

Activating Your Heart Powers

Process and Prompts

Choose a word that represents the energy of the heart power you want to experience, embody and become.

Drop into your heart and sense that you are accessing the well of resources there. Feel the energy that you choose to activate becoming available to you.

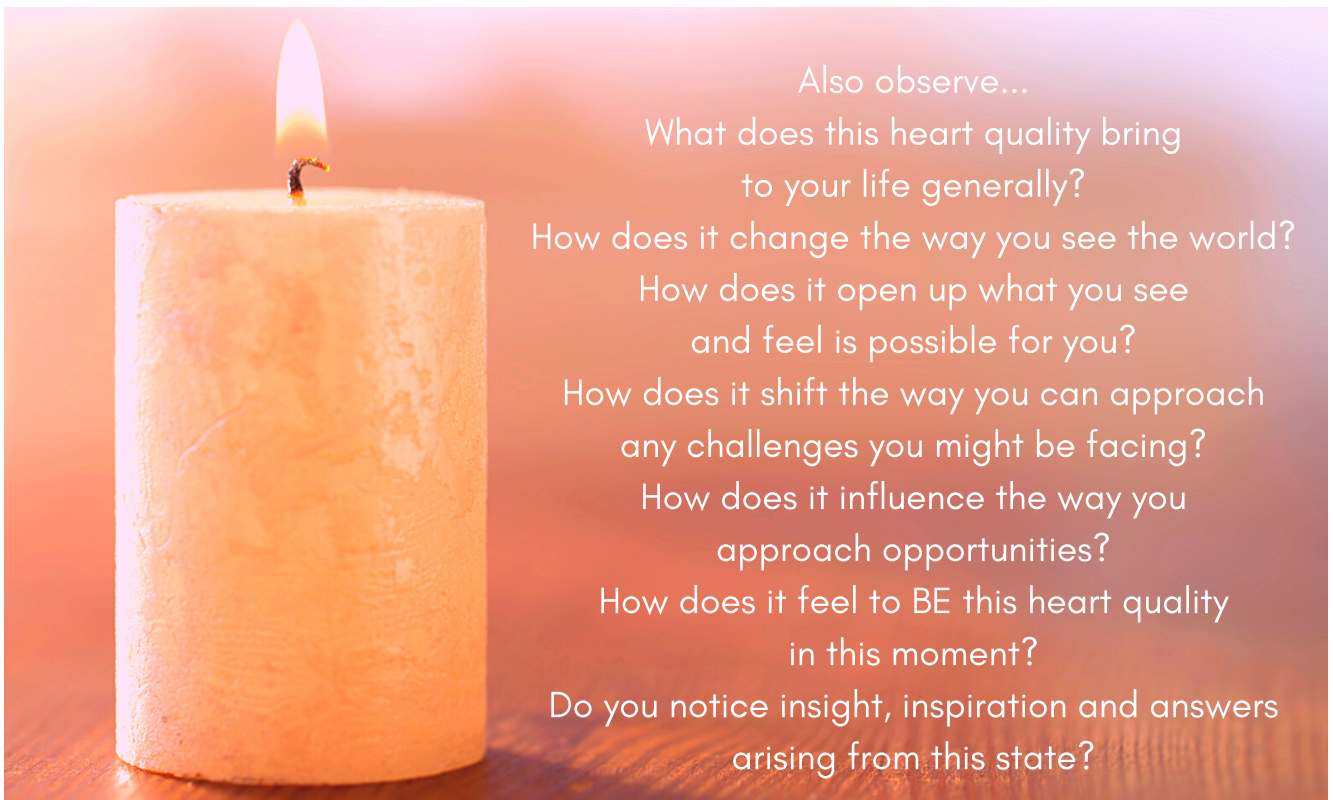
Breathe that energy into your whole being, immerse yourself in it...become it. Feel it radiating from you, lighting up the space around you.

Notice how does it feel to activate this heart quality, this inner resource, this peaceful power that is channelled from your soul through your heart.

How does your body feel...does your breathing and posture change? What sensations do you notice...warmth, expansion, groundedness maybe?

What do you notice in your emotions? What shifts for you here? Maybe you feel calmer, more peaceful or more excited? Observe how you feel and enjoy that.

Is there a shift in your thoughts? Notice if they are calmer, more open, insightful and inspired maybe.



Explore how it feels to activate a combination of soul-infused heart qualities. Notice the subtle differences that this opens up in your energy as you activate the inner resources that are the best match for what you need in each fluid moment.