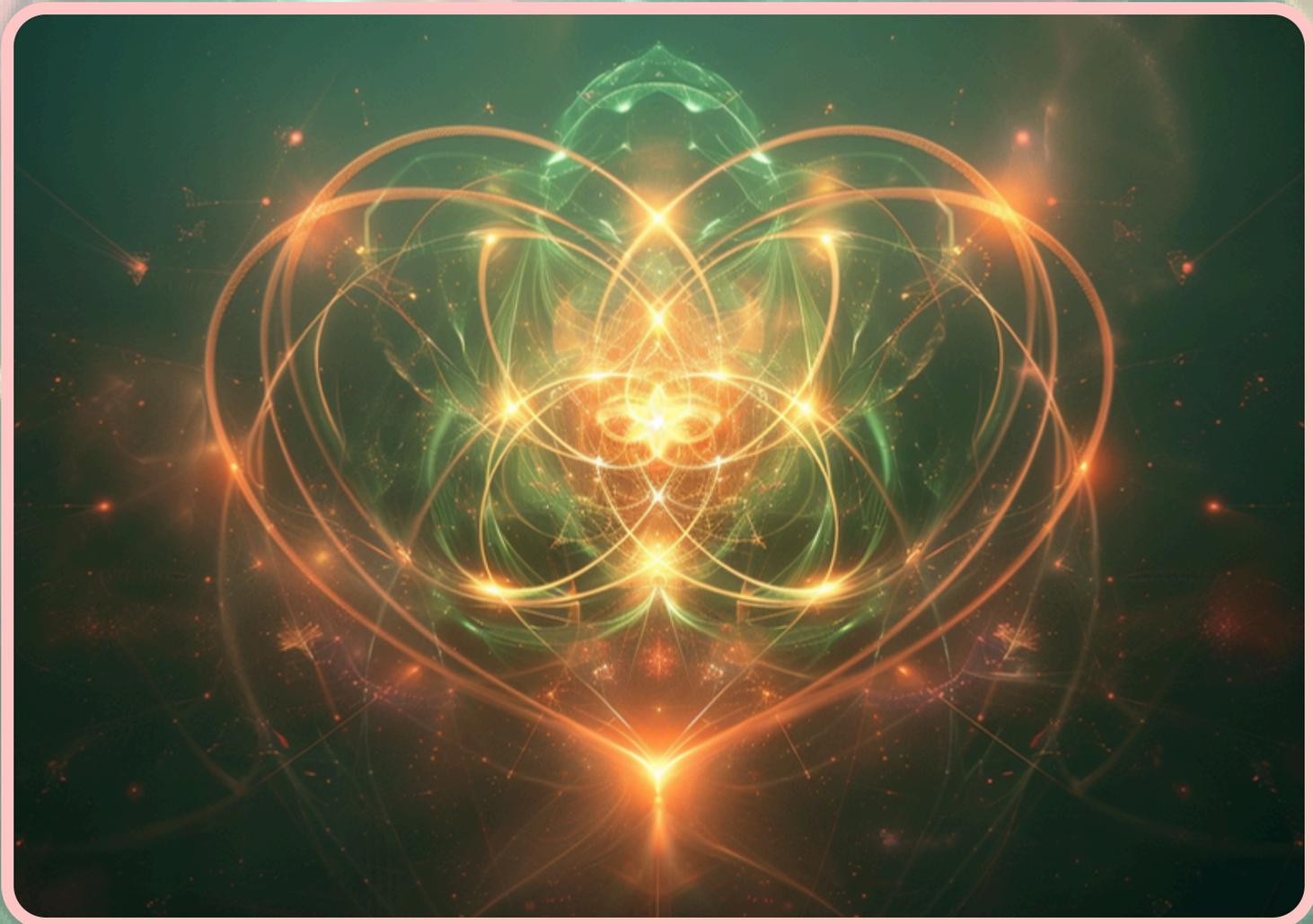


# The Open Heart

*Listening to Your Heart Chakra Voice™*



**Soften. Receive. Love - without  
losing yourself.**

[InnerVoicesHealing.com](http://InnerVoicesHealing.com)

# Your Heart Chakra

There's a reason your heart may feel guarded...  
or overextended.

Your Heart Chakra - the centre of love,  
compassion and connection - may be asking for  
your attention.

When balanced, love flows both ways.

When quiet, we close off.

When too loud, we overgive and lose ourselves.

Let's listen gently.

# Heart Reflection Check-In

Do any of these feel familiar?

- I find it hard to receive support or love
- I overgive and feel drained
- I keep emotional distance to stay safe
- I struggle with forgiveness (of self or others)
- I feel responsible for others' happiness

If several resonate, your Heart Chakra Voice™ may be asking for attention.

# Self-Love Reflection

Take a moment to ask:

- Where do I close my heart?
- Where do I overextend?
- What does love feel like in my body?
- What would balanced love look like for me?



# Heart Opening Practice



Place both hands over your heart.

Breathe slowly into your chest.

Visualise a soft green light expanding with  
each breath.

Repeat:

'I am safe to give and receive love.'

# Heart Opening Practice

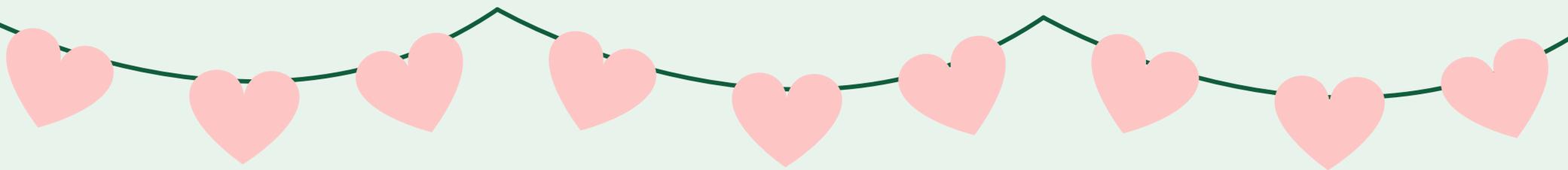
- Offer yourself one kind thought today
- Receive help without deflecting
- Set one loving boundary
- Spend time doing something that nourishes you



# What next for your Heart Chakra?

You've just listened to your Heart Chakra Voice™.

Balanced love is not sacrifice or shutdown – it is flow.



If you're ready to go deeper, I invite you to explore your Chakra Voices™.

One way is to start by experiencing the Root Chakra Voice™ Taster session – a guided exploration you can access here

This live session introduces the structure of working directly with your Root energy – not to override it, but to understand what it has been communicating.

From there, you may wish to heal or activate all your Chakra Voices™ through the 7 Chakra Voices™ Journey.

Join Chakra Voices™ – Listening Within HERE

CHAKRA VOICES™



## The 7 Chakra Voices™ Journey



[Watch The Video](#)

*'Honestly, I don't know what magic you've worked  
but something has FINALLY clicked after years!'*

**Claire, UK**



Jillian Shiers

Inner Voices  
Healing



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