



Open Your Heart

Oracle Deck

Cate Mackenzie

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"Cate is a modern-day love goddess and Universal Happiness Provider. Her particular gift lies in persuading people to do things they would have never thought of on their own, but which make them feel better afterwards." Peter York, Journalist

For my mum Tina, with so much gratitude for your ongoing support
for this heart-opening adventure.

Foreword

This book is created to help you stop, breathe, and reflect on your life. It can be used alone, or with its accompanying Oracle Deck. They are my gifts to you to help you take a moment to slow down and reconnect with kindness and love to yourself.

Opening your heart

When your heart is open, you might feel that everything is possible. You could feel joyful, more of yourself and allow your desires to run free. When life is spacious it feels good and when contracted it can feel scary. Nevertheless, have you ever wondered how you can keep opening your heart even with the daily interruptions of life? These cards are designed to help you go within, for a moment, connect to you and get to know what's happening inside you so you can allow more flow.

My suggestion is that you could begin this journey by taking some moments to tune in to your heart. You do this by closing your eyes, taking a breath, and listening in. You can pay attention to what your heart wishes to communicate and, if you are able to, put your hand

on your heart for a moment. In doing so you are starting the practice of cultivating a loving relationship with yourself.

The Journey of the Heart

The heart is a unique realm inside the body. It is another mind, another resource that you can delve into and uncover your true wants and needs. As you listen in, you can embark on a deeper journey of growth. Sometimes your heart and mind will present different ideas. This book is about taking steps to align them so you can develop a heart mind.

This can take time, so do be patient, honouring and celebrating yourself for your courage. Your heart is a mysterious place full of

dreams and possibilities – many that you may have buried or not thought of for a long time. When you spend time with your heart in contemplation you may remember precious wishes or be open to new ideas as well as releasing feelings. Your heart knows you well and can be full of your sadness, anger, hatred, shame, despair, vulnerability, joy, shocks, surprises, and happiness. In fact, it can be like a washing machine full of old clothes that you might not have cleared out.

If you never do heart work, it can become full up and clogged! If you are experiencing repeating issues or patterns with people in your life, it might be because you may not have completed or processed and felt earlier feelings. In other words, if you have not had the room, safety, or resources to fully experience and release certain emotions, then they may be stuck or buried in your heart. And this may mean

that there are painful wounds which you may be protecting and pushing down and, as a result, blocking some of your life force energy. You might be afraid of opening your heart because you cannot bear to be that vulnerable, but it is through feeling the sadness or guilt that you also create the possibility of more joy.

To release feelings, you may need to grieve the loss of a beloved or heal a deep trauma. When you gloss over these issues, they can remain buried alive in your system and cause great discomfort. If you can give them proper time and attention the feelings can become sequenced and metabolised. Feelings are like weather; depression might show you what you are not happy about, sadness what might need to be let go of and happiness a sense of direction. And you might be able to unstick many shocking and difficult experiences that may have been rocking your world. I remember horse riding

atop a mountain in my beloved Wales looking down on two villages. One was covered in rain, and one in sunshine, and both were exquisite. I could see this because I had perspective from above.

It was so interesting because I could see that another time, I could have judged one as good and one as bad. Through stopping and breathing and then having exposure to your true feelings you may be able to gain a bird's eye view over your life and start to see your patterns and rhythms and how they interconnect. They may not seem right or wrong but ways of being that you can observe. It is also important to recognise what state or stage you are currently in. Equally you may not have the time, space or resources to be able to connect or feel so be as compassionate as you can to yourself. One thought might be to begin by getting a notebook and a pen and go to

a cafe or different place and explore your wishes, wants and needs gently with no pressure.

Part of this may also be to recognise what state or stage you are in life and start to honour this. Are you in a resting, healing, moving, opening, or transforming place? Sometimes we need to stay days in rest or years in healing. Don't rush yourself. Safety is always the key. You can begin slowly. It's important to validate yourself and recognise where you are right now. If you start to connect to your sensations, feelings, emotions, and thoughts you may be able to move in life with a deepening awareness of which way to move forward and back. This can take time to get to know you and embody your feelings. If this feels foreign to you, you could start with even noticing if you feel hot or cold. Trusting your inner wisdom can become a natural way of being but it is not a linear path, a

conversation or a walk in nature may open a channel one moment and another time it might be hard to allow anything. As you start to heal and embody yourself through love and kindness you may be able to see all the tools and wisdom you developed through your challenges. Again this may take time as it may not seem, at first, that you learned anything from huge difficulty.

