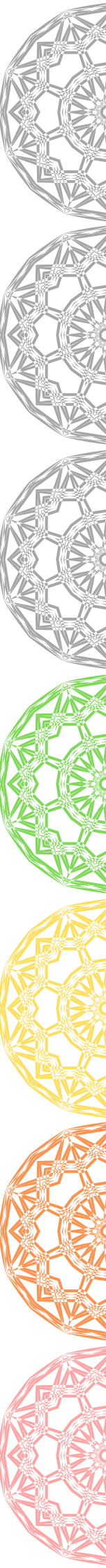


Warrior Rising

Heart Chakra



Heart
Forgiveness, love, acceptance



Channelled Message

Hello Dear One

WE love you. Your capacity for love knows no boundaries but it is you who put rules and restrictions of how much you put out into the world or receive in kind.

You are worthy of love as are those around you and if you could take the time to see that to accept yourself and others for the beautiful perfect version of self then you would never doubt or feel less than.

Love is easy, simple and pure. It is the purest of emotions and one which will allow you to experience all the joy in the world. Love is indeed what makes the world go round and can have even the sanest person doing things they never thought they would.

Love is easy and floaty not high maintenance and drama filled.

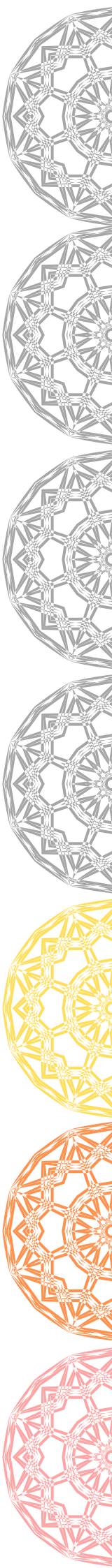
Also, you need to treat yourself with the love you deserve so that others can see that there is indeed a healthy level of self-respect and love of self.

It will set the tone for your relationships with others.

You are loved and loveable.

With love

The Collective



Love is all you need

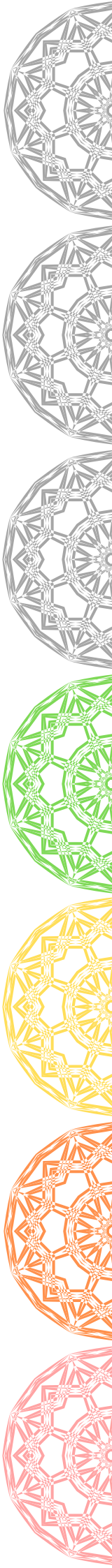
The Heart Chakra can be negatively affected by lack of acceptance, forgiveness or lack of forgiveness, obsessions over a person and even co-dependence.

You my dear are a beautiful light in this Universe and need to know that you, as you, are perfect and so very needed. By acknowledging that you are indeed beautiful beyond compare and have an amazing list of gorgeous attributes that are yours and yours alone. When doing your mirror work this week, really have a good look at you – look at your beautiful skin, smile, strong and gorgeous body that has held you for this journey, lumps, bumps, stretch-marks and scars (physical, mental and emotional).

You, your body and your heart may not have had a good relationship in the past but its time to change that. Accept you for you.

The particular crystals and Archangels for this week are Rose Quartz (Archangel Ariel) which encourages healing of the heart and focuses on self-love and Green Aventurine (Archangel Raphael). If you don't have these particular crystals it's totally ok to use clear quartz as it's an amazing base crystal that can cover all the chakras. When taking your few moments in the morning or throughout the day, just grab your crystal as it will help you to come back into spirit.

The best part about the Heart chakra is the focus it has on Clairsentience (the Clair which focuses on clear feeling) and intuition. As we work through the chakras, we are now coming to the upper half of the body which is where the Clair's are focused on. I will share more on these with you each week from now.



