

Return to Your
Heart Song

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Return to Your Heart Song



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Introduction



Welcome, Dear Friend!

This book is my heart speaking to yours. It's an invitation to reconnect to your deepest self...to find who you really are.

It's a love story, with yourself.

I see so many women who are struggling to keep it together. They're trying to do 3,000 things at once and have forgotten themselves in the process. I've spent plenty of time in that space myself.

Here's the thing. This abandonment of ourselves can lead to chronic physical symptoms that can be hard to mitigate.

Longtime medical traditions like Traditional Chinese Medicine and Ayurveda understand that most disease has emotional and spiritual roots. If we don't see what's happening in our minds, our body will struggle.

"The body becomes the battlefield for the war games of the mind. All the unresolved thoughts and emotions, the negativity we hold on to, shows up in the body and makes us sick." (Molecules of Emotion, Pert)

I firmly believe that the body can heal itself if given the right tools. We have most of those tools within ourselves. This reconnection between mind, body and spirit is what this book is about.... If you're willing to dive into your deepest fears, you will find you have an incredible inner self waiting for you!

This is the start of a life journey to peace and contentment.

Return to Your Heart Song is meant to help you start on the path to true health! It can take your hand and be a guide.

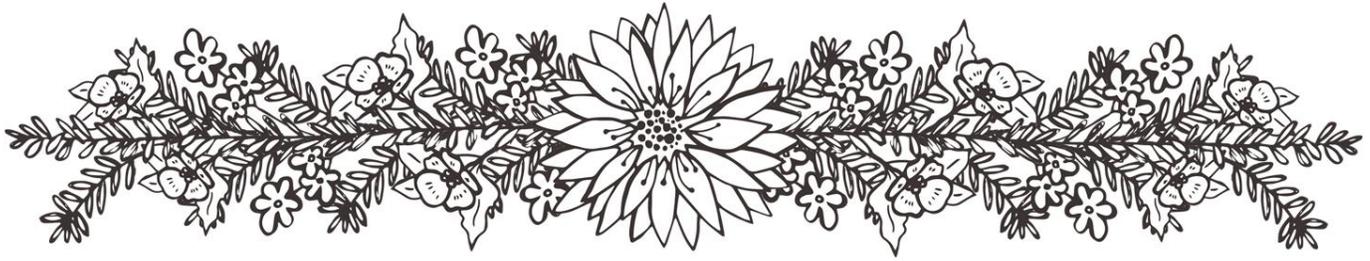
Dear Sister, I want you to know that you're not alone! You have support and resources that may not be clear to you yet.

It takes courage to start any of this! The road isn't always easy and flat. It may feel like you're moving into a dark forest with a path you can't see. *Return to Your Heart Song* came to life as my attempt to hand you a small lantern as you step into the trees.

Let's take a deep breath...or three...and get started!

With deepest love,

~Sarah



How to Use This Book

Return to Your Heart Song is a book of journal prompts designed to help you on your path to self-realization and embodiment. This is nothing short of an adventure!

Your inner self, the real you, has been trying to get your attention for a long time. It's end goal is to bring peace with yourself, or at least a start in that direction.

The road will not always be easy. You will find bumps you didn't expect. You will experience "AHA" moments and you will probably shed some tears along the way. There will also be smiles, recognition and a deepened understanding of who you really are.

You may be amazed at how special you really are. You may start to feel a tug on your heart and a call to action. It's the beginning. It's an illumination into your heart and soul.

I'm so excited for you to see where this takes you!

So, how do you use this book?

The Basics

First, know that there is no right or wrong way to do this. Do this at your own pace, at your own comfort level.

The prompts are written to build on each other, but that doesn't mean you can't skip to what calls you. I would, however, start with Unit 1. It is a foundation to help before you dive into the rest of the units.

The units were originally designed to be done one a day, but I quickly realized that it might take longer due to the deepness of some of the questions. Take all the time you need. This is your journey!

Answering the Questions

I know it can be difficult but find a time and a place that you can have peace and quiet as you start to explore these journal prompts. Your heart and inner self need to be heard without distraction...they've waited so long for this time with you.

If you can only do 10-15 minutes at a time, you're moving forward. Don't stress about this!

This isn't a race. Take time with each question. Let yourself have the freedom to answer truthfully and completely. Rushing through will actually slow your progress down. Small, consistent snippets of time where you can be mindful and present is more effective than 30 minutes of just trying to get through a unit

I get it...it's my personality to just want to get through to the other side. 💜

Write as much as you can under each question. If you need additional space, grab a notebook. Let your writing flow without filtering! Remember, you're allowed to your feelings, whatever they are!

Working through Feelings

Just a warning, from my experience...there will be loads of feelings that may come up as you write.

Allow them to surface...

Acknowledge Them,
Give time to them,
Feel Them fully.

If and when the feelings get too overwhelming, STOP.

