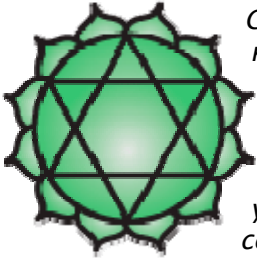


## Sacred Love – Heart Chakra (Hrit)



Greetings Beings of Love! This month, I invite you to explore the heart chakra. May you experience the depth of all that love has to offer you, no matter what is happening in your external world. This vortex center is a place you can always

visit as long as it's open and willing. The mediation will be dedicated to opening the heart fully to receive all of life's blessings. As we celebrate and explore the Chakra system remember that chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which our consciousness, our energy system, is composed.

### Quick Review:

Root Chakra: *Earth, Physical identity, oriented to self-preservation*  
 Sacral/Lower Abdomen Chakra: *Sexuality, Desire, Moon, Emotions*  
 Navel/Solar Plexus Chakra: *Fire, Power, Anger, Joy, & Laughter*

### Sacred Love – Heart Chakra Four:

*Air, Social identity, oriented to self-acceptance*

This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness.

The words "I love you" are often said to another person, but when was the last time you told yourself? The heart chakra is not an energy center that needs to be opened so you can love another...it's within you so open it so you can love yourself. Then and only then can you truly give and receive love. It's not about what you do either...it's about how you feel. Do you feel compassion for your thoughts, actions, and non-action? Do you accept yourself – all of you – your light-love qualities as well as your dark-shadow qualities. (I urge you to check out [www.debbieford.com](http://www.debbieford.com) to explore light/shadow more.)

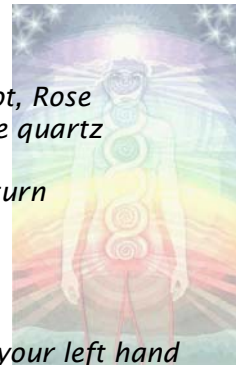
I have loved deeply in my life. My last love was a passion-filled relationship both light and dark sides. I always looked to be loved verses giving love to myself. I was gifted with an individual who showed up perfectly that enabled me to ask the right questions of myself and of Spirit. We have each

experienced a time when we searched for love and did or did not get it. Whatever your beliefs are about love – let it go! Have a beginners mind to what love is...explore it – feel it – express it – live it! Try to remember that what you know is an illusion and in truth you know nothing!

Use these elements to reconnect with the truth of love. Allow yourself to have a new experience of love. You will be pleasantly surprised by the magic and the healing available to you when you allow yourself to love you as the Divine creation that you are!

### Heart Chakra (Hrit) Elements:

**Essential Oils:** Geranium, Bergamot, Rose  
**Crystals:** Emerald, green jade, rose quartz  
**Color:** Green, Gold, and Red(s)  
**Zodiac:** Leo, Libra, Sun, Venus, Saturn  
**Sound:** Mantra – YAM; Tone – F  
**Location:** Center of Chest



### 🌀 Hrit Mediation/Exercise:

Let's fall in love with ourselves! Place your left hand on your chest and feel the rhythm of your heart. Take a nice deep breath in and relax. As you breathe allow your attention and intention to be focused on your heart. See the color green and remember the fragrance of a gorgeous rose. Allow your mind to quiet and your soul to soar. See your heart like a room with golden light in it. As you walk up to it you see the light under the door. Give yourself permission to open the door. The golden light is now shining on your face and as you breathe; it enters your being. This light is filling your body and it enables you to feel peaceful and calm. Start to hear your own voice say "I LOVE YOU"; "I ACCEPT YOU"; "I AM LOVE". Repeat this until you feel a shift in your heart energy. May your heart stay open so you can feel the love of self-love. I encourage you to go buy some roses, get a rose quartz crystal, and feel love more in your daily life.

### Chakra Clearing & Balancing Session. It's only \$25!

If you live in the Portland area, please contact me to schedule a session. It's a gentle, loving service that will leave you empowered and balanced.

With a Joyful Loving Heart,  
 Dani  
 Life Coach, Reiki Master, and Energy Healer

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