

## A circular gold coin with a central cross and a sunburst design. The cross is a Maltese cross, and the sunburst has eight rays. The coin is set against a black background.



# Entering The Heart Chakra Gate





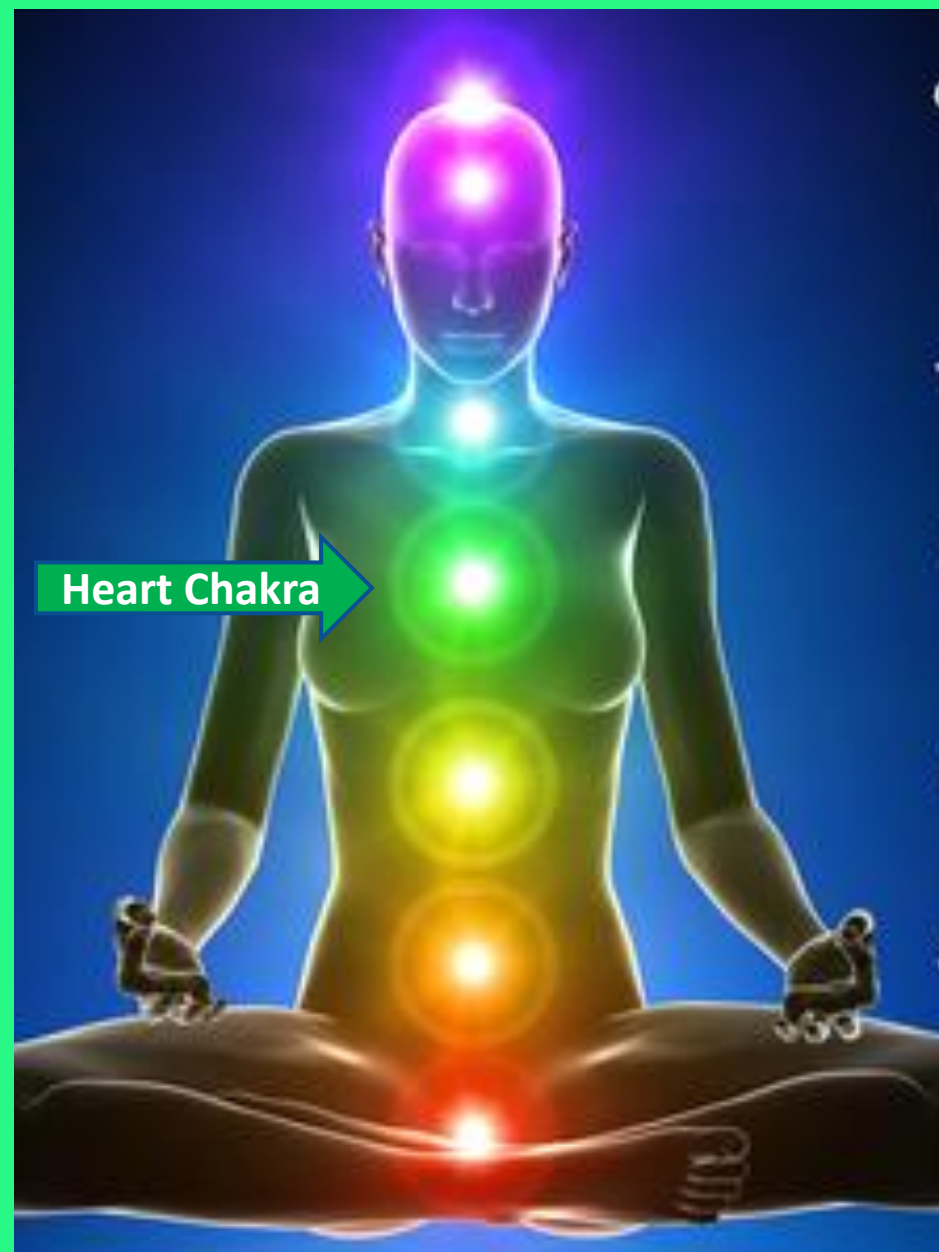
At the 4<sup>th</sup> Gate Inanna releases her breast plate protecting the vulnerability of her heart, symbolically releasing all the ways she has guarded her heart from pain.

She is also releasing all the ways she no longer truly loves herself and therefore others.

