



HEART CHAKRA

Congratulations on discovering that you are heart chakra dominance this is such a beautiful and powerful part of the energy to work with is the set point here the entire Energy System and there is so one of the things when you are heart chakra dominant is that it can be pretty challenging to see you at all because that's often times what happens at this Energy Center you have a heightened ability to perceive the world through the heart.

When you don't have the awareness or the skills to create boundaries and filter that information it can be quite overwhelming and it can really do real you General Tso some of the challenges with heart chakra dominance is that you may find yourself feeling derailed through empathy so over empathizing with everything and everyone around you in a way that it really takes you off center and it yourself very guarded or closed off to receiving love however it can be easy to dose and give and give from the heart which can also cheater into the realm of excessive and excessive giving and selfless generosity as I like to call so there's a lot going on that you have this ability to perceive energy from the heart and the primary focus the primary energy that will be exploring in this video at the heart is the energy of compassion.

When you are anchored in the energy of compassion is a centering energy and really helps you to live at the core at the essence of your heart and be very stable and not and radiate energy out so you're not getting cold off-center you're not having to take a lot of time to bounce back and recover from things that may be challenging to hear or see or experience that you have an ability to respond differently because you are anchored in this energy of compassion which is almost like a very centering energetic boundary for the heart it's an energetic container that holds boundaries for the heart and boundaries do not mean that you're closed off they don't mean that your clothes off to giving love or receiving love they help to anchor you into the center of your heart and when you are centered at the heart chakra were able to really be present at the heart.

We're going to go into all of the different directional lines of energy to give you a very tangible way to Center yourself and to tap into the intuitive information that your heart chakra has to offer which by the way is so much okay so compassion is the primary energy at the heart and I'm going to encourage you to take a moment to just connect in with the energy of compassion so drop into your heart center go ahead and do this using the breath to support you or guide you into that space connects with sensation to drop into that space and just notice what you experience when you tap into this energy of compassion the way that I perceive energy of



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compassion is that it helps me get very centered and very stable at the heart so that I can then radiates out in all directions this energy that holds a very strong and Bodied Radiance quality to it radiating out Radiance that's what's going on, will connect him with that energy you have a lot of resources to take advantage of belleau.

I really highly recommend taking the time to go through all of these resources pause the video when you need to write down what comes through because as we cannot stand with these directional lines there will be a lot okay let's get started with that so you can see the remedies in the back the heart chakra salts are going to support the release the letting-go the shedding of energies that are Noah I'm sick for you at the heart the roller works in a different way where it helps to bring in to Anchor to reclaim and body healing energies so there is this contrast where the salts are supporting movement out.

We're going to work with following these different directional lines outward and then the roller is working to follow these lines of energy in okay so who's ready who is ready to connect in with the front of the heart that is the first place that will be exploring and my gas is going to be that this is a very easy part of the energy for you to connect with because for heart chakra dominance most are residing at the front of the heart so as you drop into that centered energy notice this line of energy or this part of the energy that you can follow out so connecting with compassion and begin to see experience feel this line of energy that goes out the front of the heart and notice what equality of that line is does it feel really fast does it feel really light does it feel heavy does it feel stagnant and because we're working with following this line of energy out and using the salt to support clearing so take the salts take the salt now you're doing that support this and I encourage you to revisit this practice as you use the heart chakra salts to the brain in your awareness and your intention as you work with this remedy so you're falling that line of energy out and just notice if there's anything that comes through for you around interference to your energy moving out the front of the heart and if you have a specific focus on what you are letting go of if there is that conscious connection you may not know and that's okay too.

Bring that into the heart center and allow yourself to follow that energy as it moves out the front and you're going to invite in any intuitive information around there so any type of word image Impressions sensation color anything at all that comes through for you around falling this energy out the front pause this video write it down and if it feels like it's a little spread of information



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maybe it's the color green and you see a flash of someone of your past it could be anything and you want to take the time to really connect with out and follow that do that because your body holds all of this wisdom within and by getting very specific and setting this intention to release what is no longer aligns and authentic to you at the heart your body has the ability to bring these things to the surface one thing I'll mention other thing it can be uncomfortable working with assault because they're their job is to sue Target this part of your energy to disrupt things and stir them up so that they can be released so if you find yourself suddenly presented with a circumstance or a particularly Dynamic that's uncomfortable for you that you know is connected in with your heart.

I encourage you to really be with whatever that is that presents as it does so synchronistically while you're working with this remedy so it can be a little uncomfortable and may stir things up however that is how things clear we have to be willing to be with the discomfort in order for it to release so allow it to surface follow that line of energy out the front and then once you've gathered that information you're going to Center yourself talking that energy of compassion at the heart and then invite your awareness to the back of the heart and if you're thinking well that's too hard to do because I can't even connect with the back of my heart don't worry you're not the only one and formation of itself so if it's really hard to connect with that part of your energy take note of that he was that invite any intuitive information for word around that bit of information and practice activating line of energy if it feels like it's just too hard to access it.

Then once you have gathered that information you will connect with the directional line up so the top line of energy the top directional aspect of the heart and see if you can follow that line of energy and just invite any information around interference to that connection is there something that may be hindering your ability to expand up and really embody that top hemisphere of the heart so connected with that and just noticed with the quality is of that Top Line of energy that extends out from the heart maybe you receive some type of intuitive guidance around wet wants to be released were you can see that energy releasing and once you have connected with that and feel like you have fully allowed that information through and you've taken advantage of the resources below and you've written everything down then you're going to go back to the center of compassion and follow that energy down the light is so down that wine that extends out from the heart chakra and seeing what does this feel like to you what information do you receive intuitively what sensations do you experience.