This book and the accompanying cards are packed with insights designed to help you. A good person, or a professional or a group may also help you along your journey. For example, you could create your own ceremony to address your emotions so that they can move through you and the possible transformation can take place. Just like decluttering your home or weeding your garden it might be possible to have a moderate, tidy, inner world which flows well. Here you can learn how to be open hearted, vulnerable, voicing your truth.

sharing, and asking for what you need in an emotionally literate way (meaning right time, place and with a sense of kindness) so that your life works in an optimum way. Part of this is regular daily self-care so that you feel a sense of inner warmth and peace. This safety creates a possibility to be able to reach out for what you want. As you start to listen you may begin to hear your own inner voice. This is powerful as that is the still soft voice that can guide you. Once you can practice slowing down, even for a few minutes a day, then you may gain access to deeper knowledge.

By exploring your sensitivities, you can learn how to feel. Your feelings can then guide you like an internal sat nav protecting you while you stay open hearted. Intuition can feel uncomfortable sometimes as it may tell us difficult truths or guard us against things. But it can help us to feel genuinely protected and to know when to

proceed and when to retreat. Fantasy, on the other hand, can feel marvelous but can lead to getting involved with people, places and things that are unideal. Once you know how to align with your heart you may be able to stop, get in touch with yourself and receive your own inner wisdom.

Imagine this is like early dating and start to have fun saying “hello” to your heart whenever you can. Even if you pop to the loo, you could put your hand on your heart and say “hello”. It only takes a moment. You have the potential to become an alchemist bringing all of you into alignment, touching and inspiring other beings with your frequency. You don’t even have to know how to do this, your heart can guide you. This essence or path of the heart is expressed differently through our unique personalities. What this means is that we transmit love in different ways. It could be being a cobbler, or

taking care of people, giving a smile or a look or writing a great song. It could be being a parent or making music or just emanating love.

Your journey is your experience and is so important. It is all about how you express love in the way you do. There is no right or wrong. Being you is an incredible key for the world. If you are the right person for someone then just being near you or hearing your voice will touch and move something in them. You won't be everything to everyone and you don't have to be. The heart is also good at a full "yes", a "maybe" or an absolute "no". A fully heart-centred person has self-care, can set boundaries and says "yes" when they mean it! And a definite "no" can be the kindest thing for all concerned. Just like the Bananarama song "It ain't what you do it's the way that you do it. That's what gets results." So when you are really in tune with

your heart it may be easier to express yourself authentically and this can help you and all those you connect with.

This deck is made to give you a chance to slow down, tune into your inner world, contemplate your feelings and the journey of growing in love. Your heart is very grateful for you choosing to do this work. It longs to be known and have a chance to heal the past and live in the present. So congratulations for being on this journey.

How to use this book

You can use this book and the accompanying oracle deck to reflect on your life and what may be happening for you. It can be a way to externalise a feeling, a part or a pattern and be able to interact with it in a new way. This may mean that you are able to unburden a story

and create a new narrative. When you are ready to pick a section and a card, stop, breathe, and hold the deck.

Close your eyes, allow yourself to connect inside you and then pick one. Notice if you resonate with the message. If you do, allow that to land inside you and see how that feels. If you don't feel aligned with that card feel free to pick another or let that one go.

You can always pick another section and card to amplify the first meaning and a third to go even deeper if you choose. Then place the cards face up and notice what you feel as you look at them. Another option could be to pick one section and card a day to tune into your heart and, I hope, be reminded about the beauty and abundance of love. Or you can pick a section and card whenever you need to tune in and listen to yourself.

If you choose e.g. three cards then imagine that the top one is the theme, the next one amplifies that and the last one reveals what is underneath all of it. It can be quite powerful to have the layers.

The little book will give you deeper meanings to each card.

