

HEART

INHABITING THE HEART

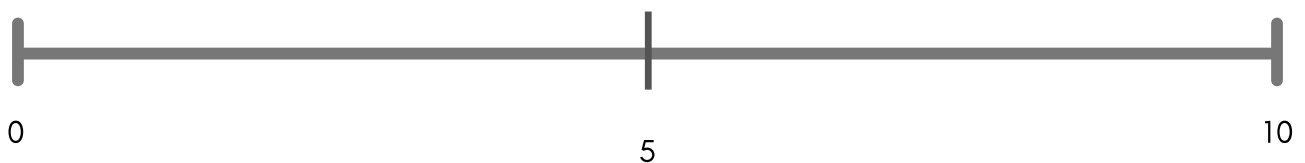
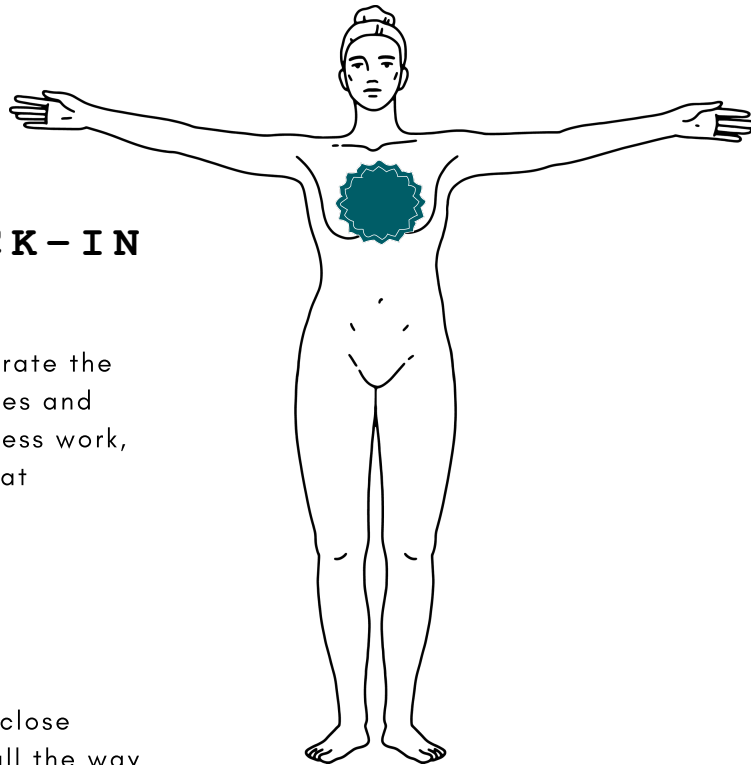
PRE CHECK-IN

Before you incorporate the Chakredy® Remedies and directional awareness work, mark where you're at

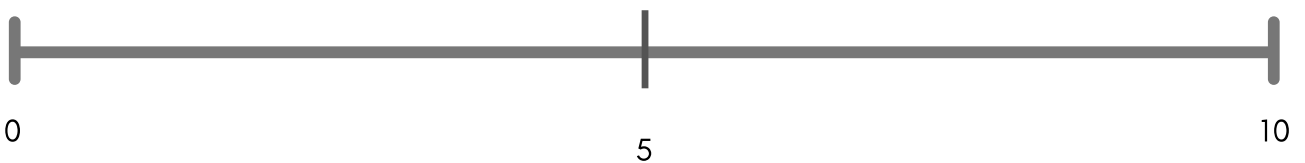
SCALE

0=Least/Not even close

10=Greatest/Yes all the way



I am able to remain clear in compassion when others struggle



I openly give AND openly receive



My energetic awareness fully inhabits my heart chakra

HEART CHAKRA DOMINANCE

WHAT DOES IT MEAN?

When you test as a heart chakra dominant, you lead with connection and seek the oneness between you and everything else. **You have a heightened ability to perceive energy at the heart. You are heart chakra intuitive!** You deeply care about the feelings of others and easily give from your heart. Your challenge is to remain centered at the heart in compassion rather than nose dive into other people's energy as an empathetic reflex. You will find any news of suffering too hard to manage. It can be easy to slip into depression because you take on the weight of the world and the heaviness of collective consciousness. Learning to cultivate compassion is essential to your stability.

STRENGTH = ONENESS AND CONNECTION

You have the incredible ability to experience oneness and connection at every turn. It feels effortless to operate from the heart center and to generously give from this place.

CHALLENGE = INTERNALIZING OTHER ENERGY

When you can easily feel other energy, your challenge is to discern what is yours and what is NOT yours.

HEART CHAKRA ASPECTS

Some energetic aspects connected with the heart chakra include:

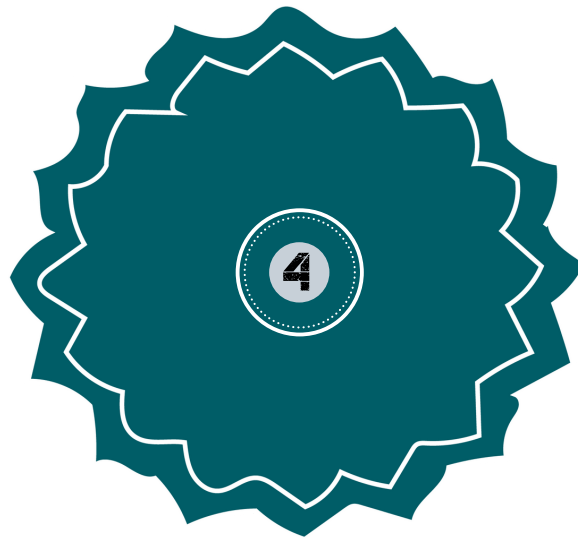
- Gratitude
- Forgiveness
- Compassion
- Love
- Openness
- Joy

STRENGTHS

What are some of your strengths at the heart level?

CHALLENGES

What are some of your challenges at the heart chakra level?



HEART CHAKRA

INTENTIONS

INTENTIONS FOR CLEARING:

What would you like to let go of at the heart center?

A large, empty rectangular area with a light blue background, intended for writing intentions for clearing the heart chakra.

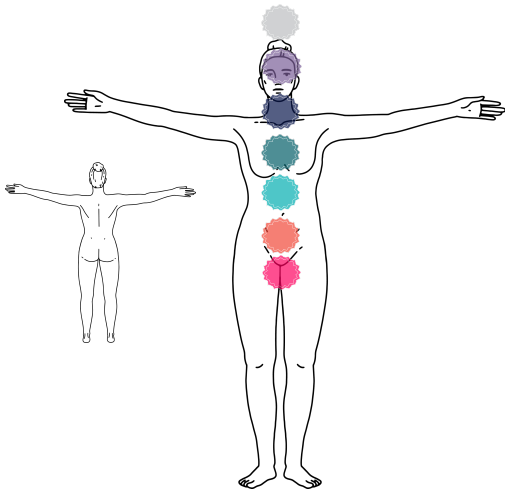
INTENTIONS FOR REPATTERNING:

What would you like to reclaim and repattern at the heart?

A large, empty rectangular area with a light blue background, intended for writing intentions for repatterning the heart chakra.

