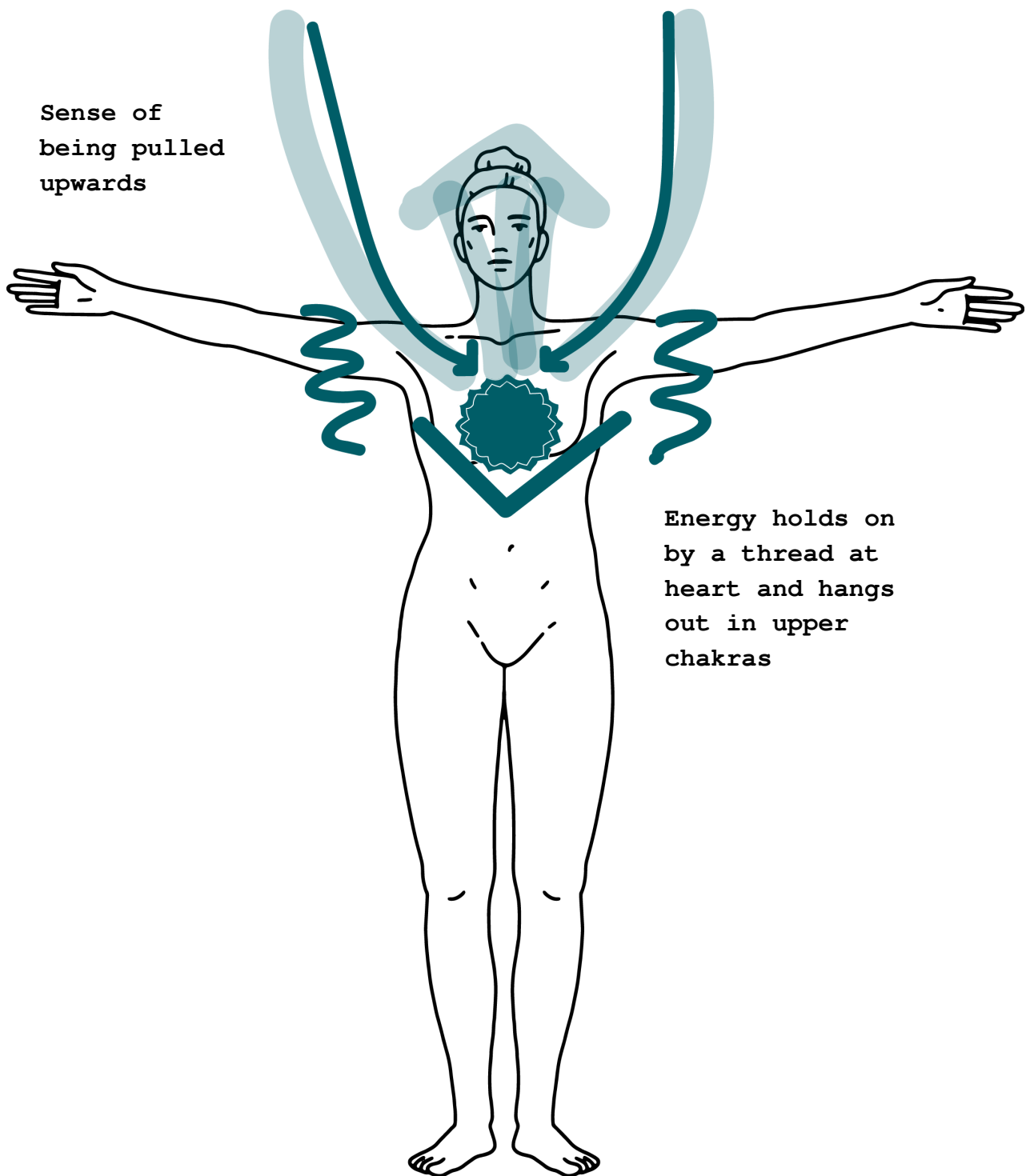
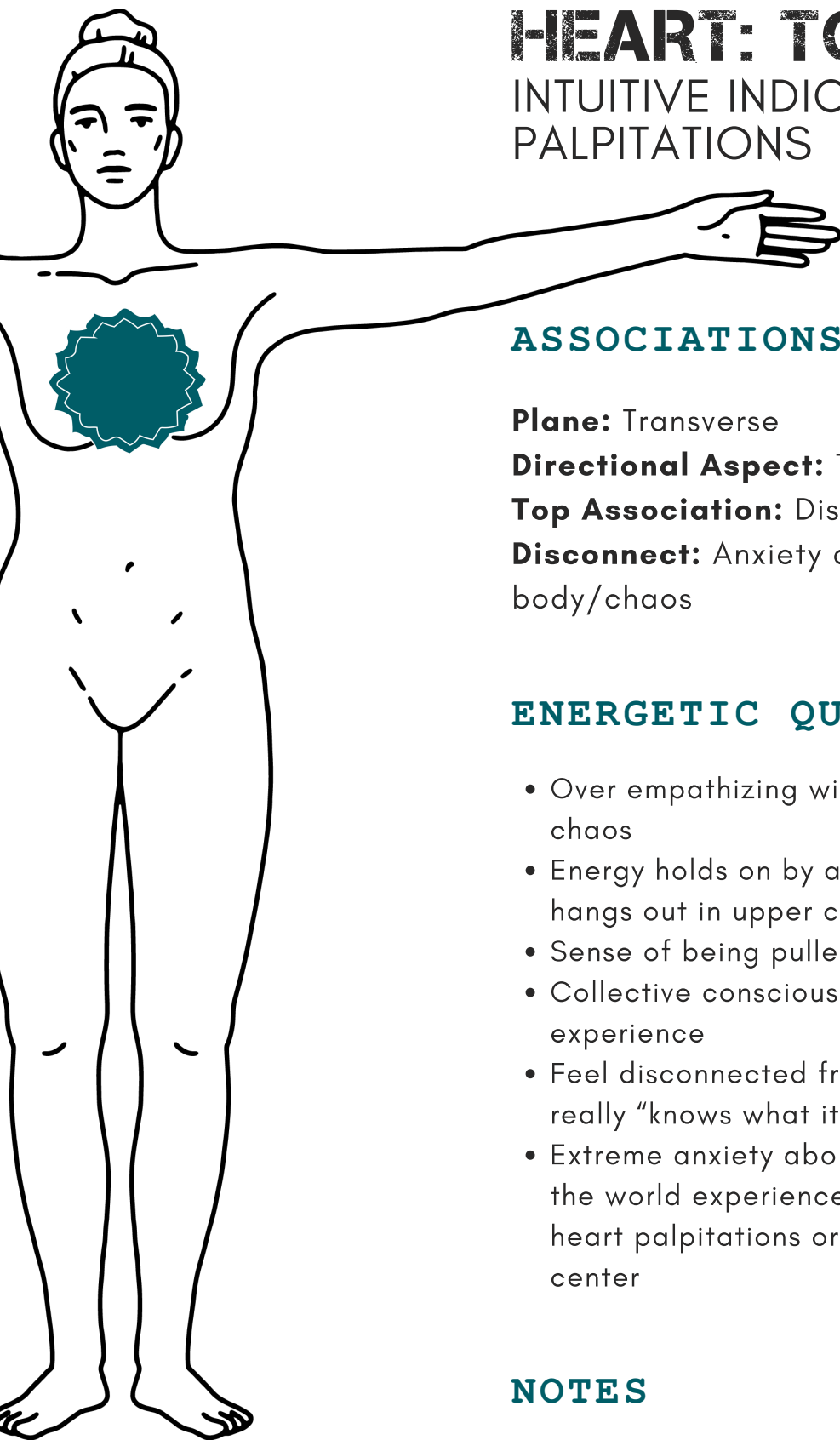


HEART: TOP

