

Heart Chakra

Compassion and Confidence

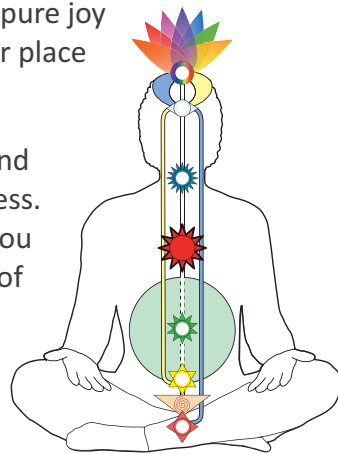
The Heart chakra (also called Anahata chakra) is located in the spinal column at the level of the center of the chest, behind the sternum bone. It is associated with the cardiac plexus. The vibrations of the Heart chakra are felt on the little fingers.

Heart chakra qualities:

Confidence	Unconditional love
Absence of fear	Compassion
Positive paternal and maternal relationships	Graciousness
	Truth
	Joy

The fundamental quality of the Heart chakra is unconditional love. As the chakra strengthens and clears, you become confident and emotionally balanced. You experience the pure joy of existence. You discover your place in the world — your purpose.

Sometimes we confuse love and compassion with possessiveness. As your Heart chakra opens, you will find yourself more aware of the needs of others. You will be able to love with purity and without selfishness.

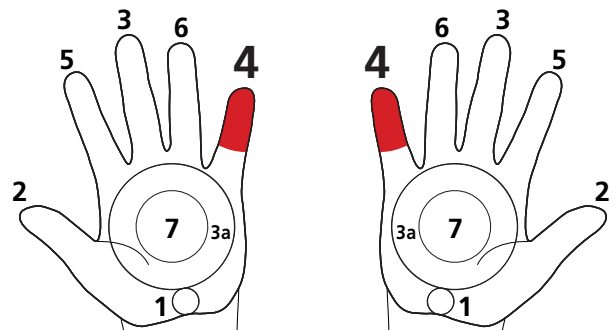


The stresses of daily life can lead to blockage and imbalance. Excessive thinking, planning, insecurity and anxiety all contribute to an imbalance in the Heart chakra.

If you have experienced negative maternal or paternal relationships, a strong Heart chakra can help mend them. You'll learn to set boundaries for your own behavior and respect the boundaries of others.

To balance the Heart chakra, breathe deeply and slowly for several seconds. Then, take a deep breath and hold it for a few seconds. Exhale slowly. Repeat several times.

You can also clear the left Heart by placing your right hand on your heart and say, "I am one with my spirit" several times.



Affirmations for Heart Chakra		
Left	Center	Right
Mother Kundalini, or Mother, I am...	Mother Kundalini, or Mother, Please make me...	Mother Kundalini, or Mother, You are the...
... the Spirit	... fearless ... confident	... responsibility in me ... boundaries of good conduct in me