Kindness

I asked my friend Richard O'Brien about his thoughts on kindness, love, and the heart, and I found them to be deeply profound: "I have always considered kindness to be the most important part of a civilised society. I used to believe that 'love' was the divine principle, but that word comes with so many different definitions that I find the thought no longer tenable.

Kindness, however, cannot be misconstrued and I ask you to imagine its presence in everything that we do. Every business deal, every social interaction, every moment of our day. What a wonderful world that would be!"

I feel that we all need kindness and warmth, and I am hoping that these cards will help to tune you into the love that is in your own being. They are also small enough to put in a bag and could be there for you if you ever feel out of sorts and want to take a minute just for you. Sending you love xx

About Cate Mackenzie

My name is Cate, and I am Relationship therapist. I work with individuals, couples, and groups to help them to open up to themselves and their lives. At first, I worked as a community artist teaching dance and drama. This work helped to open me up to love which then led to giving talks and Workshops to the mainstream as I wondered if other people had possibly shut down due to loss in their lives.

I originally painted the hearts to remind me to keep my heart open when I was grieving. I had a couple of very dear people die, when I was young, and I wasn't sure I could get over these losses. So, I went out and bought a load of paint and canvases and created a lot of hearts. They helped me to feel that I could unblock, heal, and open to love again.

I paint the hearts while dancing to loving music (like 70s and 80s disco or reggae), so that the images hold a feeling of movement – of the energy of love in action. My intention is that the hearts can emit warmth and love and the observer can receive that. I prepare a space with candles, incense, a cloth on the floor with the canvas on top and ask to be a channel of the heart. I ask to allow love to flow through me as I create. When I am ready, I then dance around splashing paint and glitter, as I go, to make the hearts. I hope you can feel the energy of this in the hearts and in this booklet.

Inclusivity

This deck and book are for whoever would enjoy it. I hope that it expresses respect and equality for the reader whatever their gender expression identity/reassignment, sexuality, relationship, age, Neurodivergent status, religious/secular, racial or cultural background, age, ability/disability, wealth, or status. We are in a multidimensional galaxy of difference, both inner and outer and I hope that by honouring that more and more there can be a greater sense of love and unity within and without for each person.

HEART ORACLES

Card meanings

1 - Allow love

Do you find it hard to receive? Do you knock back love, compliments, or appreciation? Do you recognise when someone is trying to give to you? It takes practice to allow love and to let it into your heart.

Can you begin to see the love around you and start to appreciate it? Can you begin to celebrate you? Congratulate yourself for getting to this point in your life. Say to yourself out loud “well done, I love me and I am Worth it!” You are definitely worth it!

2 - Connect to love

The wisdom of love is always there and will be given to you once you ask for it. All you need to do is call on your heart and then let go. The

answer will appear, maybe through a friend or a sign or a knowing. Why not dance, write, or walk or do whatever you need to surrender and then take note of what happens. The answer may not be obvious or as you expected but it will be there and will feel right.

Remember that love can always be seen either through a flower, some nature, a friend's kindness, a sweet animal, a phone call or whatever is there around you to remind you. If you slow down, tune into your heart, and take a moment you can notice the manifestations of love around you.

3 - Find your folk

There are people who are on your wavelength, who can understand you and what you are sharing or saying. When you reach out and

find them then you may feel that you make sense. You won't have to feel like such a strange fish! When you connect to your folk it can be easier to land in your world and share your gifts.

Write down what you want in other people and allow the universe to connect you with other folk. You will find your way. If you don't know how to do this, ask someone who does. There are nature walks, dance groups and recovery circles all waiting for your presence.

4 - Go deep into being

Take some time to connect within. If possible, close your eyes and go inside. Go within you and notice you. Your body will reveal your deep knowing. Inside you can scan sensations, feelings, emotions, and thoughts. They are doorways to really know you.

When you allow you and all that is happening inside you to emerge, feelings can move through you like the weather and help you understand things in a balanced way. Depression may signal what we wish to let go of, resentment may show a need for a boundary, sadness a letting go, joy an uplift.

You can become a temple of fluent, fluid movement as you soften and allow the waves of emotions to move through you turning into a stream of love. Can you take five minutes a day to go inside you and listen to your inner wisdom? Can you explore these and discover more of who you are?

