

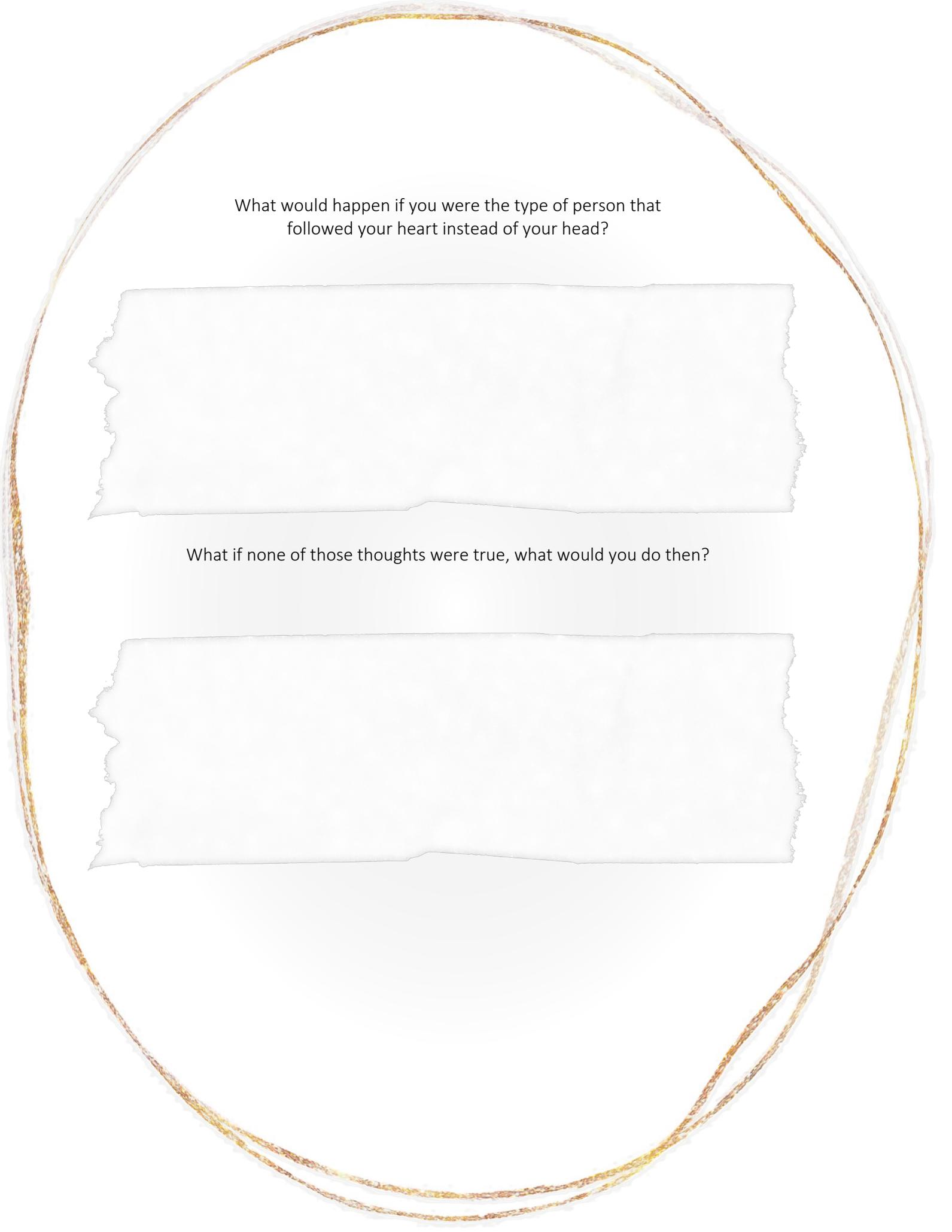
PRACTICE:

Explore Invitation

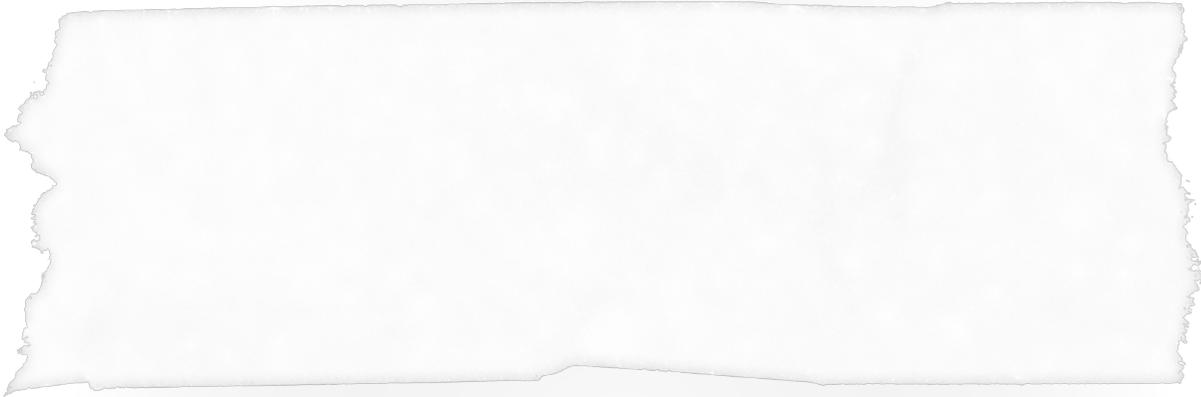
Check in with your heart. • Can you feel it? What does it feel like? Is it heavy or light? Is it beating with ease? Is there a flutter to it? Where is it in your chest? What is around it? What is it longing for?

When you get still and listen with no one else to hear, what does it whisper?

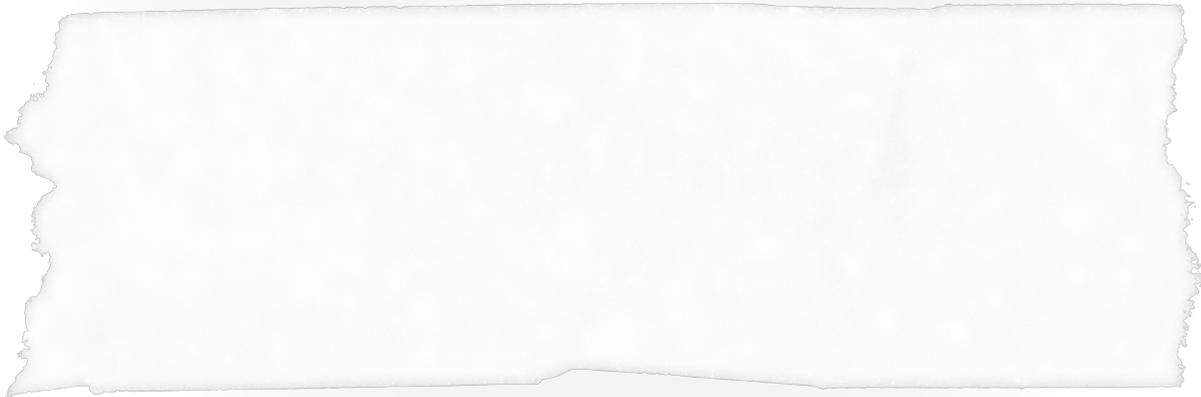
What thoughts stop you from acting on that invitation?



What would happen if you were the type of person that followed your heart instead of your head?



What if none of those thoughts were true, what would you do then?



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