Take some cleansing breaths...

Grab a tissue...
Cry your eyes out if you need to.

This is all part of reconnection. It is healing and therapeutic. The feelings are part of you and are there to guide and teach you.

Allow your mind and body to reconnect. The feelings are already part of you.

Listen to cues that come up in your physical body. Notice what spots in your body tense up, feel painful or scream at you. Your body is helping you understand how it has taken on the burden of your emotional pain. It has been trying to protect you, but often becomes overwhelmed with the stress. This has been one of my hardest lessons to learn.... to stop pushing through pains that come and-just listen to my body.

In short, allow what happens to happen. In the end, you'll be so glad you did!

Added Suggestions

Put on relaxing music that helps you feel calm and relaxed. This is not the time for your workout playlist revving you up in the background!

Find a comfortable spot where you can just let go of everything and spend time with just yourself.

Keep plenty of water handy. Some of your work will cause your body to start pushing toxins out because many of our thoughts are actually not healthy. Give your body support to get rid of those things!

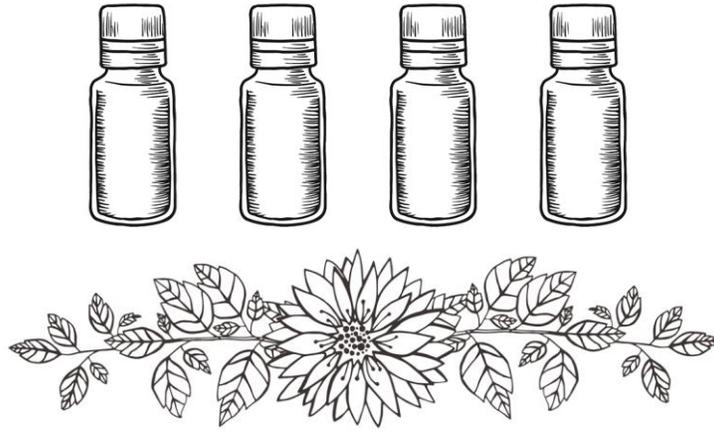
Again, listen to your body. If this exhausts you, take a break. You may need extra rest as you bring up stuff that has been eating at you for a long time. If you need rest, then rest!

Get a pretty journal or write with colorful pens/pencils (or both). This helps me a lot when I'm writing deep thoughts. It feels personal, pretty and just plain good.

Put some essential oils in a diffuser or on the back of your neck. I have designed diffuser blends that were formulated specifically to help with each unit. The next chapter will explain why I added these.

Finally, allow yourself to feel the love that your inner self has for you. Allow yourself to reconnect to your heart, your dreams and your inner self. It will be healing in the end I promise!





Why Essential Oils?

Essential oils have been used in healing for thousands of years. Texts that have been found in Egypt, China, India, Mesopotamia, Switzerland, Tibet, North America and others have shown the use of aromatic oils for many health conditions. Oils were used by healers for everything from hay fever to pain control; women's health issues to immune protection; and depression to anxiety.

The chemical components of essential oils are now being studied around the world to determine how they work in the body. Their ability of aromatic oils to help in the treatment of health issues include not only the physical body but also our mental, emotional and spiritual realms as well.

I wanted to include aromatherapy because essential oils have had a major impact on my daily life. They are very easy to use, safe when used correctly and are easily accessible. Essential oils are a critical aid in vibrational healing... the connection between mind and body and the healing that occurs with that connection. We will be doing a lot of mind body work in this book and the oils will help you along with that work.

Why Diffuser Recipes?

Our sense of smell is one of the most magnificent things we possess. It is direct and passes information straight to our brain. It can tell us if we are safe or in danger. It is tied to memories that bring a smile or sometimes a fear. The one certainty is that smell is an essential part of our health.

Using essential oils through inhalation is the quickest way to have a supportive effect in our bodies. Using essential oils in a diffuser will help with full body healing in a shorter amount of time than other modalities.

A part of our brain called the limbic system connects different aromas with emotion and memory. The beautiful thing about this is that traumatic memories can be healed with the use of these beautiful aromatic oils.

The diffuser recipes in this book were formulated by understanding the emotional properties each oil has. I paired each unit with appropriate essential oils for what topics are in the unit. This doesn't mean you have to use the blends suggested, but they are there to guide you and a good start if you aren't familiar with aromatherapy.

Using essential oils while working through the journal prompts will enhance your focus as well as speed the healing that comes from pairing aromatherapy with journaling. I have found this to be incredibly helpful for myself and for the women I work with...AND your physical body gets the benefits too!

I hope you enjoy the use of these blends developed especially for you!

Safety is Important!

While there are very few adverse side effects with using oils in a diffuser, safety is always key. There are some oils that are not safe for use in pregnancy even in a diffuser. I have found knowing that a little is good, a lot is not better, is a good rule of thumb when using essential oils. I typically use between 6-10 drops of essential oil in a diffuser. With a good quality oil, you will get great coverage even in a big room while not being overwhelming.

