

HEART CHAKRA EMPOWERMENT & PROTECTOR

Place near your headspace while you sleep for 90 days and 90 nights. This will safeguard your energy so healing can happen without outside interference. For heart chakra healing and protection, place it close to your heart during meditation. This will help fortify and shield your heart from outside energies. Feel free to use it as often as you like during these 90 days. You can print several copies. Put one near your bed and use another for your heart chakra during meditation.