**The Heart Chakra (or *Anahata* Chakra, Sanskrit for *unhurt, unstuck, or unbeaten*) is the seat of the soul - located where our physical heart is around the area of the breastbone or sternum.**

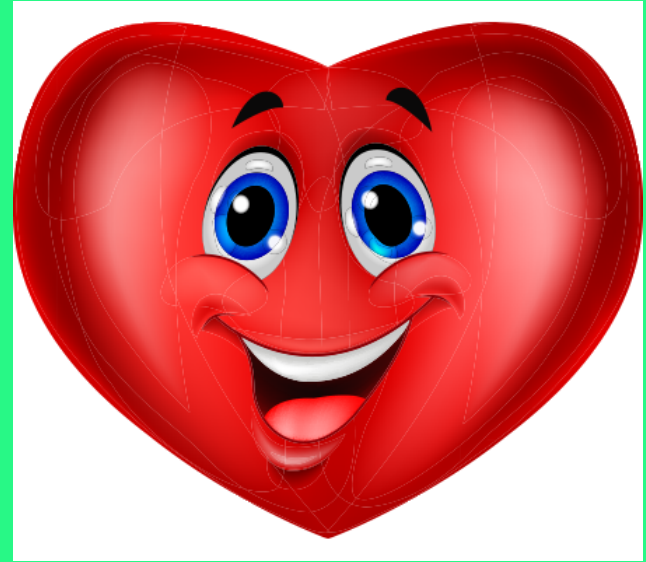
**This chakra represents pure love connecting the upper and lower chakras.**

**Stated another way it connects the Spiritual and the Physical or Heaven and Earth.**



The Heart Chakra is linked to the **Thymus Gland**, circulatory and respiratory systems, lungs, ribs, breasts, arms, shoulders, hands, diaphragm.

It is also linked to empathy, harmony, kindness, caring, sensitivity, emotional balance, our relationships and how we interact with others.



# Imbalanced Heart Chakra

- Lack of self discipline
- Difficulty in relationships
- Fear of Betrayal
- Inability to forgive
- Lack of empathy
- Living vicariously through others
- Looking to others for acceptance & happiness
- Strong jealousy and harsh judgment of others
- Fear of being alone - feeling shy and lonely
- Leading with logic and reason and disregarding what you *feel* as unimportant or having no value
- Giving to Get



# Balanced Heart Chakra

## Expresses as:

- Love and Compassion for All Life
- Kindness, Empathy, Harmony
- Acceptance of Others
- Expansion, Freedom and Growth
- Healthy personal values and ethics
- Following your unique direction in life
- Open to Giving and Receiving Equally
- Connecting to Limitless Universal Energy
- Self-Confidence, Self Approval, Self Acceptance



# Ways to Balance this Chakra:

Chant the Mantra “Yam”

Wear Green or Pink

Green is combination of Yellow for the Soul  
And Blue for the Spirit

Eat Green Foods like Kale or Spinach,  
Broccoli, Zucchini, Avocados, Apples,

## Gems/Minerals:

Emerald, Jade, Green Tourmaline, Malachite,  
Peridot, Aventurine, Moss Agate,  
Green Jasper, Rose Quartz, Rhodochrosite

## Essential Oils :

Sandalwood, Cardamon, Lemon, Neroli, Palma  
Rosa, Chamomile Rose, Rosemary, Rosewood,  
Jasmine, Eucalyptus, and Peppermint

## Exercise:

Practice the “Thymus Thump” Exercise



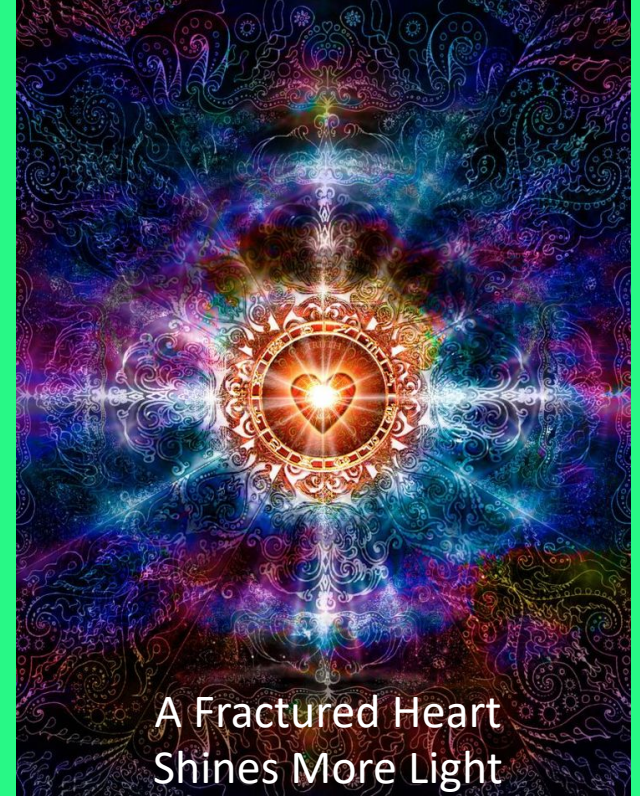
# Feel what you FEEL

Especially the not so great feelings  
with intent to release the  
charge these feelings may have for you

Find healthy expressions for your feelings

**Don't** take your feelings out on others

**Do** scream, cry, beat on pillows, or find other  
forms of emotional release that can help you  
get these feelings moving



A Fractured Heart  
Shines More Light

Talk to someone who is not involved, is a compassionate supporter and  
helps you understand your part within the bigger picture!