I believe that you will find that the use of essential will be important and help when things get rough. The aromas will be uplifting and supportive and be a partner in your healing!



Unit 1

Today, we're looking at who you really are...your desires, your hopes, your dreams. Let these oils help you see yourself clearly with integrity and empowerment!

I can see Clearly

1 drop Clary Sage
2 drops Coriander
2 drops Lemongrass

I Know who I am

2 drop Clary Sage
1 drops Kumquat
2 drops Coriander
1 drop Lemongrass





You made it through Unit 1!

I know this is deep and heavy. I promise you can get through this and will be amazed at all you have accomplished when you get done.

Here are 3 affirmations that I used when I went through the first unit. I hope these will help you as you move through the questions and start to find who you really are!!

My heart is true. Its wants and needs can be trusted!

I am walking in my divine purpose trusting that my heart knows the way!

I am full of light and energy for myself and those close to me!

Unit 2

Want some help with centering during this Unit?

Try one of these blends in the diffuser while you write!

My Heart Is Clear

2 drops Ylang Ylang Essential Oil
2 drops Grapefruit Essential Oil
2 drops Bergamot Essential Oil
1 drop Copaiba Essential Oil
1 drop Cassia Essential Oil

Reconnect with Self

2 drops Juniper Essential Oil
2 drops Black Pepper Essential Oil
2 drops Vetiver Essential Oil
1 drop Ylang Ylang Essential Oil





Unit 2

Dear One, take some deep breaths and feel the love that surrounds you.

Feel your inner light filling you with warmth. You are doing some incredibly deep work right now...it will stay with you for quite some time as you learn to rediscover yourself!

Here are a few affirmations I've used when I forget that I'm the best person to love me!

I am worthy of all love, abundance and all good things.

I live in the light of Love and am filled with Joy that is my birthright.

I am loved, loving AND lovable! I do not need fixing. I'm lovable just the way I am right now!!

Unit 3

Let's Bring Some Essential Oils for Support!

These two blends were designed especially for you as you explore Authenticity!!

Living in Integrity

4 drops Wild Orange Essential Oil
2 drops Clove Bud Essential Oil
2 drops Coriander Essential Oil
1 drop Ginger Essential Oil

Authentic Flow

4 drops Bergamot Essential Oil
2 drops Cypress Essential Oil
1 drop Spearmint Essential Oil





Unit 3

Would you like affirmations that can remind you to live your authentic life? Here are some that I use in my journal often...

I live in my authenticity trusting that it knows the way.

I am fulfilled when I listen to my heart and follow what it is telling me to do.

I'm living in my authenticity which allows me to give help to others.

Unit 4



This unit is a tough one and I want to give you some oils for healing past pains and loving yourself while connecting to what's stopping you!

See which of these diffuser blends work best for you!

Healing Light

- 2 drops Arborvitae Essential Oil
- 2 drops Copaiba Essential Oil
- 1 drop Peppermint Essential Oil
- 1 drop Thyme Essential Oil
- 1 drop Helichrysum Essential Oil

Nourish My Heart

- 2 drops Lavender Essential Oil
- 2 drops Rose Essential Oil
- 2 drops Manuka or Geranium Essential Oil
- 1 drop Spearmint Essential Oil



Unit 4

Start by noticing your breath – its natural ebb and flow as you inhale and then exhale.

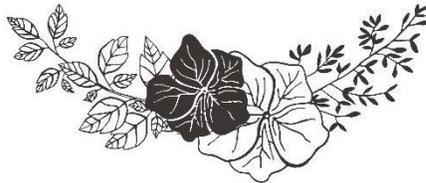
Now, Take a deep breath in.... all the way to your lower abdomen...fill your lungs until you have no more room in your chest.

As you breathe in, say to yourself, "*I breathe in life. I breathe in truth.*"

Hold your breath for a few seconds, thanking your body for supporting you at this moment.

And now I want you to exhale.... with a loud rushing sound and your mouth open. Sort of like a Haaaaaaa. As you exhale, say to yourself, "I release chaos. I release pain. I release what's stopping me right now."

Repeat these steps a few times.



Lastly, take three cleansing breaths...deep breaths in and out...and once again thank your body for its support.

Sending you love and light at this moment!

Unit 5

Did you know that essential oils support you emotionally, spiritually, mentally and physically? They are yet another tool to help along your journey!

Here are a couple of my favorite blends that lend a helping hand!

I am Supported with Love

- 3 drops Birch Essential Oil
- 2 drops White or Siberian Fir Essential Oil
- 1 drop Cedarwood Essential Oil
- 1 drop Marjoram Essential Oil

I am Connected to Others without Fear

- 3 drops Manuka Essential Oil
- 2 drops Frankincense Essential Oil
- 2 drops Roman Chamomile Essential Oil
- 1 drop Myrrh Essential Oil
- 1 drop Wild Orange Essential Oil



A decorative banner with the text "Unit 5" written in a cursive font. The banner has a ribbon-like shape with folded ends.