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

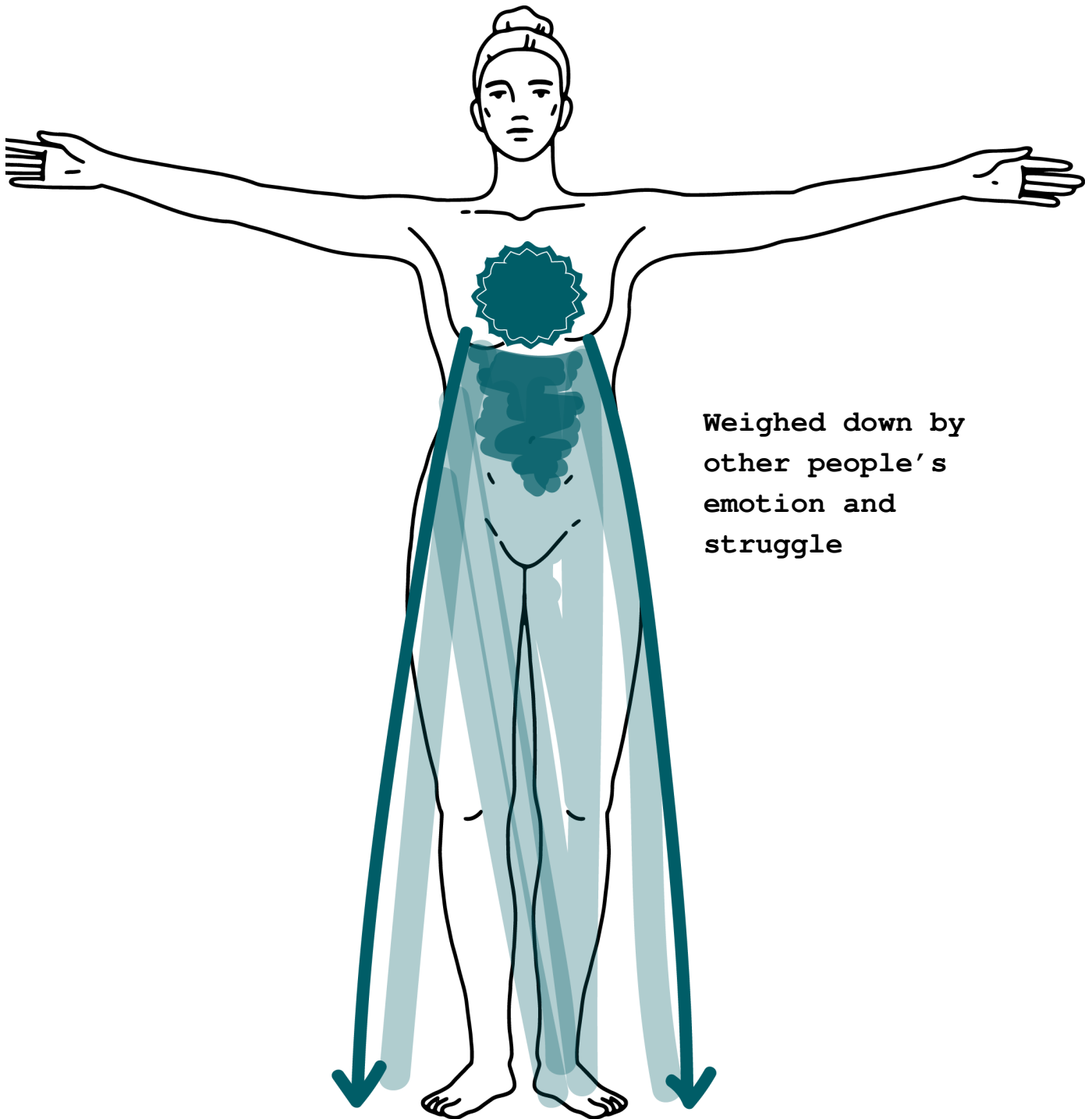
