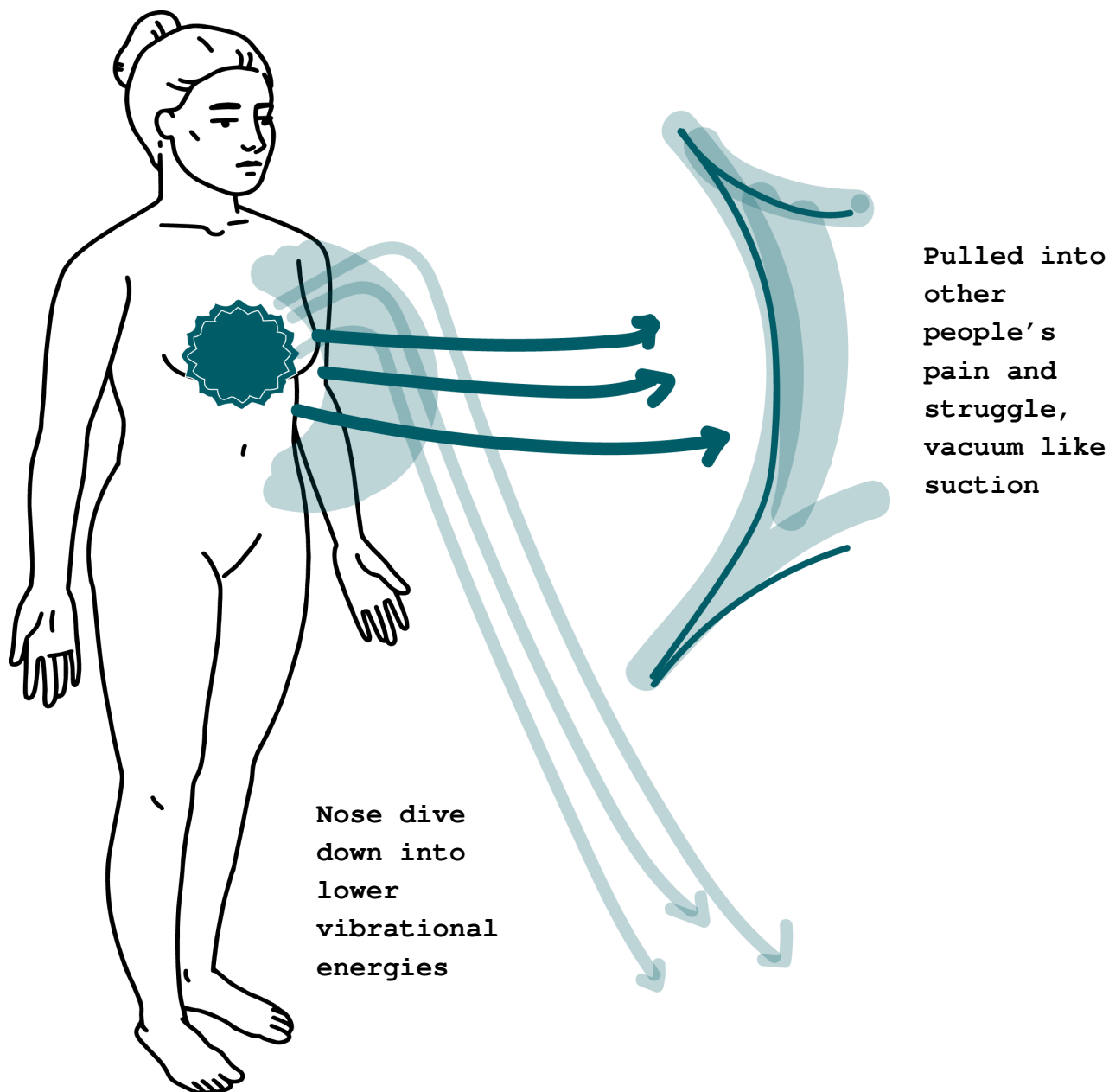
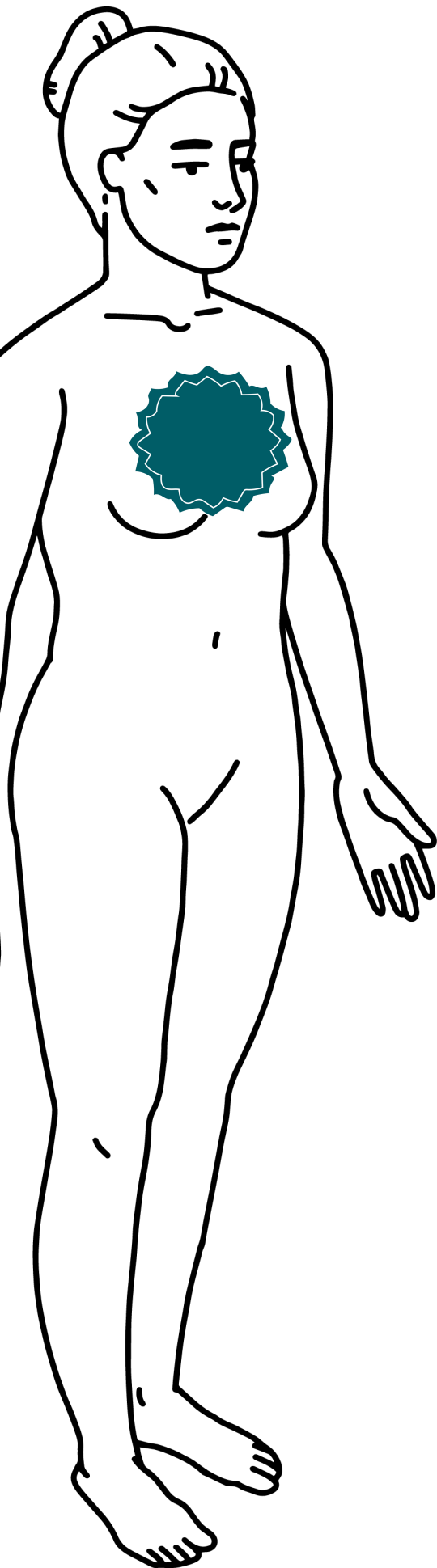


