



by
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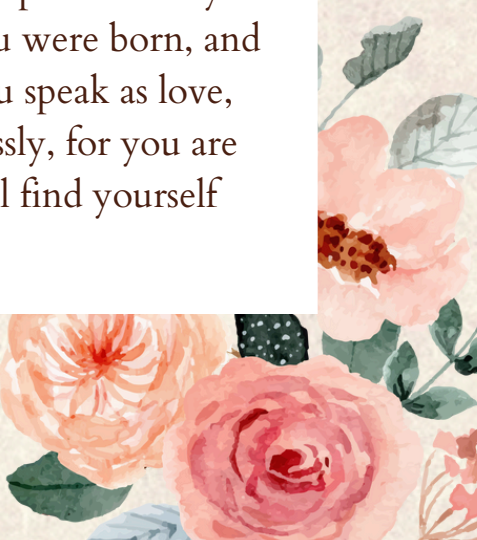
*Welcome to
the Open Your Heart Booklet
with Cate Mackenzie*


Beloved soul, welcome to this sacred space created just for you. This booklet is a gentle companion on your journey of opening your heart and trusting in the vast wisdom that lives within you. I am delighted to share with you some meditations and insights crafted to help you continuously unfold into your deepest self and step into the fullness of your own light.

You are here on this earth with a precious mission, a calling that only you can fulfil. These meditations are here to guide you, to help you touch the divine essence that is uniquely yours, and to support you in embracing the gifts you are meant to share. As you enter these practices, consider lighting a candle, a simple yet profound ritual to honour this moment. Make a list of the wishes closest to your heart and the dreams you yearn to bring into being.

Hold them close as you connect with your heart space, allowing each meditation to nourish these dreams and awaken the power within you to bring them to life.

We are now in the time of One Love, One Heart—a time of profound unity and awakening. This is an era of equality, where each of us is recognised as a master, a teacher, a guiding light. You are one of these lights, a beloved being with a heart so radiant that your very existence is a gift to the world. Know this: you are loved, infinitely loved, simply because you are. You are a heart, a heartbeat, and with every beat, you send waves of love out into the universe, touching humanity with your unique presence. Realise the depth of who you are, beloved. Step into an ocean of love, for that is where you were born, and that is what you are. You walk as love, you live as love, you speak as love, you touch and act as love. Love flows through you effortlessly, for you are love, and as you open your heart more expansive, you will find yourself falling in love with every part of life.





It may seem almost too simple,
but it is the truth: the doorway to joy, to peace,
and to boundless love is inside of you, waiting patiently for
you to turn the key. It has been there all along, a quiet and
unwavering presence within. Every time you connect with these
meditations and enter your heart space, you release limitations,
reconnect with your true self, and tune in more deeply to your purpose. The
more you open, the more you will feel your dreams taking form, and the
more your true self will shine through. In this unfolding, you will grow in
confidence, self-esteem, and personal power, becoming a force of love that
radiates out into the world.

You are the beloved. You are cherished, valued, and needed beyond measure.
In this moment, on this earth plane, your presence is like a note in a grand
symphony, an essential piece of a much larger whole. Each one of us adds to
the song of life, each one of us playing a unique role in the orchestra of
existence. As you awaken to love, you will begin to see love everywhere, in
all things and in all beings. It is as simple, as beautiful, as profound as that.

Know this deeply, hold it close to your heart: your truth, your dreams, and
your joy are essential to this world. All the love and abundance of life are here
for you, for love is not just your destiny—it is your essence, your birthright,
and your truth. Keep your heart open, beloved, and all that you need will
flow effortlessly into your life. As you continue on this path, may you come
to see that love is the answer, and that everything, absolutely everything, is
woven from this love.

You are the one, dearest one, you are the one.

With love and blessings always,
Cate x



Meditations


I will guide you through four sacred meditations, each one a gentle step on your path back to love.

1 The first meditation is a doorway, an invitation to open your heart. It is here to help you gently peel back the layers, to reconnect with the deep, expansive love that lives within you. In this space, you'll find the courage to trust your heart, to let it open like a blossoming flower, unfolding petal by petal.