DIRECTIONAL ASPECTS

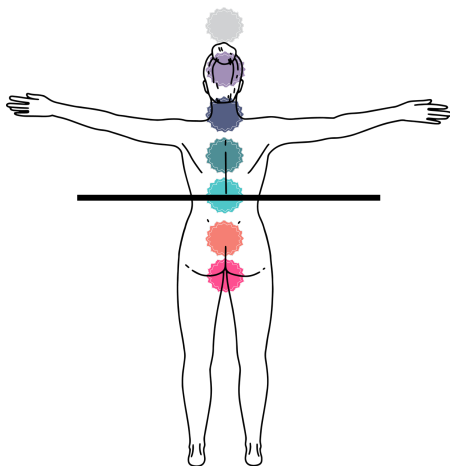
THE 6 ENERGETIC LINES OF COMMUNICATION



FRONTAL PLANE

This plane divides the body into:

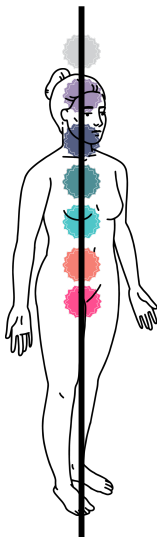
FRONT
BACK



TRANSVERSE PLANE

This plane divides the body into:

TOP
BOTTOM



SAGITTAL PLANE

This plane divides the body into:

