love and accept myself.

I am living in balance, with grace and ease.

I release self-doubt and embrace self-confidence.

My confidence comes from knowing I am here to shine my light.

I attract people in my life who love me for who I am.

My life is so much happier now that I love myself.

I trust in the beautiful, loving timing of life.

Loving myself is right and easy.

I give my body all the love and attention it richly deserves.

I choose to be authentic and let my true, beautiful self be seen by all.

Self-love is a superpower.

Journal Prompts to Help You Open Your Heart

What does unconditional love mean to me?

What self-care practices can I incorporate into my daily life to show myself more love?

What are 10 things I love most about myself?

What are three moments in my life when I felt deeply loved?

Describe these moments.

In what ways is love a superpower? How can I utilize this superpower to help others?

What negativity can I release to open my heart?

In what ways am I hiding my authentic self?

How can I show myself and others more kindness?

Quotes for Motivation

"No bird can fly without opening its wings, and no one can love without exposing their hearts." Mark Nepo

"Open your heart and invite God into every circumstance because when God enters the scene, miracles happen."

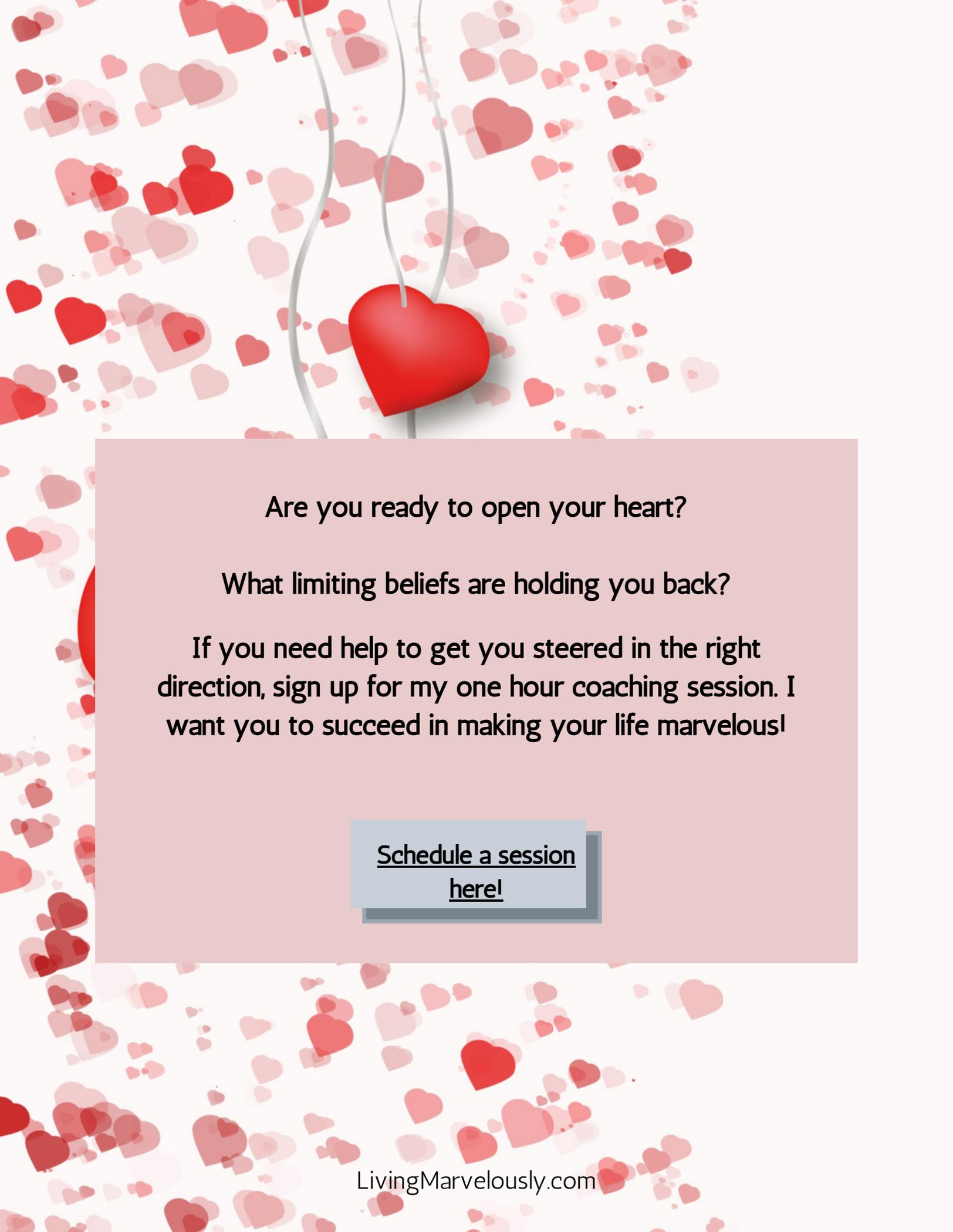
**"THE HEART HAS EYES WHICH THE BRAIN KNOWS NOTHING OF."
-CHARLES H. PERKHURST**

Open your heart to LOVE...truly let go of the fear of what could go wrong and believe that this is your time for happiness...Love freely and know good things are coming your way... Karen Kostyla

"A joyful heart is the inevitable result of a heart burning with love." Mother Theresa

"When you open your heart with a quiet mind
love rushes in."
— Genevieve Gerard

"You open your heart knowing that there's a chance it may be broken one day and in opening your heart, you experience a love and joy that you never dreamed possible." Bob Marley



Are you ready to open your heart?

What limiting beliefs are holding you back?

If you need help to get you steered in the right direction, sign up for my one hour coaching session. I want you to succeed in making your life marvelous!

[Schedule a session here!](#)