

***The Coherent Heart
Companion***

Journal Pages



***The complete prompts and
writing pages from
The Coherent Heart Companion***

***Karen VanLandingham,
MSc.D.***

The Heart Journal

What happens when I listen without needing immediate answers?

Handwriting practice lines consisting of 26 horizontal lines.

The Heart Journal

How do I feel the shift in my heart connection as I surrender, breathe, and allow the peace of the heart to emerge?

Lined writing area consisting of 22 horizontal lines.

Blessing

May the wisdom of your heart become easier to hear with each quiet return.

Relationships Journal

Where do I notice I cling to my being right over connection with the other person, and how does this affect the overall outcome?

Lined area for journaling with horizontal lines.