2 The second meditation will lead you to clear the limitations or blocks that may have formed over time. These blocks might have been created from past hurts, from moments when life felt too painful, and closing your heart seemed the only way to feel safe. This meditation will allow you to release the weight of those limitations, to clear the cobwebs and let your heart shine in its natural state of freedom.

3 In the third meditation, we will journey together into the landscape of fear and faith. Here, you will be supported in embracing all parts of yourself, even those that might feel afraid or uncertain. You will learn to hold these parts with kindness, transforming fear into a deeper faith. This meditation is an invitation to be fully present with yourself, to stand in the powerful now and feel the strength that comes from grounding yourself in trust and presence.

4 And finally, the fourth meditation will carry you into your Love Temple, a sacred place within, where you will meet your Heart Angel. This beautiful guide will remind you of the boundless love that is your essence, the love that has always been within you. In this space, you are free to dream, to imagine, and to feel the total acceptance and devotion that your Heart Angel offers you. This is a place where you can safely explore your own beauty, your own worthiness, and know that you are deeply cherished.



It can feel challenging to step fully into your destiny, especially if, at some point, you felt the need to protect your heart. Perhaps you closed it off, out of a desire to stay safe, to avoid the wounds of the past. This was a wise choice, a way of self-preservation during times when the world felt harsh or unkind. And yet, now, there is a quiet invitation for you to consider—could you, perhaps, let a little bit of love in once more? Could you soften, little by little, to welcome the tenderness back? You are safe to do this as gently, as slowly as you wish. This journey is yours, to be taken at your own pace, in a way that feels right for you.

These meditations are here to guide you and support you in letting go of old stories, fears, and beliefs that may have once held you back. They are here to remind you that love is your birthright and that you have the power to release anything that no longer serves you. If fear were no longer a part of your story, who would you be? If fear were no longer in the way, what dreams would you dare to pursue?

Remember, you are always in control of this process. You can open your heart as gently or as quickly as feels comfortable. It may take three seconds or thirty years—there is no rush, no right way, only the way that feels true to you. And as you step into this unfolding, you will begin to feel your own authority and power.

You will come to see that you have always been the one you were waiting for. As you unlock the door to who you truly are, the magic of your purpose will reveal itself, and your dreams and desires will start to take shape effortlessly, as if they were waiting for this very moment.




*This is a
journey of coming home
to you and coming home to your heart.*

Once you can do this, you can begin to blossom in ways you may not have imagined possible, allowing more and more of your authentic self to emerge. As you open, you gently melt the parts of yourself that may have frozen off in times of pain or fear. These tender parts are ready to soften and rejoin the whole of you, bringing warmth and healing to places that once felt distant or closed.

You do not need to know the full content of your purpose or mission right now; simply being willing to come into your heart and connect with your feeling state is enough. Trust that all will be revealed in divine timing. By living in your heart, you step into a life of creation, flowing naturally from your soul. From this place, you align yourself with the universe or the divine—whether you see it as God, Goddess, or a higher power. Here, in this sacred alignment, you enter the space of alchemy, where you manifest and co-create your deepest wishes and desires.

As you live from your heart, you become the author of your life's play, discovering that the possibilities are endless and far-reaching. You don't need to understand or predict how it will all unfold; you simply need to be open and willing to return to yourself. This journey is not about adding anything new to you but about rediscovering what has always been there, waiting quietly inside. Every answer you seek is already within you; you only need to come home to yourself to uncover them.

When you live in love, doing what you truly love, you open the doors to abundance and all that you need flows naturally into your life. There is no striving or struggle, only a gentle receiving of what is meant for you. The biggest key is your willingness to show up, to commit to being present with yourself, with love, and with the whispers of your heart. When you can keep doing this, when you choose to stay connected, everything else will follow in perfect harmony.



Opening the heart is a continuous journey. My heart opens more and more as I am willing. As I let go of old limitations and grow and mature, I open a capacity to be who I am and take on more of life, more commitment, more love and more showing up, not
You are growing a capacity to open your heart and to have a more significant presence in the world. Your truth and your depth are inside you, inside your heart. As you work with your heart, you will come to know these truths, you will know what needs to clear and be forgiven, you will know how to hold compassion for yourself and others, and you will be able to release any agreements you may have made consciously or unconsciously to limit yourself, you will open to the energy from your ancestors receiving their support and clearing any unhelpful bonds, and you will download your souls purpose aligning it with your heart's desire. The truth has always been inside you. All you had to do was come home inside you and your heart, and you would know who you are and what you have come here to be.

