

CHAKRA COEUR

Equilibre VS Déséquilibre

Chakra lié à l'ouverture aux autres, à la solidarité, l'amour et la compassion.

Signes d'un chakra équilibré

- Compassion
- Amical
- Altruisme
- Sentiment de gratitude
- Amour pour soi et pour les autres
- Envie d'aider les autres



Signes d'un chakra déséquilibré

- Amour étouffant
- Oublie de soi
- Manque de limites avec les autres
- Froideur
- Distance
- Trop besoin de solitude
- Fais les choses à contre-cœur

Le Chakra Du Coeur Meacutethode Deacuteveil Et Deacuteveloppement

Karin Nielsen-Saines



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