

# Open Your Heart Chakra with These TPQs

Video Source: [chakraboosters](#)

We're now on week four of our series on Transformational Power Questions. In this video, I show you how to open your heart chakra with TPQs. Be ready to welcome in more love, compassion, gratitude, and forgiveness.

## Why Affirmations Can Be Bad for You

If you've been following this series, you can skip this section... but if you're brand new to TPQs, read on...

You may be wondering why I'm suggesting you do TPQs instead of affirmations. Here's why. Often, affirmations create a backlash in your inner world. They activate your subconscious mind and the voice inside of you that objects to things that aren't currently accurate.

So one affirmation like "I'm rich" can elicit several subconscious negative responses like "No you're not" or "have you seen your bank account balance?" and so on. Overall, it's more negative than positive, since one affirmation creates far more negative responses.

If you want to better understand why affirmations can be counter-productive, [check out this blog post.](#)

## 3 Steps to Create a Transformational Power Question (TPQ)

1. Decide what you want to change and create a traditional affirmation. For example, if you want more money, you create the affirmation, "I'm wealthy."

2. Put a “why” in the front of it and make it a question. “Why am I so wealthy?”
3. Make it progressive (increasing over time). “Why am I getting wealthier every day?”

To understand in more detail how to create TPQs, [check out the first video in this series \(on the root chakra\) here.](#)

## Heart Chakra Transformational Power Questions

This week, I’m sharing 15 different TPQs that boost your heart chakra. Watch the video above and repeat after me to improve five key solar plexus chakra areas of your life. These are:

Pick your favorite TPQ and put it on several sticky notes around your personal space. Read the question every time you see it and watch your powerful subconscious mind work *for* you, rather than *against* you. The more you read your TPQ, the more change you’ll see. It’s all about actually DOING it – especially with the solar plexus chakra!

Have a confident, courageous, and self-honoring week, Beautiful Soul!

Much love and many blessings,

*Vicki*

I’m excited to share my most recent creation: [CirclingSpace.com](http://CirclingSpace.com). Please join me for a free intro event – [sign up here](#). And of course, I still wear and love my [Chakra Boosters Healing Tattoos](#). I created them because getting a real root chakra tattoo positively shifted my whole life and I want the same for you. Do you desire more prosperity? Discover your personal [Chakra Abundance Type FREE here](#). Check out my latest book, [“Your Roadmap to Life Mastery: Discover the 7-Year Cycles That Shape Your Life” here](#). Need

support on your path? I offer [life coaching](#) that's chakra-based, psychically-guided, and really supportive, and fun!