



dreamlifelounge

LIVE.LOVE.CREATE

with an open heart

SPIRITUAL TOOLS TO HELP YOU ACTIVATE YOUR HEART CHAKRA



CRYSTALS

Green Calcite

Rose Quartz

Rhodonite

Jade

Peridot

Emerald/ Green Aventurine

ESSENTIAL OILS

Lavender

Rose

Geranium

Jasmine

Lemon

Cypress

YOGA POSES

Locust Pose

Cat- n-cow

Camel Pose

Bridge Pose

**AFFIRMATIONS TO
ACTIVATE YOUR HEART
CHAKRA**



I AM OPEN TO GIVE & RECEIVE LOVE FREELY.

MY HEART IS OPENING MORE & MORE EVERYDAY.

I AM ALLOWED TO FEEL MY FEELINGS.

MY HEART GUIDES ME.

MY HEART IS ACTIVATED FULLY.

I AM CREATING FROM JOY AND LOVE.

THAT WAS YOUR GUIDE TO ACTIVATE AND OPEN
YOUR HEART CHAKRA SO THAT YOU LIVE YOUR
LIFE FROM A PLACE OF LOVE AND FREEDOM.

IF YOU ENJOYED THE WORKSHOP, LEAVE US A
TESTIMONIAL AND SUPPORT THIS WORK.
EMAIL: INFO @DREAMLIFELOUNGE.COM.

**If this work aligns with your soul, Shivani invites you to go
deeper. Her 1:1 containers are meant to lead you and
guide you in your spiritual and physical transformation.**

Read about 1:1 and book your free
discovery call with Shivani

<https://dreamlifelounge.com/>