

Heart Expansion Guide

"THE ONLY PERSON YOU ARE DESTINED TO
BECOME IS THE PERSON YOU DECIDE TO BE."
- RALPH WALDO EMERSON

In addition to being a read and a story, this book has a rich series of tools and mechanisms for healing, therefore this is an opportunity for you to use this content as a guide to healing - for yourself or a gift to others whose lives have been changed in a millisecond through illness or accident. It'll let you join in on the adventure through **vision, sound**, and a handy **work-book**, which will give you a reflection on your life and if you implement the new habits and ideas, enhance your life tremendously.



THE JOURNEY

V I S I O N

JOIN ME ON A HEART-EXPANDING JOURNEY, EXPERIENCING THE STORY THROUGH THE VISUALS I SHARE. LET YOUR EYES FEEL THE TALE WITH ME.

MORNING MARKET

CHAPTER: THE ACCIDENT DAY - A GATEWAY TO METAMORPHOSIS

I TOOK THIS PICTURE BEFORE THE ACCIDENT ON ONE OF MY MORNING MARKET VISITS. IT WAS PUT HERE SO YOU CAN IMAGINE THE FEELING OF A MARKET VIBE AND RECEIVE THE VISUAL OF THE PEOPLE IN MY STORY.



BANANA LADY

CHAPTER: THE ACCIDENT DAY - A GATEWAY TO METAMORPHOSIS

I ARRIVED TO THE LOCAL MARKET, PARKED MY SCOOTER BY THE ROAD, AND GOT SOME BANANAS AND PAPAYA FROM MY USUAL BANANA LADY, WHO EACH TIME KINDLY GREETS ME WITH HER TOOTHLESS SMILE.



CAMPUHAN RIDGE WALK

CHAPTER: THE ACCIDENT DAY - A GATEWAY
TO METAMORPHOSIS

THE CAMPUHAN RIDGE WALK ALSO KNOWN AS THE LOVE HILL. APPARENTLY, IT'S A
PATH FOR COUPLES TO GO ON THEIR ROMANTIC WALKS.



WHITE ORCHID

CHAPTER: WHITE ORCHID

I NEVER TRULY UNDERSTOOD WHY PEOPLE BRING FLOWERS TO PEOPLE IN HOSPITALS,
UNTIL THAT DAY.



NATURAL HEALY

CHAPTER: WHITE ORCHID

SHE ALWAYS HAD THE BEST EMPOWERING WORDS AND BEAUTIFUL SENSE OF HUMOR TO SHARE. ONE OF THE CATS WAS CONSTANTLY BY MY SIDE SINCE THE ACCIDENT, AND WHEN JOANA CAME IN, SHE TOOK THE CAT, PLACED IT NEXT TO MY SPINE AND SAID: "HERE, DO YOUR JOB NOW, SEND THOSE PURRING VIBRATIONS, A NATURAL HEALY".



@joana

AURORA POLARIS

CHAPTER: GAME TIME: WHAT IS YOUR
FAVOURITE?

- MEET ME AT THE DEPTH OF YOUR FAVORITE COLOR AND I'LL EMBRACE YOU WITH MINE.