This unit always hits hard for me. I keep Post-Its around the house with these affirmations as a reminder.

Everything I need is there to support me.

Love and Light support me at every turn.

I feel and accept the support that is all around me



Unit 6

The first notes of our Heart Song are beautiful and scary at the same time. I want to help support your emotional body with these diffuser blends to use during this exploration.





Unit 6

Passion...

Purpose...

Your heart's song.

Its melodious chorus will uplift not only you but others as well.

Here are some mantras I use to connect back to my heart...

I allow my heart to sing its beautiful melody and share it with the world.

I know that I am meant to live truthfully and am following the path to my authenticity.

I am living my heart's passion which in turn helps those around me find their voices.

Unit 7

Activating our Personal Power is a HUGE step in finding our truest self.
These oil blends will support you!

1 Protect Myself from Others' Energy

2 drops Cypress
2 drops Cinnamon
1 drop Ginger
1 drop Clove
1 drop Wintergreen

Cleansing My Solar Plexus

3 drops Lemongrass
2 drops Coriander
2 drops Black Pepper
1 drop Spearmint



Unit 7

Gentle reminders to give yourself...

I am free to make my own choices and I trust myself to do so

I am in charge of my life and I know what to do

I am living my truth more each day



Unit 8

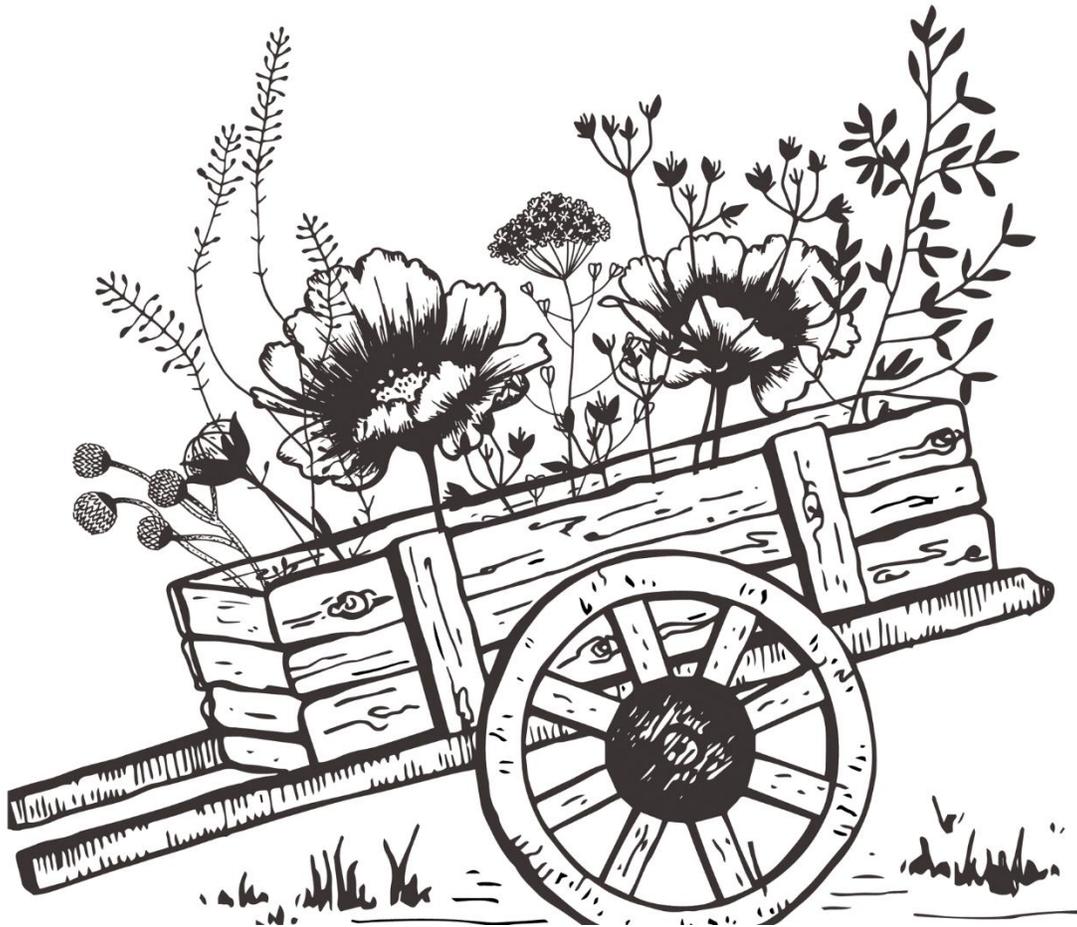
Your heart is So Beautiful and its song is So Sweet!
Let these oil blends draw you into your song so you can feel it!