Open Your Heart Meditation

Allow yourself to get into a comfortable position, whether sitting or lying down and if OK, close your eyes.


Take some time to connect to yourself, be aware of your heart, your body and how they are feeling.

Allow yourself to take some easy deep breaths in and out.

As you are breathing in and out think about how you are feeling and what sensations and emotions might be there.

Recognise what is happening inside your body. Notice your arms, hands, legs and feet.

Notice your spine, the axis of your body. Notice your left ear to right hip, right ear to left hip.



*Recognise that you're in a body
that is breathing.*

*Notice that you have a skeletal and muscular system. Notice that
your body is vibrating and pulsating.*

*Maybe Lift and raise your shoulders and allow a sense of release through your head
and neck.*

*Take yourself to the where self, which is somewhere in between the ears, somewhere behind
the eyes. This is the place that allows you to have a 360 look around the room you're in
with your eyes closed so that you can connect to what is before you, behind you, above you,
to your left, and to your right.*

*So that you are aware of the room or place you are in, and where that room relates to the
area of the building that you are in and the surrounding places.*

*So you can notice where the light is, where the doors are or where the windows are. Where
the Sun sets and the Sun rises.*


Start to feel that you are with you, in your body and also in the location you are in.

Now gently breathe in and out of your heart area.

*Take some time to connect to your heart and as you are breathing gently, ask your heart.
"How are you?" or "How are you feeling". Listen slowly for the answers. Do not worry if
nothing comes, as this is a journey.*

*As you start to connect with your heart, your heart may be able to have the confidence to
speak with you.*

So keep slowing down and allowing yourself to go inside, inside you, inside your heart.



*As you are breathing, imagine
a small little flower bud. It's resting gently in the
centre of your chest.*

*As you continue to breathe in and out, the flower bud gently opens in a way
that's right for you.*

*Allow yourself to allow only as much or as little as feels right for you. As the flower
bud opens, notice what kind of flower this is. What does it look like? What kind of petals
does it have? What colour is it? What are the textures?*

*As you are noticing the flower grows bigger and bigger and larger and larger. As the flower
grows, you also may feel a sense of energy growing in your chest. Register what this feels
like.*


*Watch with your mind's eye as this flower continues to grow, bigger and bigger, larger and
larger. This flower has now grown to the point that it is much larger than you.*

*Inside the flower, there is a huge crystal. A really beautiful crystal. Take note of what this
looks like. What colour is it? What shape is it? What does it seem like or feel like? This
is your heart's crystal, the centre of your heart. Step inside the crystal inside the flower to
connect, recognise and feel.*

*You are inside you, inside your crystal, inside your flower. Notice how you feel and what
you see.*

*Now ask yourself, "How may I open my heart?"
Wait to see what is within you and be aware of what happens.*

*Ask again, "How may I open my heart?"
Wait again and then ask a third time. Allow yourself to be with these questions, and don't
worry whether answers do or do not come in an instant.*



*Then ask yourself,
“What steps may I take to open my heart?”*

*Then, ask again and listen for the answers. Do not worry if the answers
do or do not come at this moment.*

*This is like dating, you would not expect to get to know everything on the first date,
and so it is with the heart. Take your time to build the relationship.*

*Then breathe in and breathe out of your heart and heart space and imagine a large golden
egg of sparkling light surrounding you, the flower and the crystal keeping you safe and
supported.*

*Take some time to be here and allow yourself to feel the love and support of your own
heart.*

*Then put your hands out and receive a gift from your heart angel. Notice what the gift is
and, if you feel ok to, place it in your heart.*

You are the beautiful one we’ve been waiting for...

You are the one, the beloved...

You are the beautiful one we’ve been waiting for...

You are the one, the beloved...

In your own time, I want you to come back to the room.

Move your fingers, your toes and your shoulders.

Very gently come back into the room and come back to you.

Allow yourself to be aware of how you feel right here right now and breathe.



