

Heart Chakra

191

HEART CHAKRA

Balance/Love/Self-Control

*I am an open channel for divine love.
I open my heart and share it with others.*

LOVE IS DIVINE POWER

The Heart Chakra is the center powerhouse of the entire chakra system. It mediates between the body and the spirit and helps to determine strength and health. It mediates between the lower earthly energies and higher spiritual energies.

The reason that the Heart Chakra is so important is that an open heart is integral to an individual's ability to express love. It teaches us how to act out of love and compassion and recognize that the most powerful energy we have is love. This includes both self-love and the expression of love towards others.

The Heart Chakra is all about unity, peace, unconditional love, hope, forgiveness, compassion and generosity. As the Heart Chakra opens, so does your ability to connect with your higher self. When the fourth chakra center opens, it radiates love and forgiveness.

The Heart Chakra is representative of the element air, which relates to the heart and lungs of the body. This chakra allows us to be in touch with all things. In the fourth chakra; images, words, sounds and smells are transformed into feelings.

If we learn to love and fully accept all parts of our personality and body from the depths of our heart, we can be potentially transformed or healed.

Characteristics of a strong Heart Chakra is someone who radiates natural warmth, sincerity and happiness. You put your heart in all that you do and create, you love everyone unconditionally and see everyone through God's eyes. You are living in the now.



COLOUR

Green

COMPLIMENTARY COLOUR

Red

SOUND

Note F and F#

SENSE

Touch

LOCATION

Chest

BASIC PRINCIPLE

To love and be loved

ASSOCIATED GLANDS

Thymus

ASSOCIATED MERIDIANS

Heart

EMOTIONAL COMPONENT

Grief

PHYSICAL COMPONENT

Heart, blood, circulation, lower lungs, rib cage, skin and upper back

“The Essence of Sound”
“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”
by Evelyn Mulders

INSUFFICIENT HEART CHAKRA ENERGY:

Anti-social and withdrawn
Intolerant
Critical and judgmental
Loneliness
Fear of rejection
Lack of empathy

EXCESS HEART CHAKRA ENERGY:

Co-dependency
Demanding
Jealousy
Clinging
Over-sacrificing

**HARMONIOUS FUNCTION OF THE HEART
CHAKRA:**

Warmth, sincerity and happiness
Strong connection to all of life
Compassion and willingness to help
Unity
Peaceful and balanced
Loving

PHYSICAL IMBALANCES:

Chest pain
Lung congestion
Pasty complexion
Upper back tension
Blood pressure imbalance
Heartburn
Cold sweats
Cold extremities
Tight muscles
Aches, pinches
Cramps and numbing

EMOTIONAL IMBALANCES:

Needing recognition and confirmation from others
Self-doubting and always blaming others
Wanting to possess love
Financially and emotional insecure
Mistrustful of life