My Heart is Open and Full

2 drops Marjoram
2 drops Rose
2 drops Arborvitae
1 drop Geranium

I Am Living True to My Heart

2 drops Bergamot
2 drops Kumquat
1 drop Cassia
1 drop Cardamom
1 drop Pink Pepper



Unit 8

You're Amazing!!
Your song is Already written
inside your heart!

What do you say???
Release your heart and allow it to sing!!!!
FEEL your heart singing!
Isn't it amazing???





Unit 9

On Your Journey to feel your freedom, use these essential oil diffuser blends to help unlock some of the doors!

My Life is My Own Blend

5 drops Wild Orange
1 drop Vetiver
1 drop Cinnamon
1 drop Frankincense

I'm Free to See! Blend

2 drops Clary Sage or Geranium
2 drops Lemon
3 drops Lime
2 drops Bergamot



Unit 9

Take some time to breathe in the work you've just done.
You're incredible!



Here are some affirmations I use to help me when I need to remember to connect to my freedom

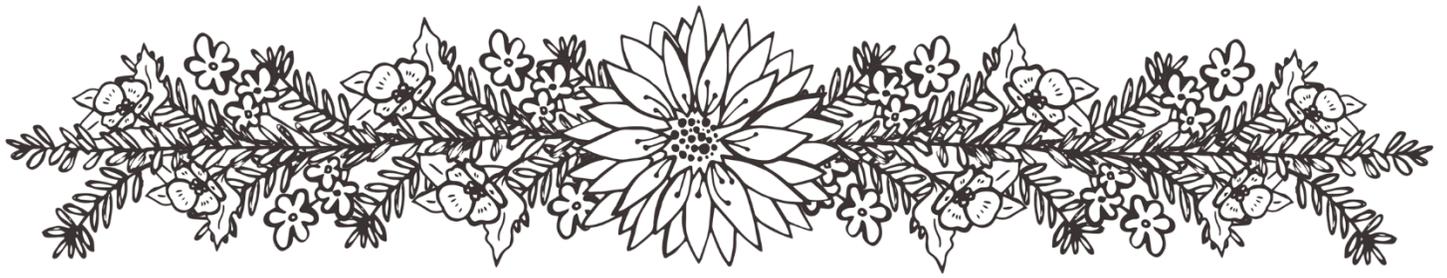
I am free to live the life of my dreams

My dreams are clear and full of health and power. I choose to accept all the gifts my path has to offer!

Freedom is mine for the taking. I choose freedom from the lies and rubbish that I have bought into. Today I am free and my choices are mine to live and enjoy!

Keep going, Sister!!! We're getting closer!!

I Love you!



Unit 10

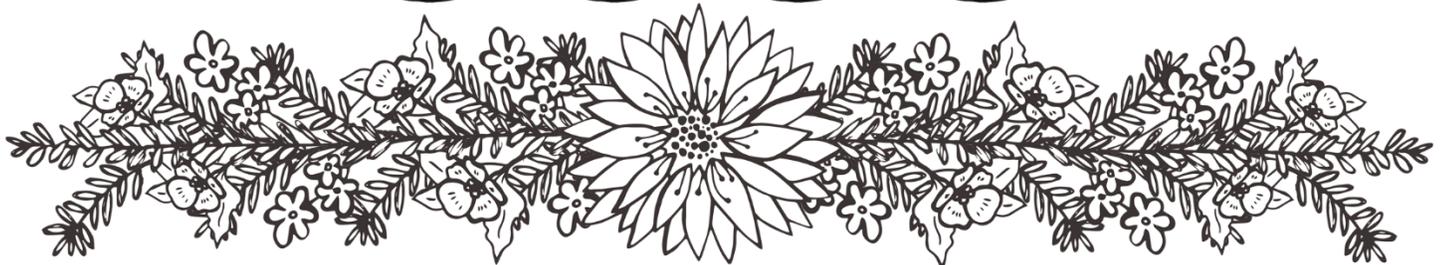
It is soooo easy to get stuck in the Shoulda/Woulda/Coulda trap! Try one of these diffuser recipes to help free you from that rubbish!



3 drops Fennel
2 drops Copaiba
1 drop Siberian Fir
1 drop Peppermint



4 drops Tangerine
2 drops Grapefruit
1 drop Cardamom
1 drop Eucalyptus



A hand-drawn banner with the text "Unit 10" written in a cursive font. The banner has a central rectangular section with the text, and two ribbon-like ends that curve upwards and outwards.

Unit 10

Just a note... there are always going to be things we have to do that we may not want to do. That's not what this day is about – it's about getting rid of the attack we place on ourselves that does not serve us.

You are made for so much more!!!

Some short, but oh so true, reminders...