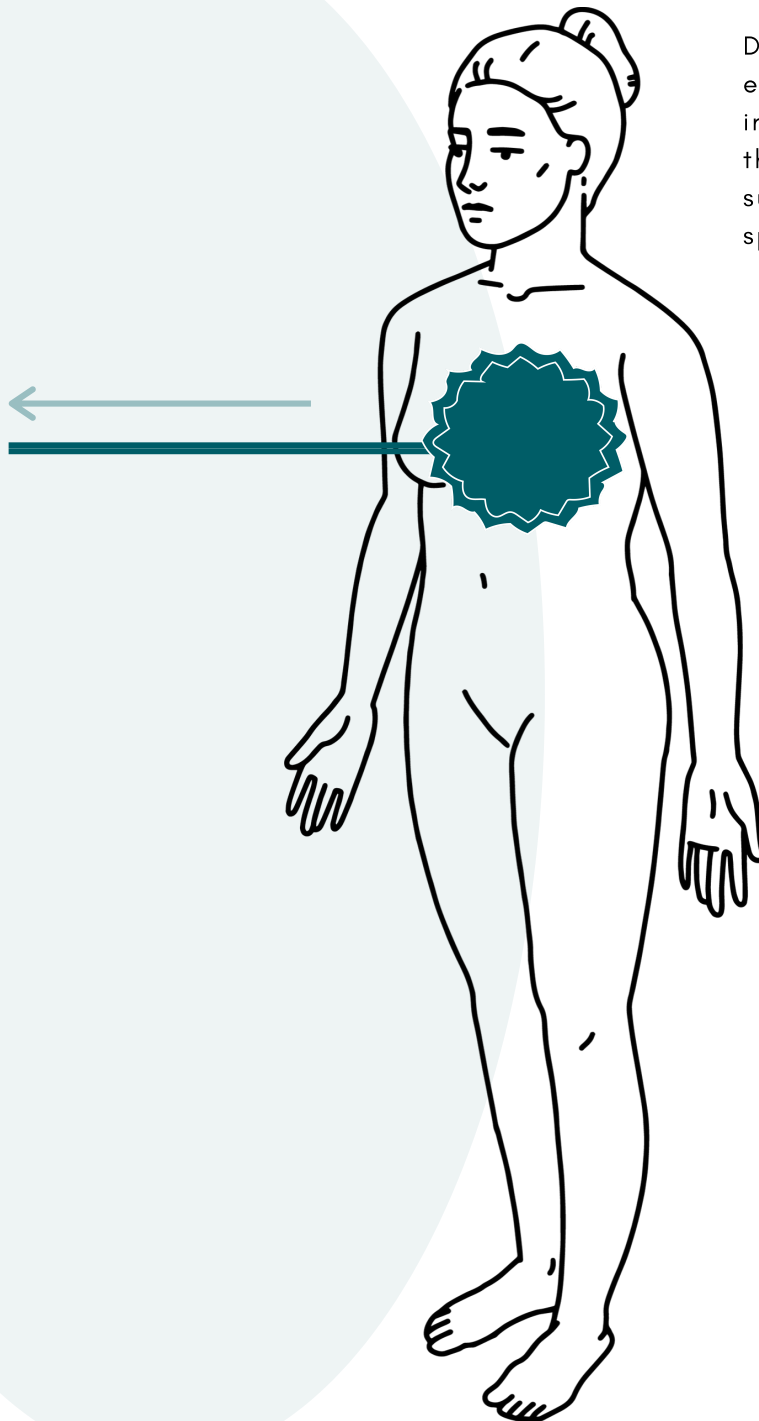
LEFT
RIGHT

FRONT

LINE 1: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

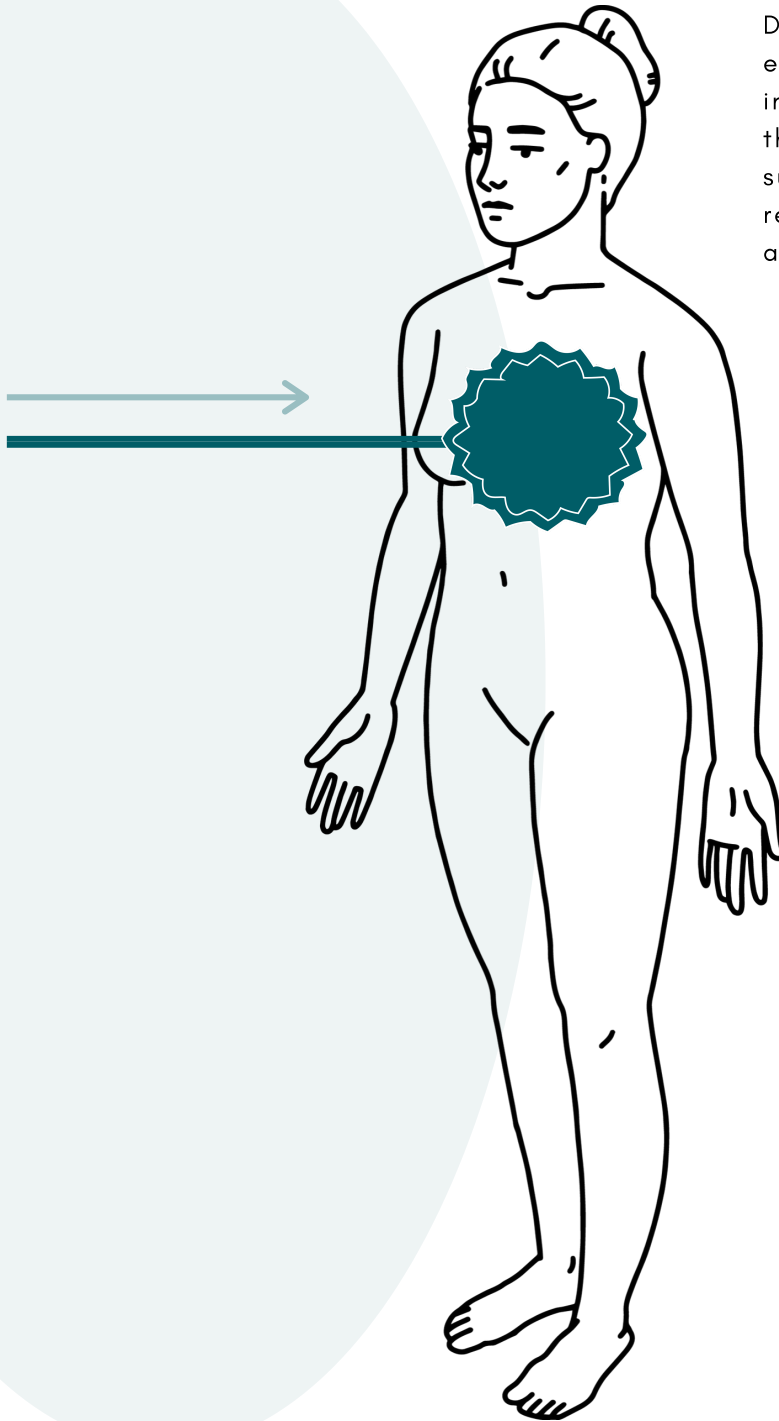


FRONT

LINE 1: REPATTERNING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

