

Magical Mothering Method

Heart Chakra Healing

Month 4: Heart Chakra

Week 14: Breaking the Heart to Heal

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Breaking our Hardened Hearts

Throughout the years we have had many heart breaks, betrayals, empty promises, let downs, devastations, losses, grief, and moments of deep sadness.

These experiences often haunt us, but it is through breaking our hearts that we can let these demons go. The moments of pain and suffering are no longer serving us. Really. They are keeping us stagnant. They also keep us holding onto why we “can’t.”

The fear of loving again has made our hearts hardened over the years, and allowed for our bodies to take the toll for it.

Through this powerful healing process in today's video we will allow for our hearts to break free.

What is one fear you have of having a soft heart?

What is an experience that you feel has led to you hardening your heart?

Do you remember a time that your heart was wide open, loving, trusting and accepting?

Does that memory of that first big heart ache still sting?

We often have created aspects of our lives that truly do not serve us any longer. We have made our hearts hardened so that those experiences do not happen again, but what if we are actually blocking out new experiences of loving even deeper. Reigniting our passion, our heart for the world, our purpose, our love.

Now is an important time to reignite the ability to love. There is so much separation and a feeling of having to choose a side. I want you to spend time this week thinking about what sides you are on, and possibly the heart ache that has led up to you feeling like you have to take a side in the first place. Replace that need with love.

Create space to no longer feel pulled into any one else's arguments, sadness, depression, angst, but create a heart for those individuals with love.

It is not for you to carry others burdens, but for you to simply show them what is possible when they love themselves fully, by you showing them by example.