

## **VB48 Opening the Heart**

by Kat Miller

The Vibrational Balancing Image VB48 Opening the Heart is a good place to start with any negative emotional state.

We feel with our hearts. When we are nervous, scared, surprised, overwhelmed with grief, joy, excitement, and a myriad of other feelings, we feel changes in our heartbeats.

One who seems to have no feelings is said to have a heart of stone.

One who is open to love, friendship, is kind and caring is said to have a warm heart.

VB48 Opening the Heart helps to open one to acceptance of love, feelings of compassion, release negative feelings, including jealousy, anger and resistance. In turn, this helps to open one to healing.

VB48 Opening the Heart can be a wonderful image to charge with VB and Sanjeevini Combinations to help promote healing.

When compassion, mercy, forgiveness, and/or love is needed, VB48 is your card.