


WHOLEHEARTEDLY



*a spiritual awakening*

HOLLY RUTH FINIGAN

THE WORKBOOK



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Do the work...  
and love the work.  
Like there is no separation.

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WHOLEHEARTEDLY  
THE WORKSHOP

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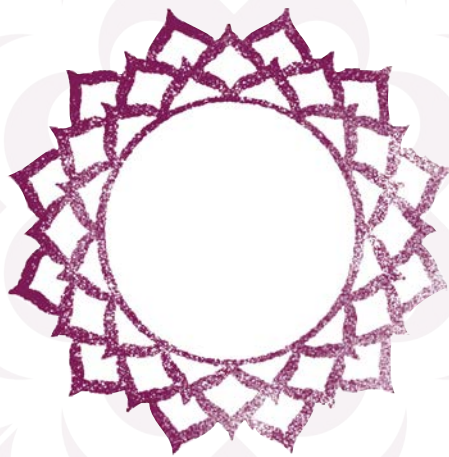
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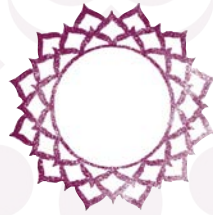
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*The Crown Chakra*

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## *The Crown Chakra*



The crown chakra, the Sahasrara (meaning “thousand-fold”), is formed in the body every day of our lives during adulthood. It is located at the top of the head. Its elements are cosmos, space, ether; its color is violet or bright white; association is with the brain.

It’s here for integration and dis-integration, for living and learning, knowledge and gnosis, understanding and inner-standing, intellect and intelligence. It’s where the head meets the heart, and they begin to work together. The main obstacle is attachments to things, feelings, stories, outcomes. The mantra is *I know/gno*. The sound associated with the crown chakra is Agum Satym Om.

### CROWN AGES

ADULTHOOD  
ADULTHOOD  
ADULTHOOD  
ADULTHOOD  
ADULTHOOD

### WHOLEHEARTEDLY CROWN CHAPTERS

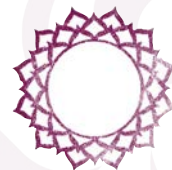
CHAPTER 7:  
THE INTERNET



CHAPTER 14:  
THE LKNOWING



CHAPTER 15:  
THE WARRIOR



# CROWN QUESTIONS

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WHAT IS YOUR RELATIONSHIP LIKE WITH YOUR PHONE?

WHAT IS YOUR RELATIONSHIP LIKE WITH SOCIAL MEDIA?

WHEN HAVE YOU TAKEN RESPONSIBILITY FOR YOUR LIFE?

WHAT IS YOUR INTENTION WITH YOUR LIFE?

DO YOU THINK WE ARE ALL THE SAME?

HOW IS YOUR RELATIONSHIP WITH YOUR PARENTS?

DO YOU FEEL SEEN?

DO YOU KNOW WHO YOU TRULY ARE?





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*The Third Eye Chakra*

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## *The Third Eye Chakra*



The Third Eye, Ajna, is formed in the body during adolescence. It is located in between the brow bones. Its element is light; its color is indigo; association is with the eyes. It's here for clairvoyance, intuition, for seeing the world inside just as clearly as we see the world outside. It is the last chakra in the body where the solar and lunar energies come together in a state of balance. The main obstacle is illusions. The mantra is *I see*. The sound associated with the third eye chakra is the primordial sound of the universe, OM, three syllables A-U-M (pronounced A-A-A-O-O-M)

### THIRD EYE AGES

13 to 17  
31 to 35  
49 to 53  
67 to 71  
85 to 89  
103 to 107

### WHOLEHEARTEDLY THIRD EYE CHAPTERS

CHAPTER 6:  
THE HOME



CHAPTER 13:  
THE LIGHT



CHAPTER 16:  
TO SEE IS TO BE FREE



# THIRD EYE QUESTIONS

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DO YOU EVER WANT TO ESCAPE YOUR LIFE AND  
START OVER SOMEWHERE ELSE?

WHERE IS YOUR HAPPY PLACE?

DO YOU CREATE SPACE TO CONNECT WITH YOURSELF?

DO YOU SPEND TIME WITH YOUR ELDERS?

WHAT CLARITY DID 2020 GIVE YOU?



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*The Throat Chakra*

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## *The Throat Chakra*



The throat chakra, the Vishuddhi, is formed in the body between the ages of eight and twelve. It is located at the throat region. Its element is sound; its color is a bright blue; association is with the lungs and the throat. It's here as your powerhouse, for the truth, for speaking things into existence. The main obstacle is lies and miscommunication. The mantra is *Ṛ speak*. The sound associated with this chakra is hun or han (pronounced HUNG).

