

Heart Chakra

Love, Worthiness & Joy - The Love & Generosity Wound



WHERE THIS LIVES IN THE BODY

Center of the chest, where love, connection, and generosity live.

COLOR Green ELEMENT Air MANTRA YAM

Money as love. This is the wound of believing you have to prove or buy your belonging.

THE WOUND & ITS SYMPTOMS

Your heart chakra holds your capacity for love, connection, and generosity. When it's wounded around money, love and money get quietly fused together. Generosity turns into obligation, giving becomes a way to earn your place, and any money boundary with someone you love can feel like a betrayal. From the outside, this wound looks like kindness. Underneath, it's often exhaustion, resentment, and a fear that saying no with money means losing the relationship.

- Overgiving or lending money you can't spare, then feeling resentful afterward
- Difficulty setting financial boundaries with family or close friends
- Believing that having more than people you love will cost you the relationship
- Associating wealth or ambition with coldness or greed
- Using money (gifts, bailouts, treating) as a stand-in for saying "I love you"

THE STORIES WE TELL OURSELVES

"If I have more than they do, they'll resent me."

"Love means sacrificing what I have."

"Wealthy people are selfish or heartless."

"I have to buy my way into being loved or included."

Some of these formed in one specific relationship, a friendship that frayed after a financial gap opened up between you, a family dynamic where love and money-giving got tangled together. So many are inherited, especially in families or cultures where caretaking through money was the primary love language, and any boundary got read as rejection.

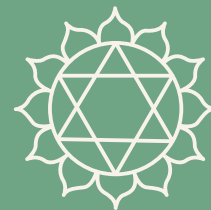
WHEN THIS WOUND LIKELY FORMED

AGES 21–28

Your heart chakra developed somewhere between ages 21 and 28, the years you were forming your adult relationships, your chosen community, your early partnerships. If love felt conditional on what you gave or provided during that window (financially or otherwise), money can still feel tangled up with whether you're lovable at all.

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HOW TO HEAL THIS WOUND

PRACTICAL ACTIONS

- Create clear personal agreements about lending or gifting money before you're in the emotional moment of being asked
- Build a values-based giving plan so generosity comes from intention, not guilt or pressure
- Notice the pattern of overgiving in real time and pause before saying yes
- Practice one honest, low-stakes money conversation with someone you love

SPIRITUAL ACTIONS

- Heart-opening breathwork or movement to soften the chest and shoulders
- Forgiveness practice: toward family patterns, and toward yourself for old overgiving
- Rose quartz or green stones as anchors for heart-centered abundance
- Heart chakra affirmations: "I can be generous and bounded. Love does not require my depletion."

WHAT HEALING FEELS LIKE

Healing here feels like relief. It's giving because you want to, not because you're afraid of what happens if you don't. It's saying no to a loan without a three-day guilt spiral. It's finding out the relationship actually survives, even strengthens, when you're honest about money.

EXAMPLES OF BALANCED, FLOWING ENERGY

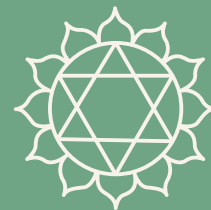
- Giving generously from genuine abundance, not obligation or fear
- Having an honest money conversation with a loved one and staying connected afterward
- Saying no to a financial request without over-explaining or apologizing
- Feeling worthy of love regardless of what you give or don't give

A GENTLE REMINDER

The pull to overgive to prove your love may still show up, especially in your most tender relationships. Noticing it a little faster each time: that's the healing. You were never trying to become someone who never feels that pull again.

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Take a breath before you start. Write quickly and don't edit yourself, there's no right or wrong way to do this.

WHICH SYMPTOMS RESONATE WITH YOU RIGHT NOW?

- ☐ Overgiving or lending money you can't spare, then feeling resentful afterward
- ☐ Difficulty setting financial boundaries with family or close friends
- ☐ Believing that having more than people you love will cost you the relationship
- ☐ Associating wealth or ambition with coldness or greed
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Where do I see this wound showing up in my life right now?

Which story feels most familiar? Where might I have learned it?

One practical action I'll try this week:

One spiritual practice I'll try this week:

What would balanced, flowing energy feel like for me here?

Today's date: _____

Healing isn't linear. Be gentle with yourself as you go.



Meet Your Guide

AKA, the author

Jenni Fulton

Holistic Financial Coach & Intuitive Guide

Founder of Untamed Abundance LLC

Hi, I'm Jenni. I'm the founder of Untamed Abundance, a holistic coaching practice based out of the Midwest United States, where I help people build a healthier relationship with money by combining practical strategy with the kind of deep, embodied, spiritual work that actually makes change stick. I also work under Untamed Intuition, offering tarot, astrology, and intuitive mentorship for anyone drawn to a spiritual layer of the work.

This workbook is original content. The frameworks, the language, and the lived experience with clients doing exactly this kind of healing are mine. Every idea, structure, and story here comes from years of real work with real people.

Also, in case you were wondering, in this age of artificial things: I am a whole, real person on the other side of this PDF. If any of this resonates, I'd love to connect, whether that's through a 1:1 coaching session, my membership program, one of my group courses or events or just a quick note to say hello.

Learn more about me and my work at untamedabundance.com or follow us on socials:



Also, if it sings, check the complete money wounds workbook with guides and worksheets for all seven core chakras as well as the companion meditation series recorded by me!