

The Open Heart

Listening to Your Heart Chakra Voice™



Soften. Receive. Love – without
losing yourself.

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

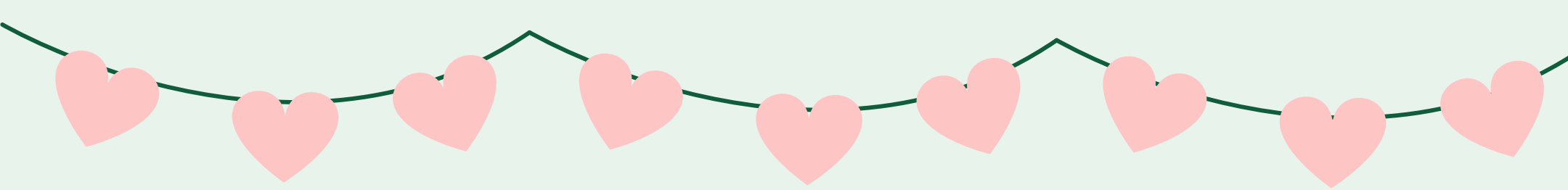
- Offer yourself one kind thought today
- Receive help without deflecting
- Set one loving boundary
- Spend time doing something that nourishes you



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™.

Chakra Voices™
Explore The Tools



You don't feel like yourself...

carrying emotions and energy that
don't belong to you...

Begin understanding yourself again
with the tools to support your energy.

Imagine if you could discover where emotion was trapped in your
energy system and be guided to release it, and encourage healing.
Explore the ways we can help you do that below 📱



The Chakra Voices™ Toolkit is a guided
healing and self-awareness collection
designed to support you through the
moments when you feel emotionally
overwhelmed, stuck, disconnected,
reactive, or simply 'not yourself.'



What if how you're feeling is trying to tell you
something?

If you want to find out which of your energy
centres is crying out for help right now, you can
take a short quiz to see what your next steps
could be.

Work With Your Energy Centres Using The Single Chakra Voice™ Experiences



Explore The Chakra Voice™ Tools