Introduction to Blocks Meditation

To manifest your purpose or mission or realise that you are love you need to feel safe to open your heart. In fact, why would you open your heart unless you did feel safe? Your blocks or negative beliefs may have kept you safe in the world, or you may have felt that you were honouring or protecting others by keeping small. You may be afraid of owning your strength or your power and worried about what other people might think if you did. You may hear old negative voices that say, “Who are you to dare to live your dreams?” or you may feel that there is no room for your wishes because many people may want the same thing.

In reality, your special gifts are unique to you. There is not one person who is exactly like you, and as you dare to reveal who you are and share who you are, you do excellent service because you heal everyone around you. Because as you dare to shine, you encourage others to sparkle, too.

So, as you say “Yes” to your truth, you bring light to the world. What you need then is a way to release those limiting beliefs or blocks, and we will do a meditation to do this. You do not need to know all your resistances or thoughts you may be carrying from your life or the lives of your family or ancestors. You need to be ready to release in any time, space, or dimension through the blessing of the source any limiting patterns preventing you from being in your truth and allowing you to step into your purpose. When you are ready to let go of these blocks, you may be surprised by how quickly you start to manifest your wishes. As you clear what is no longer needed, you step into a new stage of maturity and have a greater capacity for love and light.



Beginning of Blocks Meditation

Very gently I want you to allow yourself to take a nice deep breath in and breathe out.

Come into your heart space and into your body.

Allow yourself to connect with your body.

*Allow yourself to become softer,
taking yourself deeper inside yourself.*

We all may have ways that we feel walled in or walled up or ways that we just can't allow anyone into our hearts (including ourselves). Here is a meditation to work with, clearing a wall in the way that may be right for you.


This is potentially an ongoing process of clearing and opening as you build the resilience to allow the love of your heart to permeate your being and then possibly allow the love from others in, too.

Allow yourself to get into a comfortable position. In this place, allow yourself to slow down, relax and take some easy deep breaths. Scan your body and notice what you notice while breathing in and out.

Take your attention to your heart area and see how you feel. Check in with your heart and ask what is happening there. How much are you able to allow into your life? How guarded are you? Would you like to increase the possibility of experiencing more openings in your heart?

You could carry on with this visualisation to clear some blocks if you might. Take yourself into nature and see somewhere beautiful, maybe with trees, grass, or a hill.

You decide what feels good for you.



*Take yourself into a field,
and before you, you can see a wall. Have a good
look at this wall. This is your heart's wall. It is made up of all
the things that have blocked you up and made you want to protect
and defend yourself.*

*Sense this wall, feel this wall, even touch this wall. Notice what this is like as you do.
You may also notice how you feel towards this wall. This wall has been there to protect
and look after you, so you may wish to honour and thank it. It's up to you.*

Now, in order to clear this wall, you can decide what to do.

*You can walk around it, over it or through it. You can burn it, explode it, melt it or
whatever you choose.*

*If you decide you would like to do this, then choose what to do and then start to do it. So
now go forward and go through or clear through this wall till you are through to the other
side.*

*So crush it, melt it, walk over or through it, but now go through to the other side. Once you
are through to the other side, you are out and beyond into nature and beauty.*

*Notice how you feel and how your heart feels. Do you feel different, expanded, opened?
How are you?*

Ending to Blocks Meditation

You can step beyond your blocks right now...

You are the one...

You are the beloved...



Now breathe in and breathe out.

Notice how you feel having done this exercise.

*When you are ready, move your shoulders, your arms,
your fingers, your toes and come back to where you are.*

Come back into the room and notice how you feel.

How are you?

How are you feeling?



Introduction to Fear and Faith Meditation

People often feel stuck worrying about the past or projecting into the future. It is difficult to feel centred and empowered in that place of division or being split in different directions. I'm now going to guide you to meditate to honour your fear and your faith, to listen to their wisdom to see if it is possible to bring them together and come into oneness and presence. In presence, all is possible, and you can know who you are because truth is eternal and always there. In presence, you can come into the light of your perpetual quietness of heart and the grace of your heart's flame. You can go deeper and deeper into the communion of knowing yourself, and you can balance the polarities within you, healing and bringing light to your inner masculine and inner feminine. Through healing all the parts of you and coming into true intimacy and oneness, your path will unfold with great joy, peace and ease.

Beginning of Fear and Faith Meditation

So very gently I want you to relax whether this is sitting or lying down.

I want you to come into your body and focus on my voice.