### THROAT AGES

8 to 12  
26 to 30  
44 to 48  
62 to 66  
80 to 84  
98 to 102

### WHOLEHEARTEDLY THROAT CHAPTERS

CHAPTER 5:  
THE BODY



CHAPTER 13:  
THE TRUTH



CHAPTER 17:  
WHATEVER WE RESIST PERSISTS



# THROAT QUESTIONS

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WHAT IS YOUR RELATIONSHIP TO SPIRITS?

WHAT IS YOUR RELATIONSHIP TO SPIRIT?

WHAT DO YOU HOLD SACRED?

ARE YOU ADDICTED TO ANYTHING?

ARE YOU PRESENT IN YOUR LIFE?

ARE YOU ENOUGH?

DO YOU HAVE ANY SELF LOATHING?

DO YOU HAVE PROPER SELF RESPECT?

DO YOU BELIEVE THAT YOU ARE POWERFUL?





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*The Heart Chakra*

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## *The Heart Chakra*



The heart chakra, the Anahata (literally translates to “unstruck”), is formed in the body between the ages of four and seven. It is located at the center of the chest. Its element is air; its color is a bright green; association is with the heart. It’s here for balance, for compassion, and for unconditional love, first and foremost, for the self. The main obstacle is grief. The mantra is *I love*. The sound associated with the heart chakra is yun or yan (pronounced YUNG).

### HEART AGES

4 to 7  
22 to 25  
40 to 43  
58 to 61  
76 to 79  
94 to 97

### WHOLEHEARTEDLY HEART CHAPTERS

CHAPTER 4:  
THE WORDS



CHAPTER 11:  
THE HEART



CHAPTER 18:  
WHOLEHEARTEDLY



# HEART QUESTIONS

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WHAT ARE YOU AFRAID OF?

HAVE YOU EVER BEEN IN LOVE?

DO YOU HAVE BOUNDARIES IN YOUR RELATIONSHIPS?

HOW DO YOU DEFINE INTIMACY?

DO YOU TRUST PEOPLE?

WHO DO YOU NEED TO FORGIVE?

WHOSE FORGIVENESS DO YOU SEEK?

DO YOU FEEL FREE?



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*The Solar Plexus Chakra*

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## *The Solar Plexus Chakra*



The solar plexus chakra, the Manipura, is formed in the body between eighteen months and four years of age. It is located in the region of the navel. Its element is fire; its color is yellow; association is with the stomach, liver, and small intestine. It's here for sound physical health, specifically gut health. It's also here for empowerment and a strong sense of self. It's the home of integrity, where we burn old stories down and let them rise up in forgiveness. The main obstacle is shame. The mantra is I can. The sound associated with this chakra is run or ram (pronounced RUNG).

### SOLAR PLEXUS AGES

- 18 months to 4
- 19 ½ to 22
- 37 ½ to 40
- 55 ½ to 58
- 73 ½ to 76
- 91 ½ to 94

### WHOLEHEARTEDLY SOLAR PLEXUS CHAPTERS

CHAPTER 3:  
THE MATRIARCHY



CHAPTER 10:  
THE SHADOW



CHAPTER 19:  
THIS SHIT HAPPENS FOR YOU



## SOLAR PLEXUS QUESTIONS

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DO YOU EVER PRETEND THAT THINGS DIDN'T HAPPEN?

WHAT IS YOUR RELATIONSHIP WITH YOUR MATRIARCHY?

WHAT ARE YOUR SHADOWS?

WHAT REGRETS DO YOUR PARENTS HAVE?

WHAT REGRETS DO YOU HAVE?

WHAT IS YOUR FAMILY'S SHITTY TRUTH?





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*The Sacral Chakra*

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## *The Sacral Chakra*



The sacral chakra, the Svadhishtana, literally translates to “the sweetness” and is formed in the body between six months and two years of age. It is located at the base of the spine and in the genital region. Its element is water; its color is orange; association is with the uterus, testes, prostate, and large intestine. It’s here for Divine Feminine and Divine Masculine, for creativity, for sensuality and sexuality. The main obstacle is guilt. The mantra is I feel. The sound associated is vun or vam (pronounced VUNG).