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If you connect with the center of the heart through the energy of compassion and follow that directional line down, notice if there feels like any type of block or some type of barrier obstacle to accessing that information and take note of that as well and then once you feel like that's complete I know I'm just going through these so you take your time you pause this video you come back when you're ready when you feel like that information connections complete then you'll go back to the center of the heart through compassion and you'll follow this line of energy out the left side so what do you connect with at the left side of the heart what intuitive information resides there for you that has something to communicate around Letting Go release shredding what wants to be shed to in order to create space healing and transformation and then the last directional line that you'll follow going back to the Heart Center in yourself in the energy of compassion going out the right side of the heart and as you travel.

Wine of energy that extends out through the right side inviting any insight around what may be inhibiting you from releasing shutting fully embodying this part of your energy here and this might take you back to a particular time in your life or maybe you see a particular person as you connect with these directional lines this paints a very comprehensive picture for you too then work with around what your body is reviewing for you to release so that you can fully inhabit your heart center and when fully inhabit this part of your energy then the opportunities are Limitless your embodied your present able to navigate the world through this energy of compassion so that you can respond in a way that doesn't take you down so easily that doesn't shoot you into the derailing energy is empathy where you're just doing a nose and see what other people stuff in your unable to recover and there's so much more around that and I'm speaking to empathy as from an energetic standpoint of doing that nosedive of jumping into other people's stuff or jumping into stuff in your environment that makes it very challenging for you to stay centered in your heart how much here so when you have connected with all of these different lines of energy what this does is it helps you to see how this is spherical the heart is that you that there's so much to really work with and inhabit here and engage with and directly dialogue with so if you are only operating from the front of the heart and there's nowhere in this of the back then that's going to pull you off center that's going to keep you really locked into this front part of your energy.

When you begin to activate the back that's going to help pull you back into the center along that directional line of energy that is the frontal plane and then you can begin to work with that top and bottom engagement as you engage the top and you gave the bottom that helps to pull you



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into the center of your heart from that transverse line of energy and then ask you to not with the left and right that's going to help you connect and really get centered along the sagittal plane of your energy so they're all of these different directions are helping you establish a dynamic relationship within your heart so that you're not just operating from this one part of your energy which can make things so linear and can really throw you off center and make it much harder to recover and establish resiliency on this part of your energy which is dominant and deeply intuitive there's so much to access here so I like to connect with this like rain you're holding the reins of the top and the bottom with pull you into the sensor in the front and the back in the left and the right and there's so much here.

This may seem a bit it could seem overwhelming that's okay just work with the information as it comes and the more that you practice this awareness the more automatic it will become to drop into the center of the heart and start to notice when you're being pulled off center and what those things are that may be pulling you off center okay so once you've done that and you've worked with the salt and every time you take this old you can connect and with these directional aspect it may not need to be a 45-minute practice it could be it doesn't have to be 45 minutes for your connecting with each really intentionally writing things down maybe this is an opportunity to check in every time that you take the heart chakra salts and just checking with your heart and see which part of my energy do I feel like I'm really residing in most which part of my energy am I possibly dominating and more and what feels like it needs to release today and just create a very simple intention around that.

Then when you use the heart chakra roller you can follow the same practice and I do really encourage you to take the time to do all of this initially two really going deep to each of those directional line this time it will be a bit different though when you connect with those lines of energy after you use the ruler you will conduct in with where that energy is hanging out in the front of your heart and if there are any parts of yourself that feel like you need to reclaim and we're fully anger into your heart and then body so all of that information will come through the process of setting that intention inquiring and then going with whatever. Intuitive impression into information is that comes through for you and then the same thing with the back could not doing with how far out does your energy go in the back and is there possibly any type of interference to allowing healing energy to come through the back not with that asked for that information to reveal itself so rather than on the perspective of what is extending out and how are you releasing are you clearing your connecting with how do I bring in healing frequencies and what



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might be blocking me from doing so and you've got all of that juicy inside right there all you've got to do is just ask and then be willing to receive it and connect with it and see it for what it is and if it feels painful that something to observe if it feels and powering that something to observe just being with the Insight can sometimes be enough for the energy to shift there is like this there's a very bright energy here happening at the throat with this lighting okay I hope that you're really digging this connection because it's so powerful to notice where your energy is to begin establishing this awareness and to begin operating from this place of awareness and your life can be so transformative so deeply healing.

Then you'll follow those same directional lines of energy the top the bottom the left and the right but connecting with where does that energy feel like it's extending out to and beginning with that place of how far out it goes what Insight might be hanging out there for you and then following that line tracing it back to the center of the heart and seeing what Insight is in store for you so take the time be with it notice it observe it witness it inquire deeply and write it down so that you can sit with it. Comprehensive picture is for you what wants to be released what wants to be reclaimed what wants to be embodied and what is your heart telling you about where you're at and what is in what is prioritizing for healing right now so definitely practice this work requires a certain level of attention and effort and discipline however it is worth every ounce of effort so it will get easier to connect with those different directions than war that you practice it so practice first when you are alone and quiet if that's possible for you I know it's a challenging especially with small children and then once you feel like you can do that and establish that awareness of these different directional lines to practice and the grocery store but that practice when you're having a difficult conversation with what happens in begin noticing what's going on in your energy.

I'm so happy to see you have this opportunity to share this information with you thank you for being here and thank you for sharing your heart chakra gifts I am excited to see what connections what healing connections come through for you and how this supports you and your everyday life as a heart chakra, wishing you many heart chakra connections and healing and thanks so much, bye.