Write or journal your feelings as honestly as possible - for your eyes  
only. This isn't about any one but you. Do Radical Forgiveness for  
yourself and others.

Here is the link to the [Radical Forgiveness Worksheet & the Website](#)

## **You Get What You Give** **Song by the New Radicals**

Practice being in the present moment – meaning when you find you are reliving a painful past experience do your emotional release work.

**Dance to This Song** or what ever music gets you going.

Do yoga or some kind of meditative movement (walking meditations are great) that will help you feel and then transform your feelings bringing you into the present.



# Some of the Words to the Song

But when the Night is Falling  
And you cannot find the Light  
You Feel your Dreams are Dying

Hold Tight

**You've got the Music in You**

Don't Let Go

**You've Got the Music in You**

One Dance Left

**This World is Gonna Pull Through**

You've Got a Reason to Live

Can't Forget

**We Only Get what We Give**



# Practice the Art of Acceptance

Accept What Is For Now

Accept what you can't change

Attend to what you can change

Go with the Flow

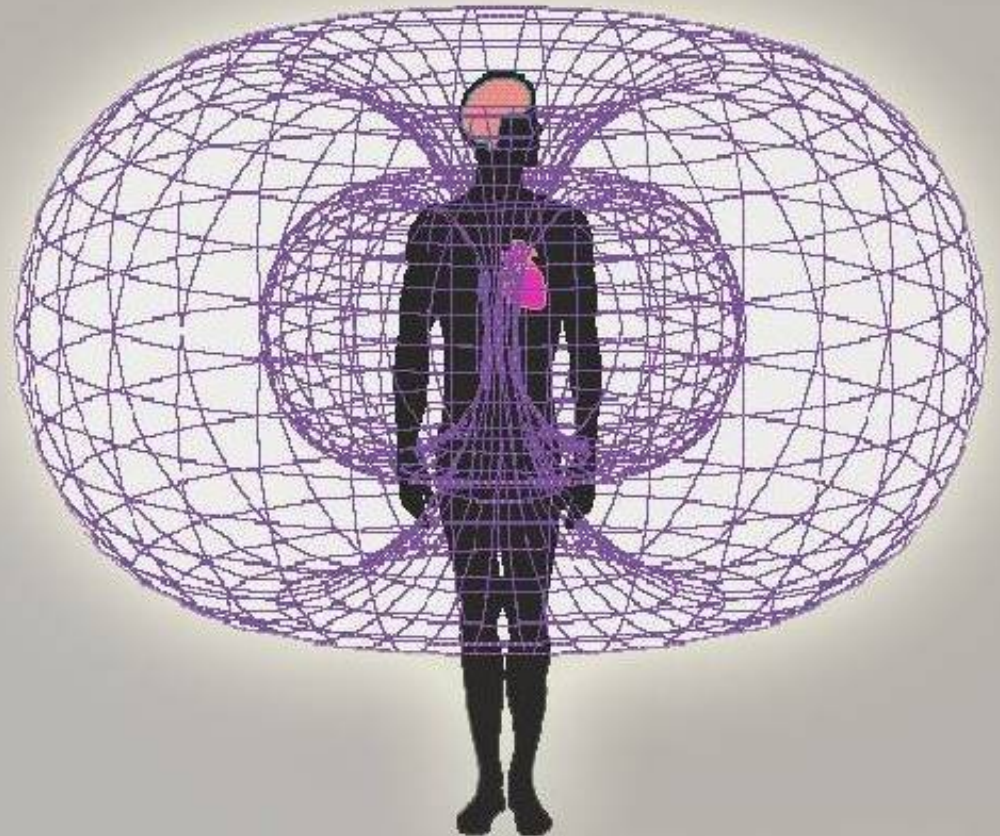


# Heart Math

*"Since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry, and provide us with intuitive feeling instead. It takes the power of the heart."*

– Doc Childre, Founder,  
Institute of HeartMath

The electromagnetic field of the heart



# More From The Institute of HeartMath

Neural pathways from the heart to the brain either inhibit or facilitate electrical brainwave activity.