### SACRAL AGES

6 months to 2

18  $\frac{1}{2}$  to 20

36  $\frac{1}{2}$  to 38

54  $\frac{1}{2}$  to 56

72  $\frac{1}{2}$  to 74

90  $\frac{1}{2}$  to 92

### WHOLEHEARTEDLY SACRAL CHAPTERS

CHAPTER 2:  
THE PARENTS



CHAPTER 9:  
THE EXCHANGE



CHAPTER 20:  
TO HEAL IT IS TO FEEL IT



## SACRAL QUESTIONS

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WHAT IS YOUR FIRST MEMORY OF YOUR MOTHER?

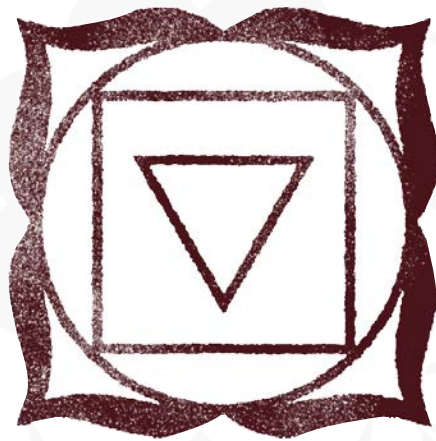
WHAT IS YOUR FIRST MEMORY OF YOUR FATHER?

DO YOU UNDERSTAND YOUR OWN WORTH?

DO YOU KNOW YOUR GRANDMOTHERS STORIES?

DO YOU KNOW THE STORY OF YOUR NAME?

WHAT IS YOUR RELATIONSHIP TO YOUR SACRED SPACE?



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*The Root Chakra*

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## *The Root Chakra*



The root chakra, the Muladhara, is formed in the body between conception and one year out of the womb. It is located in the perineum region between the genitals and anus. Its element is earth; its color is red; association is with the kidneys and the bladder. It's here for survival and community, for tribe and for grounding. It is shown visually as a four-petal lotus with a square and a downward-facing triangle representing Divine Feminine Energy inside it. Inside the triangle is a black lingam symbolizing Divine Masculine Energy. Coiled three-and-a-half times around the lingam is a golden serpent, which represents the Kundalini life force energy. The main obstacle is fear. The mantra is I have a right to be here. The sound associated with the root chakra is lun or lam (pronounced LUNG).

### ROOT AGES

Conception to 6 months

17 to 18  $\frac{1}{2}$

35 to 36  $\frac{1}{2}$

53 to 54  $\frac{1}{2}$

71 to 72  $\frac{1}{2}$

89 to 90  $\frac{1}{2}$

## WHOLEHEARTEDLY ROOT CHAPTERS

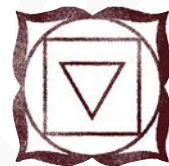
CHAPTER 1:  
THE DREAMER



CHAPTER 8:  
THE MOTHER



CHAPTER 21:  
THE INNERNET



# ROOT QUESTIONS

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WHERE DO WE ALL BEGIN?

HOW WOULD YOU DESCRIBE YOUR MOTHER?

WHAT RELATIONSHIP DO YOU MOST NEED TO HEAL FROM?

WHAT STORY ARE YOU READY TO LET GO OF?





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*The Kundalini*

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## *The Kundalini*



The Kundalini represents the life force energy. It is equally present in each and every one of us, although oftentimes it remains dormant in most people for the entirety of their lives. Its symbol is a golden serpent coiled three-and-a-half times at the base of the spine. Under the guidance of an adept, with the student's practice, patience, presence and awareness, the kundalini rises from her slumber, uncoiling and piercing each of the seven chakras from root to crown on the way up, leading to the flowering of consciousness.

### KUNDALINI AGES

WHENEVER YOU ARE READY  
YOU WERE BORN READY  
YOU ARE READY  
YOU CAME HERE READY  
YOU ARE ALL READY

### WHOLEHEARTEDLY KUNDALINI CHAPTERS

CHAPTER 3:  
THE MATRIARCHY



CHAPTER 10:  
THE SHADOW



CHAPTER 19:  
THIS SHIT HAPPENS  
FOR YOU



CHAPTER 22:  
THE AWAKENING



# KUNDALINI QUESTIONS

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DO YOU LOVE YOUR SELF SO MUCH YOU CAN'T STAND IT?

Dear Readers,

I believe Flowcode is an amazing alternative to using a footnote. Since 2020, I have done some great work with Flowcode, which has been described by the founder as “the Tesla of QR codes.” Over the next few pages, you’ll be able to scan the custom Flowcodes for each of my chapters and deep dive into the stories and posts I told throughout as well as meet my Teachers, Guides and Healers. This is one of my favorite parts of the book as it takes you on another journey and gives you the resources to look into . . . as you begin your Treasure Hunt.