I am free of the to do lists others have for me

I let go of the things that do not nourish or serve me

I am living MY Truth

Unit 11

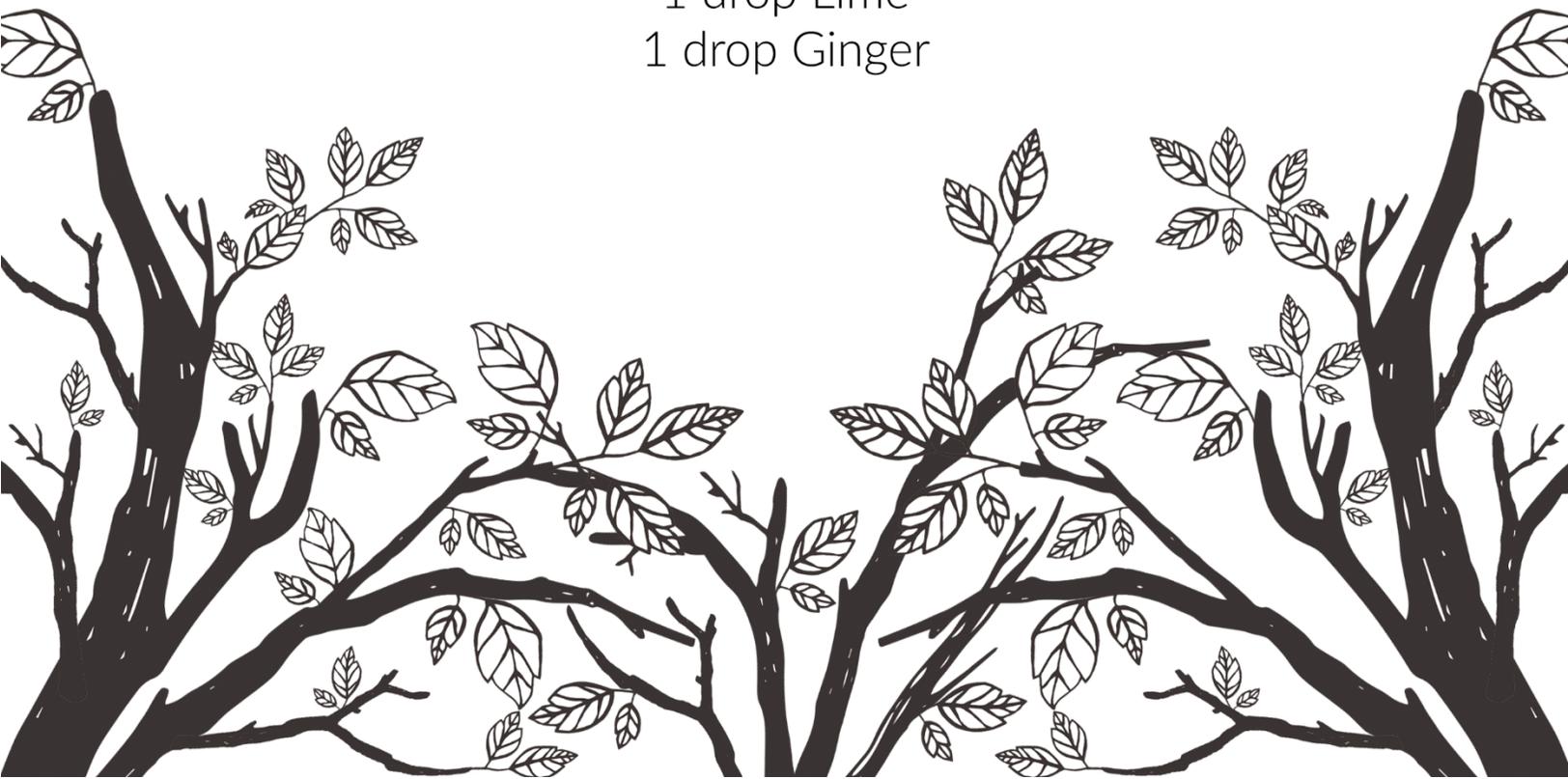
Let the aroma of these blends fill the air as you
rediscover Your creativity!

My Creativity is Wild and Free

4 drops Tangerine
1 drop Green Mandarin
2 drops Lavender
1 drop Peppermint

My Inner Child is Playing

4 drops Red Mandarin
2 drops Ylang Ylang
1 drop Lime
1 drop Ginger



Unit 11

Tell me...can you relate to this?

Do you feel that you have something that is waiting to flow out of you...something you are supposed to do that will be great? But you just can't seem to put your finger on it?

Does it feel like you will burst if you don't find a way to make it happen...whatever "it" is?

That's what this unit is about. What do you long to create??

Creating is a huge part of the human experience. But I've heard so many women deny their creativity.