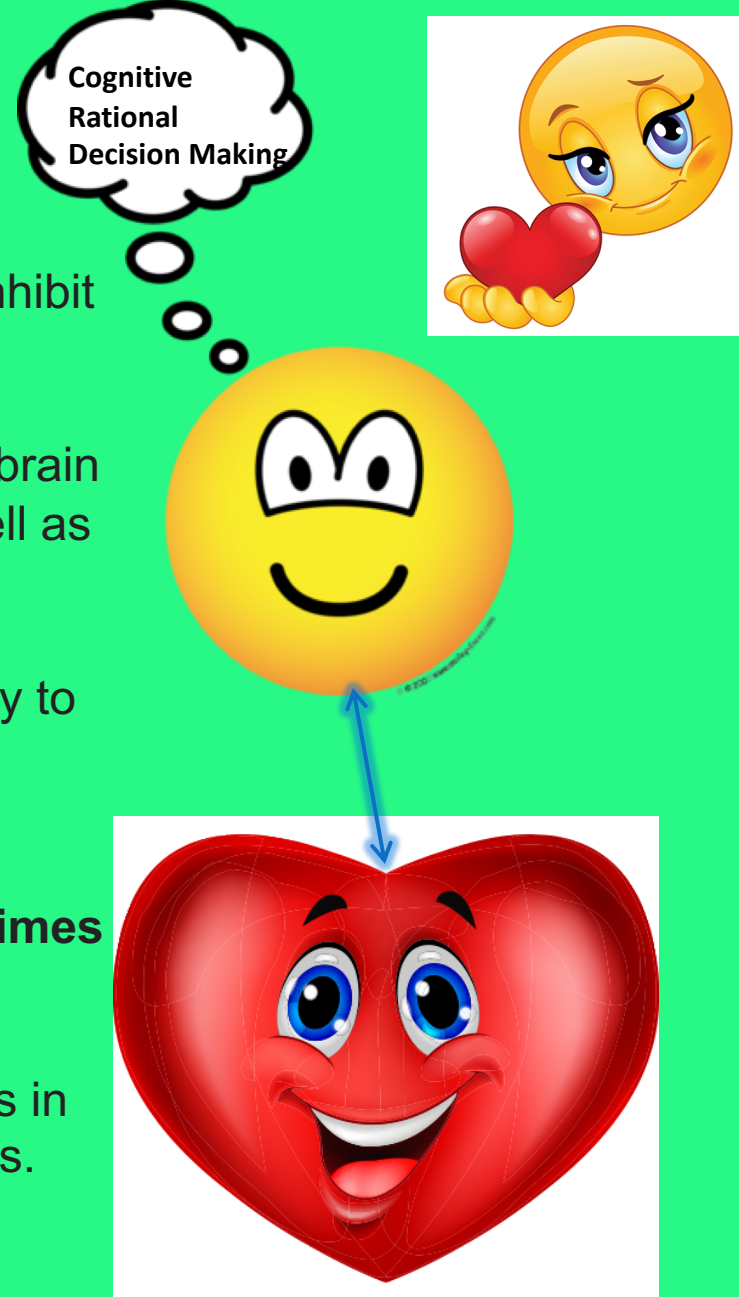
The heart sends electro-magnetic messages to the brain in ways that affect how we perceive and react as well as how we make decisions.

The heart has its own nervous system with the ability to learn, remember, feel, sense, and make decisions separate from the brain.

**The heart's electromagnetic field is about 5000 times stronger than electromagnetic field of the brain.**

Emotions produce predictable physiological changes in heart rate, blood pressure, and other bodily functions.

The emotional impact of a dramatic or shocking experience can trigger negative incoherent heart rhythms.

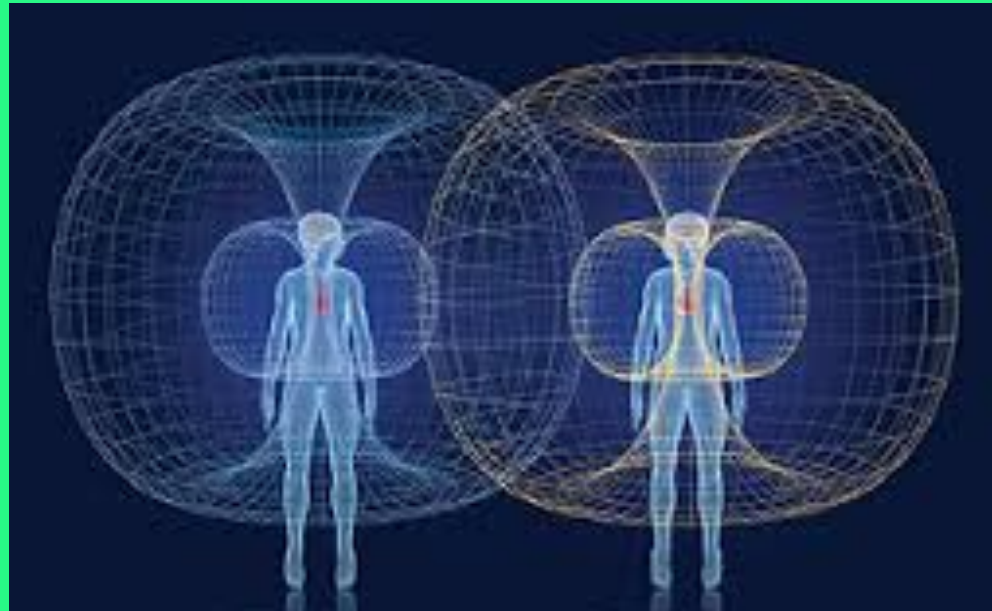


**Experiential, Heartfelt  
Decision Making**

# More From The Institute of HeartMath

Electro-magnetic fields communicate information operating beyond our conscious awareness to others that are within at least 15 feet of each other.

