



HEART HEALING

10 PRACTICAL STRATEGIES TO OPEN
& HEAL YOUR OWN HEART



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Woman are you ready *to choose you?*

It is time to rediscover the happy, confident and soulful woman you know you really are and connect with what your heart truly desires.

Our greatest transformational power is to feel deeply. When we feel, we ignite our spark within that leads us to find our courage, our voice to express your truth (and our needs!) and awaken your inner knowing that everything you need is already inside of you.

As a woman with a big heart, we feel so much and it's so easy to over give, putting everyone else's needs before our own. We are weighed down by the busyness of life and emotional overwhelm blocks the guidance from our soul, which leaves us feeling exhausted, unhappy and depleted of our natural feminine essence.

Deep down, we feel unworthy, lost and disconnected from our heart's truth. We fear if we stop and feel our pain we will fall apart and life as we know it will change. It's in this space we forget our soul's purpose and start believing our dreams aren't possible for us.

Your heart is ready to heal and you are ready to awaken the ocean of love within you. Let's go on a journey within to find the freedom and flow in your life so you can know the joy and pleasure of being in the moment.

NOW *is your time*

Oceans of LOVE

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1. CHOOSE LOVE

Choose you and choose love.

Each time you are faced with a challenge, a difficulty, a judgement, an emotion, choose to open your heart, breathe in love and then send you or others love.

When you hear your inner mean girl say you're not good enough or worthy enough silence her with thoughts of love.

When you choose yourself, you choose love, and love heals you, your family, and the world.

Imagine a world where everyone was free to be themselves and walk the path of their own heart.

2. FEEL DEEPLY

As woman our greatest gift, is to FEEL deeply. As we become aware of our emotions it becomes our power to transform our lives.

Our greatest transformational power is to feel deeply.

When we feel, we ignite our spark within that leads us to find our courage, and our voice to express our truth (and our needs!)

And awaken your inner knowing that everything you need is already inside of you.

FEEL deeply, LOVE openly, FLOW freely.



3. MEDITATE & BREATHE

Move from your head and into your heart.

Create a sacred time and space in your life to meditate.

Put one hand on your heart and one hand on your centre & breathe.

Set an intention of how you would like to feel.

Breathe in love for 5 seconds and exhale fear for 5 seconds.

**The soul knows how to heal the trick is to silence
the mind to hear the guidance.**

4. LISTEN TO YOUR BODY

Allow the wisdom of your body guide you to the answers you seek.

Our bodies are so powerful when we can connect to them, we can hear the messages they are sending us.

Take time to listen to your body, the reoccurring aches and pains, the ache in your heart they are all messages to connect on a deeper level with your body.

Your body is your temple, journey within to heal.



5. EXPRESS GRATITUDE

By focusing your intention on gratitude, you are living in the moment and appreciating your life as it is.

Our thoughts shape our reality so the more you are grateful for, the more appreciative you are of what you have the more energy you are creating for positive experiences and connections in your life.

By keeping a journal and expressing 5 things you are grateful each day actually rewires your brain and increases your energetic vibration.

A lovely way to say good night to your children.

6. LET GO & LEARN THE LESSON

Acknowledge where you are at, ACCEPT it for what it is & then just LET IT GO. There is always a higher purpose for the struggles and challenges in our lives.

The experiences that are making you unhappy, the patterns that you repeat are all here to teach you, so you can grow, learn, heal and transform yourself.

There is a diamond in your unhappiness, you just have to sort through the experience to find it.

**We are here on this earth in this
lifetime to be happy.**



7. CONNECT WITH NATURE

We are all energetic beings, living organisms and there is a whole universal source of energy that we can tune it too, from the trees, the sky, the clouds, the stars, the sun, the moon.

Open your heart to receive the goodness that they offer.

Walk barefoot on the beach, swim underneath a waterfall, dig in the garden, walk in a forest, or even hug a tree.

The energies of the universe support you.

8. MOVE YOUR BODY

Connect to the rhythm of your heart and move your emotions through your body.

If you are feeling stuck emotionally or physically, dancing it out!

Put on your favourite song and dance like there is no one watching.

Be creative, tap into your divine feminine essence, move, flow and have fun dancing!

If dancing is not your thing, try yoga or walking on the beach. Go Gently.

**Make it part of your daily routine &
dance with you children.**



9. ASK FOR SUPPORT

Ask and you shall be given.

If you are struggling with something, open your heart and reach out

As woman, with many roles to play, we often have lists of things to do longer than the hours in the day.

We perceive asking for help is a sign of weakness and that we are not coping with life, when in fact, it is an ancient way to connect with others

You just might be surprised who grabs your hand & supports you.

10. BE CREATIVE

Remember all those creative things you used to love as a child, do more of them.

Play, draw, paint, write, journal, take photos, go to the park, swing, swim, climb a tree, skip, and have fun doing it!

Journaling is a great way to express your emotions, write about what is on your mind the let it go.

Use the powerful healing technique of colour and add more colour to your life. You can wear it, eat it, or even visualize it.

Tap into your inner child or let your child teach you.

Ready to dive deeper & rediscover the happy, confident and soulful woman that you know you really are become a more authentic version of yourself?

2 INVITATIONS

YOU ARE INVITED TO APPLY FOR A PLACE IN THE
Becoming MENTORSHIP PROGRAM

1:1, 3 MONTH ENERGY, SOUL + TRANSFORMATIONAL JOURNEY
Limited Places available:

Email to claim your FREE transformational discovery session
to find out more.

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THE WOMAN WITHIN JOURNEY

8 week online program. It is self-paced but fully supported

For the woman ready to **CHOOSE HERSELF**, by **walking her path to knowing, loving and being herself**. To find her freedom within, her authentic self and unleash the ocean of love within her heart.

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Hi I'm Megan,

As a previous over-giving & under feeling I was a disconnected woman, who struggled with BEING ME. It left me feeling lost, alone & not worthy. I often felt like I was either too much or not enough. I've come to realise that everyday soulful women, are braver than they believe and have gifts within that will truly change their life & their families & the world.

The magic happens when we learn to choose ourselves.

My soul business supports EVERYDAY SOULFUL WOMEN to remember who they truly are, by walking the path of knowing, loving and being themselves, on a mind, body and soul level.

I infuse the art of energy medicine & the principles of Psychology with practices of embodiment, to empower soul seekers to find the courage to become, awaken and return home to the ocean of love within.

I am passionate about creating a community where people feel like they BELONG. They are choosing themselves, their freedom, and claiming their birthright of LOVE, connection & purpose.

Oceans of Love

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