Uncover Your Heart's Wisdom

Many times, our heart sends us messages which help align us with our best. This tool is designed to help you move on from anything significant that is affecting your positive alignment and gain insight into where you are "at" emotionally.

Set aside some quiet time to write a letter that no one will read, but will help you to uncover your heart's messages and wisdom.

What question do you want an answer to, such as "how do I feel about my job?" Write the question below.

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- Write down all the things you wish you could say, what you wish you had said, etc – basically getting it all out. Include all the memories, positive and negative, you can remember.
- Try not to analyze what you are writing, just let it flow from the heart. Write without judgement, just write down whatever comes to your mind. You will analyze it later.
- When you are finished, leave it for a few hours before reading it. Even better sleep on it.
- As you read over what you have written, highlight or underline anything that strikes you as interesting, unusual or significant.
- These are the messages and the wisdom your heart is revealing to you. Think about what these messages are, and what wisdom your heart is uncovering to you.

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Re write the question you want an answer to.

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What Do I Wish I Said Or Could Have Said?