

SHRINING AND AMPLIFYING HEART EMOTIONS

The way our mental fields and gut fields respond to our heart fields can have an impact on our heart emotions. For example, if someone has an emotion of loss in their heart, their thoughts might turn to blaming another person or a situation for their loss. As a result, the blaming thoughts actually shrink the feeling of loss. The thoughts of blame help protect the heart from feeling pain, however when this happens the person misses an opportunity to heal. The heart and gut fields can also amplify heart emotions, making them become more intense than they would have been on their own. For example, feelings of insecurity in the gut can cause a feeling of hurt in the heart to grow.

