



# [www.CenterForTheWellBeing.org](http://www.CenterForTheWellBeing.org)

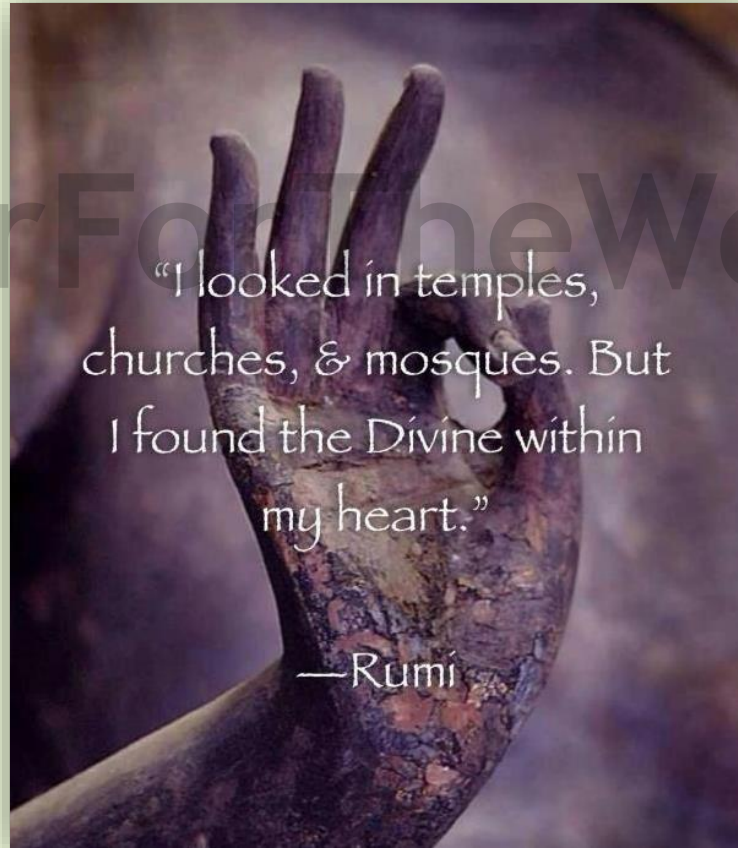
## The Heart Chakra

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WOUNDED TO WELL: HEALING THROUGH THE CHAKRAS™

Your heart knows the way. Run in that direction.  
- Rumi

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"I looked in temples,  
churches, & mosques. But  
I found the Divine within  
my heart."

—Rumi

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# Heart Chakra: The Bridge Between Body and Soul

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## LOVE IS THE ENERGY THAT EXPANDS

### FEAR IS THE ENERGY THAT CONTRACTS

- Fear blocks the flow of giving and receiving in all areas of our life including our bodies and minds
- The fear that we carry to protect ourselves from more experiencing grief and disappointment also blocks the attraction and flow of people and experiences into our life

### TAKING A RISK

- We have to be willing to risk feeling some difficult emotions in order to experience the positive ones
- Requires trust of and compassion for ourselves and others

### SHIFTING THE HEART ENERGY

- Shifting the heart energy is one of the most powerful things we can do
- It is up to us to chose to stay open and connected... no matter what



# Anāhata



Love, Trust and  
Connection

# The Heart Chakra

**SANSKRIT:** Anāhata - *unbeaten or unharmed*

**LOCATION:** At the lower center of the chest

**COLOR:** Green - life, renewal, nature, harmony, freshness, growth, fertility

**ELEMENT:** Air

**REPRESENTATION:** A twelve-petalled lotus flower containing two interlaced triangles - one upright and the other inverted

**MANTRA SEED SYLLABLE:** YAM

**SENSORY:** Touch

**PHYSICAL ASSOCIATION:** Heart, lungs, Thymus gland (important in the regulation of the immune system)

**PSYCHOLOGICAL ASSOCIATION:** Love and acceptance for ourselves and others, connection, relationships, trust, compassion, empathy, forgiveness, transformation, and change

**SPIRITUAL FUNCTION:** Where the “divine” and “human” aspects meet and the door to true transcendence is finally opened

**CHALLENGE:** Fear and the ability to give and receive love without conditions



# Physical Signs

- Heart disorders
- Hypertension
- Poor circulation
- Asthma
- Chronic lung disorders
- Immune system deficiency
- Blood disorders
- Acid reflux (esophagus)
- Upper back pain
- Eating disorders
- Depression



# Psychological Signs

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- Fear of intimacy
- Fear of being alone
- Emotionally distant in relationships
- Self-worth comes from others
- People-pleaser
- Prone to co-dependent relationships
- Tend to neediness in relationships
- Excessive jealousy
- Suspicion and mistrust of others
- Withdrawn and disconnected
- Avoid socialization
- Unforgiving; hold on to grudges
- Difficulty with anger and letting go
- Anger towards others
- Play a role of victim or martyr
- Poor boundaries





# Understanding Imbalances



**Imbalance is likely to occur with anyone who has ever experienced:**

- Physical or emotional abuse as a child or adult
- Being raised by an emotionally cold or narcissistic parent
- Being denied affection and love growing up
- Adopting societal beliefs surrounding love
- Developing self-destructive habits that block the giving and receiving of love

