



INTUITIVE INDICATORS

THE HEART

Intuitive Indicators

Some of the many stressed expressions that manifest as intuitive sensations and impressions at the heart chakra:

- **Snapping Forward at the Heart**
- **Shielding at the Back of Heart**
- **Heart Palpitations**
- **Heartbreak**
- **Excessive giving**
- **Excessive taking**

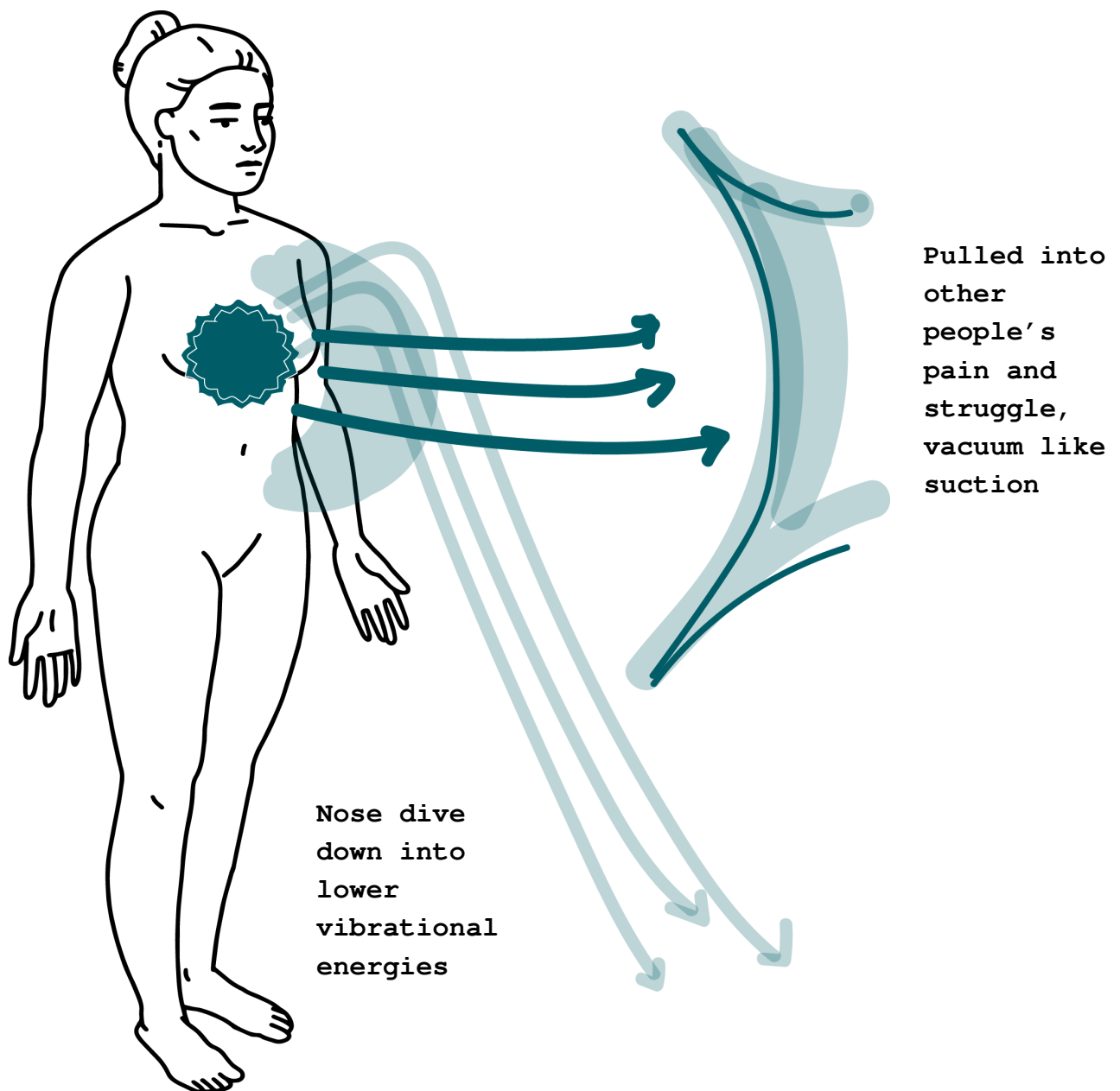
Additional Sensations + Impressions

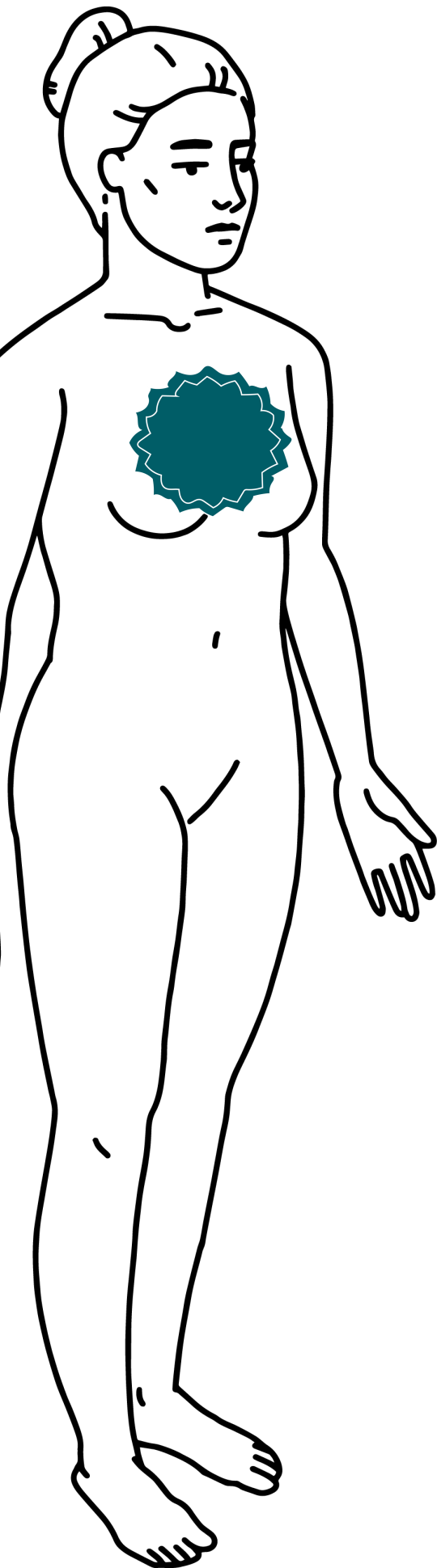
Heart chakra specific sensations and impressions (II) that communicate activation of this energy center. This may be an attempt to engage in dialogue with you. These are not necessarily associated with stressed states.

- **Heart Flutter**
- **Tightness at Chest**
- **Hooking into back of heart**
- **Give/receive does not happen at heart level**

