

**Month 5, Week #4**

Going Green

Hi!

**As you know, we are full speed ahead into Month 5 of our Gutsy Goddess Society training program. Yup,** we have officially moved into the 4th chakra, the heart level of your happiness. When you reside in your heart, you see all of life through the eyes of L-O-V-E. Sweet! Food tastes yummier, music sounds better, even the sky seems bluer, baby. Your health even improves with the awakened heart.  Think: Peace, serenity and being at ease with yourself and life. Cooperation and win/win dealings with others.

The training call last week was really powerful. If you missed the call or want to listen in again, head on over to our GGS Success Library: [http://jennyfenig.com/ggs-success-library-woo-hoo/](http://www.on2url.com/lnk?ghI34VhlwkY%3D)

Okay, onto the weekly assignment ...

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INSPIRATION IN ACTION ASSIGNMENT

So the color of the heart chakra is GREEN (though many people think PINK for the heart ... both are cool, but we're going to focus on green for this assignment). The power of color should NOT be underestimated especially if you're the type that doesn't have a lot of color in your life. You need it! Color makes life interesting.

A few years ago while I was still living in NYC, my massage therapist and Reiki healer found that I was walking through life with a semi-closed heart. I was shielding myself from pain, hurt, drama, intensity. She was right. She suggested I focus on opening my heart center, the 4th chakra, by bringing more GREEN into my life. I was game. Off I went to find a green shirt or necklace or something ... and what did I find but a gorgeous green knitted scarf. I bought it on the spot and still have it to this day. My scarf sits on top of my heart and reminds me to keep it OPEN (even though I risk getting hurt). The green is a visual mantra for me to be brave, be bold, be LOVE.

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**ACTION STEP:**

Find something GREEN that resonates with you and is really powerful and beautiful. This piece will serve to remind you to OPEN YOUR HEART. It's worth it. Bring this piece into your life on a regular basis and watch your heart center expand and strengthen. Ahhh ...

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Go green, Darcee. Share your finds on our GGS forum and/or our private Facebook page. Good times ahead ...

xoxo

Jenny