

The Heart Chakra

To Accept

by Regina Ann

According to Wikipedia, **Chakra** derives from the Sanskrit word for “wheel” or “turning.” The chakras are considered to be a number of wheel-like vortices that exist within the subtle body being the focal points for the reception and transmission of energies. It is generally accepted that there are seven main chakras in the body system which include the root, sacral, solar plexus, heart, throat, third eye, and crown.

Many traditions, therapies and disciplines have found connections between the health of each chakra and the health of specific areas of the physical, mental and emotional bodies. When life energy is allowed to flow through the energy points, chakras, with ease and in balance, the body systems respond in balance and harmony. Through life experiences and daily life we may develop blockages that become trapped in one or more chakra resulting in imbalance and disharmony. Those of us who work in the fields of healing commonly see the physical, mental and emotional results of these blockages.

In an effort to promote healing we will look in depth at each of the commonly accepted chakras over the next few months. Along with information that is widely accepted pertaining to each chakra, each article will also include some real world pertinent experiences with that chakra.

The Heart Chakra ~ The Heart Chakra center is located in the center of the chest between the two breasts. According to Wikipedia the Heart Chakra is related to the thymus, located in the chest. The thymus is an element of the immune system and part of the endocrine system. It is responsible for fending off disease and may be adversely affected by stress.

A balanced and healthy Heart chakra results physically in proper circulation. Emotionally it results in balanced emotions, compassion, tenderness, unconditional love for self and others. Mentally it results in balanced passion and spiritually results in devotion.

When this chakra is blocked, out of balance or holding negativity it may result in heart related physical issues; lack of love, compassion or tenderness; and lack of devotion or passion.

The most common symptoms I see in my practice related to the Heart Chakra include: chest pain and or back pain in the area of the chest; pain in the shoulders; problems breathing; “guarding” the heart so as to not be hurt; holding little or no hope in love or life. In every case I find a connection between the heart blockage or negativity and a past event that is also creating imbalance in another chakra...the most common being the solar plexus.

Perhaps the most challenging aspect of healing the Heart Chakra is believing that it is safe to open the heart to allow healing. It goes against our survival instinct to allow a

damaged area to open up and be vulnerable, yet that is exactly what must happen if you wish to heal. Healing begins with being open and vulnerable to love.

For me, success came when I learned what love truly is. We have all learned different meanings of love based on our experiences. Understanding what love truly is allows expectations to be released and love to be experienced for what it is...love. The best definition for love that I have found is within the word Metta or Maitri on Wikipedia. At its core Metta or Maitri is love for the sake of love alone, love without clinging or expectation of outcome.

Imperative to healing the Heart Chakra is learning to love yourself. I regularly recommend that clients write love letters to themselves to help with this. Positive Affirmations are very healing. Helping others is a healing balm for the heart. Forgiveness is perhaps one of the most important components of healing the heart. Most of us have wounds that only forgiveness can heal. It is important to see that forgiveness is for our healing...it has nothing to do with the other person or what they did...forgiveness is something we do for us, for our healing, so we can be free!

Crystals for healing the Heart Chakra include Malachite and Rose Quartz. Essential oils recommended for the Heart Chakra include Young Living Oils Joy™.

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