



# HEART CHAKRA

# RECOGNIZING INVISIBLE PATTERNS OF ADDICTION

Addiction can show up in less obvious ways like the need for praise or attention, the need to be needed or the need to control others or the outcome.

Here are a few searching questions to really shed healing light on some illusive addictions that may be affecting our ability to gain access to the true wellspring of love.

What am I trying to GET by behaving like \_\_\_\_\_? (Fill in with the unwanted behavior)

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What do I think I need that I hope \_\_\_\_\_ will give me? (Fill in with the unwanted behavior)

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What temporary good feeling does \_\_\_\_\_ give me?

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What does \_\_\_\_\_ help me avoid? \_\_\_\_\_

What does \_\_\_\_\_ prove to me and others? \_\_\_\_\_

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What will make it even better than acting out in rebellion?

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What will it take for me to be filled from within, so I am able to allow real love and light in instead of the imitation hit I have been seeking in the past? \_\_\_\_\_

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*The shadow side of the heart chakra is the façade or the mask. What mask have I tried to wear that I am starting to discover does not suit me or really is not who I feel I am inside? Who do I try to be so I can meet the expectations of my family, friends, peers, culture, etc.* \_\_\_\_\_

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How has this affected my ability to really know myself? \_\_\_\_\_

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What affect has this false identity had on my spirit, my feelings about myself and my worth?

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# BECOMING AUTHENTIC

There is a brilliant, beautiful, uncontaminated part of your soul that longs to be known. Earth life has downloaded contrary programs to your true identity. There are 4 basic strategies the ego mind uses to keep us separate from our true self. It causes us to believe there is something we have to **prove**, something we need to **defend**, something we need to **protect** and something we need to **hide**. Ask God to reveal to you your true self, your high self, your holy self as you reflect upon the questions designed to reveal the faulty programming. Another way of doing this activity is to observe your behavior and your language throughout the day, when you do something you know or feel is against your higher self then ask: What am I trying to prove, hide, defend or protect by behaving this way? What will it take for me to align with the true nature of my highest self?

What do I do when I try to hide (hiding behaviors)? What am I trying to hide? What would my life be like if I no longer felt I needed to hide and I could just be me? \_\_\_\_\_

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What do I observe myself trying to defend? Why do I think I need to defend that thing/part of me? How would my life be if I no longer needed to defend myself or my position or needed others to agree with me?

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What do I think I need to protect? Is it true that I need to protect that thing/part of me? How would things be different if I no longer felt I needed to be protected? \_\_\_\_\_

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What behaviors do I see myself taking part in as an attempt to prove my goodness or that I have value? How would I behave differently if I no longer needed to prove to others of my goodness and value? \_\_\_\_\_

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## Affirmation to dismiss ego states:

*It is safe to be me. I accept myself, imperfections and all. It is safe to have opinions and beliefs that others do not approve of. I allow others their opinions and beliefs. I am a good woman, my goodness is encoded within my cells. I am a being of love. I am loved, loving and beloved. I give myself permission to learn and to grow in the absence of shame and guilt. I recognize my errors, adjust and gracefully move on with full confidence in my unique journey to develop into my divine nature.*



# FOOD ADDICTION

**The following questions are to help you determine if you are struggling with food addiction:**

1. When life gets hard, is it your first impulse to want to eat?
2. Do you hide food from others or hide the amount of food you are eating or lie about what you ate?
3. Do you have to know where your next source of food will be?
4. Do you eat even when you are not hungry?
5. When you eat certain foods or certain amounts of foods do you, afterward, have a sense of self-disgust or self-loathing?
6. Is food your best friend **and** your worst enemy at the same time?

List 10 things you can do other than eating when you are emotionally triggered so you are armed with more fulfilling “fixes” that will light up the frontal cortex of the brain:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What foods seem to get you tripped up in the chaos? \_\_\_\_\_  
\_\_\_\_\_

Are you around a certain crowd of people when you act out with food?

What am I thinking just before I act out with food? \_\_\_\_\_  
\_\_\_\_\_

What food am I addicted to that I cannot imagine ever being without? \_\_\_\_\_  
\_\_\_\_\_

What am I feeling just before I act out with food? \_\_\_\_\_  
\_\_\_\_\_

List 3 raw foods that you love and make a commitment to keep them available as often as possible:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What would you do differently or who would you be if you were no longer struggling with unhealthy food patterns? Describe how your life would be different. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# FOURTH CHAKRA AFFIRMATIONS

I am filled with gratitude for the love that surrounds me.

This love is breathing me now.

Love is generously swirling in, around and through me. I accept all the love God has for me now.

It is safe to be the authentic me regardless of how it makes others think and feel.

Everyday I increase my capacity to receive love and joy.

I allow unconditional love to occupy all the past painful experiences. I embrace the beauty and power of forgiveness.

Forgiveness is becoming easy for me.

Everyday I am coming more from my heart and less from my head.

I identify and acknowledge all of my feelings. It is safe for me to feel my feelings.

As I learn to acknowledge and validate myself from within, I no longer require the praise, appreciation and acknowledgment from outside sources.

Others are free to love me in a way that feels good and natural for them, without my expectations.

I am loved. I am loving. I am beloved.