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

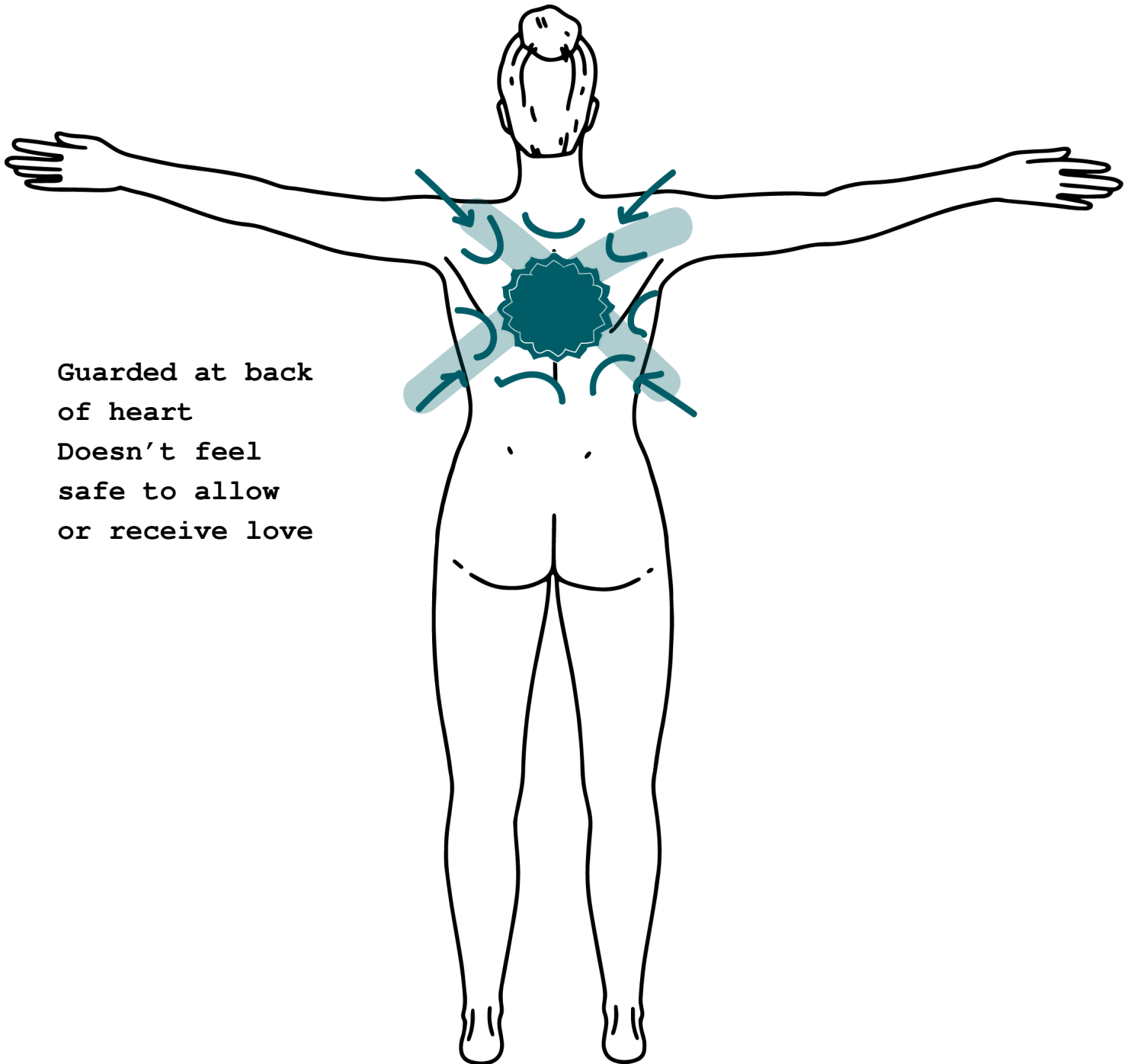
NOTES

Your Connections:

"In this moment, all is well."

