

Pathways of the Heart

Day #6 Worksheet

1. Practice awareness. Notice if and when you have a tendency to get lured into the heavier denser energies of resentment, fear, hopelessness and despair. Make an intention to just stop yourself and choose the other pathway!

2. It helps to see a fork in the road. One is a creative empowering path, of words, thoughts, intentions etc, the other is of the denser energies. It takes trust and courage to choose the path of light bearer and waver of peace. After all, not everyone around you will like that. They may even feel threatened by you. Maybe even question your positivity as naïve and ignorant. Be aware of what comes up for you when you make the choice to follow the pathway of light. Codependency? Fear of being judged, put down?