FRANGIPANI FLOWERS

CHAPTER: CHOCOLATE TRUFFLES AND HEALING

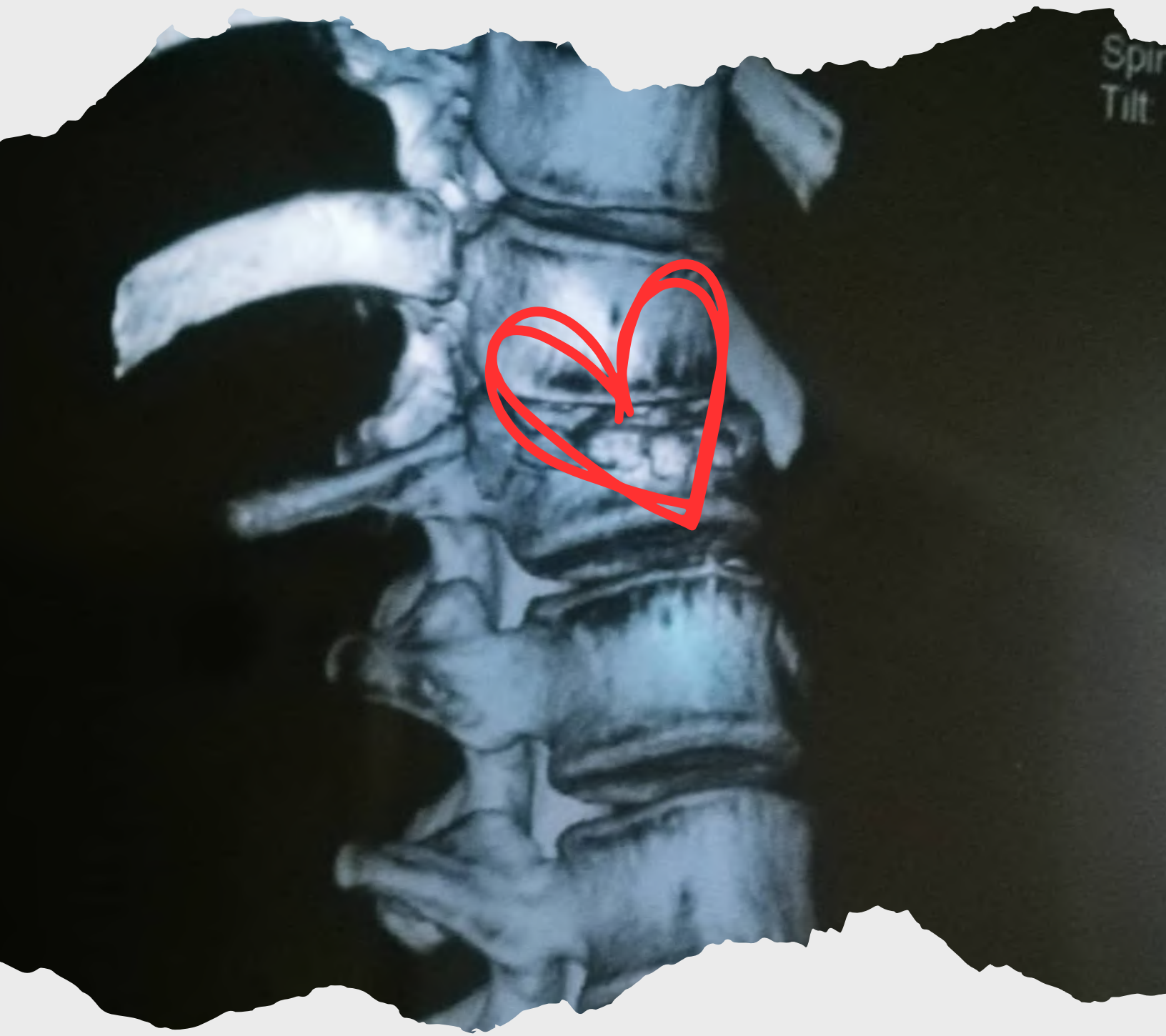
I AM LOVING AWARENESS. I COULD FEEL IT WITH EVERY ATOM OF MY SOUL, I ALLOWED MYSELF JUST TO FEEL EVERYTHING AND SMELL MY FAVORITE FRANGIPANI FLOWERS, THAT SOMEONE BROUGHT INTO MY ROOM. I FELT HELD AGAIN BY MAMA BALI, THE CONNECTION WITH APPRECIATION WAS BACK. IT WAS BROUGHT TO ME THROUGH MY EARTH ANGELS, AS I LIKE TO CALL THEM.



SPINE SCANS

CHAPTER: NAVIGATING THE COVID STORM WITH A FRACTURED SPINE

MOVED BY WHAT I SAW, I DECIDED TO SHARE A PHOTOGRAPH OF THE COMPRESSED VERTEBRA ON INSTAGRAM. IN RESPONSE TO MY STORY, SOMEONE SUGGESTED OVERLAYING A HEART IMAGE OVER THE FRACTURE. INTRIGUED BY THIS SUGGESTION, I FOLLOWED IT THROUGH, RECOGNIZING THE POWER OF THIS SMALL ACT. BY SENDING LOVE TO MY INJURY INSTEAD OF SIMPLY ACKNOWLEDGING ITS PRESENCE, I BEGAN THE PROCESS OF HEALING.



MAY THE GRACE OF DHANVANTARI HEAL YOU.

