

OPEN TO YOUR HEART POWER - Workbook

INTRODUCTION

My intention with 'Open to your Heart Power' is to show you how easy it is to have conversations with your Higher Intuitive self also known as your Soul as a natural part of your daily life.

Just for a moment, think of your life as an experiment. Not a serious experiment, but a playful one.

I invite you to use the information I have offered here as part of an experiment to discover what works for you in easing your heart, feeling confident and heart powered.

The Masterclass is to offer you suggestions to support you with your life experiment, with techniques, which I aim to be helpful to you in opening to your heart power.

The more you gain confidence in connecting with your Soul, and nurturing your Inner Being, as you do in these simple practices, you will gain a new awareness of clarity, confidence, strength and vision for yourself.

HOW TO USE THIS WORKBOOK

(Experiencing this work as a life experiment to see what unfolds for you).

I invite you to print the *first six pages* out so it be used as you experience the Masterclass video, pausing at the appropriate time, having the information at hand ready as you go along, **but also on its own as a checklist of insights you may need at various times in your life.**

INSIGHTS

Your Soul is your Soul mate – who loves you more than anyone and is here for you to use as a resource in your life.

Having Heart Power is a superpower that emanates from within, affecting circumstances, and the people around you. When this happens – everyone transforms!

A harmonious heart is a powerful one.

Self-love and self-care is NOT a luxury – it's a priority – so you can be the **best you** for whatever you are facing.

Only take on what resonates with you and feels good to you. It's helpful to know – to not judge yourself... Simply allow your experiences to unfold.

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THE INVOCATION

To the Source of all Creation, (or God, the universe - which ever name feels comfortable to you)

Please create for me a crystalline temple of light to surround me. I invite all of my high-level guides, angels, masters, and great beings of light to please join me.

Please clear and cleanse all energies that are not of the light, and fill this temple with the highest, brightest, and most radiant light and the raised vibrations for my healing, my growth, and my light.

Please help me clearly hear, see, feel, and conceptualise your divine guidance, so that the words I express give blessings to me and anyone else who may experience them.

Thank you for the answers that you give to me.

The Path to Heart Based Power

There are four phases:

1. Align
2. Heal
3. Empower
4. Inspire

Step 1 of 11 in 'Align' begins when you consciously...

1. Connect with your higher self.
 2. Ask questions.
 3. Listen for answers and investigate.
- When you 'listen' for guidance - it will sound and feel like a regular thought - and you are right, it IS you.
 - Your higher self and Soul are also YOU.
 - You are communicating with the non-physical part of you, who resides in the higher dimensions - loves you, and sees things from a higher perspective.
 - It's then up to you to determine if the answer feels like good advice.

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We begin:

Invite your Soul to be fully present in your body now, just by asking. "I invite my Soul to be fully present in my body now!"

Now ask your Soul:

"What easy steps I can take to nurture me more today?"

- The HUMAN you is the one in control.
- You can now determine if the answer feels like good advice – then it's up to the 'human' you to decide what next to do.
- That's what is meant by the term 'Free Will'.
- Often, I like to read the answers again the next day, and always seem to receive a different perspective of them.

Has an emotion surfaced?

- Let's use 'guilt' as an example (but it could be anything).
- That little voice of doubt... "How can I possibly nurture me while so much is going on in my life?" or "I should be working hard!"

Your ego mind can really kick in with why you shouldn't nurture yourself.

Investigate by asking your Soul...

"Why is it important that I nurture myself?"

"How can I release this feeling of guilt, so I can nurture myself with ease today?"

- When you investigate – this is a game changer!

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- I have a list of great questions for my Soul – I encourage you to create a list of great questions for yours too, to help with your investigation.
- This practice will deepen and enrich your world.

Step 1 of 20 in 'Heal' begins when you consciously...

1. Have an easy way to let your thoughts go.
 2. Practicing will help you to focus, sleep and/or feel at ease again.
 3. This is the first step in letting go, leading to the deeper layers needed to heal the past.
- By using your imagination pretend there is a butterfly landing on your hand. Feel its little feet, and let it take your thoughts, as it flies away.
 - It's fun, keep practicing until it's natural to you.

Step 1 of 8 in 'Empower' begins when you consciously...

1. Scan your body for a belief holding you back.
2. Rephrase that belief to one that is true and supports you instead.
3. Listen to your body, so you are aware of what surfaces, creating support for yourself when you need to.

When you discover the emotion, write down.

Ask your body "is there a belief that I have, that has caused this emotion?"

- When you discover the belief that is causing you this emotion, you can then rephrase that sentence... to one that is true... AND supportive – by turning it around.

Perhaps begin the sentence with:

I'll do everything in my power to....

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Or

I'd love....

- This is the beginning of peeling away the deeper layers.

Step 1 of 5 in 'Inspire' begins when you consciously...

1. Awaken the inner healer.
2. Listen to your body's needs.
3. Take action in caring for your body first and you will continue to grow, expand and inspire others along the way.

Listen to your body, and ask your inner healer how best to care for it.

Ask yourself:

- Am I caring for my body?
- Am I listening to its needs?

Scan your body and listen for an area of discomfort.

Ask "What easy step can I take to ease this discomfort?"

- Your inner healer will help you, when you ask – and listen to the answers that come.
- Our bodies need us to listen to our inner healer, or we run the risk of carrying unnecessary pain and discomfort.
- There is an easier way when you listen to your inner healer – and you will grow and inspire others with a newfound wisdom, naturally when you do.

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In the full 'Path to Heart Based Power' Program 'phases', you will:

1. Align

Connect with your Soul and Inner Being more deeply; embrace and nurture your inner child, ignite your voice, body, heart, peace, curiosity and creativity; release the burdens you carry; allow light into your heart and whole body to raise your vibrations (meaning help you feel harmony inside).

2. Heal

Release vows and promises from all directions of time (including past lives); meet your guide; meet your sub personalities (using fear as an example, to enlist their support to remind you ways to trigger harmony instead); create forgiveness for trauma and reframe the past in how you would love it to have been.

3. Empower

Upgrade beliefs and new ways of being; the art of observation (the centred neutral state, regardless of the drama surrounding you); project your energy field; connect with your future radiant five year you.

4. Inspire

Awaken to the wisdom and love of your inner healer; communicate with the level of Soul to others (incredibly powerful if they have passed away or are no longer contactable – or their personality would react badly by your message); project your energy with divine light and love to the earth, the universe and all beings everywhere.

- If there was a way to experience the 'Path to Heart Based Power' would you take it?
- You will feel more alive, energetic, charismatic, and joyful every day.
- You will feel more supported by the universe.

These are energetic experiences – you have a repeat value that is unique each time you engage with them.

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Join your 'Path to Heart Based Power' journey today with four installments of AU\$111.00 or one installment of AU\$400.00 (you will see on the Sales Page where you can determine your currency)

You will see Testimonials on the below Sales Page.

<https://robynegibson.com/path-to-heart-based-power/>



In the meantime, I hope to see you soon at the next **Soul Magic Gathering**.

Hugest love,

Robyn x