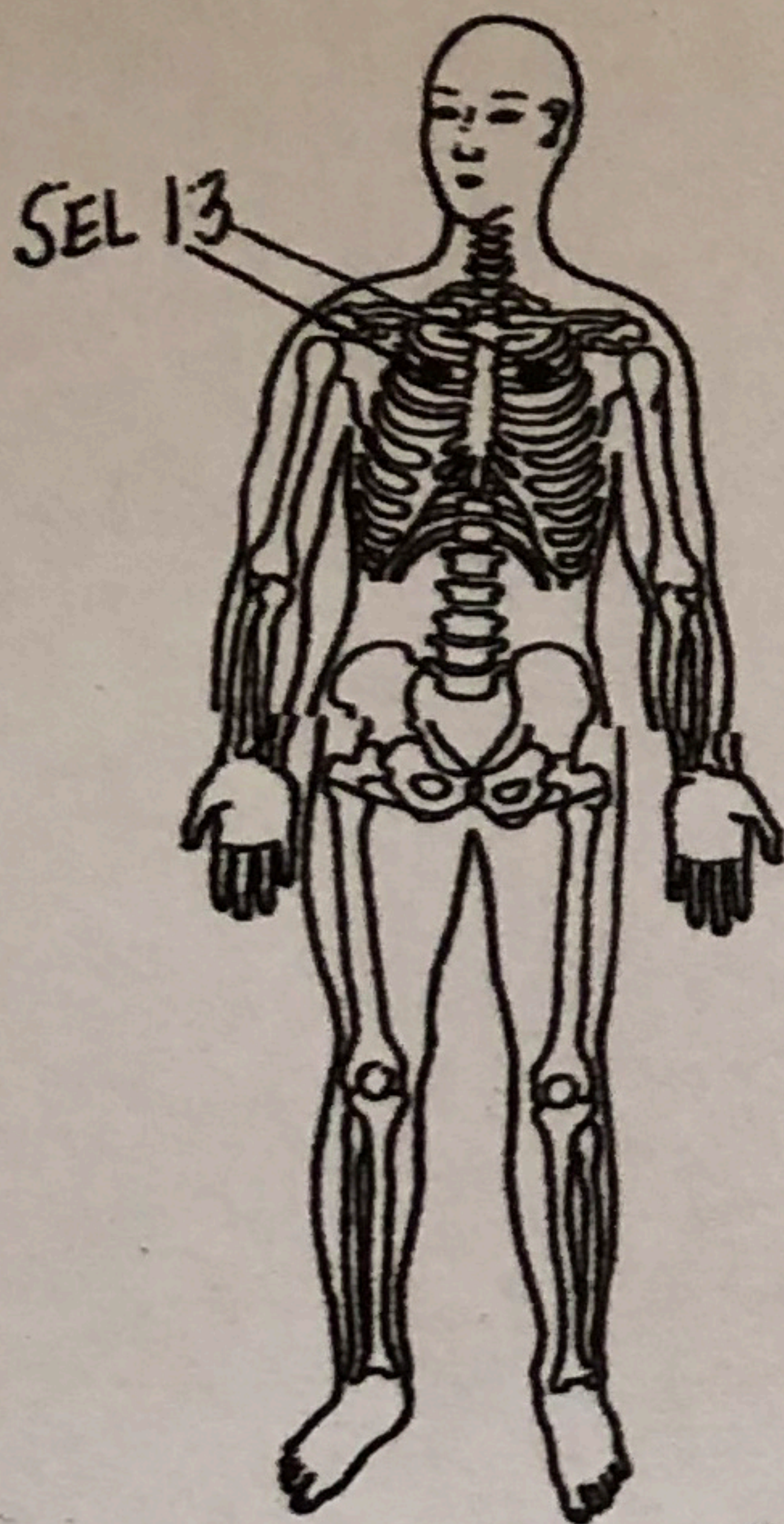


Ways of the Heart

There are many possibilities when we are in our heart space. We can drop our mind into our heart so we have heart and mind coherence. The heart is the doorway to our deep feelings of happiness, joy, enthusiasm, tenderness, love, compassion, appreciation, gratitude, humility, calmness, peace, guidance, creativity, vitality, fire, inspiration as well as to all memories held within our hearts. We can send out love and light to others, as well as to ourselves. We can learn to act and speak from our hearts, as well as relieve repressed emotions. We are helped on physical, mental, emotional and spiritual levels when we connect to our hearts. We can receive help with insights, guilt and forgiveness. The ancient changeless peace and love which the world cannot intrude upon is found in our hearts. Being in our hearts is being forever young. ♡

