

HEART CHAKRA INTUITION

LOCATION + ASPECTS

--HEART--

LOVE-GRATITUDE-COMPASSION-JOY-OPENNESS-
FORGIVENESS-GENEROSITY-DEVOTION



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5.1a Heart Chakra Intuition



HEART DOMINANCE

WHAT DOES IT MEAN?

As a heart chakra dominant, you lead with connection and seek the oneness between you and everything else. You deeply care about the feelings of others and easily give from your heart. Your challenge is to maintain centered in the heart and remain in a place of compassion without diving too quickly into empathy. When you respond with empathy over compassion from this center, it can be depleting. You will find any news of suffering too hard to manage. It will be easy to slip into depression because you can take on the weight of the world and the heaviness of collective consciousness so immediately. 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 = OVER EMPATHIZING

Your challenge is to remain centered at the heart from a place of compassion and not shift into an empathic nose dive reflex.



HEART CHAKRA REFERENCE

PRACTICE

List out everything you associate with the heart chakra, create your comprehensive heart chakra reference

Heart Chakra Strengths

Write them out

Heart Chakra Challenges

What are they?

notes