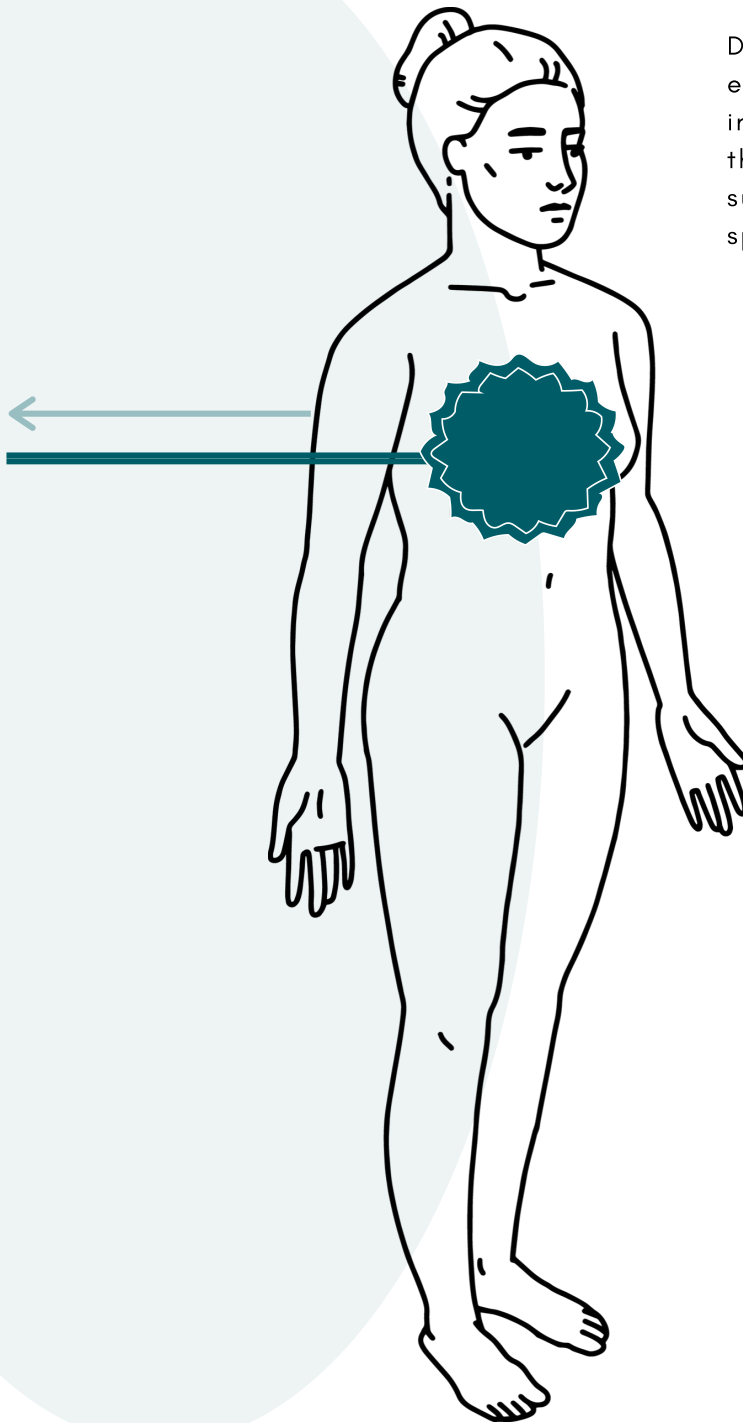


BACK

LINE 2: CLEARING

INTUITIVE IMPRESSIONS

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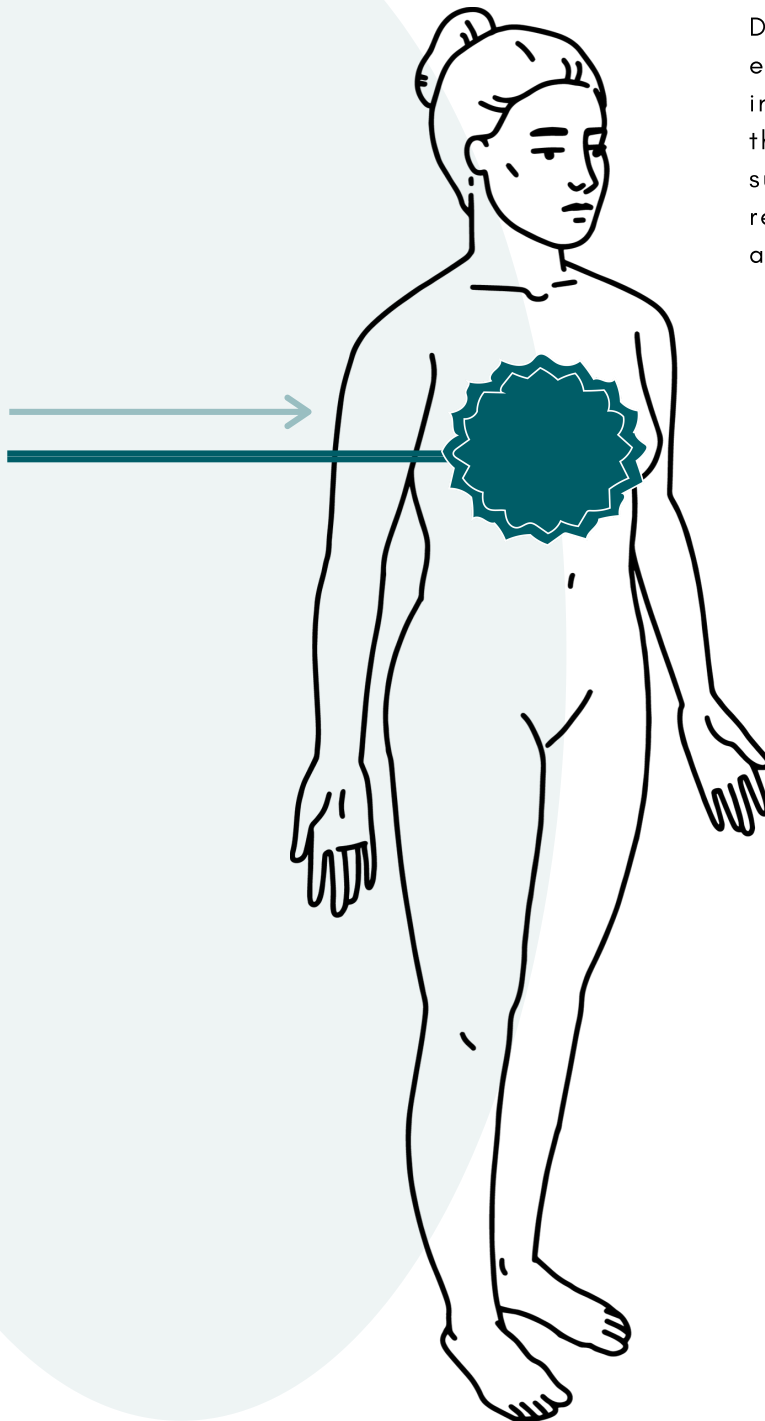