Take a nice deep breath in and breathe out.

Allow yourself to breathe in and breathe out and notice how you are and how your body feels.

Take your attention through your body from your head to your toes and start to feel how you are feeling in your body.

Very gently I am going to take you on a Fear and Faith meditation.



Get yourself in a relaxed position.

Notice your body, your breathing and take some easy deep breaths.

Open both your hands.

I want you to imagine that in one of your hands, there is an item that symbolises fear and, on the other hand, one that represents faith.

Start with the object in the hand that represents fear? What is the creature/thing or object that is in your hand? What does it look like, what shape or size is it, and what textures does it have? How would it move if it moved? If it made a sound, what sound would it make?

Allow yourself to see, feel and connect with your fear and notice how that feels.


Then, chat to your fear. What would it like to say to you? What would it like to express to you? What is it afraid of? What does it want or need? Listen to what it wants to say.

Then, on your other hand, see, feel, sense or notice another object that represents faith. What is the creature/thing or object that is in your hand? What does it look like, what shape or size is it, and what textures does it have?

How would it move if it moved? If it made a sound, what sound would it make? Allow yourself to see, feel and connect with your fear and notice how that feels.

Then, chat to your faith. What would it like to say to you? What would it like to express to you? What does it believe in? What does it want or need? Listen to what it wants to say.

These two beings or objects may seem very polarised or different, and now I want to ask you if you can see if they can chat with each other. Sometimes, two disparate parts can actually help each other find new ways.



*For example, I might really
want to go on some adventures based on faith,
but my fear part may guide me to slow the process down
and think about safety. This may help me to actualise my plans
and feel good about it.*

*So, see if they can have a conversation now and find a way to talk about what they
both need or want. Only do what is right for you.*

*You may find you have a different way. As you are doing this, see if you can bring your
hands slowly closer and closer together until they are eventually joined in a prayer position,
and then bring them into your heart.*

*Place one hand on top of the centre of your chest and the other on top, and breathe in and
out slowly. Notice how you feel. See what has landed for you.*

End of Fear and Faith Meditation

*If it feels OK to do so, bring your two hands together
and see if fear and faith can meet each other again.*

*If it feels OK to do so breathe them into your heart by
placing your hands on your heart and
holding compassion for your fear and your faith.*

*All the time bringing yourself into presence,
into oneness, into the truth of who you are.*

For you are the one...

You are the beloved...

You are the one you have always been waiting for...



Breathe in and breathe out.

*When you are ready, come back into the room,
move your fingers or your toes and your body and allow yourself
to arrive back in yourself again.*

Introduction to Meet Heart Angel in the Love Temple

You do not have to know the content of your mission or your life purpose to manifest the life of your dreams. In fact, sources of universal energy often have much bigger ideas for you. Sometimes, people decide that they want a husband, house, and child from their headspace, and they get these things but still feel empty because the key is the feeling and the intention or value, not the thing.

Focus on what you want to feel, and that will bring in love that will feel right and good. To do this, you must connect with your heart and your true values. Do you want love, joy, peace, family, achievement, purpose or service, and how do you want to feel about your life?

Connecting with the feelings and the values of what you want creates an inner connection, which means that you are manifesting an authentic and beautiful life based on your real desires. This brings you into a sense of flowing energy, and doorways will open, people will turn up, and you will start to manifest a beautiful life beyond your wildest dreams.

Your job is to connect with the truth that you are love, and to do this, you need to come home to yourself and to your heart. You need to know who you are and what resonates deeply inside you so you can define your mission and your purpose. You must clear the resistance to being yourself and be able to receive the gifts that will come your way.



The path is already there.

All you must do is show up and commit to being on it. Yes, you may not know what is going to happen, but as you learn to open up and trust yourself, it will become clearer because you will become clearer.

Love is living without fear, and you can begin to live fearlessly, following what you know to be your truth.

Your relationship with your heart is one you can build and grow in any place at any time just by placing your hands on your heart.


It is like any relationship; it takes time to get to know your heart, and even if the answers do not come straight away, they will come. You may start to hear your intuition more clearly, or you may meet someone who will guide you to something you've always loved. Keep connecting and opening to the signs, and you'll know you are on a path and are always guided, and before long, you'll always be able to hear your heart.