CHAPTER: CIRCLE OF GIVING AND RECEIVING

ONCE DHARANI DEPARTED, I OPENED THE ENVELOPE SHE HAD GIFTED ME. TO MY ASTONISHMENT, IT CONTAINED 1 MILLION RUPIAS. A SMILE OF PROFOUND RECOGNITION FORMED UPON MY LIPS, FOR DEEP WITHIN, I KNEW THIS TO BE A TANGIBLE AFFIRMATION FROM THE UNIVERSE. ON THAT VERY DAY, THE UNIVERSE UNEQUIVOCALLY IMPARTED A POWERFUL LESSON: WHEN WE WHOLEHEARTEDLY GIVE FROM OUR SOULS, WE OPEN OURSELVES UP TO RECEIVING ABUNDANCE IN RETURN.



May the grace of
Dhanvantari heal you

BLUE LOTUS FLOWER

CHAPTER: OSTEOPATH WITH A BAG OF BLUE LOTUS FLOWERS

HE SUDDENLY OPENED HIS BACKPACK AND TOOK OUT A FRESH BLUE LOTUS FLOWER, HE TOLD ME TO EAT IT BEFORE GOING TO SLEEP. I THOUGHT HE WAS JOKING, BUT HE WAS TOTALLY SERIOUS. HE PUT IT IN WATER AND LEFT IT BY MY BEDSIDE. THE FLOWER WAS VERY SPECIAL; HER STRONG VIBRANT DARK PURPLE BLUE COLOR WITH A SOLID YELLOW BLOSSOM IN THE MIDDLE, IT FELT SO ALIVE, ALMOST TOO ALIVE FOR ME TO EAT IT.



HIGH VIBE AGUS

NOVEMBER 14, PAGE 124

HIS NAME WAS AGUS, AND HE WAS SO MUCH MORE THAN SOMEONE WHO BROUGHT ME WATER THAT DAY. HE WAS SENT BY MAMA BALI, ANOTHER PRECIOUS GIFT FROM HER ARMY OF ANGELS. HE ASKED ME WHAT HAD HAPPENED TO ME AND LISTENED TO MY STORY. HE WAS LOOKING AT ME AS IF HE WAS WITNESSING THE MOST BEAUTIFUL TRANSFORMATION AND GOD SENT BLESSING. HE DID NOT SEE ME AS A VICTIM AT ALL, HE ABSOLUTELY BELIEVED THAT THIS HAPPENED TO ME BECAUSE I AM BLESSED.



We also... my heart when I...

SURGERY

CHAPTER: FROM SURGERY TO SURVIVAL: A SIX-HOUR TRIUMPH

SHE TOOK A PICTURE OF ME AND POSTED IT INTO THE GROUP FOR PEOPLE WHO WERE WAITING FOR MORE NEWS. WHEN SHOWING ME THE PICTURE I REALIZED, I WAS WHITE AS "CASPER" THE FRIENDLY GHOST, AS IF THERE WAS ZERO BLOOD INSIDE OF MY BODY.



SURGERY

CHAPTER: A MILESTONE ACHIEVED: FIRST STEPS AFTER THE SURGERY

HE SUPPORTED ME WHILE I HELD ONTO MY PEE BAG. I STOOD UP AND TOOK STEPS ACROSS THE ROOM, EVEN VENTURING OUT TO THE HALLWAY TO GREET THE NURSES AND DR. GOLDEN. MY LEGS WERE SHAKY, YET I FELT LIKE THE HAPPIEST PERSON ON EARTH. I COULD WALK! DR. GOLDEN AND THE NURSES NOTICED TOO. I ASKED NURSE NITA IF WE COULD TAKE A PICTURE TOGETHER WITH DR. GOLDEN AND ARI, AND SHE MADE IT HAPPEN.



SURGERY

CHAPTER: FROM SURGERY TO SURVIVAL: A
SIX-HOUR TRIUMPH

"THE WOUND IS THE PLACE WHERE THE LIGHT ENTERS YOU."