HEART: FRONT

INDICATOR: SNAPPING FORWARD AT THE HEART





HEART: FRONT

INTUITIVE INDICATOR:
SNAPPING FORWARD AT THE
HEART

ASSOCIATIONS

Plane: Frontal

Directional Aspect: Front

Front Association: Projection

Projection: Diving forward, graspy

ENERGETIC QUALITIES

- Forward snapping at heart
- Tipped forward
- Pulled into other people's pain and struggle, vacuum like suction
- Nose dive down into lower vibrational energies
- Loss of control over empathetic response
- Challenging to come back to hear center
- Easily shift into empathetic overwhelm, depression and despair

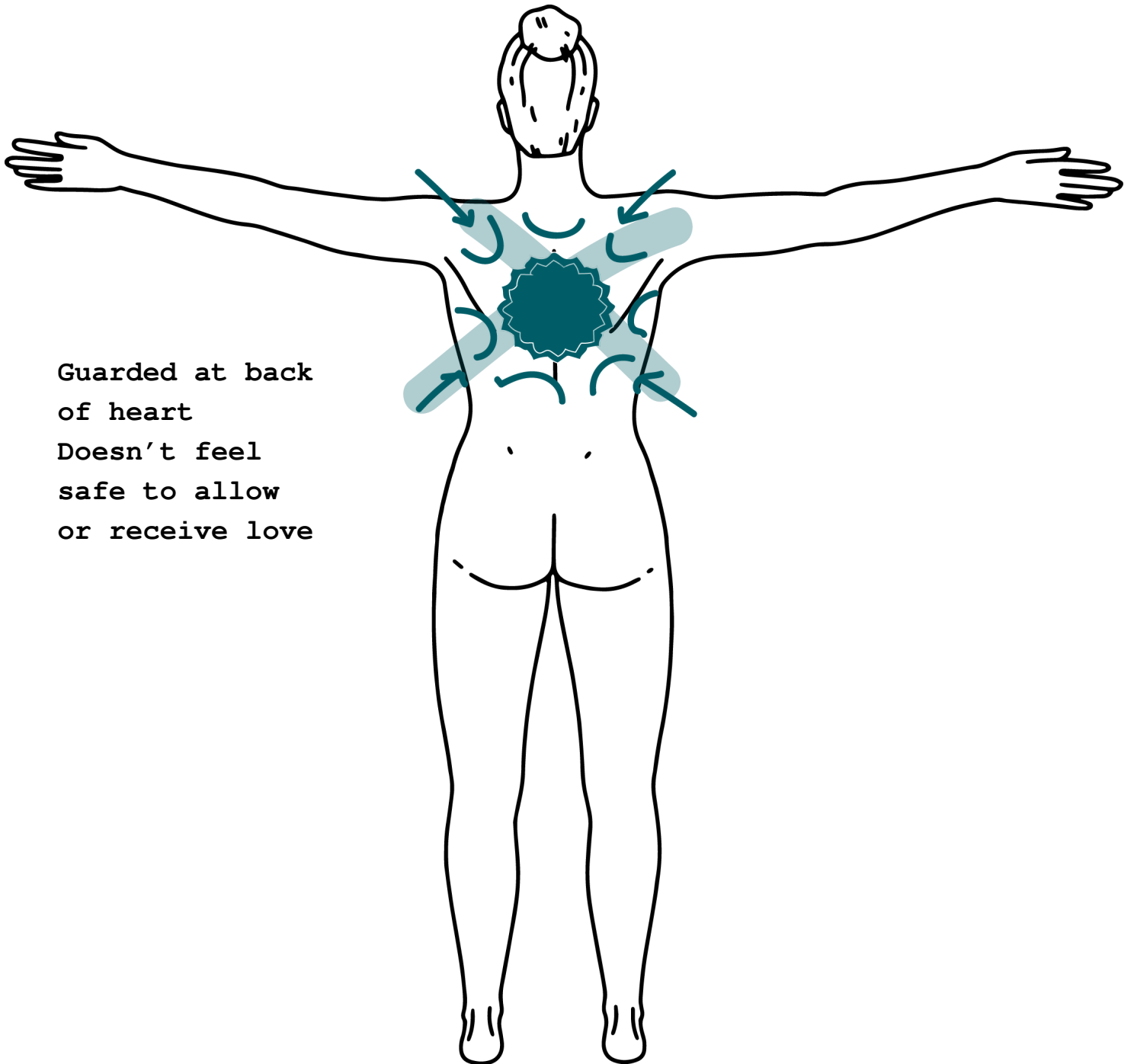
NOTES

Your Connections:

"In this moment, all is well."