5 - Gratitude opens the heart

Gratitude, “the great attitude”, (coined by Shaun De Warren) is a very deep and simple way to open the heart. When you remember what is beautiful in your life or in your day, you feel yourself relax and open to your good. When you are focussed on the negative, you often cannot notice anything else.

If you take time each day to say thank you for what you do have then you are opened to the beauty of your life. Gratitude is a gateway to a blissful expansion. We have a choice to live in heaven or hell at any moment due to our thoughts about life. You could choose despairing thoughts and focus on loss or you could put your attention on what you appreciate. Once you are grateful for aspects of your life it can help you handle the difficult parts.

Write a daily list of what you feel glad about and what it makes you feel.

“The mind is its own place, and in itself Can make a heav'n of hell, a hell of heav'n”

- John Milton

6 - Healing your heart

Did you know that your heart can heal? Are you aware that your heart is so grateful for you repairing and recovering your past frozen, emotional experiences. Once you do this you can experience new energy and new life? Your heart may have shut down for important reasons to protect you and keep you safe. You do not have to push or force your heart open.

You can very gently give empathy and compassion to your heart giving thanks for all the ways it has been careful with your beautiful essence. Your heart is deep and has several chambers to connect into. When you begin the journey, there may be old feelings or ruptures that are buried there, but as you spend time with your heart they can have a chance to be heard and healed. Then it might be easier to go inside, go into the chambers and listen to its wisdom.

7 - I love you

You are loved you truly are! Through the ups and the downs of this journey you are growing in miraculous ways. You are stretching, opening, challenging yourself and gently opening your vulnerable

heart. You may then feel all the grief locked in there and you may be scared to surrender because you dared to come close to love.

Can you stop for a moment and allow yourself to feel the love that is in your heart, in your being? Can you allow yourself to be more of you? Are you able to let go of judging yourself and allow an unedited heart centred version of you through! I know how awesome you are. Do you?

8 - I see you with love

I can see your essence; I can see your truth. I can see how deeply shiny you are and how your heart beats. I see you. I love you. I deeply honour you in all your power and magnificence. You are irresistible. You are magnetic. You are a love button!

You are a fountain of love. Thank you for being you. Can you look in the mirror and see the beauty that you are? Can you see yourself as you are and say to yourself “I love you; you got here, you are great”? I know this can be tender so take it gently.

9 - Just be you

There is no one else who can be you. There is no one like you and never will be. You matter, and you are loved and lovable.

Make a commitment to you today and find out what you truly want in the important areas of your life. Create an affirmation that you are already doing this, and this will start the journey to being the you that you are.

Say this out loud, let it land inside deeply. Just being you and being with you is like a deep dream someone had in their sleep when all was calm, and they felt this depth of intimacy and connection. So can you allow yourself into you and be with you now? Thank you for being you, your energy heals so many others.

10 - Let your heart sparkle

When you smile, look, and connect, your diamond love light helps others to open up, and feel loved. When you are yourself a river of delight is revealed and shared around you. There is a portal in your heart and opening it creates a shaft of brilliance that links to your highest vision of you. You are the one! When you light from the inside an electrical spark shines and shifts all dimensions within you and others can feel this.

This allows true resonance. When this happens a beam transmits from your inner being to the world beyond. In this way your heart's frequency can be heard and magnetise others to connect to you. Take time to think about sharing your gifts with the world. As you open you light the world!

11 - Lightness of love

Just being you is the dream. Your energy, your effervescence is ineffable, intangible, inscrutable and mysterious. When things are spacious and calm in you, you emit a peace that is so wide and so large that those around you start to feel a sense of love for everything no matter what, just as it is.

When they feel you, they feel what is truly light, sweet, and really opening. They can be with the unknown and appreciate themselves and all you are and what is there between you. Today can you give yourself space to be you and slow down and pause?

12 - Love accepts all

Did you know that love accepts all of you? All your mistakes, all your difficulties, all your shame, guilt, and shadow sides. Did you know that love sees you and accepts you just as you are? There is nothing but love, pure unadulterated love.