SURGERY

CHAPTER: A TOUCH OF GRACE

SHE SPREAD OUT THE ORACLE CARDS ACROSS THE BED, AND I REACHED OUT TO SELECT ONE. THE CARD I PICKED WAS THE PRINCESS OF THE AUTUMN HARVEST. STEPHANIE'S EYES WIDENED, AND SHE SAID, "WOW, SPELA, I PULLED THE EXACT SAME CARD THIS MORNING." WE EXCHANGED KNOWING LOOKS, FULLY AWARE THAT THIS WAS NO MERE COINCIDENCE. WE BOTH FELT A SURGE OF GOOSEBUMPS AND A SENSE OF DIVINE PRESENCE FILLING THE ROOM.



LOVING YOUR SCARS

CHAPTER: LOVING YOUR SCARS

WORKING WITH SCARS IS A DIVINE RESPONSIBILITY. IT'S A GIFT OF HOLDING SPACE FOR SOMEONE WHO WAS WOUNDED ALREADY. I HAD THE HONOR OF WORKING ON MY FRIEND ŠPELA'S SCAR TODAY. HERE'S MY INVITATION TO THINK ABOUT: HOW DO WE RELATE TO OUR SCARS? DO WE THINK THEY REDUCE OUR BEAUTY? THAT THEY CAN STOP US FROM BEING LOVEABLE? DO WE HATE THEM? WHY DO WE HIDE THEM? DO THEY MAKE US FEEL DISCRIMINATED? PUNISHED BY LIFE? WHAT DO WE PROJECT INTO THEM? WORKING WITH SCARS, REQUIRES GREAT AWARENESS IN TOUCHING THE SPOT WHERE THE TRAUMA SITS -

- VIOLETA LABELLA



STAIRS

DECEMBER 15, 2020

I WENT UP AND DOWN THOSE STAIRS QUITE A LOT THAT DAY, IT TOOK TIME AND EFFORT BUT I WAS ABLE TO DO IT. I POSTED A PICTURE OF THE STAIRS ON INSTAGRAM, SAYING THAT TODAY I HAD EXTRA MOTIVATION. JOANA LATER WROTE UNDERNEATH MY STAIRS POST: "I'M SUPER PROUD AND GRATEFUL OF YOU GOING UP AND DOWN THOSE STAIRS TODAY TOO! IN MY BUDDHIST PRACTICE WE SAY THAT THE BEST WAY TO GO OUT OF THE LOW EMOTIONAL STATE IS TO ENCOURAGE SOMEONE ELSE. AND SEEMS LIKE THIS APPLIES TO HEALING AND EXERCISES TOO! THE DAY YOU MOVED THE MOST, WAS THE DAY YOU COULD TAKE CARE OF SOMEONE ELSE. WE ARE ALL HERE TO TAKE CARE OF EACH OTHER. I'M GRATEFUL TO BE PART OF THIS LITTLE COMMUNITY AND WITNESSING YOUR GROWTH". - JOANA NEVES



SPREAD YOUR TOES

DECEMBER 18, 2020

MADEIRA'S WORDS ECHOED IN MY MIND: "SPREAD YOUR TOES, FEEL THE EARTH BENEATH YOUR FEET, GROW YOUR ROOTS AGAIN, CONNECT WITH THE MOTHER, LET HER HOLD YOU, AND DON'T FORGET TO BREATHE," I SILENTLY REPEATED TO MYSELF. WITH EACH STEP, I FELT THE DAMP GRASS BENEATH MY TOES, GRADUALLY FINDING COMFORT IN THE SENSATION OF SPREADING THEM.

