**Chakra Four Overview**

**Location**: Center of chest; under sternum.

**Life Skill**: Principle of Harmony & Rhythm

**Color**:  Green/Pink/Gold        Crystal:  Rose Quartz **Element**:  Water

**Body:**  Heart, circulatory system, blood, ribs, breasts, thymus, lungs, shoulders, upper arms, hands and diaphragm.

**Oils**:  *Sandalwood* on the ball of the foot. *Bergamot* &*Harmony* layered in center of chest and under sternum.

**Age Developed**: 4 1/2 – 6 1/2

**Activated**: 17-18

**Re-activated**: 42-49, 77-85

**Key words and phrases to use with  meditation/journaling**

The Heart Chakra is the integration point for the upper and lower chakras.  It is also said to be the bridge between heaven and earth, the Center of the 7 directions.  All issues come through the heart chakra, and balance cannot happen in the system until it happens here.

**Front:** Family of origin – loving relationships?

Did we learn to give and receive,

to be passionate,

to be firm,

self protective and self-loving?

Did we learn to accept our purpose and spiritual needs?

Hearts desires met?  Dreams of body, mind, soul and essence connected with divine source?

Are they the same?

Is our heart a continuous column of light connecting us to source and earth?

OR, are we shut down, closed?

Is giving and receiving in relationship challenging? Non-existent?

Cut off from experiencing love?

Negative self-image or attitudes toward life in general?  Can you truly receive (therefore give) love?

What childhood pain created blocks; need for protection?

How was your flow of unconditional love energy?

Limits to creative life force energy?

How is your self acceptance, acceptance of others, trust, well-being, sense of what you need, abundance, prosperity, good health?  Forgiveness, self and others?

Love? Compassion?

Imbalance of self love, or love of others. Feelings of overwhelm/unsafety – trying too hard; me against them or the world against me.

**Back Side**: What is your Spirit’s true desire?  True calling?  Heart’s desire?

Here, we receive love without judgment; access point for mental energies that are pure and simple; encouragement for being.  Access to divine source, master planner, highest purpose for this lifetime.

**4th Auric Level**Have you, or can you achieve your hearts desires?

Create loving, feeling relationships?  Express love to self and others?

Be accepted and approved of by your family?

Lovingly connect to ancestors?  Acknowledge all of your feelings?  Recognize and release anger?

Recognize and release toxic emotions?

Ask for help when you need it?

Safe to take risks?

Feel safe to trust others?

Communicate with love?

Release old contracts?

Be kind and gentle with yourself?

Let go of secrets?

Receive guidance from Source?