Meditation to meet your Heart Angel in your Love Temple

So very gently, very softly, I want you to find a way of relaxing and of settling down where you are whether you are sitting or lying down.

Prepare to come into the truth of who you are.

Coming into your body, allowing yourself to soften, to relax, to melt, softening your face and your skin on your face, relaxing your jaw and melting your body.



*I am going to take you on a journey
to discover your love temple and to meet your
Love Angel.*

*Take some easy deep breaths in and out and allow yourself to settle into a
comfortable position, whether that's sitting or lying down.*

*As you are relaxing start to imagine walking down a beautiful beach. This is the perfect
beach for you and just as you would like it. You can adjust whatever I suggest, so it is as
you would want it.*

*Let me suggest that you are walking barefoot on a silky, sandy beach. It feels perfect for
you and your toes sink into the sand in a luxurious way. The warm temperature is just
right for your skin and you feel calm and contented. The sea is a beautiful azure colour
and the clear sky a baby blue.*


*As you are walking down the beach you can see trees on your left. You can see beautiful
crystals in the water and the diamond light of the sun sparkling in the waves.*

*You are walking along the edge of the water with your bare feet, feeling the delicate
warmth of this beautiful blue water, feeling very relaxed and calm, taking easy breaths in
and out and allowing yourself to be with you, feel your body as you enjoy this walk.*

*With each step, you relax a little more and get more in touch with yourself. With each step
you relax deeper and deeper and go within yourself.*

*You are drawn to look over to your left where you see some beautiful trees in a beautiful
forest. You feel a sense that, if you went over there, you would see your love temple. So
you walk over to the woods.*

*You feel so relaxed and calm. As you walk towards the trees, you see birds in the boughs
and little creatures scampering on the earth. You feel that you are witnessing life. You feel
grounded and happy.*



*You take more steps into the forest
and you see a brook gently streaming before you.
It feels like you're walking into a magical place.*

*As you walk further, you come across your Love Temple. What does it
look like or seem like? Is it made of stone, bricks, or wood?*

*Is your Love Temple round, square, long or small? Picture the size and shape of it
in your mind. Does it have a door or some kind of entrance? If you feel ready, take
yourself inside your entrance and enter the temple.*

What is the temple like? What does it look like or feel like? What colours do you see?

*What is your space like? Does it have rugs on the floor? Is there a sofa or chairs or
cushions or does it have an altar to love? What does the altar look like? Are there candles?
What's the lighting like?*


*Remember this is your love Temple, so this is exactly as you would like it to be and you
can change and adapt it later if you can't think of things now. It can evolve and emerge into
the perfect place for you.*

*Now go over to your altar. Notice what you notice and what is on the altar. Are there
candles, are there images or pictures that are relevant? What can you see?*

*Then, if this perfectly suits you, bow before your altar and express your thanks for all you
have in your life.*

*Gratitude, the great attitude, opens our hearts. Now is the time to express your thanks.
When you are appreciative, it amplifies the experience all you have. You're taking time to
be here and very gently notice what you see in the room. When you are ready, take a seat
and notice what your seat is like and what the rest of the room is like.*

*Once you are settled into your room, then, in your mind's eye, invite your Love Angel into
your Love Temple. Once you have asked them in your Love Angel comes in through the
entrance.*



*You experience them as very beautiful.
Maybe they are made of light. Maybe they have come
in human form or animal or energetic form. Are they male,
female or androgynous?*

*Notice what colours they have or whether they have wings. How big or
small are they, and what sounds do they make? What do you feel being near them
and what atmosphere do they hold? Sense and feel their vibration. Then invite them to
come and sit with you.*

*Take some time to receive them, and bring in their frequency and notice what that is like.
Allow the communion between you both. Listen in.*

*Then, once you are settled, ask your Love Angel, "How may I open my heart?" Wait for a
moment, then ask again and listen or feel for any answers. The answers may not come in
an obvious way but may arrive as a feeling.*


*Ask your Love Angel, "What do I need to open my heart". Then sit in the frequency
between the two of you and bask in the love. Ask your angel any questions you would like
to know the answers to and take time to be together in a soothing atmosphere.*

*After you have been together for a while, your Love Angel offers you a gift. Notice what it
is and if you are willing to accept it. If you are willing, then take it in, and also receive the
gift's meaning for you.*

*Take some easy breaths and see if you would like to give them a gift and then give them a
gift. After a while thank your angel and say "Goodbye", witness them leaving the temple.
Then, in your own time say goodbye and thank your Love Temple.*

*Walk out the door, through the forest, and back to the beach. Feel the sand under your feet
once again.*

*When you are ready, wiggle your fingers, move your head and come back to the place you
are in.*



We have entered the
time of One Love One Heart...