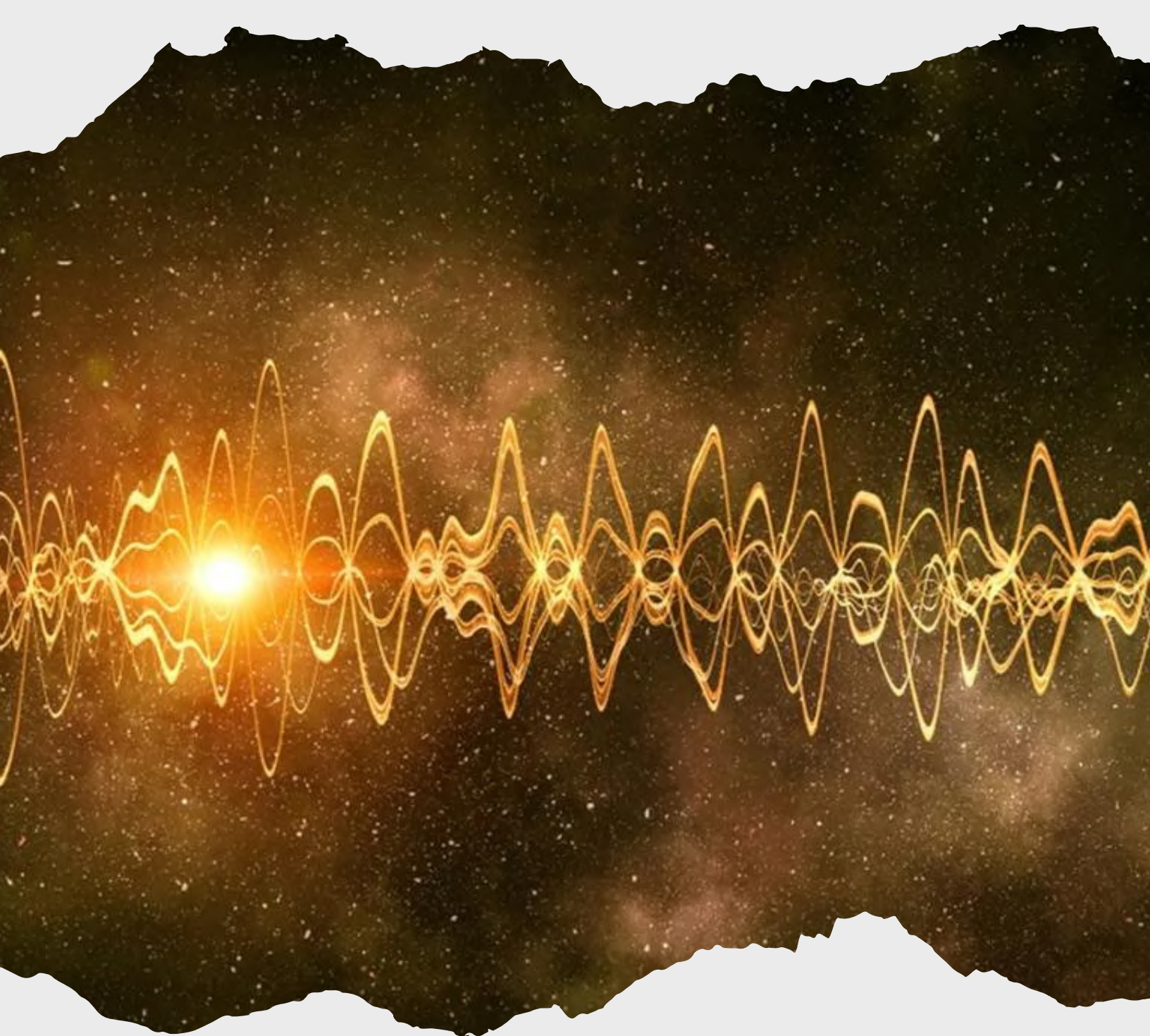


PROGRESS

JANUARY 11, 2021

DURING TODAY'S THERAPY, THORIQ SAID: "CAN I TAKE A PICTURE OF YOUR SWEATY SPINE DROPLETS? LUCINDA AND I ARE SO PROUD OF YOUR BACK RIGHT NOW. YOU HAVE COME SO FAR!" 2 WEEKS AGO, I COULDN'T EVEN LIFT THE KNEES, AND TODAY, WE CONQUERED A SET OF 10 MOUNTAIN CLIMBERS. I OWE A MASSIVE THANK YOU TO THESE TWO FOR HELPING ME FIND MY CENTRE, SWEATING OUT MY DOUBTS AND ANXIETIES.





