

HEART CONNECTION EXERCISES

The "Heart Connection" is a simple, yet powerful, method to increase love. It is also a way to energetically heal imbalances with people and traumatic events. You may have seen pictures of religious icons having a flame or sun in the heart region. Every conscious being has this Divine Flame, one's Inner Spirit, which is a connection to the Creator. The Heart Connection can help you to feel a stronger connection with the Creator, your Inner Spirit and others.



HOW TO DO THE HEART CONNECTION

Place your left hand on your upper heart region. Then place your right hand on top of your left hand. Then well up feelings of love and gratitude. Your hands become an electrical circuit and will create an energetic loop coming from the front side of your Divine Flame, going into your left palm, up your arm, through the back side of your heart/flame, down your right arm, out of your palm and back into your heart. Feel the energy and warmth of your heart/flame. Allow the energy to flow through your entire body and auric field.

CONNECT DEEPLY WITH THE CREATOR

Use the Heart Connection to consciously send and receive love with the Creator. Amp up your level of love and gratitude until you feel the energy going to and from the Creator. Bask in this love for several moments. Connecting with the Creator in this manner is an excellent way to start and end each day.

INCREASE SELF-LOVE

The Heart Connection is a powerful method to increase self-love and remain emotionally balanced. Do the Heart Connection as mentioned above. Connect with your Divine Flame. Fan your Flame with feelings of love and gratitude. Bring to mind happy memories and acts of kindness you have performed. Send love and gratitude to your body, mind and soul. Receive the love coming back to you. Know that you are loved beyond measure. Be grateful for the opportunity to be on earth at this moment. Relax and enjoy the love connection.

This is a great way to start and end every day. You can do this while resting in bed with your eyes closed. As you groom for the day, make the Heart Connection while looking in the mirror. Amp up your self-love throughout the day while you are driving, walking or going about your busy day. Simply visualize your hands on your heart while giving yourself a dose of self-love whenever you feel unbalanced or need to be uplifted.

ENHANCE YOUR RELATIONSHIP WITH THOSE YOU LOVE

You can use the Heart Connection with those you love or would like to have an enhanced relationship with. First, amp up love and gratitude in your heart. Then imagine the person standing in front of you. Begin to send love to this person and allow your heart to open and receive the love that flows back to you. Telepathically, they will receive this love and thoughts of you may come into their mind. How much they receive your love is dependent on how open their heart is.

HEAL UNBALANCED ENERGIES WITH PEOPLE, PLACES, EVENTS

The Heart Connection is a powerful tool to heal stuck energies created with people you are off balance with. Visualize the person standing in front of you. If the pain is too great with this person, then send them the energy without visualizing them in front of you.

Set a strong intention that you want to heal the wounds with this person. You do not have to direct the energy in any way, just send and receive the love. If you prefer, you can ask their forgiveness, accept responsibility for your actions or forgive them for their actions.

Recognize that they and you both operate from the unresolved emotional trauma incurred throughout life. Keep in mind that when humans intentionally harm themselves or others, there is often demonic interference. This doesn't excuse their behavior, but it may make it easier for you to forgive them.

If you are not ready to forgive or feel uncomfortable sending love to this person, then focus on connecting with their Inner Spirit, their divine connection to the Creator. Do the energy exchange from this level. You can do this with people who are alive or deceased.

Perhaps it is not a person, but a place or an event that is the cause of the imbalance. Focus your attention on this place or event, asking the Creator to help you to heal. Ask for insights to help you see things from a new perspective in order to heal more deeply.

Caution: With this exercise, you are communicating at a soul level, which includes the mind, emotions and will. This exercise is not meant to be used to get someone to become romantically interested in you. That is manipulation, not unconditional love. Rather, send this person love and an intention that you are interested in getting to know him/her better. Then let that energy flow as it will.