BACK

LINE 2: REPATTERNING

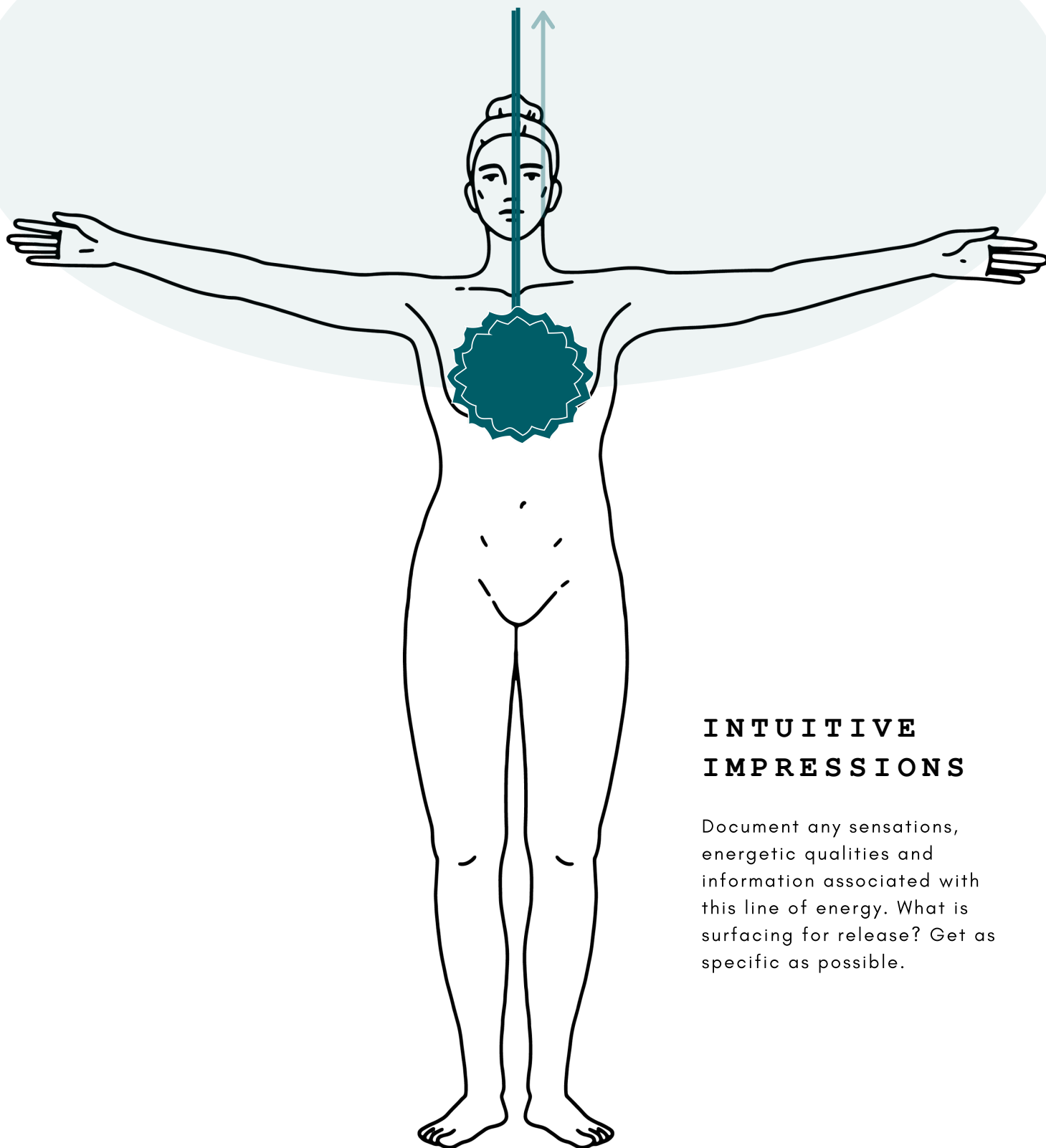
INTUITIVE IMPRESSIONS

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TOP

LINE 3: CLEARING

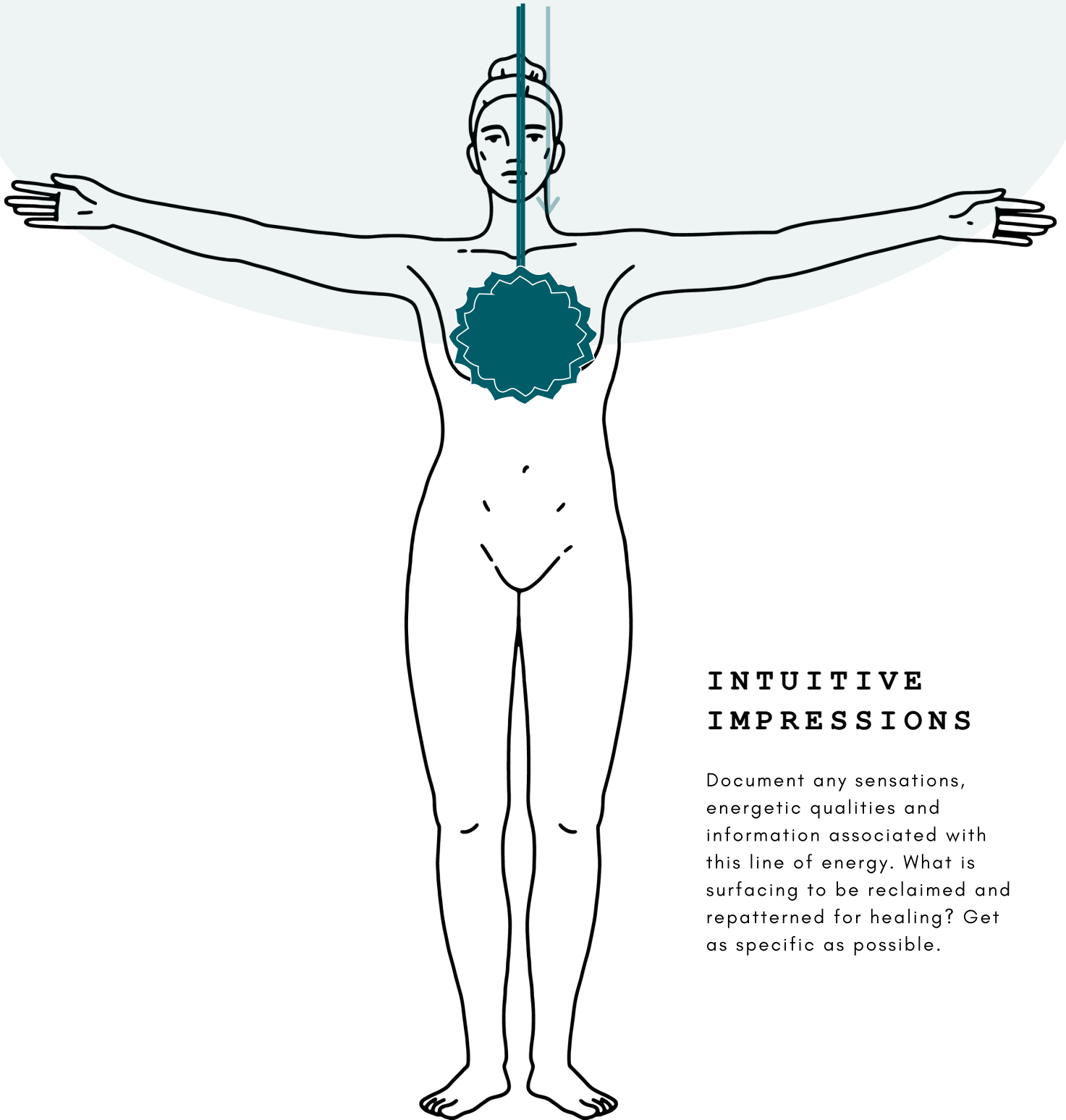


INTUITIVE IMPRESSIONS

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TOP

LINE 3: REPATTERNING

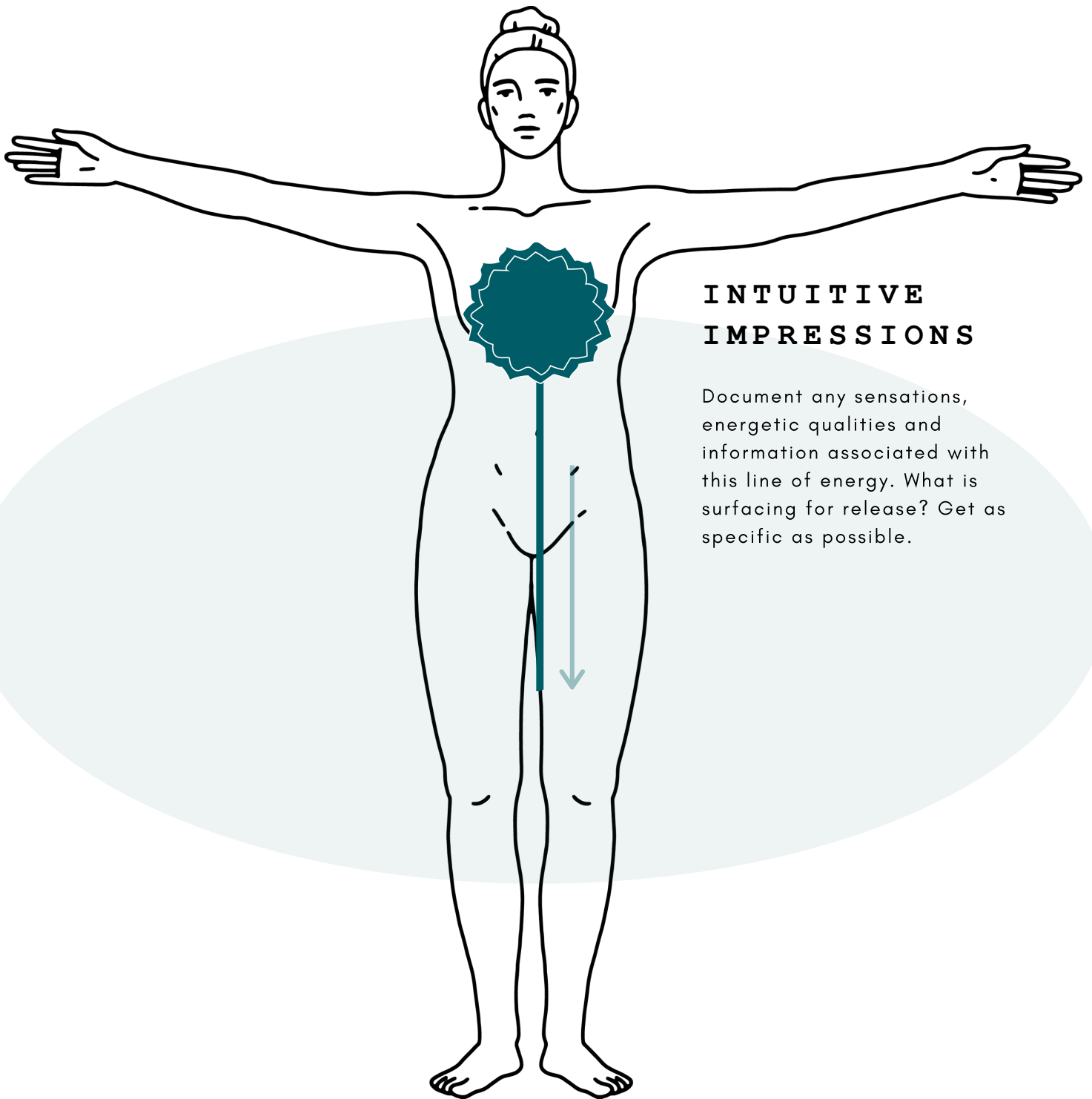


INTUITIVE IMPRESSIONS