A coherent energy field synchronizes the brain waves of those in close proximity.



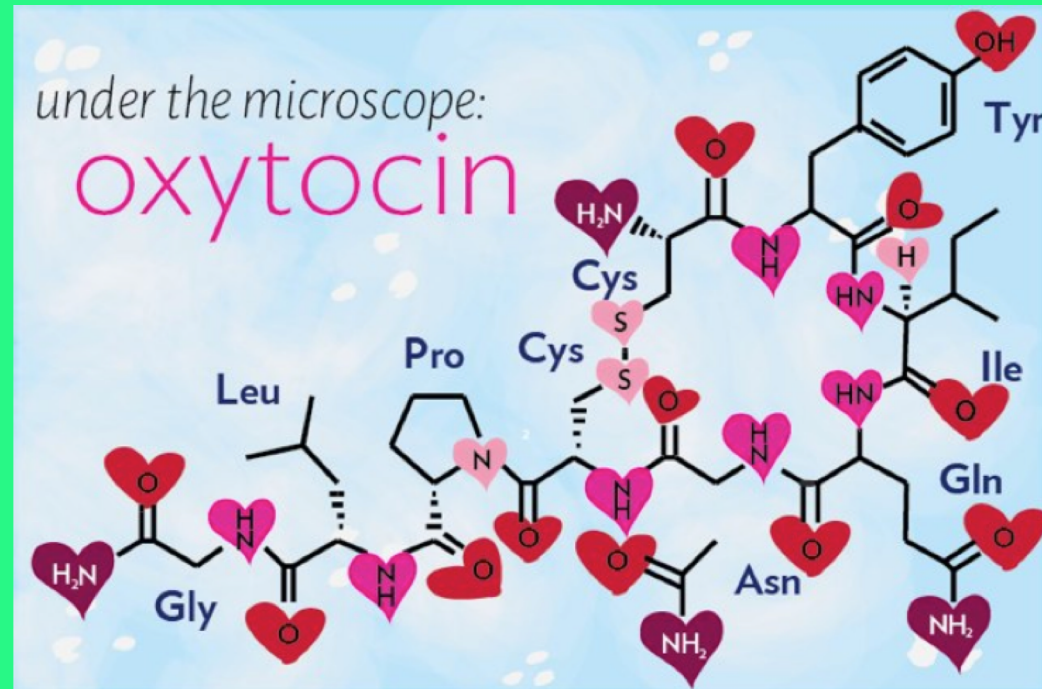
When our mind body systems are in a harmonious state we are more aware of and attuned to the information encoded in the electro-magnetic heart fields of those around us.

The heart functions like an endocrine gland secreting hormones that influence not only the brain but also blood vessels, kidneys, and adrenal glands, regulating noradrenalin and dopamine neurotransmitters.

# More From The Institute of HeartMath

Oxytocin is a heart hormone and released through meaningful hugs or nurturing touch, during certain breathing practices, meaningful hugs or nurturing touch, childbirth, and lactation.

Oxytocin is present when reading social cues and establishing enduring relationships.



David Vesely, M.D., PhD Professor of Medicine at the University of South Florida found that Oxytocin reduces 90% of all cancers in cell cultures within 24 hours.

The heart plays a fundamental role in stabilizing and harmonizing the interaction between the heart, the central nervous system and the brain.

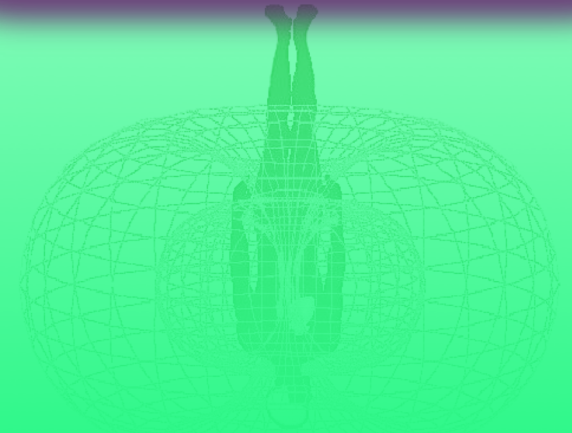
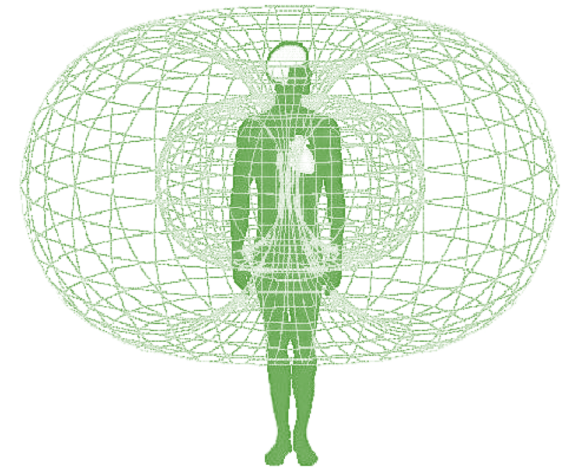
# More From The Institute of HeartMath