And when you feel the love in your being there is healing. Anything you are hurt by can have the possibility to heal with love and kindness. Love knows all of you, accepts and welcomes all parts of

you. Take a moment to breathe, to rest in the love that you are? Even just for a moment. This could transform everything.

13 - Love accepts you

Love always accepts you and sees you as pure. It does not matter what you have done or who you are, you are lovable no matter what. Please let go of any guilt or shame and allow yourself to receive the love that is there for you in the universe.

Can you forgive yourself for any wrongs you feel you may have done? Can you be held in the arms of love, comforted, and shown that you are deep, worthy, and special? Love wants you to know that you are precious, always. If you are able to, write down what is lovable about you.

14 - Open your heart to fun

When you open your heart to fun, you can feel the waves of joy pour through you. Your depth of being opens you up. You are in a community with yourself. With fun you are nourished, you are filled with love, and it is bliss. Feeling into this connection to fun allows you to be fully present with yourself in the moment.

Take yourself into your heart and create a life of fun. Take time to get a notebook and write down what might be fun or pleasurable. Notice what you like or what you might like to engage with. Commit to daily and weekly actions of self-care and self-love and watch the magic grow!

15 - Reach out and express

Plant a song, a dream, some joy, or some pain. Write words that express who you are and reach out to others. There is no one like you, no one as unique as you. You are a one off, deeply special, needed and wanted just as you are. Reach out and express your essence. Can you allow yourself to love you and listen to your heart?

If you do this you will discover that so much that wishes to be shared from inside you. You may have judged or blocked yourself. Maybe you need some encouragement. Know that your inner creativity, your words, your thoughts or touch or ways of being are so important. See if you can let yourself be fully present to what wants to be expressed through you. Take a pen and paper and write what this is. Or take a walk or sit silently with your breath; your dreams will emerge if you let them.

16 - Reach out to love

At any moment, at any time you can reach out and ask for love or ask a question of love and know that love is there for you. You are a heart, a walking, loving, living heart. All you need to do is to put your hand on your heart and to listen in. Like any relationship this may take time to get to know each other. You can also raise your arms up and round three times and this also physically allows the heart to start to open. You can hug yourself, stroke your arms and you can practise reaching out your arms and imagining you are being loved.

Be patient and slow as you create this connection. We are supported all the time if we can allow it. Music, nature, support groups, books and podcasts are all there to hold us safely. If you can find your things that hold you and ground you daily, if you can find your folk and allow yourself to receive them you can expand and grow in love.

17 - Shine your love

Please let us know you are here! Please reveal your beautiful heart!
You are so extraordinary, beautiful and there is no one like you.
When you spread your love something extraordinary happens in the world and we all benefit.

Sometimes this might take a lot of courage and support but when you share your smile, your thoughts, your care, your creativity you light up the world like no one else does. Your heart's presence makes everything better. Why not share more of you today with a little smile or a "hello"; especially to yourself.

18 - Sparkle your love

You are a light of love. When you look after yourself and spend time with yourself you turn your light on and there is someone “at home”. That someone is you. You are the sweetest beam shining across your world and lifting all of us up. A look, a smile, a hello from you creates a connection to others that lifts them up. How is your daily re-parenting? Do you give it to you and make that a priority?

Can you take half an hour to an hour a day (or even five minutes) to give to you, slow down and connect with your needs and wants? Do you know your needs and wants or what you want to say “yes” or “no” to? Can you slow down and go within and breathe for some moments to be with you? Then take some moments to write about self care and what that might look like for you. How would you like to spread your sparkle?

19 - There is always love

As you love you, connect to your heart and heal all the parts that have been shamed, judged or blocked you can become your true self. In this peace you expand and grow into your true self. Love shows you the way so you can choose love. You are love, always remember this. Love is you. You are love. There is nothing but love. Remember who you are. Place your hands on your heart and breathe into it with awareness, knowing your depth of love.

20 - The ocean of love

There is a wide sea of love seeking your attention. It is there whenever you need it, open hearted, strong, and free –the ocean of love. As you swim in its soul it starts to connect with your presence. It

guides you to be you and to slow down. You then flow and notice your depth, strength and energy continually flowing like waves.

Its depths can seem far away and unreachable, but you are able to surrender to its power and be awash with love because you are love. Once you remember and allow this you can begin to let go and melt. Are you willing to surrender to the greatness of your love and allow its ocean to transform you?

