

## Homework Week 3: Bridge to Essence Heart Center

Repeat the guided practice

Pay special attention to your heart this week: Radical Inclusion, Tend and Befriend

- Self-compassion
- Allow emotions
- Feeling journal
- Gratitude practice
- Observe when the “vice or passion” shows up vs the virtues?

### **Reflection questions:**

What blocks your heart center? An old hurt, fear, grief, unprocessed emotions?

Can you simply bring awareness and compassion to whatever is in your heart and breathe? Can you allow the wisdom of the heart to meet whatever is there?

When you identify with or operate from your passion (vice) for your type, (pride, deceit, indolence, etc), what do you DO? (What does it look like in your life?)

For example, how do you grasp for something, reject aspects of you or leave yourself?

What does that feel like in the body?

What does all of this help you AVOID? What is the cost?

When you are in the heart space of the passion/vice, what do you feel separate from?  
What essence qualities do you have a hard time accessing?

What do you make this experience of separation mean about who you are? I’m...fill in the blank.

What would I need to believe about myself to embody the virtue more often?



# TEND AND BEFRIEND = SELF LOVE PRACTICE

- Tend = pay attention with care
- Listening - observing - being with yourself
- Be honest with yourself - this is where I am at right now, this is happening, what is true for me about this situation is....
- Befriend in the moment - acceptance, self-compassion
- Return to your innocence - care for inner child's feelings but also wants to play
- Honor your self-care plan - sleep, nutrition, exercise, etc.
- Setting boundaries and saying no
- Follow your joy, dreams, desires - what do I want to explore or create next?
- Making choices that align with the highest good - honor web of interconnection
- Create a supportive environment for yourself - your anchors - people, place, things, activities that nurture you.

## FOUNDATIONAL ELEMENTS TO WORK WITH TYPE STRUCTURE

1. **Grounded Presence** - Present moment awareness orienting a person to time and space. Grounding the energy system.
2. **Inner Observer** - placed on “felt sense” lens of perception
3. **Placement of Attention** -Energy goes where attention is, learning to shift our attention from our avoidance or contraction to our Essence self.
4. **Open compassionate heart** - curious, kind, patient, courage.