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BOTTOM

LINE 4: CLEARING

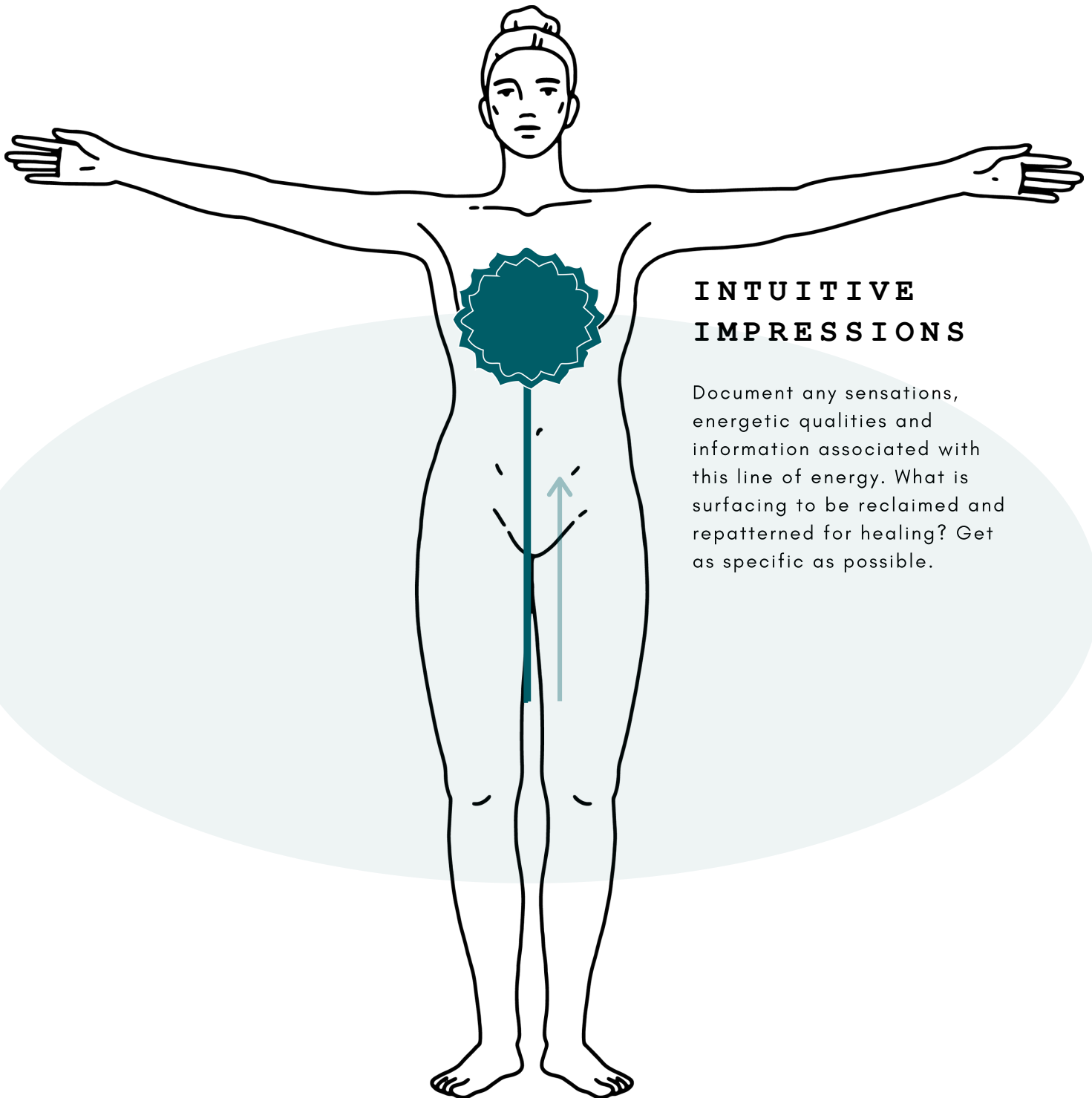


INTUITIVE IMPRESSIONS

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BOTTOM

LINE 4: REPATTERNING

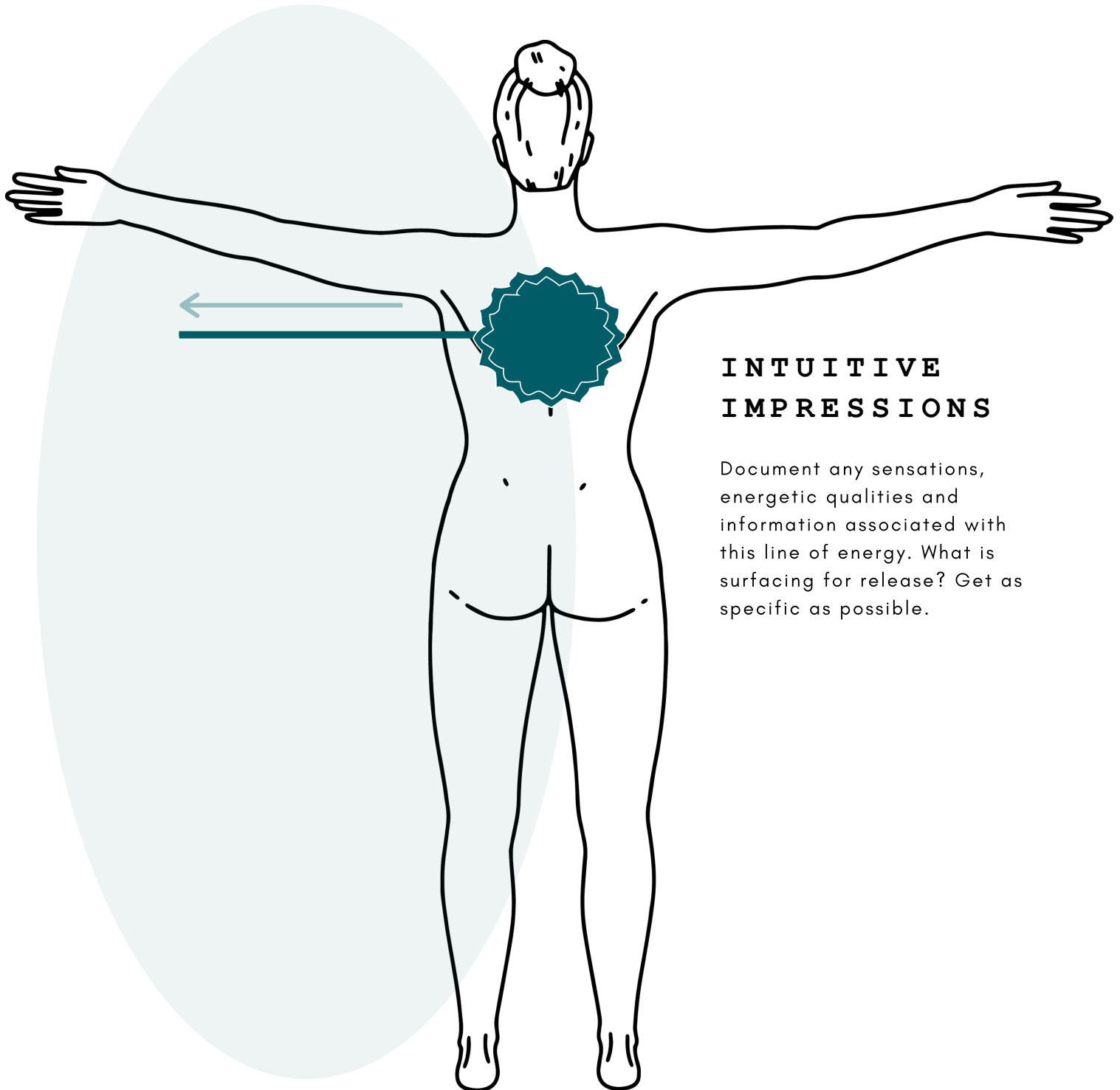


INTUITIVE IMPRESSIONS

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LEFT

LINE 5: CLEARING

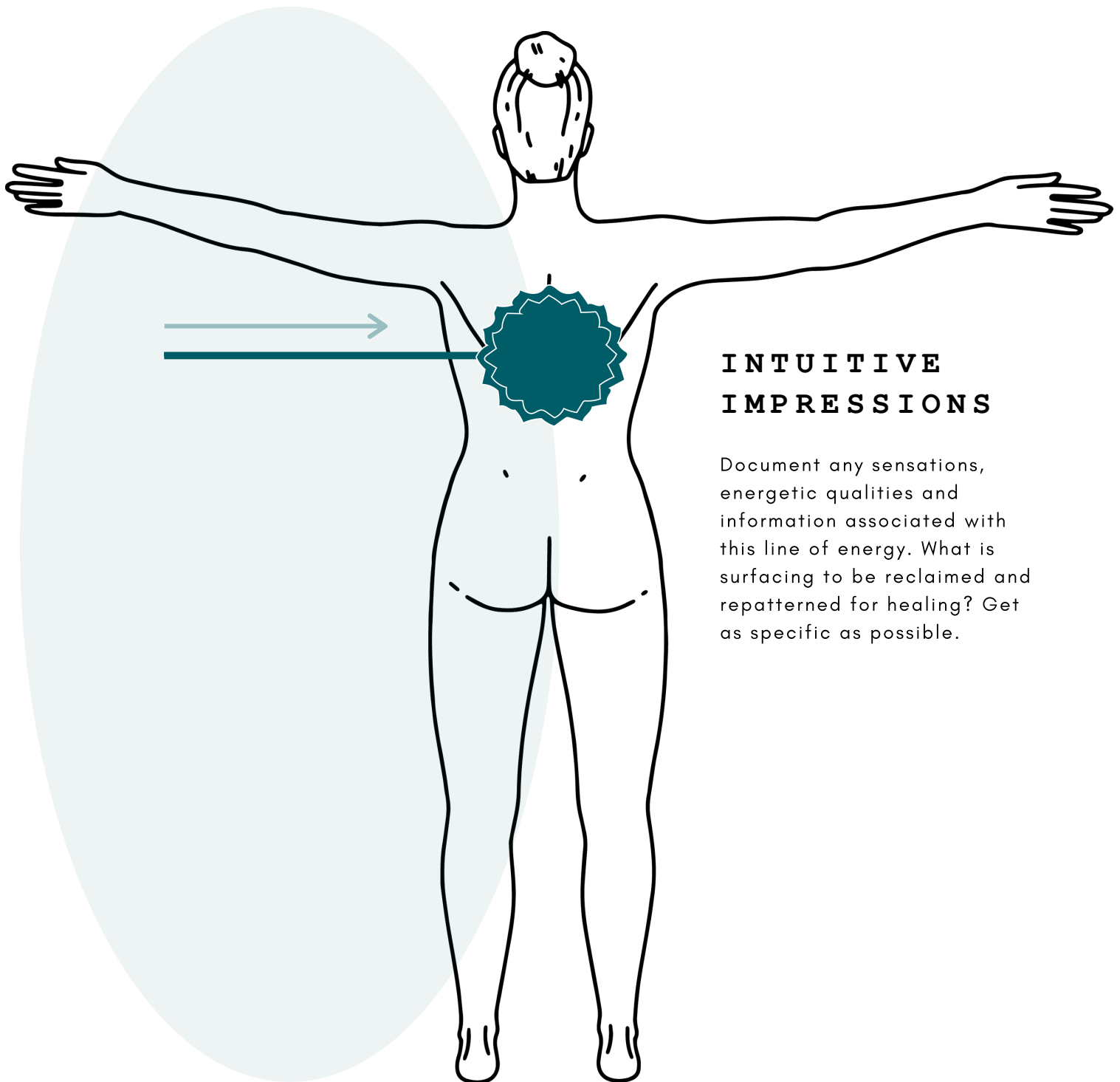