HEART: BACK

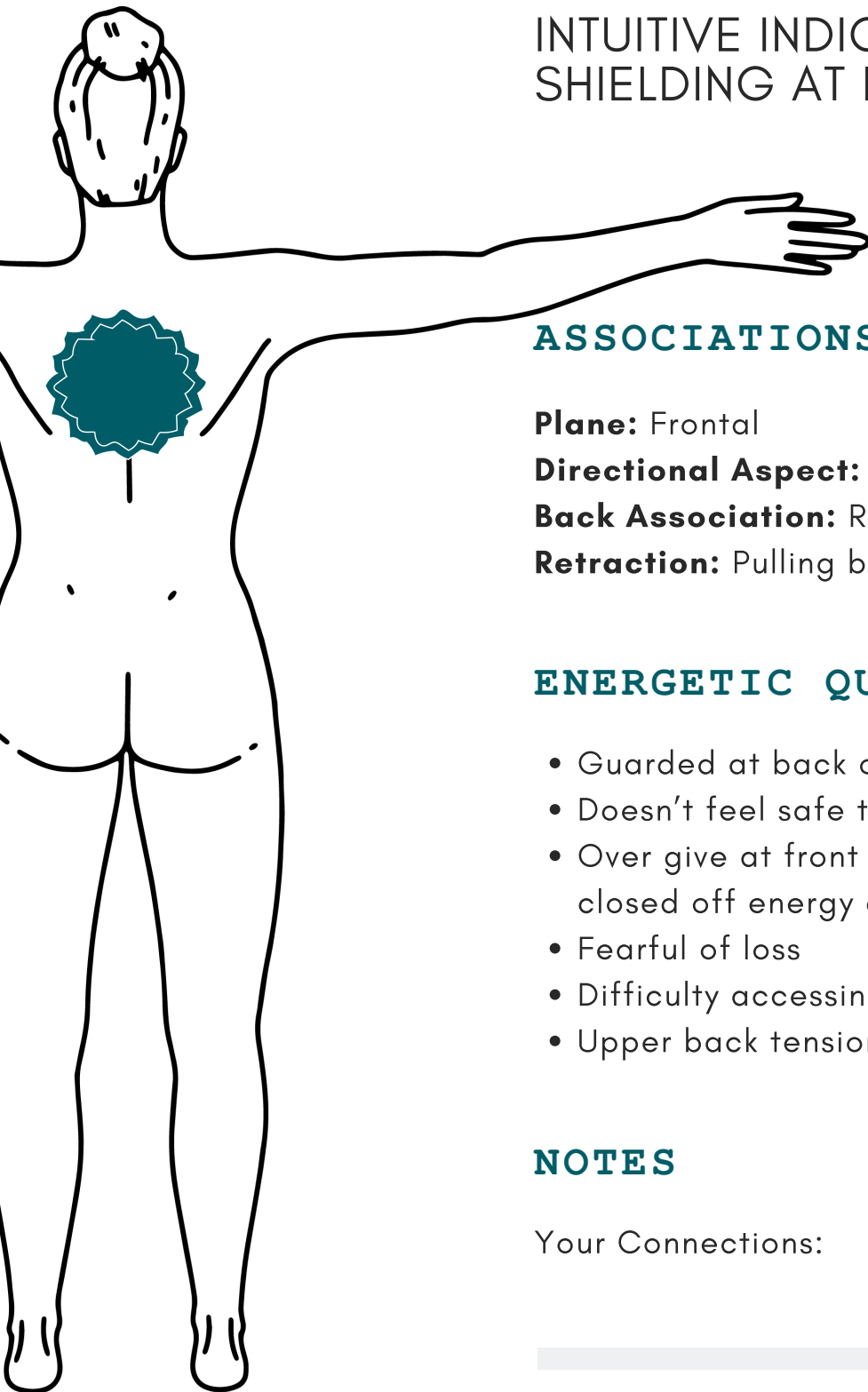
INDICATOR: SHIELDING AT BACK OF HEART



Guarded at back
of heart
Doesn't feel
safe to allow
or receive love

HEART: BACK

INTUITIVE INDICATOR:
SHIELDING AT BACK OF HEART



ASSOCIATIONS

Plane: Frontal

Directional Aspect: Back

Back Association: Retraction

Retraction: Pulling back, shielding, guarding

ENERGETIC QUALITIES

- Guarded at back of heart
- Doesn't feel safe to allow or receive love
- Over give at front to compensate for closed off energy at back
- Fearful of loss
- Difficulty accessing joy
- Upper back tension and pain

