

The Sound Within Us

Awaken the sound within to restore harmony and balance in your life

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HEART CHAKRA

The heart chakra is located in the middle of our chest and is the healing center of the body. It is associated with the color green and is responsible for regulating the energy associated with self-acceptance, self-love, compassion, openness, forgiveness, joy, and inner peace. It is the center of love, beauty, generosity, respect, kindness, harmony, empathy, and our connection to others. The heart chakra energy center is the bridge between the spiritual world and our Self; and is the power source for the whole body. It is where our Spirit resides and is the most important energy center to keep clear and flowing with ease. When this energy is flowing freely through our heart chakra, there are no barriers to receiving love and you are accepting, forgiving, understanding, and compassionate. You know when you need to say "no" and you know when you need self-care and self-nurturing. You are also content and able to enjoy the beauty of life that surrounds you. You love yourself and others as they truly are. Living from the heart means living your life with loving kindness and compassion towards others. You are trusting and create a safe and supportive environment. Complicated relationships, tragic losses, and loneliness usually block this area and create unbalanced energy.

Heart Chakra Affirmations

- I give and receive love easily.**
- I am peaceful.**
- Love and beauty surround me.**
- All of my relationships are harmonious.**
- My heart overflows with love.**
- I embrace life.**
- I feel grateful for all that I have.**
- I love being alive.**
- I accept things as they are.**
- I feel a sense of unity with nature and animals.**
- I love myself and all people.**
- Love flows into my life and being.**