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LEFT

LINE 5: REPATTERNING

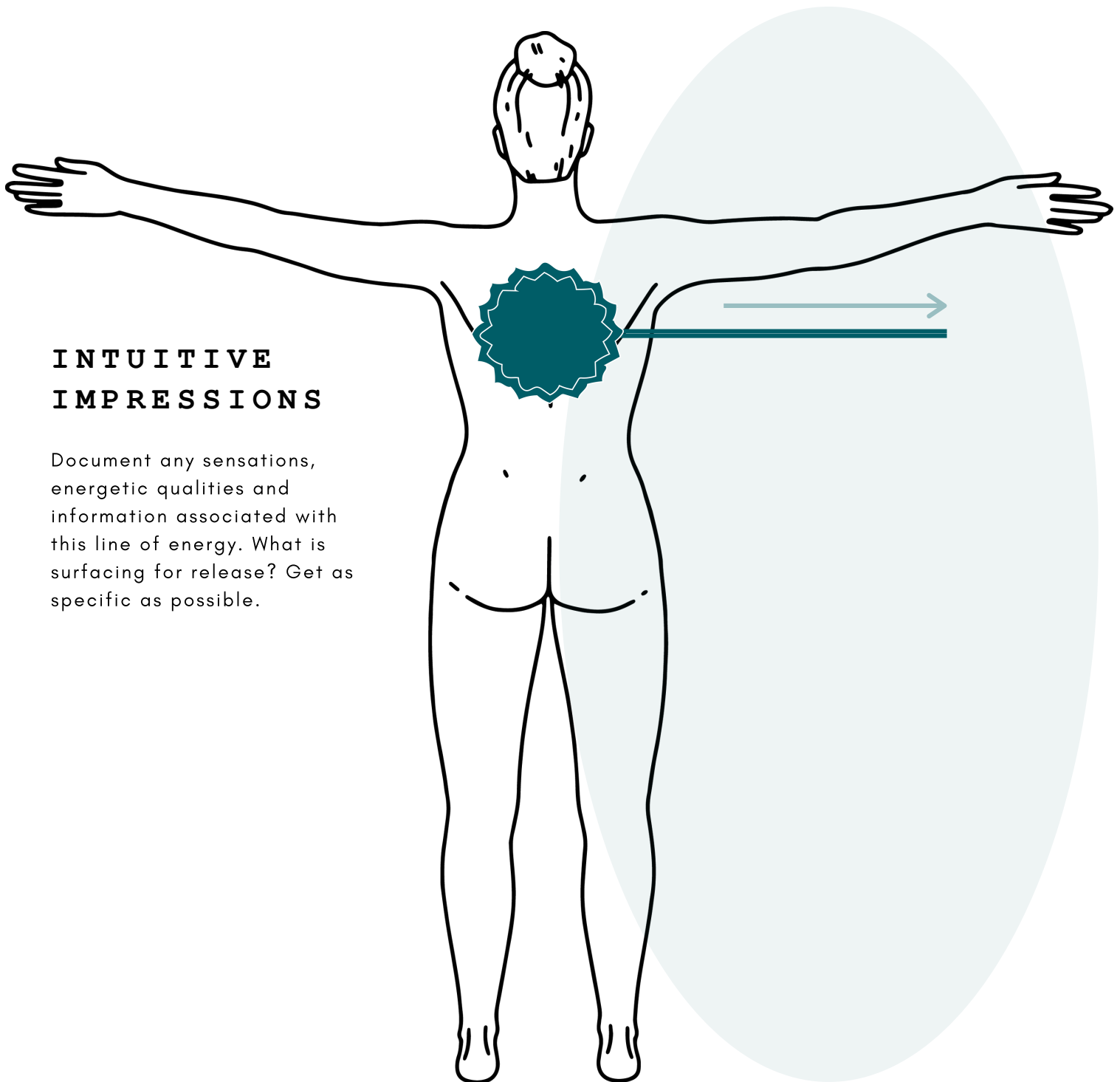


INTUITIVE IMPRESSIONS

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RIGHT

LINE 6: CLEARING

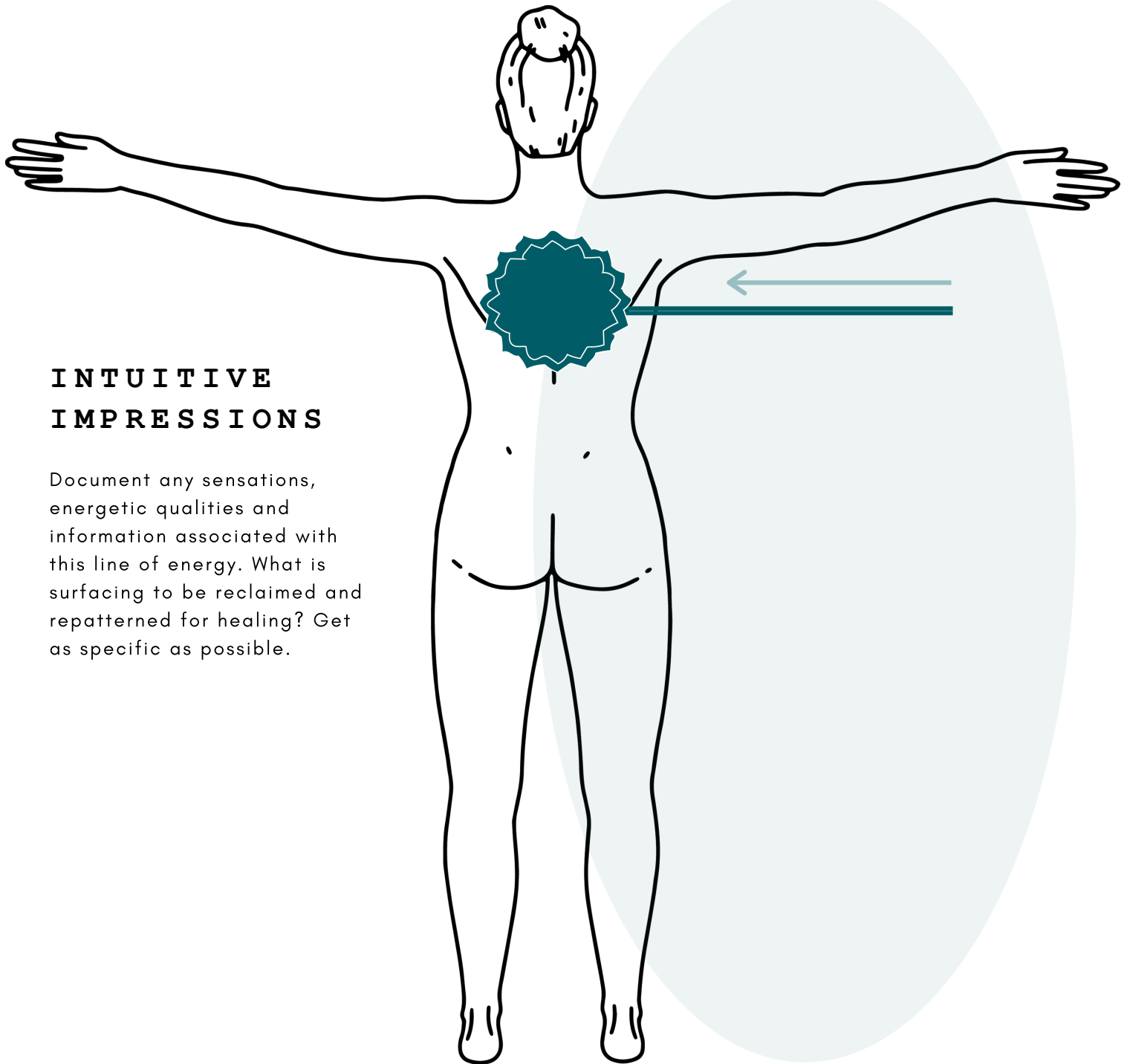


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RIGHT

LINE 6: REPATTERNING



INTUITIVE IMPRESSIONS