The heart is involved in processing, and decoding intuitive information because it connects with an energetic information field existing beyond the boundaries of our space time reality.

Additional research shows that both the heart and the brain can receive and respond to information about a future event before it actually happens!

The Heart receives this information before the brain, but often our thoughts cause us to dismiss it.

The electromagnetic field of the heart




you could stop, or begin to reverse heart disease following lifestyle changes in nutrition, exercise, and stress management. Even severe coronary heart disease often begins to reverse when making these lifestyle changes, without drugs or surgery!

Very interestingly, after twenty years of research and practice as a cardiologist, Ornish wrote in his book, *Love and Survival*, that no other factor in medicine, "not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery", affects our health, quality and length of life more than feeling loved and cared for. He

# Letting Go of Love Addiction

## Love Addiction Markers include:

- **Childhood lack of love and nurturing or abuse** so individuals associate love and pleasure with pain, emotional unavailability and/or drama
  - **Mimics the qualities of drug** or other addictions such as addiction to the *falling in love* high, attraction to high intensity, high drama relationships, craving, withdrawal symptoms
  - **Pattern of attraction** to partners who are also love addicts or emotionally unavailable
  - **Can be suppressed for years but when a *trigger archetype* shows up**, addiction pattern is reactivated
- 
- **“Trigger archetypes”** for love addicts are often represented by a **woman’s Mars** and a **man’s Venus**
  - **Dependent** on perceived affection, attraction from Other for self esteem and self love
  - **Personal goals** eclipsed by relationship drama

# Transforming Love Addiction

- **Seek out support** through therapist skillful with love addiction, or by gathering a group of nurturing and enlivening friends –or find a Sex and Love Addiction 12 step Program
- **Identify healthy passion points**  
NOT focused on romance and feed those with focus and attention
- Claim the addiction as a deep invitation to **cultivate unshakeable personal power and radiant radical self-love**
- **Commit to doing things that make you feel your version of authentic, alive, sexy, playful OUTSIDE** of the context of an addictive relationship



- **Perceive your “target” as a Spiritual Teacher**, challenging you to cultivate self respect and love
- Identify the common attractive qualities of your “addictive love targets” and ask **“how can I embody these qualities in a healthy way?”**

# Habits that Cripple Self Love

**Toxic Comparison** with others (amplified by social media)

Chronic **People Pleasing** Behavior

**Avoiding action** due to fear of making mistakes & failure

**Taking on distorted societal perceptions**, for example **aging**: *I'm too old to change*; **beauty**: *I'm too fat for someone to love me*; **power**: *I don't have enough money*; **happiness**: *I'll never be happy until I meet my soul mate*

**Making choices based on “should’s,”** or martyr mentality

**Failing to acknowledge** your accomplishments

Failing to honor your own life experience and perception as valid

Name Yours \_\_\_\_\_

At the Heart Chakra Gate we are Invited to  
Release Any And All Of These Patterns

# The Cost of Numbing Ourselves

**Anything In Excess** Alcohol, Sugar, Poor Food Choices/Fast Food, Caffeine, Stress and Drama, TV, Video Games, Over Doing, Working, Casual Sex, Social Media, Internet, Sleeping, Exercise, Meditating, Avoiding Intimacy and Connection with others

**Addictive Drugs that Numb Feelings** such as:

Heroin, Meth, Speed, Uppers, Downers, Pain Meds, etc...



**Numbing yourself has a cost.** Studies show that repressing negative emotions depletes your psychological resources, making it more difficult for you to handle stress and make good decisions. Numbing yourself from emotional pain hurts your physical health and resilience.

**Practices:** Take time to feel into a healthy response – don't just react. Journal your feelings. Practice Breathing Techniques that help you to FEEL your real Feelings. 30 minutes of active exercise 5 or 6 times a week. Listen to Music. Dance, Drum, Pray. Time in Nature. Sleep 7 to 9 hours at night. Doing any activities that are nurturing and healthy. Practice Forgiving self and others

# Gifts of Forgiveness

- Forgiveness empowers greater acceptance of self and others.
- Forgiveness empowers greater love.
- Self-Forgiveness empowers personal responsibility.
- Forgiveness empowers understanding and reconciliation.
- Forgiveness empowers surrender and the ability to allow what IS without the need to change it or make it be different.
- Forgiveness empowers an ability to still have preferences while also allowing for and accepting what IS.
- Forgiveness empowers healthy union between our human and divine selves.
- Forgiveness empowers peace - within and without.

