



# THE HEART CHAKRA IN 5D

The Miracle of Love

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# The Heart Chakra

The Miracle of Love

*Ascending into Fifth Dimensional consciousness through our Interconnectedness in Love.*

## Introduction

Have you ever sat down to watch a movie or even a television program, or read a book that touched you deeply? Maybe you made a new friend who touched you deeply within the first few moments of your friendship. Or perhaps you got a new pet that you fell in love with from the word go.

Our heart chakras are concerned with our emotions: it is the center of our being, the place where we feel love and a desire to care for other living beings. In this space all creatures are equal, whether human, plant, animal or rock.

When we live from our heart space we not only begin to see the good in everything; we also find value in all our experiences. We no longer feel the need to judge our experiences from a duality perspective. In fact, it becomes easier for us to accept our life path and all the experiences that may come our way. These include challenges, as well as rewards.

Heart centered living is not something that happens overnight. Sometimes it is a long and arduous process, fraught with obstacles, challenges and epiphanies. Incarnating on this planet at this time creates polar experiences through which we may experience ourselves. To fully, truly understand what love means, we first need to understand what the opposite of love means for us.

In this course, I hope to give you all the necessary tools with which you can work to deepen your connection to your heart chakra. This is by no means a magic wand that will wipe away any of the heartache that you have experienced in the past or may still endure in the future. Like the petals of the Lotus flower, our awareness of ourselves and the love that we possess within our hearts, is revealed to us only through the process of living our lives. It is a step by step process; there is no manual or guidelines. Instead, we have to write the manual for ourselves and edit it as we go along.

I explain a little about my journey in the video lectures, and I would like to stress that you should always strive to create balance through ALL of the chakras. The best way to achieve that, is to work with all the chakras at once instead of focusing on one chakra whenever you feel an imbalance. We often get told that this or that chakra is blocked and we end up causing an imbalance with all the other chakras by focusing on "opening" the one that is problematic. Rather balance all the chakras in one sitting, whether that be a chakra balancing meditation or a energy healing session, or whatever! Just make sure the whole system is in balance.

## About the Course Manual

There will be some information contained in this PDF document that is not in the video lectures. This includes articles, internet reference and one or two activities that will help you connect with the heart chakra.

The assignments in the course link in with the information both in the video lectures as well as the course material. Once you have completed an assignment, please forward it to my personal email address, which can be found in the contact details on the last page.

## Main Aspects

### What Does This Chakra Look and Feel Like?

Physical Information		
<i>Location</i>	<i>Personal:</i> Centre of chest	
<i>Planetary Location</i>	Glastonbury	
<i>Galactic Connection</i>	Andromeda and Mars	
<i>Endocrine Gland</i>	Thymus	
<i>Organs Influenced</i>	Cardiac system including the Heart, lungs, ribs, circulatory system, arms, hands	
<i>Sense</i>	Skin; touch	
<i>Element</i>	Air	
Vibrational Information		
<i>3D Colour (Old)</i>	Green and/or pink	
<i>5D Colour (New)</i>	White	
<i>Musical Note</i>	F + C (5 <sup>th</sup> Interval)	
Angelic Connections		
<i>Archangel(s)</i>	Chamuel	
Caring for this Chakra		
<i>Foods</i>	Naturally white foods like cauliflower, cabbage, corn, kohlrabi, onions, turnips, white beans and white potatoes (this excludes processed foods such as white sugar and white flour)	
<i>Herbs, Spices and Aromatherapy</i>	Herbs: Yarrow, meadowsweet, orris root Aromatherapy: Jasmin, lavender, rose, Rose geranium, neroli, ylang ylang, jasmine, bergamot	
<i>Crystals</i>	<u>Gemstone</u>	Pink Star Diamond
	<u>Ascension Stones</u>	Phenacite, Danburite, Satyaloka Quartz, Scolecite
	<u>Other suggested crystals</u>	Calcite, Celestite
Chakra Psychology		
<i>Major Chakra Functions, Associations and challenges</i>	<p>The Heart chakra is associated with the following psychological and behavioral characteristics:</p> <ul style="list-style-type: none"> <li>• Capacity to love</li> <li>• Integration, bridge between earthly and spiritual aspirations</li> <li>• Transcending personal identity and limitations of the ego</li> <li>• Experience of unconditional love and connection with all</li> <li>• Heart-centered discernment</li> <li>• Appreciation of beauty in all things</li> <li>• Experiencing deep and meaningful relationships</li> </ul>	
Keywords		
<p>Love for oneself and others          Relating, relationships          Compassion, empathy          Forgiveness, acceptance          Transformation, change</p>		

Ability to grieve and reach peace  
Compassionate discernment  
Center of awareness, integration of insights

### Description

When the seven colours of the rainbow come together, it gives us white light. When all the lessons of the 7 chakras throughout the eons are taken into and processed by the Heart, its vibration shifts to White.