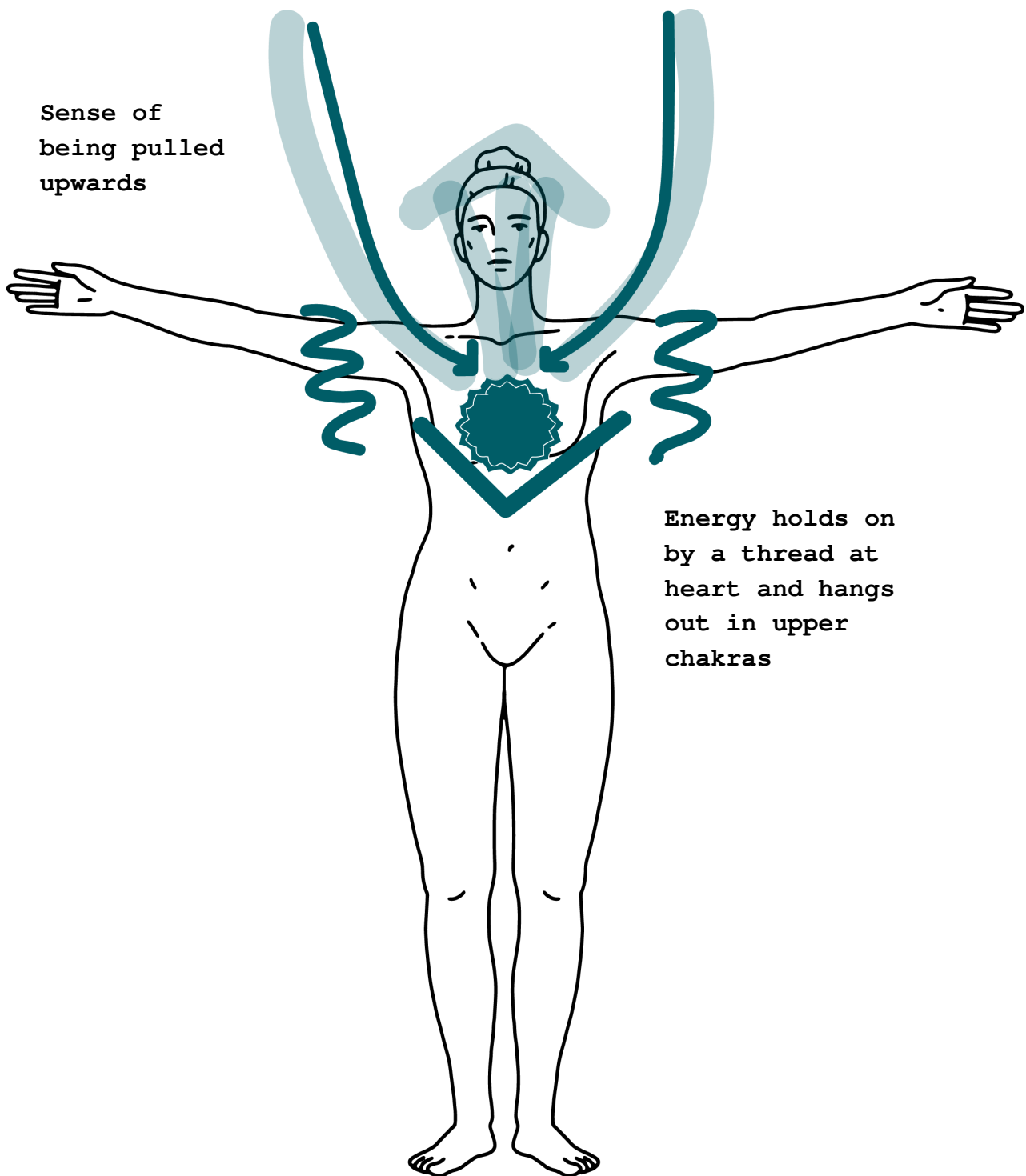
NOTES

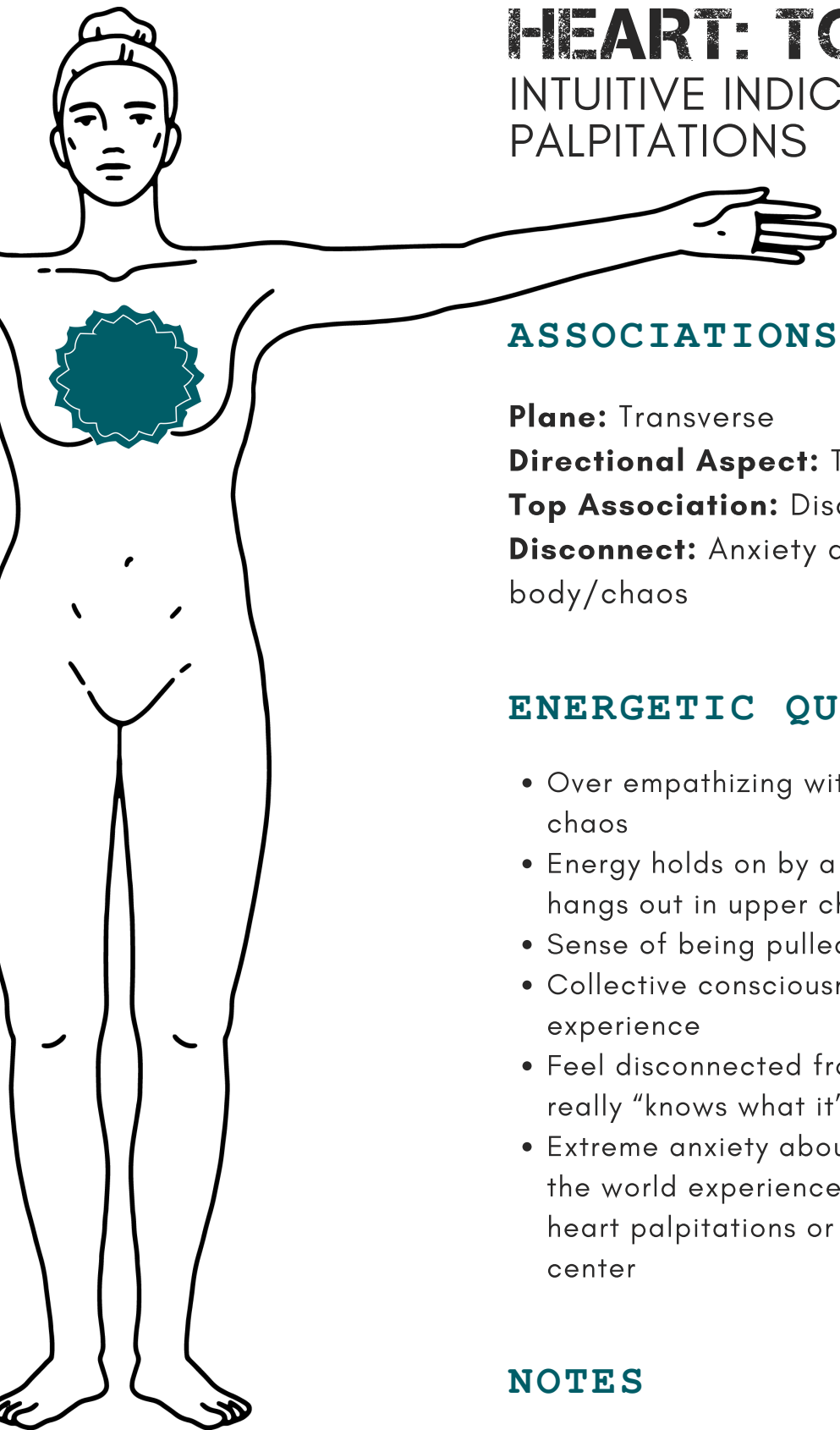
Your Connections:

