

"During times of emotional pain or distress, your heart can be really hurt or injured- this is where the words "heartache" and "heartbreak" come from. Sometimes we need to put up a form of protection, or a "wall" around the heart - but you can't build a wall of nothing, right? What ends up being used as "building materials" are the most common excess energies in the body- Trapped Emotions. The problem is that the Heart-Wall doesn't dissolve on its own, even if you don't need it anymore. Having a Heart-Wall long-term is like living in a bomb shelter- it's necessary short-term to protect you while the "bombs" are falling, but if you continue to "live" in there you'll feel sad, disconnected, frustrated and you could even end up with heart disease or other heart problems down the road. The Heart-Wall can be removed, one emotion at a time- freeing you to live from your heart, create abundance and find true love. Now that's what life is all about!"