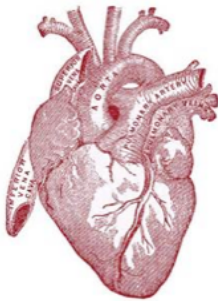


THE HEART ENERGY CENTER

Anahata Chakra, the heart. The color is green and physically includes the heart, shoulders, arms and hands. The heart represents love. Right side is loving others, giving love. Left side is loving the self, receiving love.



The right is to love, the shadow is grief. The sound is ah as in father. This is the first purely spiritual center. In the heart space we are no longer in human energy.



A healthy heart is open to accepting everyone and everything just as they are including the self. This is difficult for humans as we don't live in our hearts; we vibrate stronger in the lower human chakras. The heart is purely spiritual. When we live from the heart there are no rules or judgments around love.

The heart is the seat of wisdom, NOT the mind. Wisdom is in the body. Learning the language of the body and listening to it provides truth. If we all listened to our bodies, how to move them, what to eat, when to work and when to rest, we'd all be healthy and wouldn't need others to tell us what to do.

Grief is stuck in the heart. Letting go of everyone and everything in every moment is the secret to a happy, carefree life. I've met very few who can do this. Instead, we are a culture of heart disease. We hang onto objects, people, things outside and inside ourselves thinking we are creating lives that will keep us safe.

Love is like the ocean, we must learn to accept its ebbs and flows.