"I am worthy of being loved and receive love openly."

HEART: TOP

INDICATOR: HEART PALPITATIONS





HEART: TOP

INTUITIVE INDICATOR: HEART
PALPITATIONS

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Top

Top Association: Disconnect/avoidance

Disconnect: Anxiety at this part of
body/chaos

ENERGETIC QUALITIES

- Over empathizing with others creates internal chaos
- Energy holds on by a thread at heart and hangs out in upper chakras
- Sense of being pulled upwards
- Collective consciousness easily dominates your experience
- Feel disconnected from others, like nobody really “knows what it’s like”
- Extreme anxiety about others and the state of the world experienced that translates into heart palpitations or a busyness at the heart center

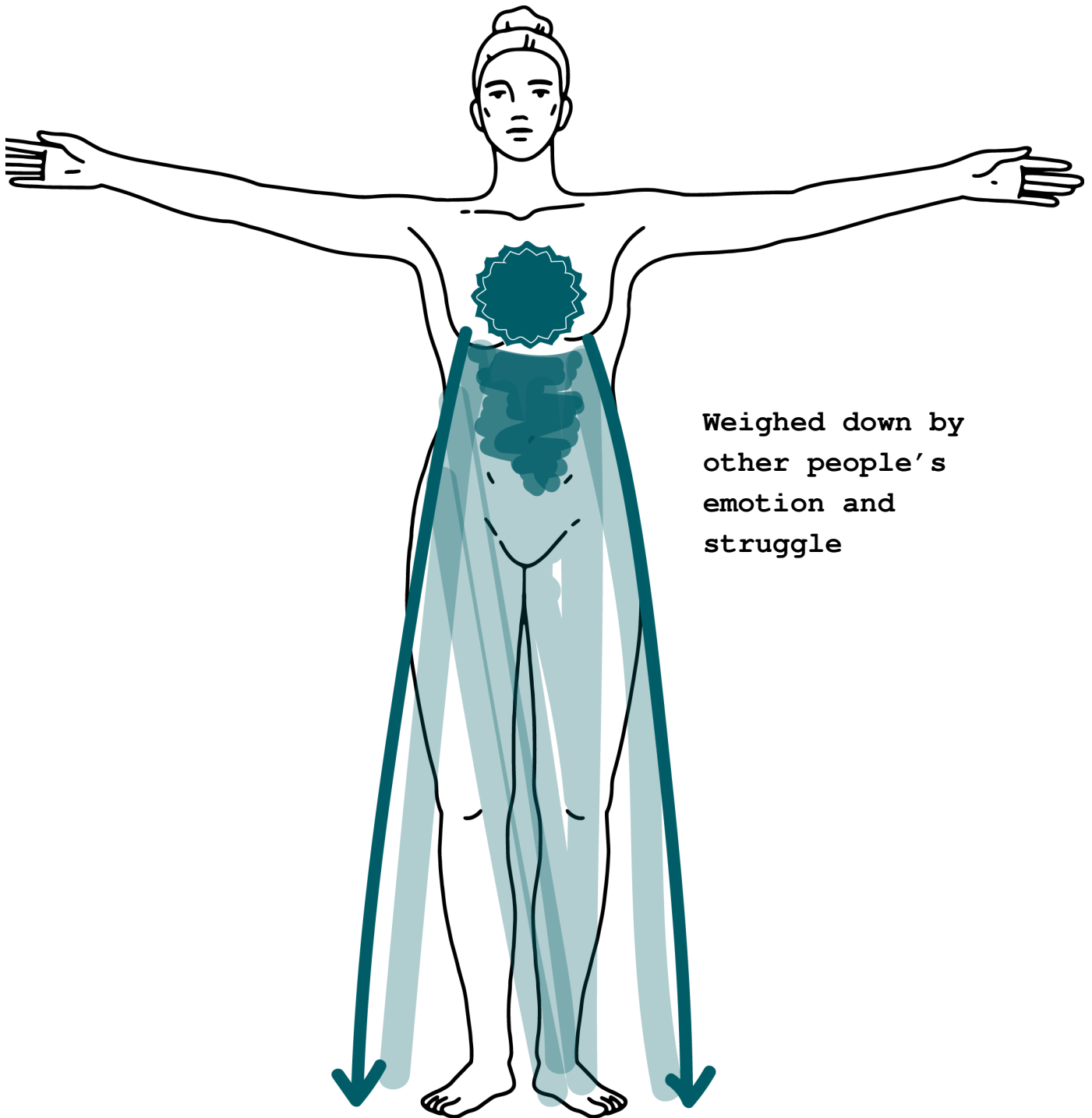
NOTES

Your Connections:

