

OPEN YOUR Heart



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Have you ever found yourself in the throes of love, head over heels with relief because you've finally found "the one", only to have your heart shattered and be left shaking your head thinking "never again"?...**You're not alone.**

Sometimes when it comes to love, life can deal us a painful hand. When it works, it's magical, but when it doesn't, it can be devastating. Our physical and mental well-being take a beating, leaving us to go through a forensic

audit of every word, action, and experience, wondering where it all went wrong. Doubt begins rearing its ugly head, causing us to have little faith that love even exists and if it does, it's not worth the pain. Over time our open heart begins to close as we erect walls and carry armour to protect us from experiencing further heartache. We become jaded and emotionally unavailable in an effort to protect ourselves and we vow to never again be so vulnerable. We begin to keep people at a safe distance; loss prevention so to speak.

But is this coping strategy generating a feeling of love, peace, and inclusion within you? Is it setting the stage for health and wellness? Is it showing you at your truest and most authentic self? When we shield ourselves from pain, we are also shielding ourselves from love and as humans, we naturally crave connection. We are hardwired for love; it's what we thrive on, and you don't find love and inclusion by putting up armour. You create it through the bravery of vulnerability; by dropping the armour and allowing it to pour in, recognizing that there are no guarantees in life and certainly not in love. When we choose to open our hearts to fully live and love again, we set in motion a cavalcade of energetic forces. These forces work to create deep peace within us and allow us to not only attract love, but also accept and reciprocate it.

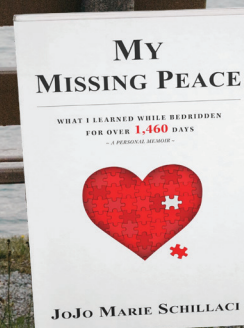
Be brave and make the choice to live and love fully, accepting every encounter as a Divine experience with an indeterminable lifespan. Trust the process of living by embracing the fragility of love with gratitude and be committed to loving despite the unknown.

Sometimes people will attempt to harden you; don't let them. This is a reflection of them, not you. Instead, seek to learn from them and allow them to show you exactly

what you don't want to become. Pour so much love into yourself that you naturally evolve into an even more loving, open, and beautiful soul than before. How you love people paves your karmic path and what they do with that love paves theirs.

Never allow anyone or anything to change the beauty and openness of your heart, soul, and spirit. They don't deserve that power. Seize your power, dig in those heels, and keep being committed to becoming the best version of yourself each day. When we focus our energy inwards and begin loving ourselves, our whole world begins to change because we are all deserving and worthy of love.

Remember to be gentle with yourself. It's always about taking small, but steady steps forward by making small, yet powerful changes each day. Don't get overwhelmed, just keep taking that next right step...
it simply begins with you!



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