

HEART CHAKRA



HEART CHAKRA MUDRA

Your heart chakra is maintaining balanced energy if you are loving, caring, compassionate, peaceful, centered and content.

You may have an overload of energy in this chakra if you have tendencies to be codependent, are jealous or envious, are a people pleaser or have poor boundaries.

You are not running enough heart centered energy if you are antisocial, withdrawn, lonely, have a fear of intimacy or a lack of empathy.

The organs or body systems affected by an imbalance in heart chakra are the cardiac nerve plexus, the respiratory or cardiac systems and the thymus gland. These could include heart disease, palpitations, angina, a broken heart (yes, there is an actual medical diagnosis for a broken heart), high or low blood pressure, asthma, myasthenia gravis (weakness of certain muscles), pure red cell aplasia (a type of anemia) and hypogammaglobulinemia (an anemia which includes antibodies that help fight infection).

Love is the essence of life. Without the giving and receiving of love, the heart chakra and the heart are in a weakened state.

Ask yourself the following questions to determine if you have balance in your heart and heart chakra:

Are you compassionate and/or empathetic towards others?

Do you trust others easily?

Have you felt betrayed or “stabbed” in the back?

Do you love unconditionally, without expectations and receive love given freely?

EXPANDED CHAKRA HEALTH

Do you experience moments of happiness throughout your day?

Do you judge yourself or others for any reason?

In all honesty, do you really love yourself?

Are there conditions one must meet to receive love from you or allow you to open up to being loved?

Are you grieving the loss of a loved one or even the loss of a relationship?

Are you holding thoughts of being “less than” due to rejection of any kind?

Can you forgive yourself or others for any transgressions?

There are many tools to assist one in bringing harmony back into the heart chakra. A few of them are:

1. Using color. Breathing in emerald green light (which is the color associated with this chakra) or pink light (which is the color associated with the “high” heart or thymus gland) focus on the front and back of the heart chakra
2. Wearing green or pink clothes with these tones
3. Chanting or toning the sound AH as in ma repeatedly.
4. Practicing forgiveness whenever possible
5. Working with the Hawaiian Ho’Oponopono Prayer (I’m sorry, please forgive me, thank you, I love you) either to yourself or in verbal expression
6. Incorporating more green foods into your diet such as spinach, kale, seaweed, broccoli, lettuce, peas, etc.
7. Joining a grief support group
8. Releasing issues or challenges of trust.
9. Practice random acts of kindness.
10. Practice gratitude daily.
11. Be kind to yourself.

There are many ways to open up the heart. Initiating them into a daily practice is an easy way, but continuing that practice can sometimes become challenging. If those challenges arise, deal with them appropriately and then “get back on the horse” without beating yourself up for being human.