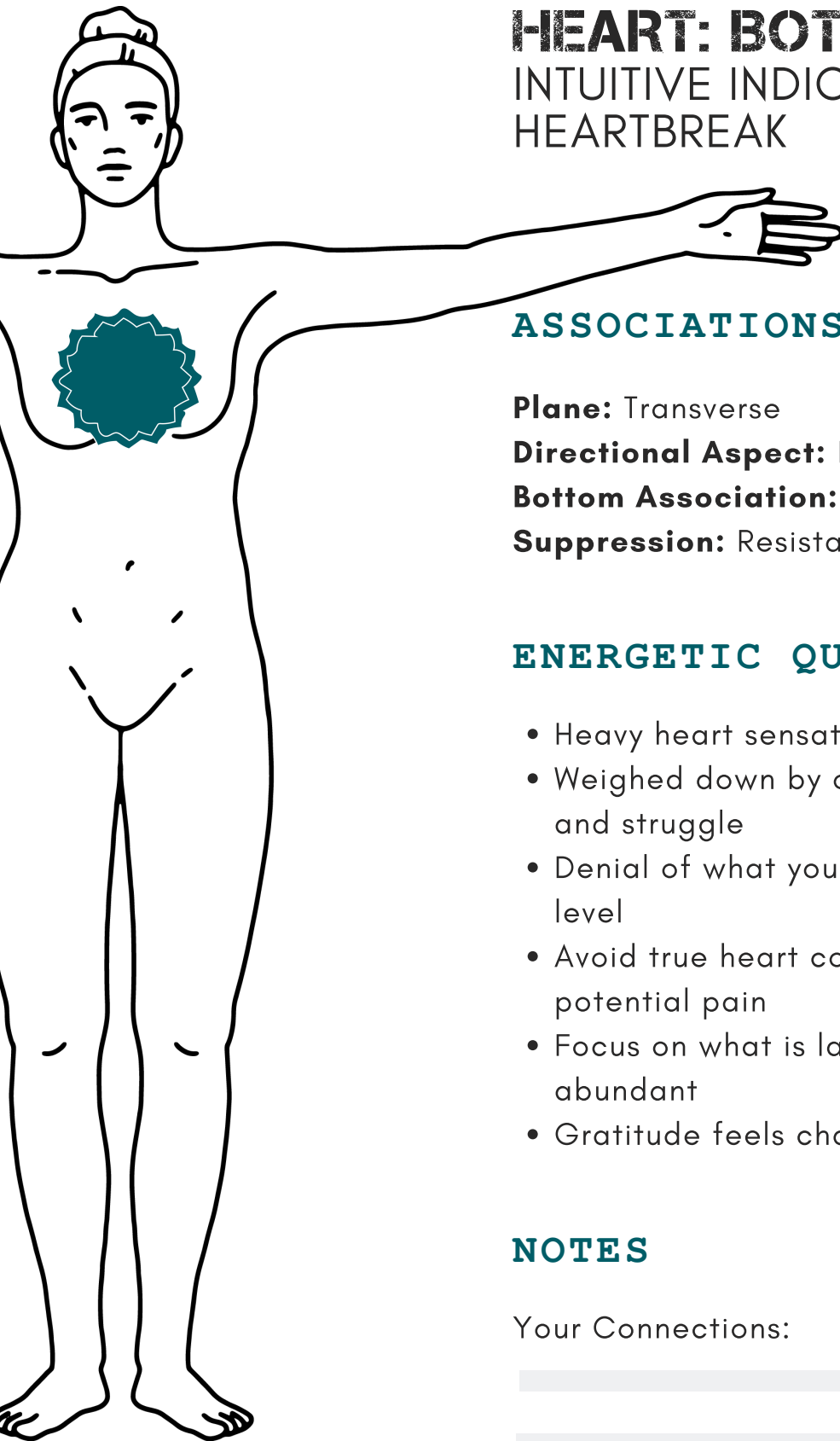
“I respond from my heart center with
compassion.”

HEART: BOTTOM

INDICATOR: HEARTBREAK



Weighed down by
other people's
emotion and
struggle



HEART: BOTTOM

INTUITIVE INDICATOR:
HEARTBREAK

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Bottom

Bottom Association: Suppression

Suppression: Resistance/pushing down

ENERGETIC QUALITIES

- Heavy heart sensation
- Weighed down by other people's emotion and struggle
- Denial of what you truly feel at the heart level
- Avoid true heart connections to avoid potential pain
- Focus on what is lacking instead of what is abundant
- Gratitude feels challenging to access

