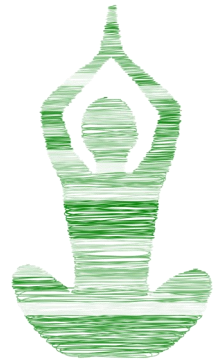


Pathways Yoga Series Session #4

Energy Center: The Heart

The fourth energy center is related to love, kindness, self-acceptance, and forgiveness.



I Love

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Write three things you love about yourself inside the heart.

Intention is the motivation behind the action. Pause to reflect on the **WHY** of your words and actions **BEFORE** you speak or act. Be honest with yourself. Stay true to your heart.

While we don't control the universe, we do control our choices. Seek to make choices out of **LOVE** and right **INTENTION** over fear and selfishness.

Which quote speaks to your heart today?

Embrace being perfectly imperfect. Learn from your mistakes and forgive yourself, you'll be happier.

—Roy Bennett

Forgiveness doesn't excuse their behavior. Forgiveness prevents their behavior from destroying your heart.

—Unknown

Carry out a random act of kindness, with no expectation for reward, safe in the knowledge that one day, someone might do the same for you.

—Princess Diana

“Be kind whenever possible. It is always possible.”

—The 14th Dalai Lama

Questions for your Reflection:

- What is something you can say to yourself if you are feeling down? It might help to imagine what your best friend would say to you to make you feel better.
- Think of a time when you did something hurtful to someone. Were you able to do something to make it right? Did the person forgive you or not and how did it feel? What did you learn from the experience?
- Write down kind, loving words to describe your heart.



Reflection



“In a world where you can be anything, be kind.”