Happy Trails.

Wholeheartedly,

*Holly*



### HOW TO SCAN:



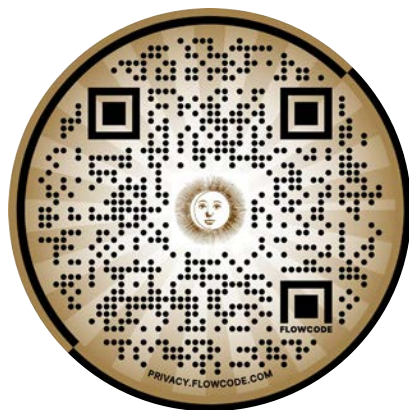
Open the camera  
on your phone



Aim it at the  
Flowcode



Tap the banner  
that appears



1.

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*The Dreamer*

2.

---

*The Parents*



3.

---

*The Matriarchy*



4.

---

*The Words*





5.  
*The Body*

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6.  
*The Home*

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7.  
*The Internet*

---

8.  
*The Mother*

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9.  

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*The Exchange*

10.  

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*The Shadow*



11.  

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*The Heart*

12.  

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*The Truth*



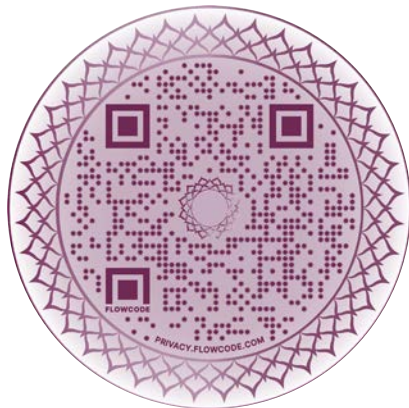


13.

*The Light*

14.

*The Knowing*



15.

*The Warrior*

16.

*To See is to Be Free*





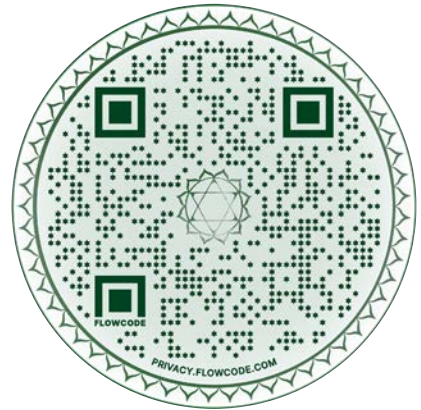


17.

*Whatever We Resist, Persists*

18.

*Wholeheartedly*



19.

*This Shit Happens For You*



20.

*To Heal it, Is to Feel it*





21.

---

*The Innernet*

22.

---

*The Awakening*



We're going on a treasure hunt . . .  
and the one you want to find is you.

What happens when you realize that you have been living most of your life as a fake version of yourself?  
Where do you even start to unpack all of the stories that aren't you so you can begin again and work  
your way back to your authentic Self?

These were the heart-opening questions of Holly Ruth Finigan.

Always a bit ahead of the curve, Holly has been on a fast track of heart-centered storytelling for the past decade.

An early adopter to social media, in 2012 she created Nantucket's first digital guide built on advocacy over advertising. After the loss of her beloved mother, she then over-busied herself for years focusing on the internet and Instagram while building a new identity to mask the secrecy and shame that had followed her around for decades.

The only way to get back on the path to freedom was to blow out a toxic  
torch of trauma that in turn liberated the truth.

Throughout her relatable, vulnerable and occasionally hilarious memoir, Holly takes readers on her own Hero's Journey of profound transformation and the reunion with her true love. Witness as she sheds the layers that do not serve her while she shares guideposts for the next generation of treasure-hunting spiritual seekers.

More than a memoir, *Wholeheartedly* is a pedagogical tool that leaves behind the aspirational world for the inspirational one. Readers will be left feeling whatever it is that they need to... and will have with them as reference Holly's healing stories and lessons to illuminate the way for a brighter future.



Holly Ruth Finigan is a writer, entrepreneur and meditation advocate based on Nantucket Island. She teaches people through her words and her multi-layered communication skills how to feel empowered through Self-love and healing relationships with parents. She considers every day she wakes up to be the best day of her life. *Wholeheartedly: The One You Want To Find Is You* is her first book.

Scan the Flowcode to learn more about Holly



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