Guiding Goddess

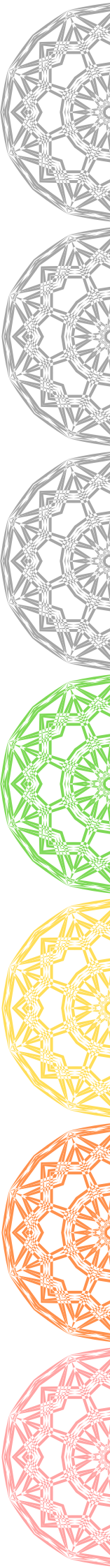
- Mother Mary -

While Mother Mary is a figure of the Catholic Church, She is also a symbol of kindness, compassion and forgiveness. As we move through life, we tend to place our own need for love and nurturing to the last item of the list. With working with the Heart Chakra, you will find there will be tears and emotions coming to the surface for releasing. This is also the space of the Inner Child and acceptance of self.

Mother Mary energy is here to assist you in healing any trauma within your need for being accepted. Self acceptance is key.

Goddesses who link in with Mother Mary energy are Artemis, Demeter and Isis with all of these deities known for their mothering ways and life-giver abilities.

This is a time of giving to self and realising that you have all you need to self-sustain and give birth to your desires.



Guiding Tarot Card

– Lovers –

This particular card in the tarot deck focuses in on choices and relationships.

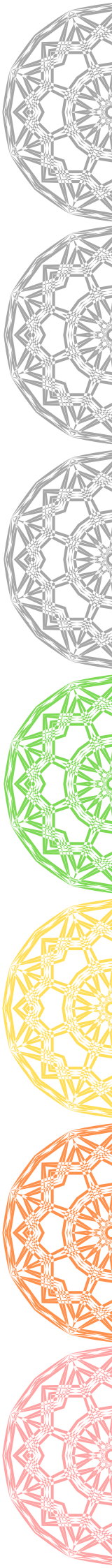


This card upright can mean the need to release previous connections and send them off with love. This is also all about finding the balance within oneself and redefining your morals and ethics around friendships and loved ones.

This is also about love of self – are you putting your needs, desires and wants first or still just putting up with?

Take time out for your emotions to come to the surface and know that there is no need to be afraid when you speak your hearts desired into existence.

If there is a cause or dream that keeps calling to you then be ready to take action – but first, heal and look after you.



Guiding Archangel

– Ariel –

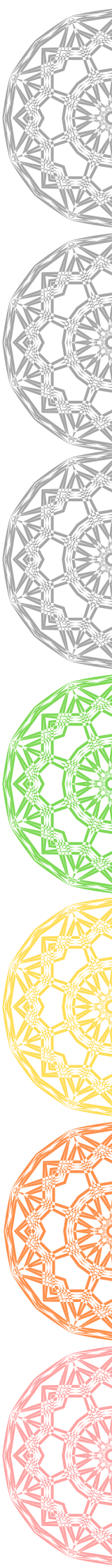
Ariel is known as the Lioness of God and such a perfect Archangel to call in when working on the Heart Chakra. Ariel is usually depicted with a lion which fits in with the connection of the Solar Plexus Chakra.

With this chakra literally being the middle point within the 7 we are working on in the program, it is the connector between the lower and upper chakras.

Ariel is the Archangel who connects us with nature and animals and can assist in providing for our material and physical needs. You will find throughout your life you would have had an animal at a time in your life where you needed unconditional love – Ariel provides you this kind of support.

You are being asked to be present right now in this moment as Ariel's energy can assist in shifting you into a space of gratitude and receiving. Take note of feathers on your path and the call for you to be bare foot in nature.

When the time is right, Ariel will assist and support you in setting goals and working towards your dreams but for now, She asks that you take your time to recharge your physical, spiritual and mental wellness. Lean into her and you will be looked after.



