



# HEART CHAKRA

# Chakras and Your Organic Sphere (Life)

Humanity is created perfect in the image of his/her creator.

The belief that the living body of man and the living body of the earth were constructed in the same way through each random access.

Mans access being the back bone the vertebral column which controlled the equilibrium of his movements and his functions along this access were several vibratory centres which echoed the primordial sound of life through the universe.

There are 114 chakra energy spheres in our body, but we have only discovered the knowledge that we have nine main chakras seven that circulate along the spine of the physical body while two are outside the body.

Each of the seven main chakra energy spheres have a corresponding number, name, colour and specific area of the spine from the sacrum to the crown binding on health focus.

The 8th chakra known as the Weda Cootcha is the name of the creator or great spirit which means the source of the sacred, resides within a luminous energy sphere it hovers above the head like a spinning sun it is our connection with the great spirit a place where God dwells within us. The 9th chakra on the other hand is the source of spirit itself it is where we reside in spirit.

There is only one 9th chakra where as each one of us has an individual 8th chakra or soul. There is only one spirit and we are all one within spirit. When we die the 8th chakra expands into a luminous egg and envelopes the other seven chakras in the vessel of light.

After a period of atonement and purification the 8th chakra manufactures another body it is done again and again over so many lifetimes. It leads us to our biological parents and to the best life not the easiest to acquire the experiences we need to grow spiritually.

The traumatic memories of our previous lifetimes are transferred into our next body as imprints in our luminous energy field. The 8th chakra corresponds to the christian concept of the soul which is personal infinite.

The 9th chakra corresponds to spirit which is impersonal and infinite. The 8th chakra manifests within time the Egyptians call it the ka. The 9th chakra is present in the timeless now a point without time unfettered to history it is

imminent and transcendent never dying and never having been born. The Egyptians refer to it as the koo.

The chakras rotate clockwise in the same direction that the spiral arms and the galaxy revolve. Each chakra has a unique frequency that we perceive as one of the seven colours of the rainbow.

The amazon shamans believe that when you clear all your chakras you acquire a rainbow body. Each centre then vibrates at its natural frequency and you radiate the seven colours of the rainbow.

Chakras are well known with the growth of popularity in yoga and meditation healing sessions which originated in India but the references to the chakras were found among the Hopi, the Inca, and the Maya as well as other indigenous cultures around the world. They are mentioned in the Vedas an ancient sacred text of spiritual knowledge dating from 1500 to 1000 BC.

Chakra (*chakra* in Sanskrit) means “wheel” and refers to energy fields in your body. They are known as spinning discs of energy that should stay open and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical wellbeing.

How you relate to each chakra energy sphere and their frequencies, is how you will come to understand yourself, to connect with more clarity of yourself for the first time (if you have not already). For many it takes years and through life experience you will have gained all knowledge and knowing why things happen in all aspects of your life.

Throughout your journey you will have learned how to resolve them without the stress and all issues behind them. Once you realise your symptoms, you can start corresponding with what your body is telling you what it needs in order for your health and wellbeing to thrive. I was always taught that you should eat all foods via the rainbow because each chakra has that specific colour for that very reason to regenerate and resolve any issue at hand of each chakra.

# HEART CHAKRA

## Anahata ~ I LOVE





ELEMENT : Air

COLOUR : Green

FREQUENCY : 594 Hz

NOTE : D

BODY : Lungs, Breasts, Heart

PRIMARY INSTINCT : Pure Love

PSYCHOLOGIC : Hope, Surrender, Love, Compassion, Intimacy, Integrity

GLANDS : Thymus

REGULATES : Circulatory, Respiratory, Cardiovascular, Lymphatic Systems

SEEDS : Pure Selfless Love, Forgiveness

LOCATION : Centre of Chest, Above the Heart (HEART CENTRE)

MEANING : Accept, Aware, Compassion, Love, Giving, Receiving I LOVE

MANTRA : YAM      SOUND :AHHH

The unbalanced expressions are ego, agrin - diasment (fiery temper), resentment, selfishness, grief, loneliness, abandonment and betrayal.

A balanced heart chakra allows us to commit to intimacy and connect to others, in love it integrates the masculine and feminine principals within us and we are no longer seeking our missing half outside our selves.

Blockages in the heart chakra can manifest in our physical health through heart problems, such as asthma, allergies, fear of intimacy, and weight issues. These blocks are often seen even more clearly through peoples actions.

Those with heart chakra blocks often put others first, to their own detriment. It is the middle of the seven chakras, so it bridges the gap between our upper and lower chakras. When out of alignment, it can make you lonely, insecure, and isolated.

These issues can be resolved by the wellbeing of green foods including Broccoli, English spinach, Rainbow Silverbeet (Chard), and Bokchoy. If you feel you have a more serious issue, please consult your doctor.





# **AFFIRMATION**

My Heart is the Source of Unconditional Love

# **ESSENTIAL OILS**

Open Your Heart with Compassion to Your Senses

Rose, Ylang Ylang, Lavender, May Chang, Neroli, Bergamot

# **CRYSTALS**

Assists you with Emotion, Forgiveness, Love, Relationships,  
Healing, Compassion and Gratitude

Rose Quartz, Aventurine, Malachite, Emerald, Chrysoprane

# **MANTRA**

I AM LOVE