21 - True love grows

Sometimes people come into our lives and sometimes they leave. It's all part of the mystery of life. There must be two "yeses" to continue a connection. Whether you deepen or move apart, if you both can listen and communicate with honesty then you experience growth

together. Even if you decide to separate you can still maintain kindness and love. Part of this is your own journey of self-care. As you tune into and build a relationship with your heart you begin to feel a shift in your own life. You can grow a loving connection to you through daily actions that feel good for you.

This daily re-parenting means that you are telling your mind, body, and spirit that you matter, you are important, and this sets a new template. You can begin to get clear on your “yes” and your “no” and what works for you in your life, leading to authentic love for yourself and others. When you present yourself openly it helps the other to meet you. You help them to connect to the facets of their being. They can learn to love through your boundaries and kindness.

22 – Water your dreams

Your dreams are very important, whether they are big or little. As you visualise, clarify, prepare, and begin to take actions your heart will feel loved and nurtured. If you want a dog then walk someone's dog, if you want to live by the sea visit the seaside, and if you want to write a book write a paragraph.

The act of connecting in small ways begins a flow that tells your heart it is important and like flowers that you water it can grow. Your dreams are the precious children of your being. Your heart's desire is to create the deepest expression of you. When you allow this, you come alive, and bliss can be yours.

23 – When you listen, I soften

Do you realise the power you have to give someone time and to hear them as they are? Did you know that you don't have to do too much but just give them the space to be heard and that can allow them to surrender and let go. Give them some time, let them be themselves and you will see what transforms. There is a switch of love which turns on when they are in your company. The vibration moves them, and they can feel the shimmer in their hearts.

They deeply appreciate your grace. You are like a ballet dancer in your depth of being when you are present with them. For this people can be so grateful. And just as you do this with others it is equally powerful to do with yourself. Take some time to listen to your heart and to be with your depth. Really listen in and hear yourself. You may be amazed.

24 - You are a heart

You are a heart. You are a heartbeat. You spread love wherever you go. Mexican religious folk art commonly features a connection between the heart and hands. So, when you reach out and touch you are sending love from your heart. You walk with love, you speak with love, you touch with love. You are love.

Your heart beats with a frequency that is unique to you and when the right person who is right for you, and you for them, connects they are healed by your vibration of love. We are all facets of a huge diamond, and your light is pure. Thank you for being you. Take some time to meditate on your heart and ask it what it needs to open and reveal its jewels to you.

25 – You are a love button

You are the cutest thing that ever existed! All anyone wants is to be near you, feel you, connect with you and to love you. When they see your perfect smile, feel your divine warmth they are heaven sent.

Thank you for being you and for all your service and love. There is no one quite like you. No one is as lovable as you are when you are you. No one that is as tempting to get close to like you. You are the most yummy, scrumptious, delicious being. You are love, you are a love button. Love turns on when you are near. Can you feel how adorable you are?

26 - You are always loved

You are the beloved. You are the one. There is nothing you can do that would mean that you are not loved. Love loves you, holds you, forgives you, wants you, softens to you, adores you, cherishes you no matter what.

Whatever you have done and whoever you are can be held with so much kindness now. Put your hand on your heart and connect daily to hear your heart's messages and tune into love.

27 - You are flow

You are a river of light, sharing your codes and dancing the waves of your heart. When you allow fluidity with your subtle, powerful ways there is no one like you. You teach others how to move with feelings.

When they are near you they can allow their soft selves to emerge. Take some moments to be in your surrender whether listening to the birds, music, or the sounds of the sea. Allow yourself to flow and be you.

28 - You are love

Every particle, parcel, morsel, and piece of you vibrates and twinkles with warmth and generosity. Your feet step love into the ground, the earth, the grass. Your hands touch with love: people, a plant, your home, the environment. You are a beaming, loving, exalting twinkle of juicy light.

Wherever you are you emit love! As soon as you remember that you are love, there you are- a beacon of pure sparkling heart energy. Today tell yourself “I am Love”.