## BLOCKED

- Withdrawn, excessive isolation, fear of intimacy, codependency, falling into victimization, passive-aggressive behavior, fear of being alone, bitter, selfish
- Manifests as: cardiovascular disease, coronary artery disease, abnormal heart rhythms, arrhythmias and congenital heart disease, asthma, pulmonary disease, emphysema, chronic bronchitis and pneumonia

## OVERACTIVE

- Always putting oneself in the role of the savior or the rescuer, holding grudges, unable to forgive, being overly defensive, overly controlling and demanding, neediness, blurred boundaries, flakiness, trying to please at all costs, unable to say “no”
- Manifests as: cardiovascular disease, circulatory and heart-related issues; hypertension

## BALANCED

- You are accepting of and give unconditional love, because you know that in order to love another you must first love yourself
- You are willing to help others, but also are aware of when to say no
- You are confident in your abilities and at peace with those around you
- You have a profound love for Nature and feel connected to all of her creations

**The wound is the place where the light enters you. - Rumi**

# Activities

## FRESH AIR

Connect with the element of Air - open windows and let fresh air in

## YOGA

Focus on chest opening poses:

- Camel Pose (Ustrasana)
- Cobra Pose (Bhujangasana)
- Cat Pose (Marjariasana)
- Fish Pose (Matsyasana)
- Eagle Pose (Garudasana)

## MEDITATION

Focus on the radiant green glow emanating from the Heart Chakra area

## DECLUTTERING

Clear out things that are taking up space, that no longer serve their purpose

## SPECIAL FOCUS

- Keep a gratitude journal
- Practice kindness
- Take a walk in nature - connect to Mother Nature's nurturing energy





# Nutrition

## HERBS

Rose, Astragalus, Tulsi, Hawthorn - Leaf and Berry, Arjuna, Nettle, Angelica, Parsley, Rosemary, Hibiscus, Motherwort, Linden, Yarrow, Cayenne, Ginger, Red Clover

## FOODS

**FRUITS** - kiwi, avocado, lime, honey dew melon, pears, green apples, grapes

**VEGETABLES** - spinach, kale, zucchini, chard, cabbage, celery, peas, green peppers, broccoli, green beans, spring onions, lentils

## HYDRATE

Drink lots of water and *Herbal Tea!*



# Essential Oils

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## SOOTHING - CALMING - LIFTING SCENTS

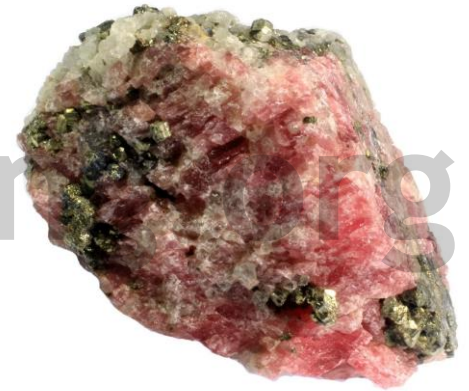
- Rosemary
- Marjoram
- Bergamot
- Lavender
- Angelica
- Rose
- Ylang Ylang
- Neroli
- Jasmine



# Stones

## HEALING STONES AND CRYSTALS

- Rose Quartz
- Jade
- Emerald
- Green Aventurine
- Malachite
- Rhodochrosite
- Rhodonite
- Unakite
- Amazonite
- Prehnite
- Green Fluorite
- Chrysocolla





# Affirmations

## AFFIRMATIONS FOR THE UNCONSCIOUS MIND - Love, Compassion and Acceptance

Repeat positive statements to yourself multiple times a day to reprogram thought patterns

- I nurture my inner child
- I am worthy of love
- I love and accept myself
- I open myself to love
- I embrace who I am
- I listen to my heart
- I love and forgive others
- I accept things as they are
- I respect and honor myself



# Mind Work

## EXPLORE ROOT CAUSES

- Fear of intimacy
- Fear of being alone
- Emotionally distant in relationships
- Self-worth comes from others
- Prone to co-dependent relationships
- Tend to neediness in relationships
- Excessive jealousy
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# Growth and Development

## THE CHAKRAS ALIGN TO LIFE STAGES



### ROOT CHAKRA - Mūlādhāra

Survival, fight or flight, self-preservation, safety, basic needs, physicality, aspects of self, family values

Ages 1-7



### SACRAL CHAKRA - Svādhiṣṭhāna

Joy, creativity, sexuality, emotional balance, relationships, fluidity, freedom - sexual, emotional, creative

Ages 7-14



### SOLAR PLEXUS CHAKRA - Maṇipūra

Expression of will, intellectual abilities, forming opinions and beliefs, making decisions, setting course of direction, clarity, personal identity, confidence, self-discipline, will, personal power

