

Module #4 - The Heart Daily Itinerary 52 Days

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 Energy Center + Itinerary. (pdf) *10 min.*

Day #2 - Introduction of the Heart Energy Center. (pdf) *5 min.*

Day #3 - Heart Body Map Assignment. Create an outline of your heart. (pdf) *10 min.*

Day #4 - Complete your Heart Body Map. Create an outline of your heart. *10 min.*

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

Day #6 - Read BodyMind by Ken Dychwald, Chapters 6 & 7, Chest Cavity & Shoulders and Arms. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #7 - Continue Reading BodyMind by Ken Dychwald, Chapters 6 & 7, Chest Cavity & Shoulders and Arms. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #8 - Finish Reading BodyMind by Ken Dychwald, Chapters 6 & 7, Chest Cavity & Shoulders and Arms. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 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-space. Color the bolded bones and joints of your heart found on your pdf in The Anatomy Coloring Book pg. 26, 28-33. (pdf) *25 min.*

Day #11 - Finish using your hands and fingers to feel the bones and joints of your heart-space. Color the bolded bones and joints of your heart found on your pdf in The Anatomy Coloring Book pg. 26, 28-33. *25 min.*

Day #12 - Use your softball, tennis ball, and moves to connect with the muscles of your heart-space. Color the bolded heart muscles found on your pdf in The Anatomy Coloring Book pg. 52-57. (pdf) *30 min.*

Day #13 - Finish using your softball, tennis ball, and moves to connect with the muscles of your heart-space. Color the bolded heart muscles found on your pdf in The Anatomy Coloring Book pg. 52-57. *30 min.*

Day #14 - Rest with a Noodle Ball in your heart space + work on your body map. *10 min.*

Day #15 - Go into nature and find an image that matches the feelings of 1) optimism and 2) hope. Place each image on a separate piece of paper. You can add words or colors to your images. When done, place each image in your 3-ring binder. *10 min.*

Day #16 - Finish going into nature and looking for images that match the feelings of optimism and hope. Place each image on a separate piece of paper. You can add words or colors to your images. When done, place each image in your 3-ring binder. *10 min.*

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. (pdf) *10 min.*

Day #18 - Finish reading the Self Love pdf. *10 min.*

Day #19 - Move with Ho'oponopono - Move with the ancient practice of Ho'oponopono. (video) *7 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. (video) *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 (video) *8 min.*

Day #23 - Rest over a Noodle Ball in your heart space + work on your body map. *10 min.*

Day #24 - Read *Frontiers of Health* by Christine Page, Chapter 10, The Heart Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #25 - Finish Reading *Frontiers of Health* by Christine Page, Chapter 10, The Heart Chakra. 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) *6 min.*

Day #27 - Heart Inquiry Questions. Place significant finds from your inquiry questions on your body map. (pdf) *10 min.*

Day #28 - Continue working on your Heart Inquiry Questions. Place significant finds on your body map. *10 min.*

Day #29 - Finish your Heart Inquiry Questions. Place significant finds on your body map. *10 min.*

Day #30 - Rest with a Noodle Ball in your heart space + work on your body map. *10 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. *30 min.*

Day #32 - Rest over a noodle ball in your heart space + Work on your body map. *10 min.*

Day #33 - What Are You Grieving? List the things you are grieving. Place them on your body map. *5 min.*

Day #34 - Finish What Are You Grieving? List the things you are grieving. Place them on your body map. *5 min.*

Day #35 - Rest over a noodle ball in your heart space + work on your body map. *10 min.*

Day #36 -The Five Stages of Grief Overview. I'll take you through each of the five stages of grief so you clearly understand each stage. (pdf) *15 min.*

Day #37 - Finish The Five Stages of Grief Overview. *15 min.*

Day #38 - Full Movement Practice #2: Move Through Your Grief. Take the five 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 body map. *10 min.*

Day #40 - Read Eastern Body Western Mind by Anodea Judith, Chakra Four: Finding the Balance in Love. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *25 min*

Day #41 - Continue reading Eastern Body Western Mind by Anodea Judith, Chakra Four: Finding the Balance in Love. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *25 min*

Day #42 - Finish Reading Eastern Body Western Mind by Anodea Judith, Chakra Four: Finding the Balance in Love. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *25 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 - Finish creating an Altar to Those People, Pets, and Things You've Lost. *15 min.*

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

Day #46 - Chakra Color Meditation. Go into nature and find something the color green. Collect or take a picture of the green object. Connect with the object with a short meditation. Place your object or a picture of it on your body map. *15 min.*

Day #47 - Complete Your Chakra Color Meditation. Go into nature and find something the color green. Collect or take a picture of the green

object. Connect with the object with a short meditation. Place your object or a picture of it on your body map. *15 min.*

Day #48 - Allow Your Intuition to Flow. Free movement practice. (video) *5 min.*

Day #49 - Solar Plexus & Heart Spiral Meditation. Move up from your solar plexus energy center to your heart energy center. *5 min.*

Day #50 - Rest over a Noodle Ball in your heart space + work on your 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.*