THE JOURNEY

S O U N D

I'M SHARING THESE SPECIAL SOUNDS FROM MY JOURNEY WITH YOU. THEY CAN BE PERFECT FOR YOU TO LISTEN IN PLACES LIKE HOSPITALS, AND HOSPICES, OR IF YOU'RE JUST RELAXING AT HOME FEELING UNDER THE WEATHER. ENJOY! - TO OPEN THE SONG JUST CLICK ON THE IMAGE OR COPY THE LINK

THE AUGUSTEUM - DARIO MARIANELLI

THIS IS THE SONG I'VE BEEN WRITING MY BOOK TO. IF YOU WOULD LIKE TO FEEL THE MUSIC
IN THE BACKGROUND WHILE YOU ARE READING THE FIRST WORDS, PLAY THIS:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=AV5POYF_TV8](https://www.youtube.com/watch?v=AV5POYF_TV8)

ear

may

love

HEALING WHALE SOUNDS

I IMAGINED MYSELF SWIMMING WITH HUMPBACK WHALES. I DON'T EVEN REMEMBER WHEN I BECAME SO IN LOVE WITH THESE BREATH GIVING BEINGS BUT THEY CAME TO ME THROUGH THIS EXPERIENCE. I PLAYED THEIR SINGING SOUNDS ON YOUTUBE, PUT MY VOLCANO LAVENDER INFUSED MASK OVER MY EYES AND I SURRENDERED INTO THE JOURNEY OUT OF THIS PAIN WRACKED BODY AND TRAVEL INTO THE MIST OF MY IMAGINATION.

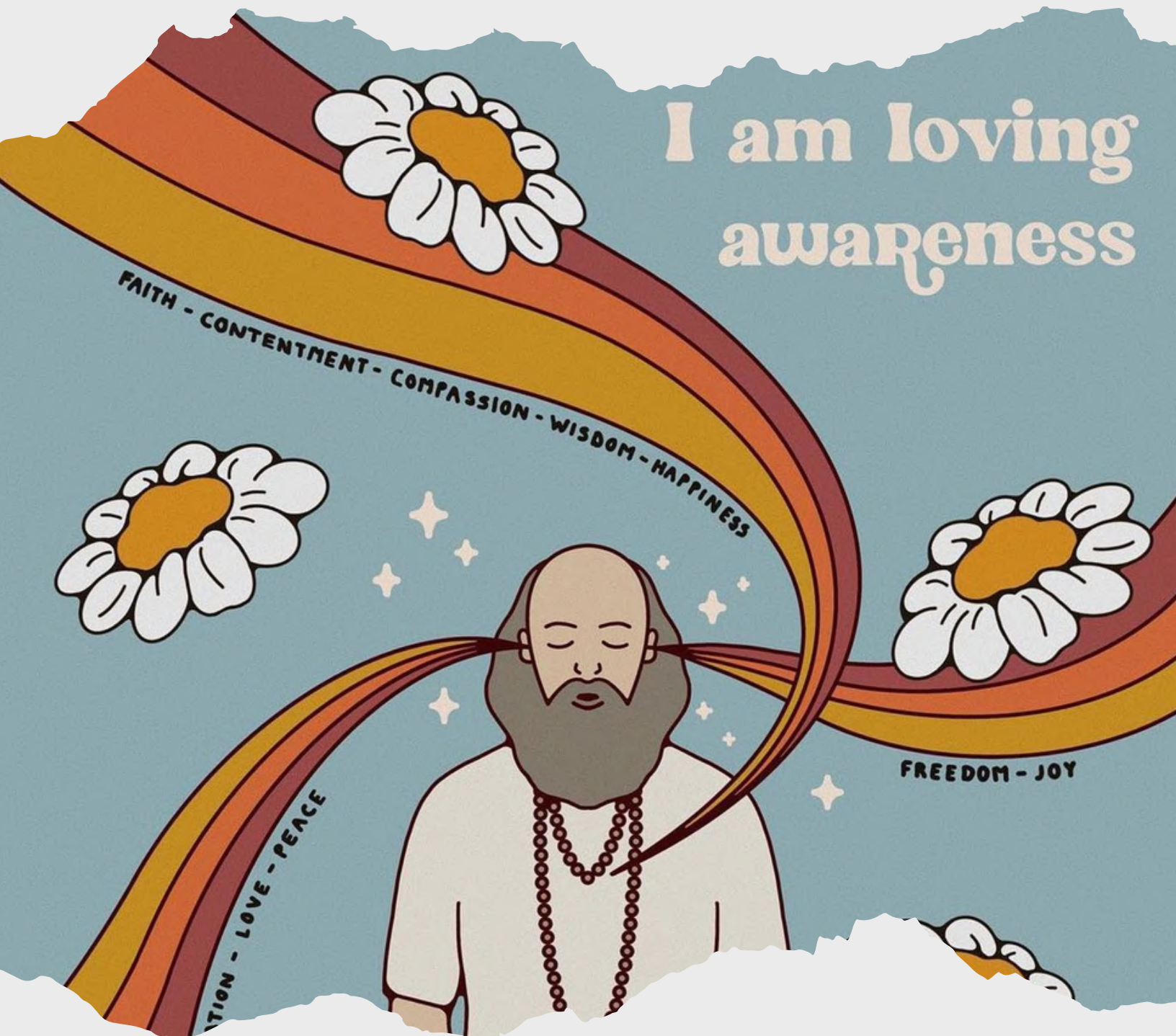
[HTTPS://YOUTU.BE/F2AMECP9KG0?SI=NCA7N9_H-NV1YNYO](https://youtu.be/f2amecp9kg0?si=NCA7N9_H-NV1YNYO)



