



Healing Journey Through the Chakras



HEART CHAKRA - LOVE'S GENTLE BREEZE

Color: Emerald Green

Element: Air

Location: Heart/Center of Chest

Physical Body: Heart, Lungs, Chest, Arms, Hands and Breath

Developmental Formation: 4-7 years

Essential Oils: Rose, Lilac, Violet, Elemi

The heart chakra is known as the bridge between the physical (lower three chakras) and the spiritual (upper three chakras). The heart is where the beauty of our human spirit comes alive. Everything of significance in your life resides there. The heart absorbs the joy in our life and the pain in our life. In the words of one of my favorite poets, John O'Donohue, "The state of one's heart inevitably shapes one's life; it is ultimately the place where everything is decided.

A courageous heart will go forth and engage with life despite confusion and fear.

A fearful heart will be hesitant and will tend to hold back.

A heavy heart will make for a gloomy, un-lived life.

A compassionate heart need never carry the burden of judgment.

A forgiving heart knows the art of liberation.

A loving heart awakens the spirit of possibility and engagement with others.”

We are driven by the need for love. The basic right of the heart chakra – to love and be loved. Sounds simple. But this chakra is easily wounded. When wounded, it affects soul and spirit. To live Heaven on Earth, we must connect the upper and lower chakras through healing the heart. To heal our heart is to bring together mind and body, self and other; to realize there is no separation between us and the Divine. As we heal our own wounded places, we assure the healing of the world and its future. Love is the binding force that holds the world together. Without love, there is no integration but instead dis-integration. Our heart resides in our center of the Chakra System. From that sacred center, we enter the deep mystery of love.

The front side of the heart chakra is about the expression of love, generosity, kindness and compassion. The backside of the chakra is about opening to the Divine, higher source, and self-love.

The most common block in the heart chakra is the absence of self-love. The heart is about reaching out and taking in. The arms and hands are what we use to do this. Every time you use your arms and hands, imagine if you brought the consciousness forward that this is my heart in action?

The fourth chakra is the gateway to balance of masculine and feminine. It is the gateway to spiritual fulfillment and personal mastery. Balance is reflected in self-acceptance and self-love.

“In order to develop love – universal love, cosmic love, whatever you would like to call it – one must accept the whole situation of life as it is, both the light and the dark, the good and the bad.” Chogyam Trungpa

The freeing/healing of the heart is achieved through forgiveness. We can not bypass our anger and grief around any hurt that was endured. We must meet it and do the work necessary to ultimately get to forgiveness.



HEART CHAKRA AFFIRMATIONS

1. I am love.
2. It is safe for me to give and receive love.
3. I am compassionate with myself and others.
4. I listen to the longings of my heart.
5. I deeply love and approve of myself.
6. I open myself to the healing power of love.
7. I forgive those who need forgiving for not being what I wanted or needed them to be.



HEART CHAKRA JOURNAL PROMPTS

1. Would you like more love in your life? What prevents you from allowing it into your experience?
2. Are you willing to release anger and resentment so that there is more love available to you?
3. What are the things about yourself that you love?
4. Have you ever felt deeply loved/lovable?
5. Are there people, self or other, you need to forgive in order to open your heart?
6. What experiences have helped you love yourself more fully?
7. What is one action you can take to become more loving?



HEART CHAKRA HEALING SUGGESTIONS

1. Breathe into both the front and back side of your heart chakra with the intention of helping to heal, clear and balance it.
2. Light a green or pink candle for yourself.
3. Write a letter of forgiveness to yourself or someone else. You can burn it at the full moon.
4. Massage your chest as you take deep breaths.
5. Check in with your heart at the beginning of the day. See where it leads you.
6. When you catch yourself in a self-critical thought, change it to a loving thought.
7. Write a love letter to yourself. (This is really powerful)