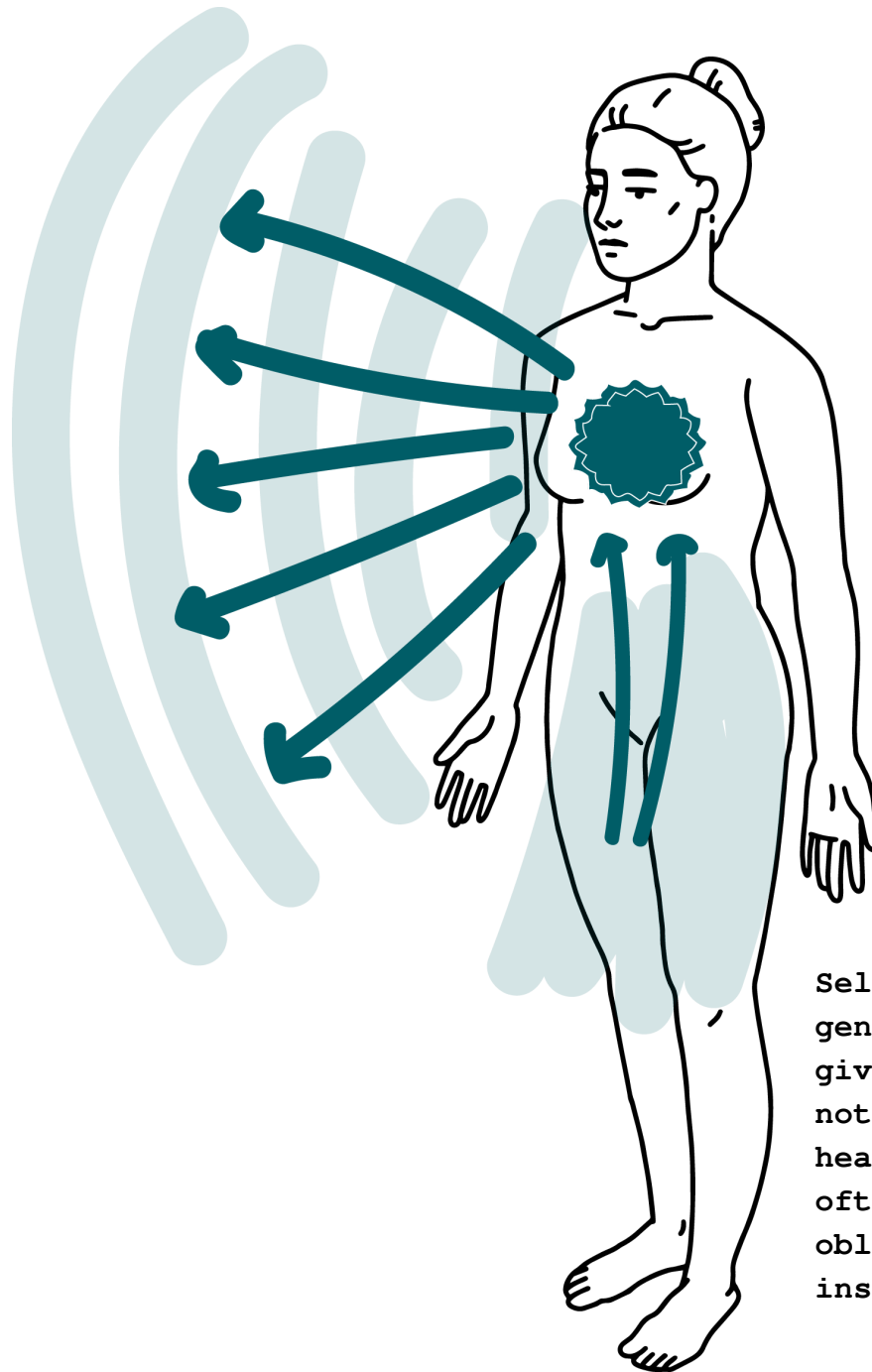
NOTES

Your Connections:

"My heart is light and full of love."

HEART: LEFT

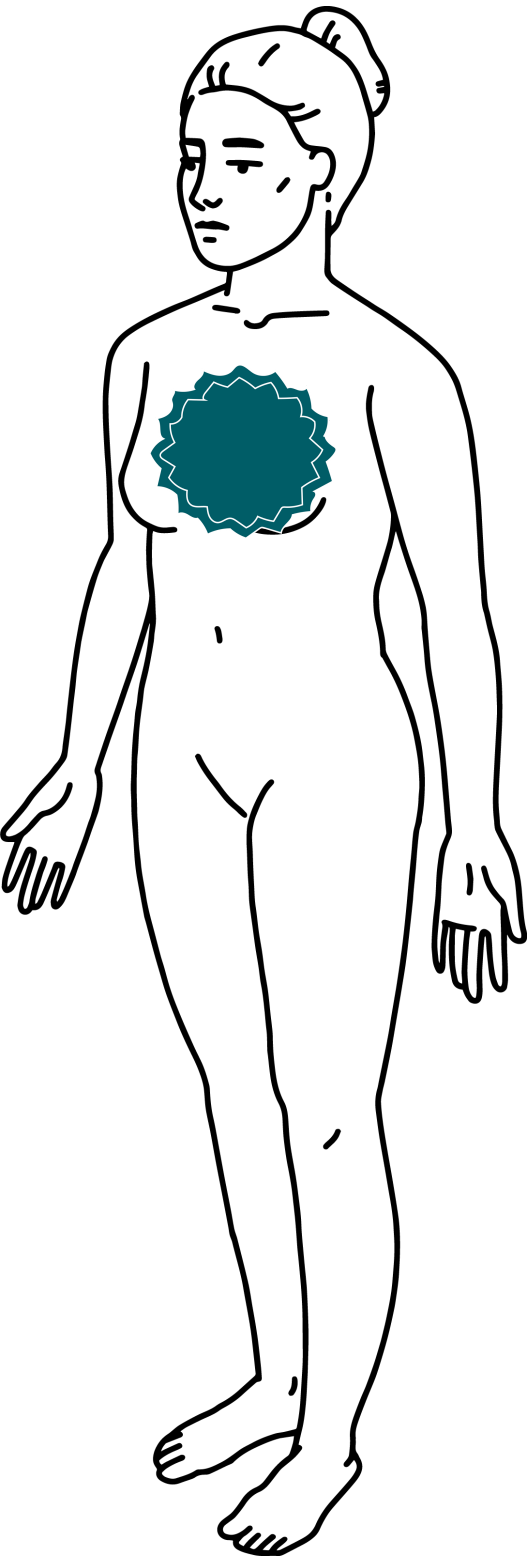
INDICATOR: EXCESSIVE GIVING



Selfless
generosity aka
giving that does
not come from the
heart center but
often comes from
obligation,
insecurity, etc.

