



HEART CONNECTION



Sacred Cacao

Create a morning ritual with ceremonial cacao. Ceremonial cacao has been created and harvested with sacred intent for the use of ceremony. Cacao is a beautiful plant used to open the heart and awaken deep wisdom and connection. It is a gentle and loving way to connect back into your heart. You can create your own cacao ceremony with our free Cacao Ceremony guide in our resources section.



Heart Talk

Talk to your heart about everything.

- place your hands on your chest
- close your eyes, bring your focus to your heart
- take 3 deep breaths into your belly and chest
- ask your heart a question. eg -

do you want to go to today?

what do you need in this moment to feel safe/loved/at peace?

Trust in the answer you receive and act upon it.



Crystals

Wear and use in meditation or keep in your pocket any heart crystals: rose quartz, rhodonite, pink kunzite, pink opal, rhodochrosite, emerald, green kunzite, unakite. Use any crystal that speaks to your heart. Sit with it and ask it help you open to and receive love. Place it under your pillow at night and ask for it send messages to you in your dreams.