In the old paradigm we lived from either our Root or Solar Plexus. In this new Age we are being called to live from our Hearts. We love unconditionally and find beauty in everything. We choose to see only the good in everything, and since we have made this choice consciously, good is all we see.

On a physical level it is important to mention the vagus nerve. Work and breathe into this nerve and it will activate your body's own natural healing abilities. You can then meditate into the heartbeat and from that space you will be able to perform 'absent healing' for other beings, places and situations.

The harmony we find from living from this centre helps us to peacefully accept life in all its facets. We help where and when it is required and feel no need to force our assistance onto others. We respect the journey of others, knowing that whatever they or us are going through, has been pre-agreed on a Soul Level. We may offer our assistance or offer help where it is needed, but we may not interfere; there is no suffering, as this comes from the concepts of duality. Even our desire to have compassion is directly related to our belief in suffering.

## Recognising the Fifth Dimension

### The Miraculous World

In our journey to incarnation and becoming physical, we pass through the many dimensions. The fifth Dimension is the final realm of pure energy before we incarnate into limitation.

The fifth Dimension allows us to incarnate as stellar androgynous beings. In other words: we are not bound to male or female bodies but rather possess the possibilities and potentials of both. Since we do not have bodies in this realm, we do not experience suffering: there is no separation because we constantly experience the Oneness of our Creator.

We base our actions on Love, since Fear is non-existent in the fifth Dimension. Instead of doing things because we are afraid of some or the other outcome (cause and effect), we do things that we love. And we love to do things. We experience love.

In this Dimension we know that Immortality is a given: when one experience finishes, we simply move on to a New Experience and we do not stress, worry or fear any transition.

To reach a destination, we simply duplicate ourselves at the destination. There are no distances that need to be traversed, as this is a premise for the lower Dimensions. Flying, driving, walking, or any form of transport is unnecessary. We simply decide where it is we wish to be, and we're there!

Mother Earth is ascending, and all of her inhabitants are ascending along with her, when they are ready. Those who still wish to experience the lower vibrations will simply incarnate in other appropriate locations, where the programming has been set up with the necessary limitations for them to have that experience. Meanwhile, Gaia moves into a Light Body form, becoming a Star. The experience of a Star form is neither hot nor fiery, but soft.

Fifth Dimension is a Miraculous place. It is created by an unimaginable Intelligent force. To get an idea of this force, simply consider your heartbeat: it is something that happens without any conscious thought. The heart knows how to pump blood without instruction or will, and this is a miracle unto itself.

## Vagus Nerve Activation

### What is the Vagus Nerve?

The vagus nerve is one of the [most important nerves](#) in the body: it runs down the centre of the chest all the way from its roots in the brainstem, down the lowest viscera of the abdomen. It touches the heart and most of your major organs along the way.

In 1921, a German physiologist named Otto Loewi discovered that if you stimulate the vagus nerve, a substance that was called Vagusstoff (or 'vagus substance') is released. This 'vagusstoff' reduces the heart rate. Later, this vagusstoff was identified as acetylcholine and was the first neurotransmitter that was ever identified. It is like a tranquiliser that you can administer to yourself, and it is as simple as taking a few deep breaths. It creates inner-calm as well as tames the inflammation reflex in the body.

There are a number of ways in which you can activate, [stimulate](#) and strengthen the effects of the vagus nerve. Below is just one method which I happen to like. Try it for a while, and see if it works for you.

### Vagus Nerve Meditation

Here is a little meditation that I do every day – I hope it is as helpful to you as it was (and still is) for me!

