

## Heart Energy Center Daily Itinerary

9/15 - 11/5

**Day #1 - 1 ½ hour live Zoom with Michelle.** Starting at 6 am HST, 9 am PST, 11 am CST, and noon EST- Review of the Solar Plexus Energy Center. Introduction of the Heart Energy Center (pdf). Overview of the whole energy system + meditation *1 1/2 hour*.

**Day #2 - Introduction of the Heart Energy Center** - Read over the pdf. *5-min.*

**Day #3 - Heart Body Map Assignment 1.** Create an outline of your heart (pdf) Pdf. *10-min.* You have two days to complete.

**Day #4 - Heart Body Map Assignment 2.** Create an outline of your heart (pdf) Pdf. *10-min.* Final day to complete.

**Day #5 - Rest with a Noodle Ball** in your heart space. *5-min.*

**Day #6 - Read BodyMind by Ken Dychwald.** Chapter #6 Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *10-min.*

**Day #7 - Read BodyMind by Ken Dychwald.** Chapter #6 Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *10-min.*

**Day #8 - Read BodyMind by Ken Dychwald.** Chapter #7 Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *10-min.*

**Day #9 - Read BodyMind by Ken Dychwald.** Chapter #7 Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *10-min.*

**Day #10 - Rest with a Noodle Ball** in your heart space. *5-min.*

**Day #11 - Use your hands and fingers to feel the bones, and joints of your heart.** Color the bolded bones and joints of your heart found on your pdf in The Anatomy Coloring Book pg. 28-33. Pdf. *15-min.*

**Day #12 - Use your hands and fingers to feel the bones, and joints of your heart.** Color the bolded bones and joints of your heart found on your pdf in The Anatomy Coloring Book pg. 28-33. Pdf. *15-min.*

**Day #13 - Use your softball, Noodle Ball, and moves to connect with the muscles of your heart.** Color the bolded heart muscles found on your pdf in The Anatomy Coloring Book pg. 52-57. (pdf) *15-min.*

**Day #14 - Use your softball, Noodle Ball, and moves to connect with the muscles of your heart.** Color the bolded heart muscles found on your pdf in The Anatomy Coloring Book pg. 52-57. (pdf) *15-min.*

**Day #15 - Rest with a Noodle Ball** in your heart space + work on your Heart Body Map. *5-min.*

**Day #16 - Go into nature and find an image that matches the feelings of optimism and hope.** Place each image on a separate piece of paper. You can add words or colors to your image. When done place each image in your 3-ring binder. Pdf. *10-min.* You'll have two days to complete.

**Day #17 - Go into nature and find an image that matches the feelings of optimism and hope.** Place each image on a separate piece of paper.

You can add words or colors to your image. When done place each image in your 3-ring binder. Pdf. *10-min*. Complete this assignment today.

**Day #18 - Self-Love** - The most important work we can do is to love all aspects of ourselves. That is much easier said than done. Read the Self-Love pdf. *10-min*.

**Day #19 - Move with Ho'oponopono** - Move with the ancient practice of Ho'oponopono, *6:30-min*.

**Day #20 - Loving others** - Once you are integrated you no longer look to others to fill in the missing parts of yourself. What does it mean to love someone else -- I mean really love someone else? Watch the video to spark real love toward others in your life. *11- min*.

**Day #21 - Love in balance** - Love is all about balance. Discover your love imbalance video *8-min*.

**Day #22 - Balance your giving and receiving love** Do this breath + movement practice - *8-min*.

**Day #23 - Rest over a Noodle Ball** in your heart space + work on your Heart Body Map. *5-min*.

**Day #24 - Read Frontiers of Health by Christine Page** - Chapter #10 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min*.

**Day #25 - Read Frontiers of Health by Christine Page** - Chapter #10 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min*.

**Day #26 - Rest over a Noodle Ball** in your heart space + work on your Heart Body Map. *5-min*.

**Day #27 - Heart inquiry questions** - Place significant finds from your inquiry questions on your body map. Pdf. *10-min*. You have three days to complete.

**Day #28 - Finish-up your heart inquiry questions** - Place significant finds on your body map. Pdf. *10-min*. You have two more days to complete.

**Day #29 - Finish-up your heart inquiry questions** - Place significant finds on your body map. Pdf. *10-min*. Finish this up today.

**Day #30 - Rest with a Noodle Ball** in your heart space + Work on your Heart Body Map. *5-min*.

**Day #31 - Full Heart Movement Practice #1 - Open your heart** - Place any ah haaaas on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful. *1 hour*.

**Day #32 - Rest over a noodle ball** in your heart space + Work on your Heart Body Map. *5-min*.

**Day #33 - What are you grieving?** List the things you are grieving. Place them on your body map. *5-min*. You'll have two days to complete.

**Day #34 - What are you grieving?** List the things you are grieving. Place them on your body map. *5-min*. Complete today.

**Day #35 - Rest over a noodle ball** in your heart space + work on your Heart Body Map. *5-min*.

**Day #36 -The 5-stages of grief overview-**

I'll take you through each of the 5-stages of grief so you clearly understand each stage pdf *15 min*. You'll have two days to complete.

**Day #37 -The 5-stages of grief overview-**

I'll take you through each of the 5-stages of grief so you clearly understand each stage pdf. *15 min.* This is your last day to complete.

**Day #38 - Move through your grief Full Movement Practice #2** - Take the 5-stages of grief into a movement practice to open your heart. Video *25-min.*

**Day #39 - Rest with a Noodle Ball** in your heart space + work on your Heart Body Map. *5-min.*

**Day #40 - Read Eastern Body Western Mind by Anodea Judith Chakra four** - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have two days to complete this assignment. *10 min.* You'll have three days to complete.

**DAY #41 - Catch up day -- Read Eastern Body Western Mind by Anodea Judith.** You'll have two more days to complete. *10-min.*

**DAY #42 - Catch up day -- Read Eastern Body Western Mind by Anodea Judith.** Complete this assignment today. *10-min.*

**Day #43 - Create an altar to those people, pets, and things you've lost**  
- A simple altar honoring those you've lost is a sweet way to grieve. Gather your pictures, memorial objects, a candle, and perhaps a flower. Go to your altar every day in honor of those you've lost *15-min.*

**Day #44 - Create an altar to those people, pets, and things you've lost**  
- A simple altar honoring those you've lost is a sweet way to grieve. Gather your pictures, memorial objects, a candle, and perhaps a flower. Go to your altar every day in honor of those you've lost *15-min.*

**Day #45 - Full Open Heart Movement Practice #3** - *32-min.*

**Day #46 - Go into nature and find something the color green** - Sit before your green object and bring its energy and color into your belly. Visualize a spinning ball of green light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your heart chakra. Place your object or a picture of it on your body map. *10-min.* You'll have two days to complete.

**Day #47 - Go into nature and find something the color green** - Sit before your green object and bring its energy and color into your belly. Visualize a spinning ball of green light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your heart chakra. Place your object or a picture of it on your body map. *10-min.* Complete today.

**Day #48 - Allow your intuition to flow.** Free movement practice. *15 min.*

**Day #49 - Solar Plexus & Heart Spiral Meditation.** Move up from your solar plexus energy center to your heart energy center. *15 min.*

**Day #50 - Rest over a noodle ball** in your heart space + work on your Heart Body Map. *10-min.*

**Day #51 - Heart Mantra Meditation.** The vowel sound of the heart is ah as in father. Sit comfortably and with each out-breath chant ahhhhh. *10-min.*

**Day #52 - Connect to Your Heart Body Map.** Sit in front of your heart Body Map and connect with what you've created. *15 min.*