



# Heart Chakra

## Compassion and Confidence

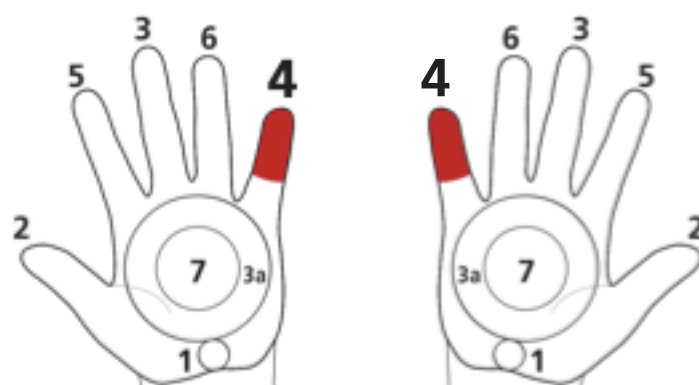
The Heart chakra (also called Anahata chakra) is located in the spinal column at the level of the centre of the chest, behind the sternum bone. It is associated with the cardiac plexus. The vibrations of the Heart chakra are felt on the little fingers.

### Heart chakra qualities:

- Unconditional love
- Compassion
- Graciousness
- Truth
- Joy
- Confidence
- Absence of fear
- Positive paternal and maternal relationships

The fundamental quality of the Heart chakra is unconditional love. As the chakra strengthens and clears, you become confident and emotionally balanced. You experience the pure joy of existence. You discover your place in the world — your purpose.

Sometimes we confuse love and compassion with possessiveness. As your Heart chakra opens more and more, you will find yourself more aware of the needs of others. You will be able to love with purity and without selfishness.



The stresses of daily life can lead to blockage and imbalance. Excessive thinking, planning, insecurity and anxiety all contribute to an imbalance of the Heart chakra.

If you have experienced negative maternal or paternal relationships, a strong Heart chakra can help mend them. You'll learn to set boundaries for your own behaviour and respect the boundaries of others.

To balance the Heart chakra, breathe deeply and slowly for several seconds. Then, take a deep breath and hold it for a few seconds. Exhale slowly. Repeat several times.

You can also clear the left Heart by placing your right hand on your heart and say, "I am one with my spirit" several times.