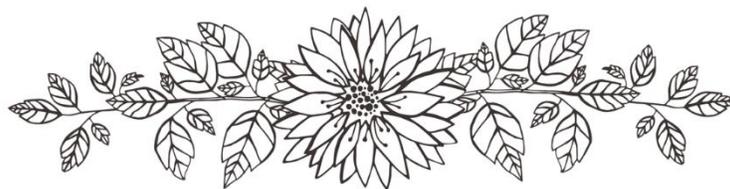
I can't tell you the number of times I've heard, "I don't have a creative bone in my body." I'm here to tell you that this is yet another bold-faced lie that you've been taught to believe!!

Creativity is part of you! It is an inherent birthright. So much so that science now shows that creativity helps your brain work better!!

Having creativity does not necessarily mean you are someone like Leonardo DaVinci. We often feel that creativity is another pressure we don't have time for. But it is soooo critical to our lives - we are made to create!! So, let me take off some of the heat and explain that rather than being a famous artist, the root of the word *creative* actually means to grow...to think outside the proverbial box!

Today, I want to share with you a path to help you remember some of your childhood creativity and bring it into the present. I hope to connect you to whatever is screaming to come up out of you because when you do connect, it will enrich the whole world!

Are you ready???



Get comfortable
Take a deep breath and close your eyes
Breathe In...Breathe Out
Repeat
and Again
Now open your eyes and hear the answers of your heart.



Unit 12

Seeing the truth and blocking the nonsense – that's the challenge for today's prompts. I love these oils when I sit down to connect to my highest truth!



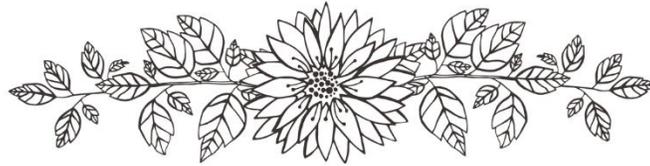
Awakening MY Truth

3 drops Grapefruit
2 drops Bergamot
2 drops Patchouli
2 drop Basil

I Free Myself from Untruth

2 drops Blue Tansy
2 drops Coriander
2 drops Chamomile
1 drop Fennel
1 drop Spearmint

Unit 12



**Take a Deep Breath.
Feel the love I'm sending you right now!
You're Fabulous!**

**Now that you've written out the present blocks to your called path,
Take another deep breath.
Again.
And Again.**

Let's Dive a bit Deeper...

Trusting that your inner self knows your right path, understanding that her path is true and knowing your dream is real...

Write how it would feel to be free of all these blocks. What does your body feel like when you're free? What does your heart feel like without being held in check?

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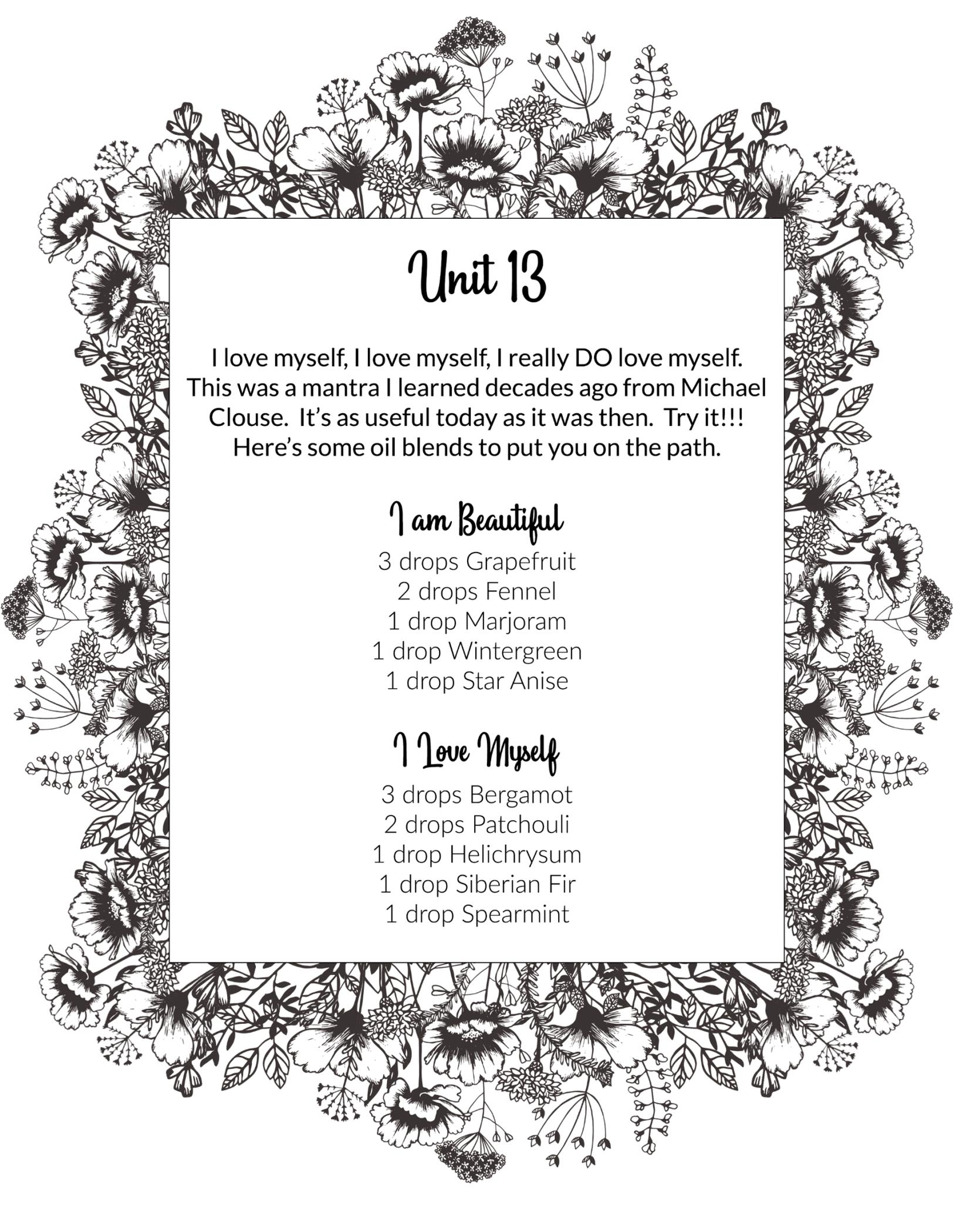
Unit 12

