

## *The Spider Web - Connect to Heart*

This month, we are explore Connect to Heart. The world has felt very unsettled and strange right now and we may be spending just too much time in our heads. Swirling around the millions of questions of “what’s next?”, “what do we do now?”, etc. Let’s slow down here for a moment. This challenge is to take all that energy in our upper chakras and let it travel down to our heart. There we can ask this most potent and centering chakra - how do we show up in the world? What does my heart need to express? How can I honor my heart?

Pay very close attention this month to the people/places/situations that deeply trigger you. The things that elicit a stress response. Whether that is anger, sadness, frustration and beyond. These often pull energy to our upper chakras, in an effort to understand and respond. Connecting to our hearts will ask us to respond differently. When you are presented with this stress.. PAUSE. And this is hard, I know. But try to pause in as close proximity (time-wise) as possible. Literally put your hand on your heart and envision your softest self seeing this situation/person with the kindness reserved for those you love. What/who do you look up to as a strong but gentle presence? Can you channel this animal/person/natural form? What are you really feeling? What does this remind you of? Is this prompting in you a pattern that serves what you want to bring to the world? What outcome are you really after? How could you approach this moment differently? How can you lead with your heart and maybe reach an alternative space?

This month I also want you to lean into the audio mediation to find your heart stone. Or simply sit quietly and focus on your heart space. What does it look like to you? Anatomical? Light? Gemstone? Something else? Ask your heart what it needs to feel more settled, calm and powerful. How can your heart best lead or center you in weird and interesting times?

Struggling to connect to your heart? Don't forget about my monthly support kit! This month includes a heart opening tea to soften and reveal the wisdom of your heart.

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