HEART: BACK

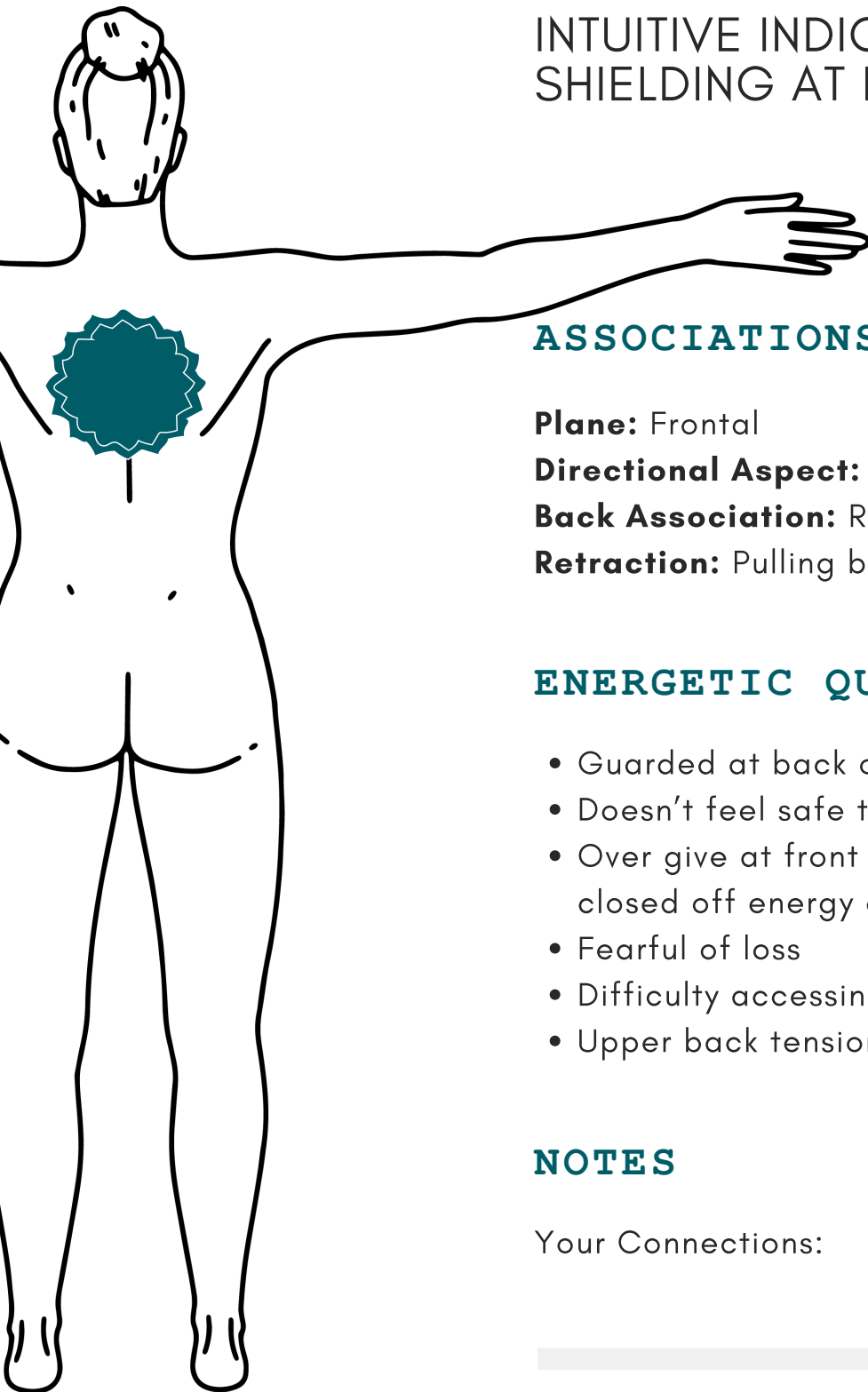
INDICATOR: SHIELDING AT BACK OF HEART



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."