

The Heart Chakra is your Fourth chakra and is located over the heart.

The *Heart Chakra* is your true center. It is sometimes referred to as the “seed of your soul.” A balanced Heart Chakra gives a feeling of love and harmony with all things, personal and non-personal, spiritual, in nature, and all around us. Unconditional love is born here in this chakra. This is also the beginning of your spiritual chakras. This is the transitional chakra taking you from physical body to spirit body.

Colors commonly associated with this chakra: pink and green.
Crystals commonly associated with this chakra: Aventurine, Rose Quartz

How do I know this chakra is out of balance? Ask yourself...

Do I feel like I am struggling with my emotions?

Is it difficult for me to receive from others?

Do I feel unappreciated?

Feelings of guilt and/or shame?

As you balance this chakra, you will feel a sense of calm and tranquility. Your energy will be more positive and therefore attract more of the same positive energy in return. Replenish yourself in nature. Give without expectation. Care for others, without getting drawn into their drama. A true sense of appreciation and gratitude when receiving from others.