RAM DASS - I AM LOVING AWARENESS MEDITATION

THE SOUL-STIRRING MELODIES OF RAM DASS' MUSIC WRAPPED AROUND ME LIKE A WARM EMBRACE, ELEVATING MY SPIRIT AND TRANSPORTING ME TO A HIGHER REALM OF CONSCIOUSNESS.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=WUQKBFFML7W](https://www.youtube.com/watch?v=WUQKBFFML7W)



BOB MARLEY - THREE LITTLE BIRDS

SO, THEY'VE PUT ON THE BOB MARLEY SONG AND STARTED TO SING TO ME: "DON'T WORRY ABOUT A THING, CAUSE EVERY LITTLE THING, IS GONNA BE ALRIGHT" WE SANG THE WHOLE SONG TOGETHER AND LIFTED THE HEAVINESS OF THE WHOLE SITUATION, BECAUSE WE KNEW THAT EVERYTHING IS GOING TO BE ALRIGHT IN THE END. IT ALWAYS IS.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LANCLS_HIO4](https://www.youtube.com/watch?v=LANCLS_HIO4)



GAYATRI MANTRA

DURING THAT MOMENT, I WAS INCREDIBLY DELICATE YET ACUTELY AWARE OF THE VIBRATION AROUND ME. THE PRAYER RESONATED WITH SUCH INTENSE ENERGY THAT I COULD FEEL IT PULSATING THROUGH MY ENTIRE BEING.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LANCLS_H104](https://www.youtube.com/watch?v=LANCLS_H104)



LOUISE L HAY - MORNING MEDITATION

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=4JNV1FV-_OS](https://www.youtube.com/watch?v=4JNV1FV-_OS)



RIYA SOKOL - HO'OPONOPONO

I WENT BACK TO BEING GENTLE WITH MYSELF, I PLAYED THE HO OPONOPONO SONG, PUT HANDS ON MY HEART AND SANG TO MYSELF REPEATEDLY: "I LOVE YOU. I'M SORRY. PLEASE FORGIVE ME. THANK YOU." I SAID SORRY TO MY BODY, BECAUSE I PUSHED IT TO ITS LIMITS. I KNEW THAT IT WAS DANGEROUS IF I STAYED UP FOR TOO LONG.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=4UFRQ3DISP0](https://www.youtube.com/watch?v=4UFRQ3DISP0)

HO'OPONOPONO



FEEL FREE TO TAKE OUT YOUR NOTEBOOK AND
ANSWER THESE QUESTIONS FOR YOUR OWN
INTROSPECTION.