**Forgiveness**

is the only way we can  
**release ourselves from the past.**

Marianne Williamson

# Forgiving Self and Others

**Radical Forgiveness** developed by Colin Tipping.  
[The Radical Forgiveness Worksheet](#) and other tools

## **Stauffer Method of Forgiveness**

<http://www.crtraining.org/library/forgiveness>

**Ho'oponopono** (ho-o-pono-pono) is a simple, easy ancient Hawaiian practice of forgiveness. The distilled essence is four phrases said silently to yourself as much as possible, all the time, or whenever you remember to say it.

*"I love you. I am sorry. Please Forgive me. Thank you!"*

<http://www.hooponoponohelp.com/> And <http://www.ancienthuna.com/ho-oponopono.htm> YouTube <http://www.youtube.com/watch?v=wSfbkG97H7Q> and ho'oponopono meditation <http://www.youtube.com/watch?v=lil63u-xB70&feature=related> interview with Dr Ihaleakala Hew Len <http://www.youtube.com/watch?v=3xCmvZZFQI0&feature=related>



# Releasing and Healing the Heart Chakra

## Five Questions

*What emotional memories or repressed feelings am I ready to release now?*

*Where does my fear of losing love from others limit my expression and actions?*

*What are my habitual thoughts or actions that keep me numb, to avoid feeling discomfort or pain?*

*What emotional wounds do I have that cause me to want to control people or situations around me?*

*Where am I ready to forgive myself? Others?*



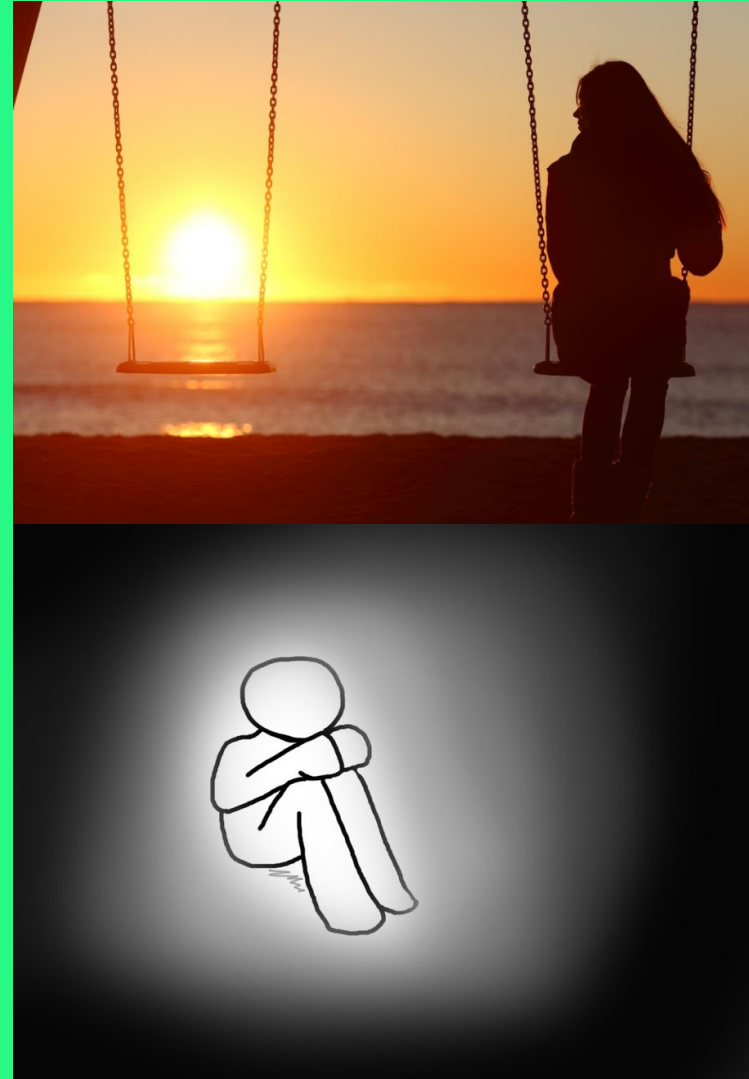
# The Lonely American

## Choosing to Reconnect in the 21<sup>st</sup>

**Century** *Utne Reader* by Jacqueline Olds and Richard S. Schwartz

Recent studies suggest that our society is in the midst of a dramatic and progressive slide toward disconnection. Using data from the General Social Survey (GSS), Duke University researchers found that between 1985 and 2004 the number of people the average American discussed “important matters” dropped from three to two.

