

21 DAY TO EMBODIED SENSUALITY

MEHER MALIK

DAY-19

ENGLISH





RECLAIMING THE BREASTS

Download: "The Heart Temple Journal"

A Sacred Guide to Self-Love, Heart Connection, and Reclaiming the Feminine Body

INTRODUCTION: The Forgotten Temple

Your breasts are not just physical forms - they are **extensions of your heart.**

They are where love *overflows*, where the energy of nurturing and receiving meet.

And yet, for generations, this sacred space has been burdened with shame - sexualized, hidden, judged, or silenced. We have forgotten how to **feel them as holy** - as portals of compassion, sensuality, and divine nourishment.

To reclaim your breasts is to reclaim your **soft power** - the kind that doesn't demand or prove, but simply radiates love because it is love.

This journal is your invitation to reconnect with them - to listen, to forgive, to touch, to honor, to let them become your **beacons of heart wisdom** again.



PART 1: AFFIRMATIONS FOR SELF-LOVE & HEART CONNECTION

These affirmations are designed to rewire your relationship with your breasts - shifting from shame to sanctity, from avoidance to adoration, from numbness to embodied love.

You can whisper them during your breast massage, in front of a mirror, or while resting your hands over your heart.

Repeat each line slowly - let your body feel it, not just your mind.

HEALING THE RELATIONSHIP

1. I forgive the ways I have ignored or hidden this part of me.
2. I release the shame that was never mine to carry.
3. My breasts are not objects - they are sacred vessels of love.
4. I honor my body for how she has carried me through all seasons.
5. I allow softness to be safe again.



ACTIVATING SELF-LOVE

6. My touch is healing, loving, and full of reverence.

7. I adore the curves, textures, and stories held in my chest.

8. Every breath I take fills my heart with warmth and grace.

9. I am safe to be seen, to be desired, to be loved. I am worthy of my own tenderness.

HEART OPENING & RECEIVING

10. I open my heart to the flow of love - giving and receiving in equal measure.

11. My breasts are portals of joy, compassion, and sensual power.

12. I radiate warmth, comfort, and safety to myself and others.

13. Love flows effortlessly from my heart into the world.

14. I am the embodiment of softness, strength, and sacred beauty.



DEVOTIONAL AFFIRMATIONS (To be said with hand over heart)

“I return home to my body.”

“I am the keeper of my own love.”

“The Divine breathes through my chest.”

“My breasts remember pleasure. My heart remembers peace.”

“Every inhale expands love. Every exhale softens me into surrender.”

PART 2: AFTER-PRACTICE REFLECTION

Sit quietly with your journal and reflect using the prompts below. This is where the alchemy integrates - where sensation becomes wisdom.

PART 3: REFLECTION PROMPTS - THE HEART SPEAKS

Take a few deep breaths and write from the body, not the mind. Let your heart and breasts speak through your pen.

RECONNECTING

- When did I first begin to disconnect from this part of me?
- What messages did I receive about my breasts growing up - from family, media, culture, or relationships?
- What emotions arise when I look at or touch my breasts?

FORGIVENESS & RELEASE

- What pain, judgment, or shame am I ready to release from this space?
- Can I forgive my body for changing - for stretch marks, for asymmetry, for scars?
- Whose gaze have I been carrying in my own self-perception? Am I ready to let it go?

SENSUAL AWARENESS

- How do my breasts respond to my own touch versus another's?
- What sensations do I notice when I breathe deeply into my chest?
- If my breasts could speak, what would they ask me to know, to remember, to reclaim?



SELF-LOVE & EXPANSION

- What does my heart need to feel more open today?
- How does loving my breasts change the way I walk, move, and express myself?
- What does it mean for me to live with my heart unarmored?

PART 4: THE HEART CONNECTION MANTRA

Use this mantra daily - especially in moments when you feel emotionally closed or disconnected from your body.

“I soften into love.
I am held by my own heart.
I honor my breasts as sacred,
my softness as strength,
my body as a temple of light.”

Repeat slowly, one line per breath. Let tears come if they do - it's the heart cleansing itself.



PART 5: INTEGRATION PRACTICE - HEART-LED LIVING

To deepen your connection beyond this day, begin noticing moments in daily life when you can **lead from your heart** - not your mind, not your wounds.

- Speak one truth a day from softness, not defense.
- Let yourself receive one compliment fully without deflection.
- Take one slow breath before reacting to conflict.
- Touch your chest whenever you feel anxiety and whisper, "It's safe to open."

Your breasts and your heart are teachers. They will remind you again and again:
You are love, made visible.

INVOCATION

"Through my heart, I remember who I am.
Through my breasts, I reclaim the sacred art of loving.
I am whole. I am radiant.
I am the pulse of the Divine Feminine made flesh."