

A 7-Day Heart-Centred Ritual Guide



I'm excited you're ready to sprinkle a little heart-opening magic into your days. Each short ritual is designed to be just 5-10 minutes, so you can easily weave it into a busy schedule while still giving yourself a moment of gentle nourishment. Think of this as a friendly guide that walks you through a week of tiny, powerful pauses that add up to a brighter, more compassionate you.

Your gentle companion for a week of love-filled living, told in the voice of an old storyteller who believes every heartbeat is a secret garden waiting to bloom.

How to Use This Guide

- **Set aside 10-15 minutes** each morning or evening.
- **Breathe deeply** before you begin – let each inhale fill the space where doubt once lived.
- **Speak the words aloud** or whisper them to yourself; the voice of encouragement lives in the sound.
- **Journal** the reflections in the space provided (or any notebook you love).

“When the heart learns to listen, the world answers in whispers of wonder.”

Here's a quick snapshot of the seven-day flow:

Imagine you're planting a tiny seed of intention each morning, and watching it grow with every gentle habit you add.

On **Day 1**, light a candle and take four slow, deep breaths—feel the air fill you like a quiet tide, then picture that seed cracking open, pushing tiny green shoots toward the light.

As you move into **Day 2**, grab three slips of paper and write down the things you love most about yourself; tuck them into a “Heart-Harvest” jar and imagine each note adding a warm glow to your inner garden.

By **Day 3**, settle into a comfortable seat, close your eyes, and repeat a soothing mantra such as “I am safe to feel, I am safe to love,” letting the words settle like soft moss over any tension that tries to creep in.

When **Day 4** arrives, let your inner child take the reins—play with crayons, dance a goofy jig, or hum a favourite tune for a few minutes, reminding yourself that gratitude can be as playful as a child's laughter.

On **Day 5**, stand in front of a mirror, look straight into your own eyes, and whisper, “I trust the rhythm of my heart,” feeling the confidence ripple outward like a gentle ripple in a pond.

Day 6 invites you to sit back, press play on some soft instrumental music and simply listen to the subtle sounds that arise within you, noticing how they shift and settle as you open space for new feelings.

Finally, on **Day 7**, light a fresh candle, write a heartfelt thank-you note to your heart, and release it—watching the flame flicker as a reminder that celebrating yourself is both a gift and a promise.

Each of these tiny rituals is like watering a different part of your inner landscape, helping it flourish and reminding you that growth often begins with a single, intentional breath. So go ahead, try one (or all) of these practices today, and notice how a little mindful attention can turn ordinary moments into vibrant, nurturing experiences. You've got this—your heart is already listening, and it's ready to bloom.

Give yourself permission to explore each step and notice the tiny shifts that blossom as you go. Keep this guide close, return to the prompts whenever you need a boost, and remember—you're already doing something beautiful for your heart, and that's something to celebrate!

A Tiny Poem to Carry You

In the hush of sunrise, a pulse awakes,

A gentle drum that heartbeats make.

With each breath, a garden grows,

Rooted deep where love bestows.

 Your Journal Space (use this or your own paper)

Day ____ - My feeling today was _____ because _____.
I will honor this by _____.

A Final Whisper from Reeny

You have walked a week with your heart as the compass.

Remember, each ritual is a thread; together they weave a tapestry of love you can return to whenever the world feels loud.

Carry this gentle rhythm forward, and let every day be an invitation to love yourself more deeply.

May your heart always hear its own song.

Feel free to print this guide, place it on your bedside table, and let it be your soft-spoken guide through each sunrise and sunset.