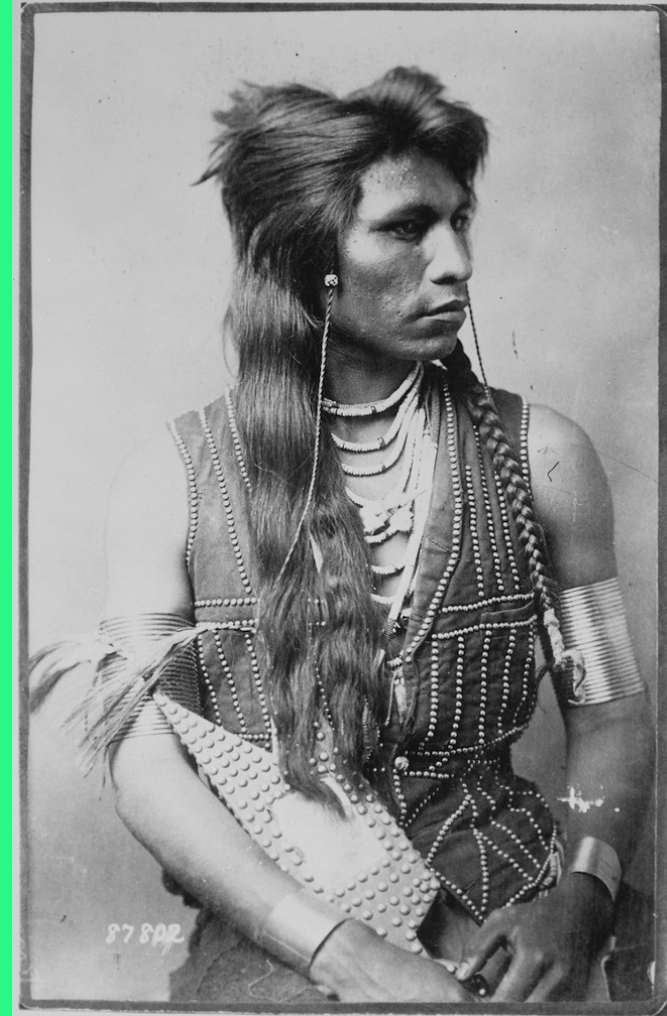
Even more alarming, the number of people who said there was *no one* with whom they discussed important matters tripled: In 2004 individuals without a single confidant made up a quarter of those surveyed. Our country is now filled with them.



<http://www.utne.com/mind-and-body/reconnect-technology-society-lonely-american.aspx>

# Loving Beyond Gender

- It is time to further our Understanding of gender beyond binary masculine and feminine
- Three or more genders were recognized within many indigenous cultures including The Manaka Kaoli in Hawaii, the Sakalavas of Madagascar, and many Native American tribes.
- Facebook allows a person to choose between 56 different gender identities, further validating how many, many individuals within our culture feel their gender does not fit within the masculine feminine framework.



# Loving Beyond Gender

- Across all ages but especially within the younger generations we are learning to love in new ways, appreciating the unique interplay of masculine/feminine qualities within each individual
- How does masculine and feminine reside within each of us and how can we honor where each of us maybe on the continuum?
- How does this growing awareness of the gender continuum open all of us to loving in a more empowered, alive, dynamic way?



# Heart Connection Across Cultures

Inlakesh

*You are another myself*

~Mayan Greeting

Namaste

~East India Greeting

Mitakuye Oyasin

~Lakota Greeting

Aloha and Ho-oponopono

*I love you, I'm sorry,  
Please forgive me, Thank you*



# Home Play



**Feeling Your Feelings Exercise:** This month in your Venus Journal, pay special attention to moments when you get emotionally triggered. Pay attention to your body, your breath, and your instinctive response. Observe your pattern.

**Practice breathing deeper, and pausing to respond rather than react.**

Find creative ways to shift and “move the energy” that push your comfort zone: scream into a pillow or alone in your car, paint hideous paintings, take up kick boxing, long hikes, dancing, etc.

**Assess your “Heart Circle” Exercise** Journal on the following topics: Do you take time for regular (in-person as well as distant) connection with beloved friends, family? Have you taken the time to enlarge your circle with new friendships? Is that something that you want to do?

**Have you drifted into the direction of isolation and disconnection?** If so, can you remember a time you felt more joyfully connected with others and the happiness that brought you?

**Write the names of 3-5 people you’d love to spend more time with.** Now make an action plan for how you will connect with 1 or more of them. Consider a regular “date” with individuals or circles: monthly brunch, music circle, or New Moon, Full Moon or other type of gathering, weekly walk, hike, coffee/tea, game night, volunteering, or some other way to get together, etc.