HEART: LEFT

INTUITIVE INDICATOR:
EXCESSIVE GIVING



ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Left

Left Association: Weak

Weak: Collapse/implosion

ENERGETIC QUALITIES

- Selfless generosity aka giving that does not come from the heart center but often comes from obligation, insecurity, etc.
- Characterized by others as “selfless”
- Prioritize everyone else’s needs over your own
- Tends towards resentment due to excessive giving
- Needs are not often met by others
- Over apologize

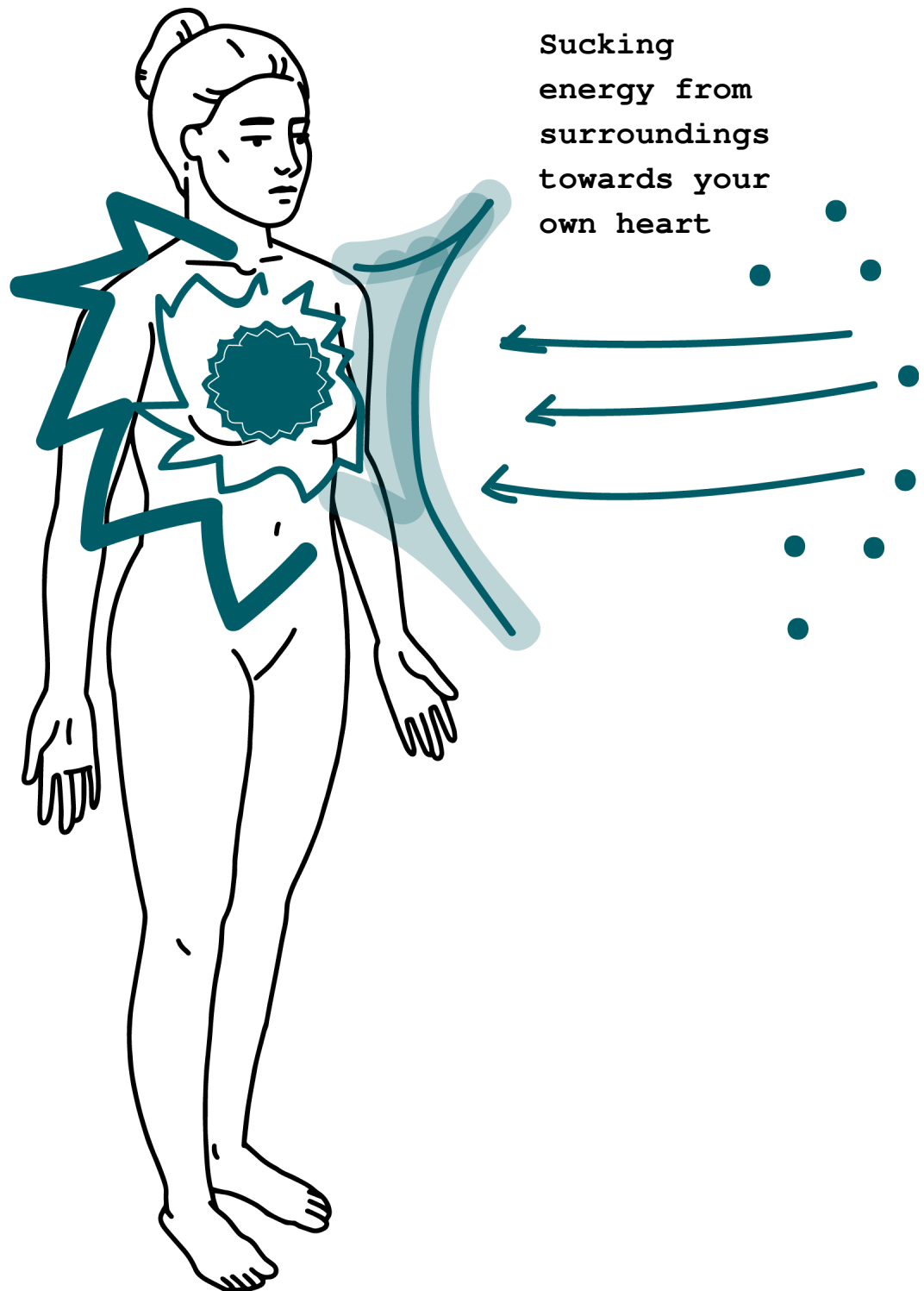
NOTES

Your Connections:

“I give from my heart fully from a centered and authentic space.”

HEART: RIGHT

INDICATOR: EXCESSIVE TAKING



HEART: RIGHT

INTUITIVE INDICATOR:
EXCESSIVE TAKING

ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Right

Right Association: Forced

Forced: Explosive/aggressive

ENERGETIC QUALITIES

- Sucking energy from surroundings towards your own heart
- Seek out what you can gain from situations and others
- Dominant in relationships, bullying can present itself here
- Intense and aggressive wall of energy towards others when you feel compromised at heart level
- Difficulty apologizing when warranted

NOTES

Your Connections:

"I soften towards myself and others."

