

Heart Powers

A List of Antidotes to Life's Challenges

When you're experiencing



Fear

Sorrow

Lack

Doubt

Anxiety

Hopelessness

Disappointment

Frustration

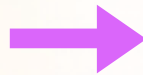
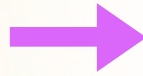
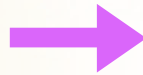
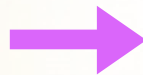
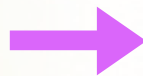
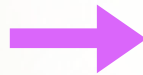
Worry

Stress

Judgment

Resistance

Apprehension



Activate in your heart



Courage

Compassion

Receiving

Certainty

Peace

Optimism

Gratitude

Calm

Trust

Ease

Acceptance

Willingness

Encouragement

When you're experiencing



Boredom

Anger

Confusion

Despondency

Overwhelm

Disbelief

Blocked

Loneliness



Activate in your heart



Purpose

Release

Clarity

Grace

Resilience

Wisdom

Flexibility

Community

Your heart is the portal to the infinite potential of your soul. Therefore there is no limit to the antidotes your heart can offer you to challenges in your life. This list is a taster of what is possible as you recognise the heart powers you possess.

I have created this list from my experiences – both personally through seeing my own heart's power to transform any challenge and that of working with a multitude of clients over more than twenty five years, who have taught me the truly unlimited nature of these powers of the heart.

As you access your own heart wisdom you may find you are guided to different strengths and qualities as antidotes to challenges you are facing than the ones presented here. Your heart knows exactly what inner resource you need in any situation and will make it available to you.