



Heart

Explanation

The heart is a muscular organ about the size of its owner's clenched fist. It not only pumps blood throughout the body, providing oxygenation to all the cells of the body, but it is also a second brain, our source of creativity and love, and the seat of the subconscious mind.

- Common symptoms of imbalance may include:
 - Low energy
 - Skipped beats (palpitations)
 - Discomfort in the chest and shoulders
 - Depression
 - Anxiety
- Hormones Produced: None known.
- ***The heart generates the following emotions:*** Abandonment, betrayal, forlorn, lost, love unreceived, effort unreceived, heartache, insecurity, overjoy and vulnerability.
- Muscle connections: Subscapularis (underside of shoulder blade)
- Diurnal cycle: The heart comes into prominence during the time of the heart Meridian, 11am to 1pm.

If you have been guided to this page by the subconscious mind through testing, it indicates that the heart is imbalanced in some way.

Decoding

You've already identified the imbalanced organ. Continue to Association.

Association

Ask: Is there an associated imbalance that needs to be decoded?

- If no, skip to Intention.
- If yes, return to the home page, decode and address any associated imbalance(s), then return here and repeat the above question.

Intention

Swipe three times with a magnet or your hand on any length of the governing meridian, while holding the intention to reset the heart.