

Jonquil Reiki

The 4th Chakra – What is the Heart Chakra?



Chakra Color: Green, Pink

Location: The center is located in the center of your chest.

Color Psychology: Green is a healthy color. It promotes a general feeling of wellbeing and good health. This color recalls thoughts and feelings of compassion, kindness, and love. Green can make you feel healthy, alert, and empathetic.

Function:

Physical: relaxation

Mental: peace

Emotional: love

Spiritual: compassion

Balanced:

Emotional: love, balance, giving unconditionally, compassion, forgiveness, peace, harmony

Lesson: love

Physical: centers all other chakras, relaxation, peace

Lesson: balance the physical with the emotional and spiritual

Spiritual: unconditional love, trust, devotion, higher spiritual power

Lesson: to be fulfilled

Unbalanced:

Emotional: problems with love, hope, despair, envy, fear, jealousy, anger, anxiety

Physical: heart problems, asthma, bronchitis, breast cancer, pneumonia, emphysema, HBP

Spiritual: unable to express and receive love, lack of compassion or empathy

To Treat: spend time deep breathing

Foods: spinach, peas, green grapes

Crystals: chrysoprase, green aventurine, jade, rose quartz, unakite, snowflake obsidian

Oils: pine, rose, jasmine, ylang ylang

Exercise: Perform an act of kindness every day for a week. Notice how it makes you feel!

Mantra: I love myself

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Heart Chakra Healing

Questions to Consider / Journal Prompts

- How do I define love?
- In what ways could I start loving myself and others more deeply?
- What am I grateful for in my life today?
- Do I need to forgive myself?
- Do I need to forgive others?

Heart Chakra Affirmations

- I am open to love.
- I deeply and completely love and accept myself.
- I live in balance, in a state of gracefulness and gratitude.
- I am open to love and kindness.
- I forgive myself.
- I am connected with other human beings.
- I feel a sense of unity with nature and animals.
- I accept things as they are.

Foods That Nourish the Heart Chakra

- Leafy vegetables: spinach, kale, dandelion greens, etc.
- Other vegetables: broccoli, cauliflower, cabbage, celery, zucchini, green beans.
- Fruits: green apples, limes, avocados, pink grapefruit, kiwi.
- Liquids: green tea.
- Spices: basil, sage, thyme, cilantro, parsley.

Other Healing Ideas

- Engage in activities that feed your heart.
- Listen and speak to others with an open heart; be generous and loving.
- Follow your dreams and desires.
- Focus on receiving if you are naturally inclined to be a giver; and on giving if you're more inclined to receive all the time.
- Express your gratitude.
- Spend time appreciating Nature.
- Do push-ups, go swimming, hug yourself.
- Spend time in fresh air and practice breathing exercises.
- Practice self-care.