Let the barriers and “stuckness” go with these affirmations...

I let go of the beliefs, things and people that are holding me back

I release doubts and fears that keep me from living my dreams

I lean into creative energy that allows me to see and move beyond my barriers



Unit 13

I love myself, I love myself, I really DO love myself.
This was a mantra I learned decades ago from Michael
Clouse. It's as useful today as it was then. Try it!!!
Here's some oil blends to put you on the path.

I am Beautiful

3 drops Grapefruit
2 drops Fennel
1 drop Marjoram
1 drop Wintergreen
1 drop Star Anise

I Love Myself

3 drops Bergamot
2 drops Patchouli
1 drop Helichrysum
1 drop Siberian Fir
1 drop Spearmint

Unit 13

I love myself and I see the good that is inside.

I am connected with my heart.

I am loving and lovable, a gift to myself and others.



Unit 14

What's Your Task Now??? Move Forward! Take Action!! This is YOUR time and YOUR Destiny! Sister, You've Got This!!!

My Path is Light and True

3 drops Tangerine
1 drop Frankincense
1 drop Litsea
1 drop Cinnamon
1 drop Ginger

1 Move Forward in Confidence and Belief

2 drops Blue Tansy
2 drops Cedarwood
1 drop Basil
1 drop Wintergreen



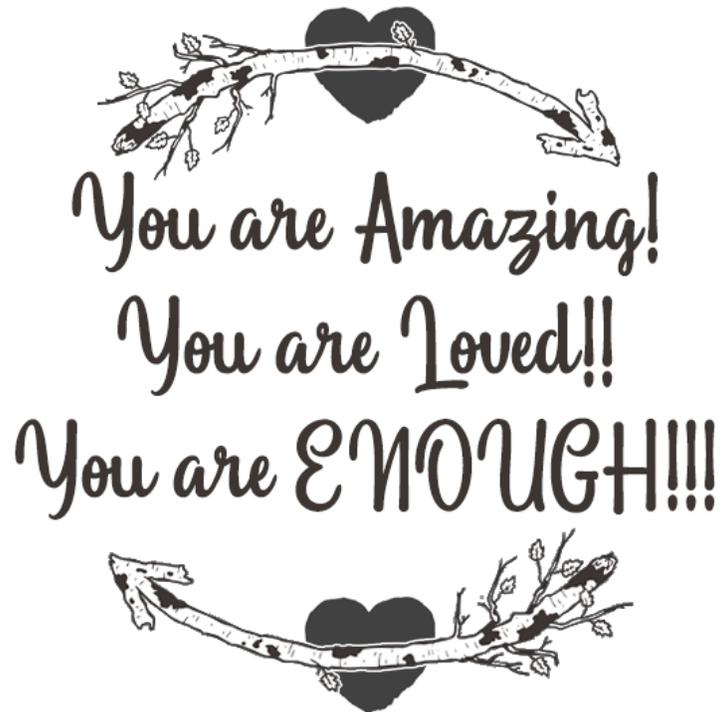
A decorative banner with the text "Unit 14" written in a cursive font. The banner has a ribbon-like shape with folded ends.

Keep your light shining with these affirmations...

I encourage my inner child to give rise to transformation into my purpose.

My calling is needed in the present time and will help others find Their truest selves

I live in joy, love, acceptance and peace in my authenticity and will not let anyone take it away.



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