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HEART

INHABITING THE HEART

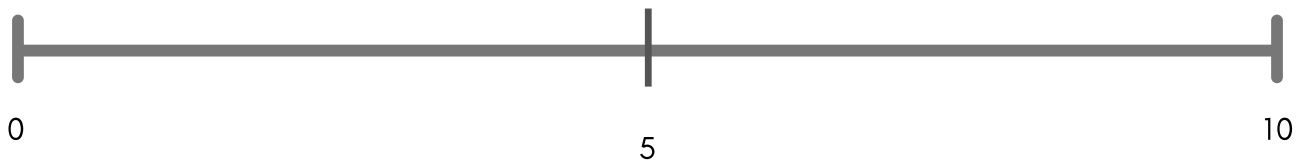
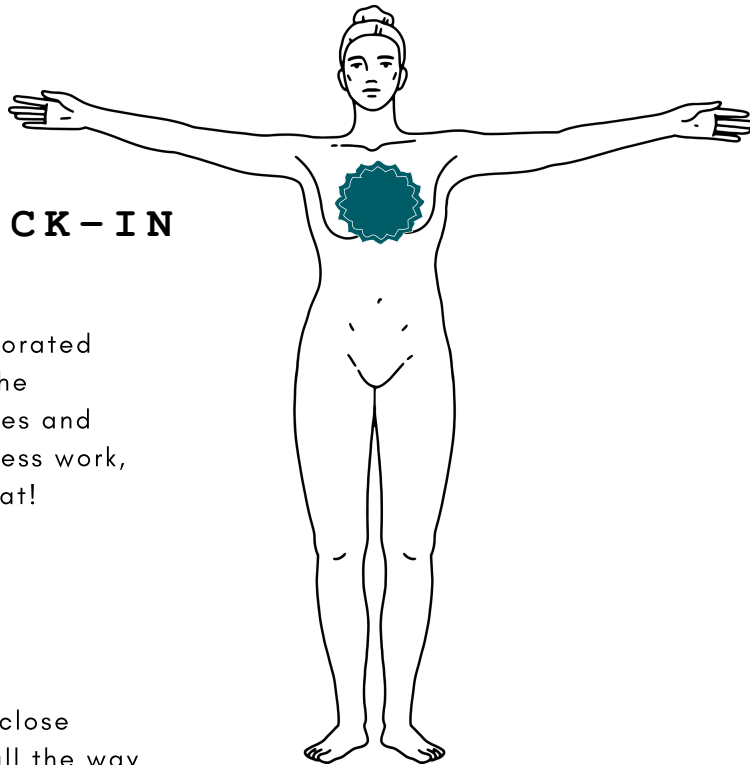
POST CHECK-IN

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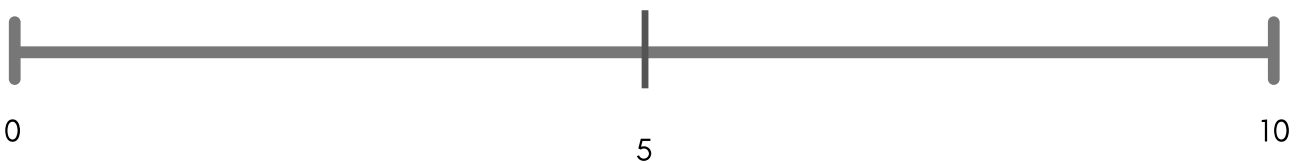
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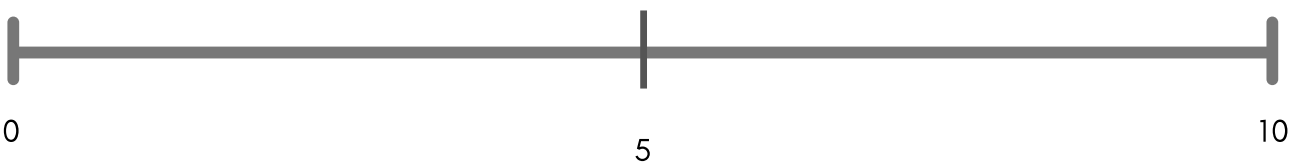
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