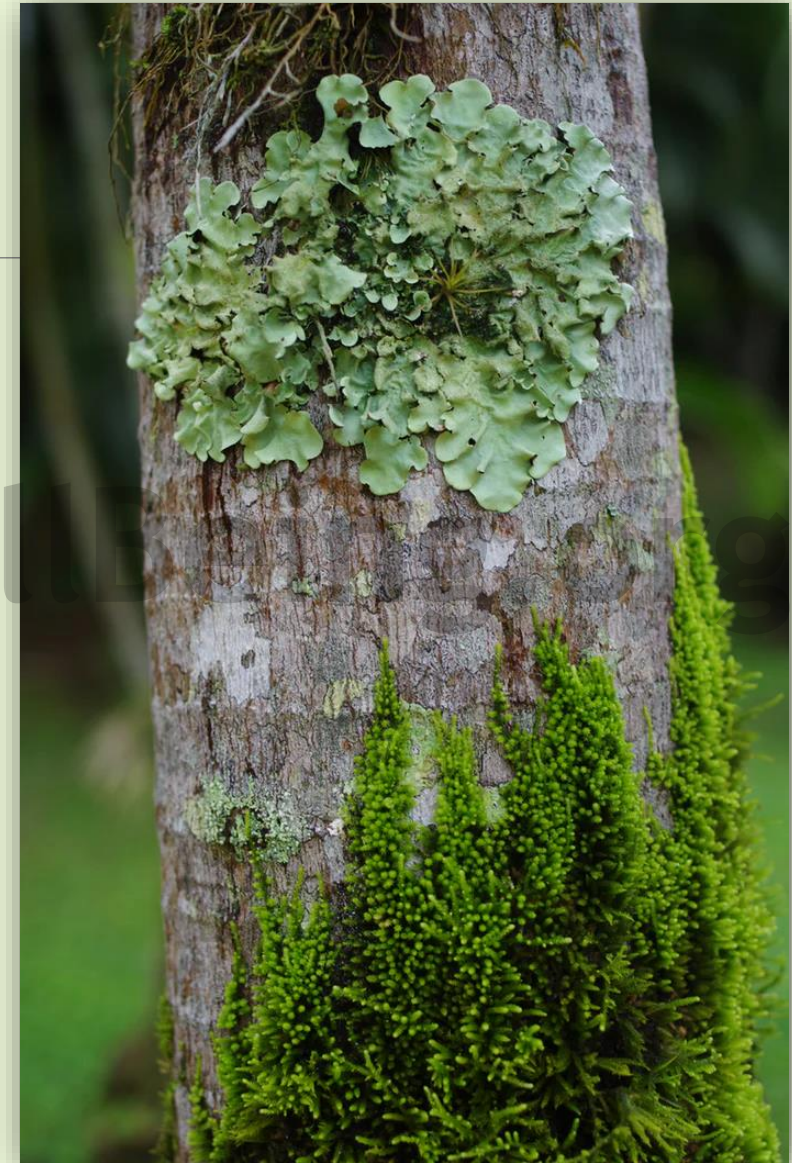
Ages 14-21



### HEART CHAKRA - Anāhata

Love, generosity, dedication, empathy, compassion, trust, acceptance, forgiveness

Ages 21-28





# Opening the Heart: Listening to the Soul

## PROCESS EMOTIONAL WOUNDEDNESS

- Unhealthy learned behaviors
- Trauma
- Family of origin issues
- Connection to Self



# A Spiritual Connection

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## OPENING TO YOUR OWN SPIRITUAL NATURE

- The healing of the Heart Chakra is similar to opening up to one's deepest spiritual nature
- Allow yourself to feel and connect to the power within you and to the creative force



**Connection: Compassion for Ourselves and Others**

# Healing the Heart Chakra

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## BUILDING ON A STRONG BASE

- Begin to heal the Heart Chakra energy to clear the path for the healing of the next one in the chakra system





Kundalini is the great power that creates and sustains the universe



The movement of Kundalini brings a state of bliss that is momentarily experienced and a prolonged, life-changing spiritual experience

# Kundalini

**KUNDALINI** is depicted as a snake or as the Hindu goddess *Shakti*, who lies dormant, slumbering at the root chakra

*Shakti* ascends ecstatically through the chakras to couple with the Hindu god *Shiva* and eventually, upon reaching the crown chakra, brings enlightenment

## HOW TO ACTIVATE KUNDALINI

### YOGA

Shakti • Kundalini • Tantric

### KEY

Right Intention • Correct Breathing • Yoga Asanas • Meditation



## HOW KUNDALINI WORKS IN EACH CHAKRA

**ROOT** - connects us to Nature

**SACRAL** - increases our understanding of other people

**SOLAR PLEXUS** - connects us deeper to who we are

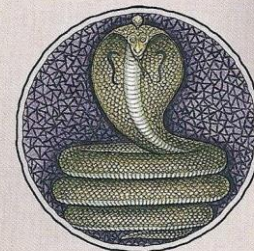
**HEART** - helps us to feel intense love

**THROAT** - boosts the way we express ourselves

**THIRD EYE** - enhances inner perceptions

**CROWN** - takes us into altered states of consciousness

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नाग

Naga, the cobra, is a symbol of *kundalini* power, cosmic energy coiled and slumbering within man. It inspires seekers to overcome misdeeds and suffering by lifting the serpent power up the spine into God Realization. Aum.