We have entered the time of deep equality
where we are all masters and leaders on this earth plane
guiding us all into love and you are one of them...

You are the one the beloved, the most sacred being and most perfect
creation...

You are a heart, a heartbeat...

As you beat as a heart you send your love out to all
of humanity just through your very existence...

Realise who you are and step into an ocean of love...

You were born as love...

You walk with love...

You live as love...

You speak as love...

You touch as love...

You act as love...

You cannot help it for you are love...

As you open your heart you will fall in love with all of life...

It may sound simple, but it is true, the doorway to joy is inside you
and it was there all the time...



You are the beloved being...

You are so important, so loved and so needed...

Your presence makes such a difference on this earth plane currently, for we are all one and each person adds to the whole in a unique way like a player in an orchestra. And as you come into love you will see that love is everywhere. It really is as simple as that.

You can connect to these meditations as many times as you like and come into your heart space, release your limitations and connect with who you are. The more you do it, the more you will tune into your purpose and manifest your truth and your dreams. As you do this you will grow in your authority, self-esteem and power.

Know that your truth, your dreams and your bliss are essential, that all love and abundance are yours and that love is your destiny and your truth. Keep opening to love, and everything will be yours.

You are the one, beloved, you are the one.

Many blessings to you.

Tips on Opening Your Heart to others



1 Create The Right Conditions to Relate

- Slowing Down
- Presence
- Connection
- Centre
- Not on entrance or exit

2 Prepare For Your Good

- Create the right circumstances to simmer a good meeting
- Visualise the best outcome
- Have a shower or bath or dance or relax

3 Tune in and feel what is going on

- Perhaps ask: “Is this the right moment for a chat?”

4 Tease and pull back

- Let the person feel that they have the freedom to choose





5 *Smile*

- Look, Connect, Commit

6 *Appreciation Sandwich*

- Appreciation
- Puzzle
- Request
- We all hear better when we are appreciated. So if you give appreciation before you ask what happened in a situation and then make a request it can go more smoothly.

7 *Open the back of your heart*

- Appreciate your heart, your ego and you.

8 *Release*

- Release expectation, anger and aggression.

9 *Love yourself*

- Love yourself, find what is fun and do something each day.

10 *Find gratitude*

- Find gratitude each day for your life and see how perfect it is.





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11 *Create time*

- Create time for you to be you.

12 *Remember You Are Irresistible.*

- Remember you are Irresistible, do what makes you happy to turn the pilot light on. Do something every day to get ‘IN THE ZONE’ it makes it easier to be relaxed around meeting people.

13 *Get Grounded*

- You will be more attuned if you are in your heart and you have found ways to be more embodied.

14 *Send Signals*

- It ain't the most attractive who get laid it's the ones sending the signals (smiling, looking, saying hello). But say hello to everyone it soothes your being.

15 *Remember The 93%*

- 93% of communication is body language, tone and pace- slow down, connect with your heart and whisper hello





Fun, Release, Commitment!

- or how to surrender, let go and be more present while connecting!

A - Fun:

When you have fun, you stop looking for the one, and you are a delight to be around. If you do things you love, then you may more easily say “hello” to other people. The key here is to start enjoying everyone and being friendly (the “one” will then show up while you are more relaxed).


B - Release:

Write a list of all the names of people who have upset you in your life and find a way to thank them for the learning they gave you.

C - Commitment:

Most people would like a guarantee that this opening thing is going to work out before they try it and hope a person will just “show up”, but it is the journey of going on an adventure, being vulnerable and going out there that is the growth that changes everything. Once you commit, that journey has begun. So, are you ready to say, “Yes, I want love”?

*Wishing you so much love and joy,
Cate x*



For specialised, professional
relationship advice, visit:

www.CateMackenzie.com



*Open Your
Heart*