Clairsentience

- allowing yourself to feel -

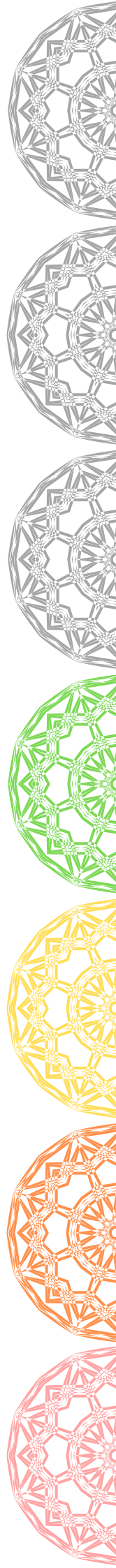
The ability to feel and experience our way through life is a gift to all of us. Clairsentience is the ability to feel before receiving any external information.

We all experience this on some level. That awesome feeling you receive when you know that good things are happening in your life or when you receive a phone call from or are told you need to spend time around someone that you just don't feel comfortable around.

These are your Woo senses letting you know to either shield up and be extra aware or to settle into and enjoy.

I am sure there have been times in your life that you can look back on now and you can feel all the emotions and feelings surrounding that situation or the time spent with that person. This is very much what Clairsentience is - the ability to take notice of the energy surrounding a person or situation.

The next step is trusting that first instinct. Your Ego or outside sources may try to feed you info that goes against your first response but remember that you know what is indeed right for you.

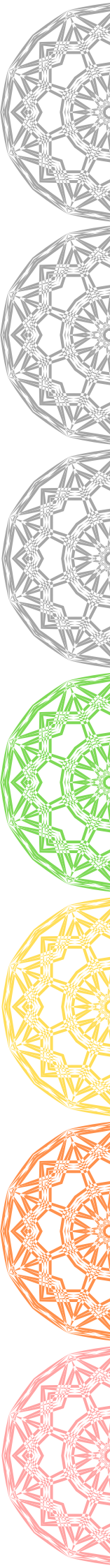


Mini Tasks for the Heart Chakra

Please remember that these tasks are opportunities for you to learn about yourself and grow. I will be doing them right alongside you.

There may be tears, a-ha moments and real clarity in where you are now and where you want to be going. Writing about your journey allows you to process and pull from your mind things you may not have realised need releasing and things your higher self is trying to lead you towards.

Light your candle, grab a cuppa or glass of wine and let the words start to flow xx



Smile and Laugh

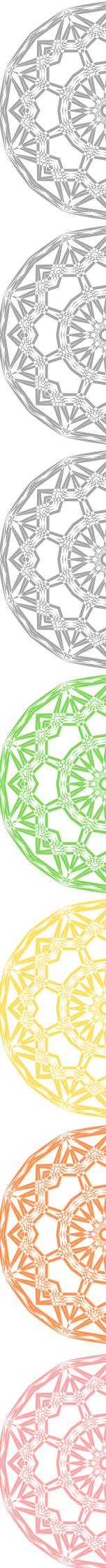
It makes others wonder what you are up too!!

A smile says so much about you and can raise the vibration of a room you are walking into . By smiling, you invite the good to come forward to meet you and in turn those who don't feel a good vibrational match won't feel comfortable near you.

Smiling lifts your mood and in turn really can change your day.

Spend some time with others who make you happy. Read the morning comics or even poke funny faces at those whose car pull up next to your's are the lights.

Trust me when I say a smile and a good does of belly laughter can make your day and someone else's



Sending love to your Inner Child

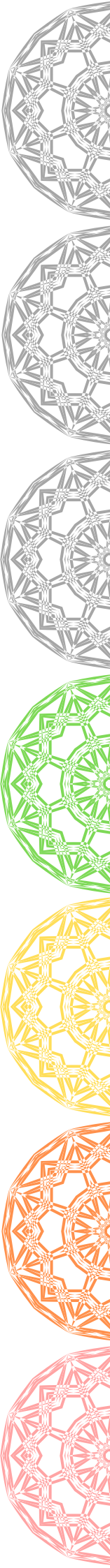
This exercise is a little different. I would love for you to take some time and think of a time in your childhood when you didn't feel loved. When you didn't feel good enough, smart enough and pretty enough.

