



HEART-CENTRED LIVING

(The IHUK Podcast - Season 2, episode 1)

Complete this exercise after listening to the meditation/visualisation.

What does your heart want you to know?

My heart wants me to know...

My heart wants me to know...

My heart wants me to know...

My heart wants me to know...

My heart wants me to know...

My heart wants me to know...

My heart wants me to know...

"Your soul has all the answers. The only way to hear them is to go within." - Rebecca Campbell