Ways to Connect:



Safety Energy Lock #13

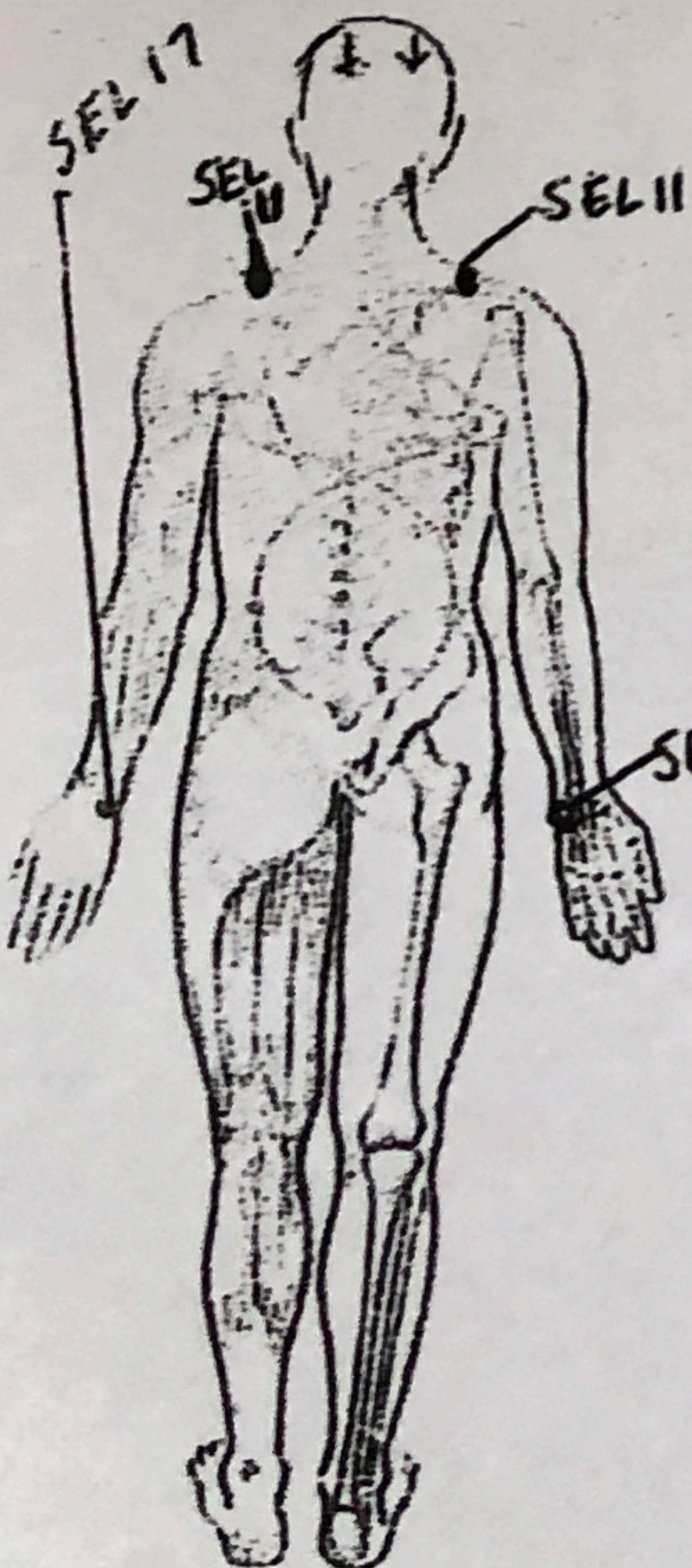
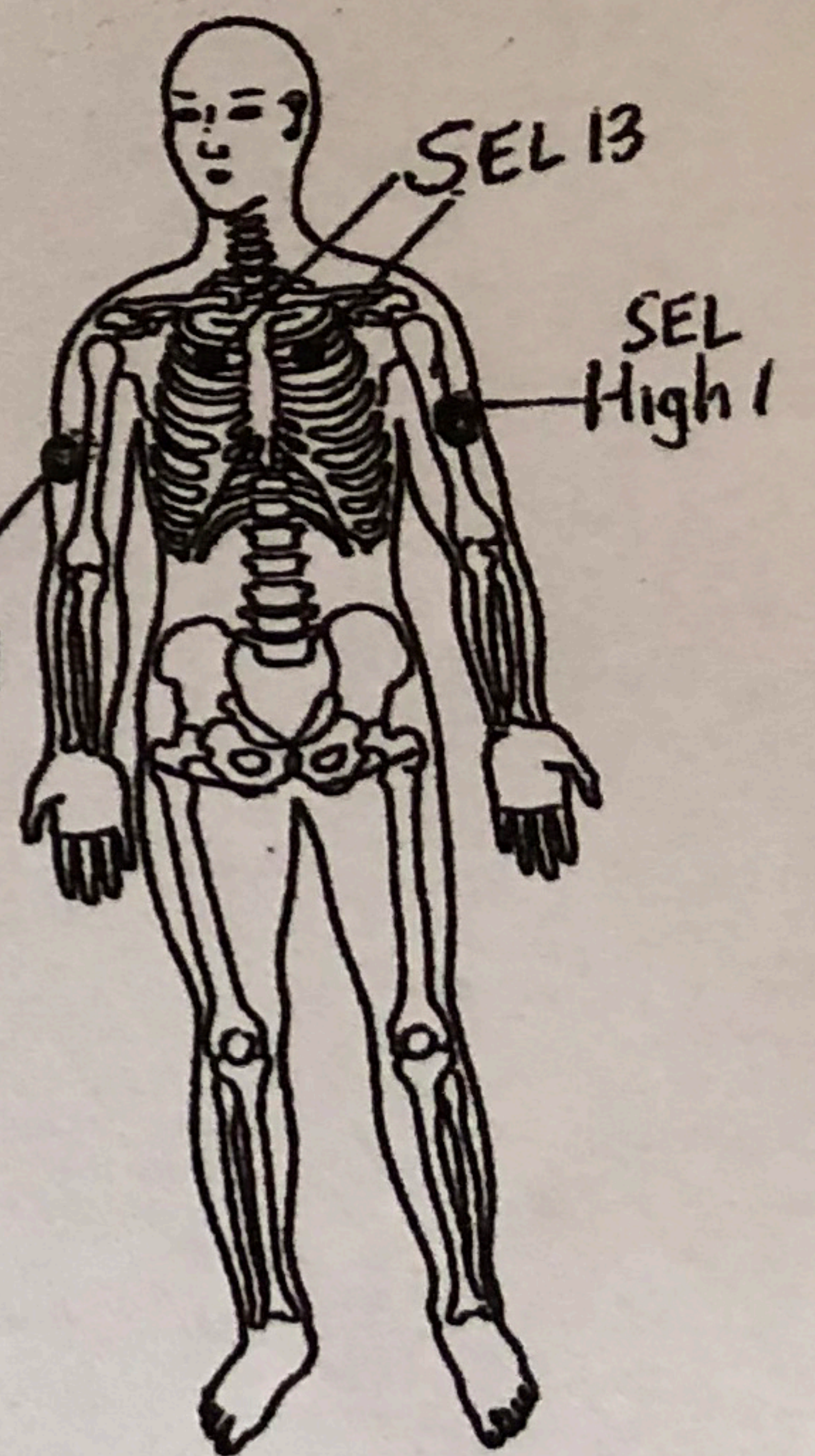
- Unconditional Love, Creation, Key to Exhale
- Hands crisscrossed over heart space
- Or right hand on right side of chest, left hand over heart
- Or hold middle finger of left and then right hand

Safety Energy Lock #10

Abundance, limitless Life Power, Key to Inhale

(This SEL 10 is on your back and hard to reach.)

- Hold left upper arm (High 19) with right hand and right upper arm (High 19) with left hand.
- Or can hold left high 19 with right hand and opposite right SEL 13 with left hand.
- Or hold index finger.



Heart Function Energy

- Hold left SEL 11 with left hand and then left SEL 17 with right hand.
- Then vice versa: hold right SEL 11 with right hand and then right SEL 17 with left hand
- Or hold little finger.