Now I want you to send yourself love. Send yourself the love you needed back then. Write down the words that you needed to hear back then and say them to yourself.

This task is one in which you may shed some tears but this is great as it means you are working to heal your inner child who needs to know that she is loved. As an adult, you can offer her the unconditional love and acceptance that she needed.

Everyday you may find that she needs this and it totally ok to send her love everyday. You can even do this in your morning ritual. Greet her and send her lots of love even give her a hug.

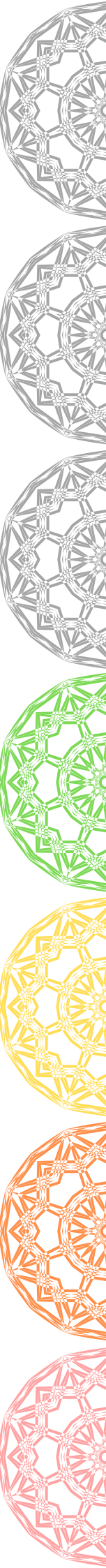
Your Inner Selfie will thank you for this xx



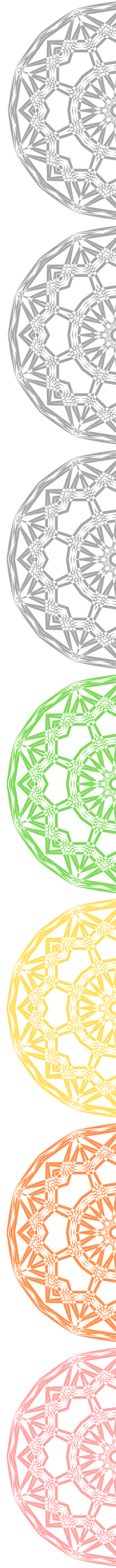
Chakra Wrap Up

Honey you need to show yourself the same kindness you show others. Allow yourself to forgive and be forgiven, accepted and loved. This is where you need to let wounds of the past heal, allow love in no matter how much it may have hurt you to do so in the past and show others that love in unconditional.

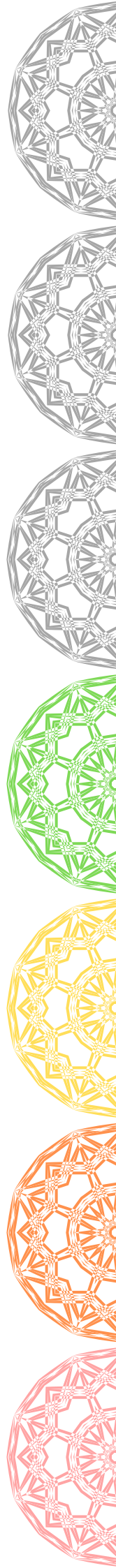
You hold the key to the love you want as it takes bravery to get you arse into the arena every day xx



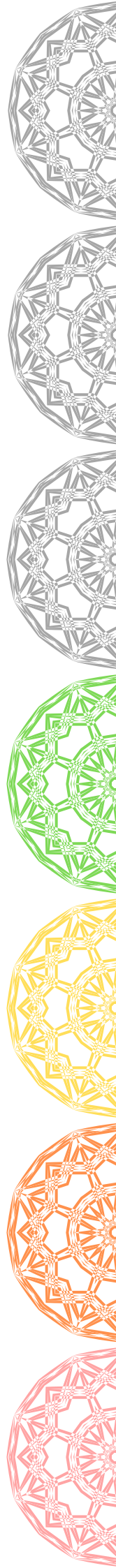
Notes from this session



Notes from this session



Notes from this session



Time to move onto the Throat CHAKRA

