



# HOW TO TAP INTO YOUR INTUITIVE HEART FOR LOVE

By Lisa K.

If you really want to know the right things to do in your love relationships you need to pay attention to the messages your intuition is giving you through your heart. What does it mean to get messages through your heart? You often hear, “Go into your heart” or “listen to your heart.” When I first heard this, I had no idea what it meant. I would go into my heart if I knew how to do that; is there a door to the heart that I missed? Listening to my heart was even harder. I soon learned how to listen directly to my intuitive heart.

## Your Heart Feelings

You already know how to listen to your heart because when you are in love with someone, or just love someone there are a lot of strong feelings that you feel going through your relationship. Those feelings are easy to identify if you think back on it. You might easily remember the excitement you feel when you’re newly in love. Feeling passionate when they love you back, exuberant when your relationship is riding high. Perhaps you felt nervous anticipation over what they may say or think about you next. The warming comfort knowing they love you unconditionally, or deflating disappointment when your loved one doesn’t respond the way you wanted.

Sometimes those feelings hit you like a ton of bricks and you really know they are there. At other times the feelings are subtle. All of those feelings are connected to what is known as your heart speaking to you. Those heart feelings are partly how your intuition speaks to you. The feelings may not be located physically where your heart is. Sometimes the feeling seems to start in your chest and then drops to your stomach. At other times it is a whole body feeling. Anguish seems to hit you in your chest. A feeling of great love and happiness also seems to be where our hearts are located. Shock and the feeling of being stunned also seems to hit us in our chest. If you notice that when you have those feelings your hands automatically go to where your heart is located in the center of your chest.

These are universal feelings. While we think that women feel more than men, men have these feelings too. Perhaps men don’t talk about it as much. Those feelings are also the feelings that your loved one feels too when relating to you. Because of this, you can tap into your own intuitive feelings to sense what they are feeling about you. You can tap into your intuitive heart.

### The Heart Organ

The heart is an interesting organ. It has its own nervous system and it can remember and learn. It holds information that it can process. Energetically it is also connected to your heart chakra, which is the energy portal that takes in and sends out energy from your body's energy system. It is through that energy that we can energetically connect to others. Theoretically, it is also how we pick up intuitively how others are feeling about us.

You can move this energy to connect to others simply with your intention and thoughts. Your thoughts are also what trigger your intuition to act and give you messages through responding to your wanting to know something.

### Why Your Heart Is Always Right

Your heart doesn't think; it just reacts honestly. Your heart may be a more truthful barometer, not only of what you are feeling but also of what others are experiencing. You can use your heart to find out the truth of what others are feeling. You can do this by using your intuition technique to find out what your heart is saying.

### How To Connect With Your Heart

You can connect to your heart by tapping into your intuitive feelings. The way you do this is to use my intuition on demand technique by initially asking your intuition a question and be open to the intuitive response you get through your feelings.

Step by Step

The way this works is to ask your intuition questions and see how your intuition makes you feel in response. Then imagine you are your loved one and see what feelings come up in response to the question you posed your intuition. I will show you some example questions you can ask your intuition, which by the way, you are asking in your mind. In the questions, it is important to use your loved one's name since it can trigger and focus your intuition's response more clearly. I have put in "insert name" where you should put the name of the person you love whose feelings you want to find out about.

Imagine that you are energetically connecting to your loved one through your hearts. Ask your intuitive heart the questions listed. Once you ask your intuition these questions, not yourself, then pause and see what feelings arise. Imagine you are asking your intuitive heart to tell you the answer to the questions. Pay attention to your immediate feelings.

Here are the questions you can ask your intuition to respond to:

1. How does [insert name] feel about the way I love him or her?
2. Show me the same feelings [insert name] has when he or she feels love for me.
3. Show me [insert name]'s feelings for me when they are away from me for a long time or at a far distance.
4. How does [insert name] feel when I give him or her a gift for a special occasion?
5. Show me how [insert name] feels when we are together.

Remember you can do this with anyone. It doesn't have to be with someone close to you. The best time to do this is when you are not too emotional and you are relaxed.

Pay attention when you are not querying your intuition. You know your intuitive heart is talking to you even when you are doing other things or you're talking with your loved one. So when you are with them and your talking or interacting together, pay attention to your intuitive heart's feelings because it may be telling you something you need to know about them.

Your intuitive heart's messages are not hard to interpret if you pay attention to your own feelings and then see when they arise when you employ your intuition to give you information. Then you can tap into your intuitive heart any time for love.



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Known as the intuition expert, Lisa has taught hundreds of people in workshops and seminars. Lisa K.'s public appearances reach people around the world through guest speaking and online media. Lisa's latest book Intuition On Demand is now available with free gifts when you order.

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