1. ENVISION YOUR IDEAL SOULMATE: WHAT QUALITIES, VALUES, AND CHARACTERISTICS DO THEY POSSESS? HOW DOES THEIR PRESENCE IN YOUR LIFE CONTRIBUTE TO YOUR PERSONAL GROWTH AND HAPPINESS? DESCRIBE THE KIND OF CONNECTION AND ENERGY YOU SHARE WITH THIS PERSON, AND HOW YOUR IDEAL SOULMATE SUPPORTS AND UPLIFTS YOU ON YOUR JOURNEY.
2. DESCRIBE A SITUATION WHERE FORGIVENESS PLAYED A SIGNIFICANT ROLE IN HEALING. HOW DID IT AFFECT YOUR HEART AND MINDSET?
3. CAN YOU RECALL A MOMENT WHEN LOVE HELPED YOU OVERCOME A CHALLENGE OR ADVERSITY? DESCRIBE THAT EXPERIENCE.
4. REFLECT ON A TIME WHEN YOU EXTENDED LOVE AND COMPASSION TO SOMEONE ELSE. HOW DID IT IMPACT BOTH OF YOU?
5. CONSIDER A PAST HEARTBREAK OR DISAPPOINTMENT. HOW HAVE YOU GROWN FROM THAT EXPERIENCE, AND WHAT LESSONS DID YOU LEARN ABOUT LOVE AND RESILIENCE?
6. WHAT SELF-LOVE PRACTICES DO YOU CURRENTLY INCORPORATE INTO YOUR LIFE, AND HOW DO THEY CONTRIBUTE TO YOUR OVERALL WELL-BEING?
7. IF YOU WERE IN A ROOM WITH EVERYONE YOU'VE EVER MEET, WHO WOULD BE THE ONE YOU WOULD LOOK FOR?
8. IF YOU HAD THE CHANCE TO RELIVE ONE DAY OF YOUR LIFE, WHICH DAY WOULD IT BE? AND WHY?
9. IF YOU COULD RECEIVE A LETTER FROM YOUR FUTURE SELF, WHAT ADVICE OR INSIGHT WOULD YOU HOPE TO FIND IN IT? WRITE IT <3

INCORPORATE THESE IDEAS IN YOUR LIFE FOR 21 DAYS AND NOTICE THE DIFFERENCE:

1. PRACTICE MINDFUL EATING

- BY SAVORING A MEAL OR SNACK SLOWLY. AS YOU ENJOY EACH BITE, CONSIDER THE JOURNEY OF THE FOOD FROM ITS SOURCE TO YOUR PLATE. HOW DOES EXPRESSING GRATITUDE FOR THE FARMERS, PRODUCERS, AND THE EARTH ENHANCE YOUR DINING EXPERIENCE? REFLECT ON THE FLAVORS, TEXTURES, AND NOURISHMENT YOU RECEIVE, AND EXPRESS THANKS FOR THE ENTIRE PROCESS THAT BROUGHT THIS FOOD TO YOU. HOW DOES INCORPORATING GRATITUDE INTO YOUR MEALS IMPACT YOUR OVERALL WELL-BEING? TRY EATING YOUR WHOLE MEAL IN SILENCE WITHOUT DISTRACTIONS AND SEE HOW DIFFERENTLY YOUR RELATIONSHIP WITH FOOD CHANGES.

2. EYE-GAZE WITH YOURSELF FOR AT LEAST 5 MINUTES A DAY.

- RECONNECT WITH THE LOVE THAT YOU ARE. FALL IN LOVE WITH THE REFLECTION LOOKING BACK AT YOU IN THE MIRROR.

3. SELF-REFLECTION ON GRATITUDE:

- DO YOU CURRENTLY PRACTICE GRATITUDE IN YOUR DAILY LIFE? IF SO, IN WHAT WAYS? IF NOT, HOW MIGHT YOU IMPLEMENT MORE GRATITUDE INTO YOUR DAILY ROUTINE?
- TAKE A MOMENT TO REFLECT ON FIVE THINGS YOU ARE GRATEFUL FOR TODAY. CONSIDER ASPECTS OF YOUR LIFE, RELATIONSHIPS, OR EXPERIENCES THAT BRING YOU JOY, PEACE, OR FULFILLMENT.
- EXPLORE HOW EXPRESSING GRATITUDE CAN BE INTEGRATED INTO YOUR DAILY ROUTINE. ARE THERE SPECIFIC MOMENTS, RITUALS, OR PRACTICES THAT COULD BECOME OPPORTUNITIES FOR GRATITUDE?

DAILY GRATITUDE JOURNALING:

NOW, TAKE A MOMENT TO WRITE DOWN THINGS YOU ARE GRATEFUL FOR TODAY. THIS EXERCISE CAN HELP YOU CULTIVATE A HABIT OF ACKNOWLEDGING THE POSITIVE ASPECTS OF YOUR LIFE.

Gratitude Journal

Date: ../../....

Today I'm grateful for

-
-
-

Today I will spread kindness by

.....

.....

.....

Today's affirmations

-
-
-
-

Notes & Reminders



Thank you
