

Clearing your Heart Chakra and Hearth

3/23/19

Chakra Description: Heart

We all know where our heart lies in our chest and its sacred truth that "love is Divine Power". Our heart acts as a bridge between the material and spiritual worlds. If you'd like to read more, check out this post [Exploring the Chakras Part 4: the Heart.](#)

Space Clearing: Hearth or Place You Feel Most At Home In

I also cleared the energy in your hearth or the heart of your living space. It may be in a different location for each of you, depending on your home. As this space is cleared of old stresses, you will be better able to experience expansion and abundance in all forms.

Oracle Card: 7. Trinity

Relating to your family with love and humor...



From Sacred Geometry for the Visionary Path by Francene Hart

Exercise:

I love the card's suggestion to breathe love and humor from your heart into the ones you call family. Recall some of your funniest moments with your family. Or, find inspiration in a favorite movie or comic strip. I so miss Calvin & Hobbes and the brilliance of Bill Watterson!