29 - You are needed

Without you nothing would be the same. Your love, humour, gifts, and attributes are essential, needed, and important. You are a special part of the universe. You complete the whole and without you nothing makes sense. We are all interconnected, and we are all part of an integral puzzle that is crucial. Some of us have taken on huge pain for the collective, some of us have bigger jobs and some smaller but not one person is unimportant.

Can you allow yourself to connect to your purpose and how your gifts help others just by being you? Take some time to recognise who you really are, and the depth of your being. Thank your heart for getting you here to this point and allow yourself to feel the gratitude for you. Maybe write down your gifts of character, your dreams and wishes and how you lift others. Explore what these are and what you can do today to connect to them. Remember all the little ways you give care to the world.

30 - You are part of more

There are many worlds within massive universes, seamed through galaxies. Look deep within or around yourself and you will see how much more there is beyond you. You are an important facet of a very large diamond.

Slow down, take some breaths and tune into the back of your eyes and the back of your throat, straighten your spine, soften your belly, and breathe. Notice what your heart tells you. There is so much going on around you which may be distracting. Hand over any questions to your heart and see what comes back to you.

31 - You are the beloved

You are so important, wanted, needed, and beloved. People are so grateful you are here. Thank you deeply for being you. Your precious heart is the key to this journey, and you open doors for everyone with your courage.

People exist in ways they might never know or understood because of you. You are loved and appreciated. Can you connect for a moment to this feeling of being beloved? Take a notebook and notice what comes up around this and see if you can hold yourself with kindness.

32 - You are the one you've been waiting for

Did you know that all the answers to your questions are within you. As you take care of your well being you can build a beautiful connection inside. Listening to your inner voice through slowing down, dates with yourself, a pleasure practice, mindfulness, and breath enable you to travel inwards and hear the answers you need.

Place your hand on your heart and begin the relationship with yourself. Take a breath, slow down, tune in and let the answers come - you may be surprised what you hear!

33 - You belong

You are a diamond light! You spread love wherever you go. Don't ever forget your belonging and the place you hold in the hearts of many. There is a room in your heart with a cosy little bed made up for you, for whenever you need to rest and receive. Always remember that there is love inside you that you can tune into whenever you need to.

Why not take a moment to go into the healing chamber of your heart and feel that sense of belonging. Whatever you do, whoever you are, you are deeply important and loved. There is no one like you and

never will be. Slow down, breathe into your heart to get to know how beautiful you really are and start to feel the love inside you.

34 - Your contribution matters

You are a very special spark of colour in the world. Nothing would be the same without you! Something would be missing if your voice was not heard. You may not recognise the importance of your presence without you doing anything. It doesn't matter how big or little this is, what matters is that you are here. Take a moment to put your hand on your heart, say hello to you, your gifts and recognise a place in the heart of everything that knows you and how your contribution matters.

Use a pen and paper and write down what you would like to be and live to the world as well as appreciations for who you are. Can you sense your purpose and how you help others just by being you. Take a breath and imagine living your life where you shine your light in the world. Notice what that feels like and what is happening around you and recognise your contribution matters.

35 - Your heart knows

All the mysteries you wonder about are held in your heart. As you tune into your heart, truths will come from deep inside you. There is no one like you. Listen inside and you will hear your truth. Your heart's wisdom is always there and will be given to you. All you must do is to ask your heart and let go - the answer will appear.

You could also dance, write, walk, paint, sing or do whatever you need to do to surrender and allow what turns up. Your heart knows your truth and when you take a moment you can trust what it knows. It may not be as you might have thought but the knowledge will be there, and it will feel authentic to you.

36 - Your heart sings

Do you know that your heart has a frequency and emits vibrations? When you allow it to open it sends beats or songs out to the world. It speaks through you, in you and around you. It is sending love tones through you.

Love yourself, connect to your heart and as you begin to heal all the parts you have shamed, judged, or blocked your heart will sing. You

will then be the multidimensional self you are, and, in this space, you expand, and your heart can sound its call.

Thank you

Thank you for hanging out with me and this love book. It is so precious to share this time with you. I really appreciate your support and engagement with me. It means a lot. We all grow and learn through our relationships and that includes the connection with ourselves. So I send love and gratitude to you for all you are and wish you well with your journey of love.

Cate x