

## Module #4 - The Heart Daily Itinerary

LOVE YOUR HEALTHY LIFE - Your Heart -- Open your heart to release grief, love who you really are and the healthy life you've chosen to live.

Day #1 - Welcome to your heart!

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

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

Day #4 - Continue working on your Heart Body Map. 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 - Continue reading 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 - Finish reading 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 - Allow your heart to dance video *5-min.*

Day #10 - 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 #11 - Continue to 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 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 #13 - Continue to 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 - Rest with a Noodle Ball in your heart space + work on your Heart Body Map. *5-min.*

Day #15 - 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 #16 - Continue going into nature and looking for 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 #17 - 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 #18 - Continue your Self-Love practice - 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 - Continue reading 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 - Heal your Heart Hump Video *5-min* + 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 - Continue working through 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 - Continue working on -- 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 - Continue working on -- 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 - Continue reading Eastern Body Western Mind by Anodea Judith. You'll have two more days to complete. *10-min.*

DAY #42 - Continue reading 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 - Continue Creating 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 - Continue your to 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.*