NOTES

Your Connections:

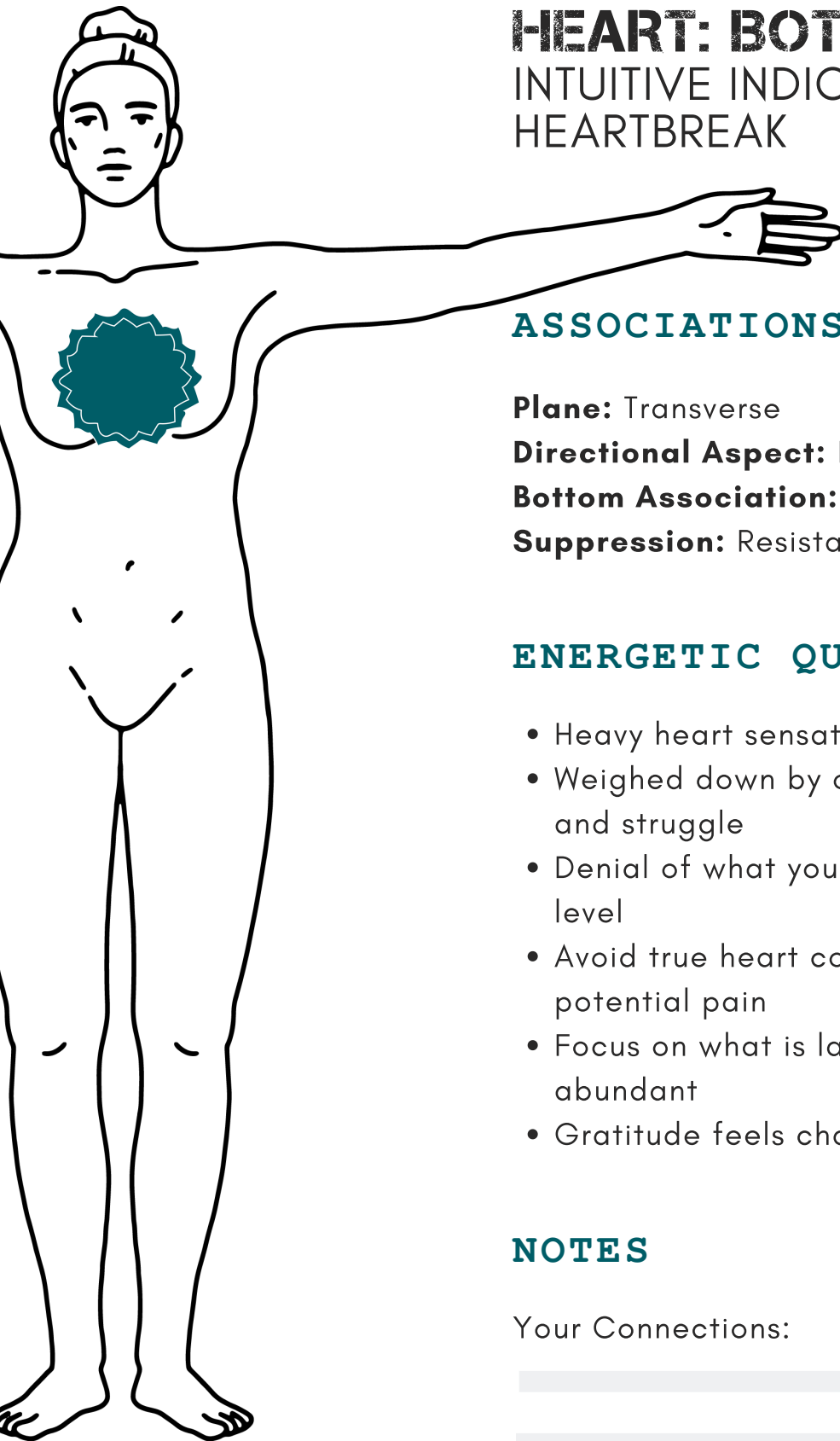
“I respond from my heart center with
compassion.”

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."