



Ziji Up! – Heart Opening and Gremlins

Listen to the guided visualization and completed each section when prompted.

Part 1 - (your loved one's name) _____, when I entered my imagination and saw you, I noticed that my breathing was _____ and I felt _____. As I took the time to really look back at you, I noticed that the area around my heart felt _____, and my breathing _____. One thing I noticed about you was that you _____. You looked _____. At this moment I feel _____.

Part 2 - (your loved one's name) _____, when you said my name, I felt _____. I found myself _____. When I think of you and how much I love and appreciate you, some of the words that come to mind are:

_____. Because I love you, I wish you would _____. If I could have my way, you would _____.

Part 3 - (you loved one's name) _____, when you were about to tell me your thoughts and feelings about me, I felt _____ and I wanted to _____. I'm aware that I really want you to know that _____.

With regard to our relationship, I want to _____ and I want you to _____.

I imagine that if I told you everything I've noticed and written in this exercise, you would _____. If I described to you face to face how much I love you, I imagine you would _____.

I've just imagined you will _____ if I express to you my love. The advantage of holding on to my imagined idea about how you will react if I express my love to you is that you, (your loved one's name) _____, will _____.

If I take the risk to be uncensored with you, then you might _____. And then I would feel _____.

Some people feel extreme joy around this exercise and feel their heart open in many ways. More often, I find people realize how gremlins come up when we are wanting to be vulnerable and open, like in this exercise when we are asked to express our love. Both types of these experiences are gifts, and you can even have both of these experience at the same time as well. If you noticed your gremlin/ Saboteur come up, know that these fears and anxieties keep us from being able to fully experience - and express - our lives. Commit to overcoming your gremlin!