



## Using Your Heart Frequencies – It's not just for love

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A disease or relationship cannot be resolved until we understand what it really is. Childhood wounds are frequencies that continue to reoccur in our energy fields becoming increasingly stronger over time. We think we are dealing with new issues when these energy frequencies show up as illness, dis-ease or other forms of negative energy, but they are not. These are the physical manifestations of old issues that keep recurring in different forms (Susan Wagner, 2019, Energy Magazine SetpOct2019).

When we INTEND to disrupt the patterns that are not helpful to us, we are able to ask what this pattern is trying to teach us. We do this by entering the heart's energy field in order to bring yourself into a calm state. By allowing yourself to turn over these issues to your heart frequencies, you can then let the matter go. Ask your heart for guidance .... your heart will NEVER lie to you. You may not be willing to hear or listen to the wisdom you receive but the heart's message will be clear and truthful. You may not get a response right away, but it will come.

When negative energies come that distract us from our peace, happiness and joy, simply set the intention to get back into your heart space and allow that frequency to protect you from the unsettling influence of the negative. The heart frequency is SUCH a powerful tool as it connects our physical self with our energetic spiritual self. For many, getting into this space may take some practice but with a clear focus and by being fully present, the "magic" in the simplicity of this practice will find its way to us through our hearts. Our hearts are used for more than love .... Your heart frequency can be an influential force for change in many areas of our lives.

Sending you love and light and pure source energy!

### About the author

Dr. Linda Burrs is the President and Principal Consultant of the Step Up to Success! consulting firm that focuses on executive coaching, organizational diversity, inclusion and engagement strategies and development for teams and individuals. Dr. Burrs is also a board-certified Healing Touch Practitioner serving in the greater Dayton, OH area specializing in the relief of trauma induced stress.