1. First, close your eyes and start to settle yourself into a **comfortable** position.
2. Move your attention inward, and start focussing on the flow of your breath: what stands out the most? Is it a fragrance, or the sensation of the breath? Maybe the temperature change as you breathe in, and then out again? What other qualities do you notice about your breath?
3. Now move to the centre of your chest, close to the heart area.
4. Notice a shaft of energy that runs right down the centre of your chest. It is like a column that runs through the chest centre. This is the vagus nerve and is responsible for general wellbeing.
5. As you breathe in and out, you notice that this area of your chest is radiating stronger and stronger.
6. Stay here for a few breaths, growing the energy – you can visualise it, listen to its flow or feel how it tingles and pushes outwardly.
7. If, at any time, your thoughts dwindle, you can just make a note to come back to those thoughts afterwards. Then bring the attention back to the flow of the breath into and out of the chest.
8. After a while, when you feel relaxed, calm and a soothing sensation emanating from the whole chest, you can slowly start to bring your attention back to your whole body. Notice the sounds and sensations from outside your body.

Get ready to come back to the present moment, and count back from three to one, and open your eyes.

## The Colour White

### The Colour Shift

As a colour therapist, I feel it is important to pay attention to the manifestation of chakra vibrations and the resulting colour correspondence. If everything in our physical universe is purely energy, and that energy vibrates at a frequency, then the colour, sound, taste, smell and feel of an object is a result of that frequency.

In science we are taught that light travels at a certain speed. We also learned that colour is the result of the frequency. Some colours have a low frequency, and we perceive them at the lower end of the colour spectrum. These include reds, oranges and yellows. The opposite is true for colours with higher frequency, such as blues and violets.

Each chakra resonates at a frequency, and it then registers in our minds as a colour. When all colours of the light spectrum are beamed together, it becomes white light.

Our 5D Heart centres resonate white, and for me this is an indication that the lessons and experiences of the traditional seven chakra system has now been pulled into the heart, because we are now moving on into new experiences.

Think of traditional schools and grades: all the work you did and all the tests and assignments from grade 4, prepared you for the work in grade 5. Grade 5 sets the stage for your work and lessons in grade 6, and so on.

You first need to have the material experiences of the 3<sup>rd</sup> and 4<sup>th</sup> dimensions, before you can move on to 5<sup>th</sup> dimensional consciousness.

### Colour Psychology

Different colours mean different things to different people. A particular blue might have a connection to pristine beaches and cool water for one person, while another person finds that same hue bland and uninteresting.

However, colour has an underlying psychology and those relate directly to the influences and governances of the chakras.

In the traditional chakra system, green and pink is associated with the Heart chakra. Both colours are associated with healing, but while green is applied for mostly physical healing, pink is associated with healing emotional issues. The chest, skin, heart, thymus and lungs benefit the most from either of these colours when they appear to be out of balance: green helps to expel excess mucus from the lungs, while pink soothes inflammation and calms the heart rate.

When our Heart chakras step up in its vibration and begins to resonate and radiate white. White is a colour which can be used to deflect and reflect. It represents purity or innocence. When a wall is painted white, it will bounce sunlight right off it. It has the opposite effect of black.

To wear white clothing, you would subconsciously be able to bounce negativity away from you. It would be difficult to influence your energy field because it will reflect it back to the sender.

I always imagine my Heart shining like a big light bulb. When I walk into a room full of people, it is MY light that I bring to the room and it I find that I become the source of light, love and brightness. The supply is endless, because I am eternally connected to the Source of All-That-Is through my



Stellar Gateway and my energy supply does not ever *flow*, but rather it comes from me since I am a holographic incarnation of my own god-self.

This is an important thing. Why? Because when you realise that you don't really *channel* anything, but rather that you are the source/Source of joy, happiness, brightness, fun and laughter, you will never feel depleted or used.

Another important connection I would like to bring home with you, is the fact that as much as a radiating white light from the centre of your chest can deflect negativity, it is also a tool that will uplift the environment in which you find yourself.

*Your* physical presence in any environment will bring your Divine Light into the space and in so doing, help to uplift and shift those around you. With very little *effort* on your part, and a lot of presence.

Considering the function of the thymus gland, doesn't it make more sense that we are now able to stave off "infections" from others by producing our own defence?

## The Manifestations of Issues Relating to the Heart Chakra

### Asthma

#### Definition

*Noun* – a respiratory condition marked by attacks of spasm in the bronchi of the lungs, causing difficulty in breathing. It is usually connected to allergic reaction or other forms of hypersensitivity.

Do you know anybody living with asthma? Perhaps you are challenged by the condition yourself?

The lungs are governed by the Heart Chakra. When working with clients for healing, it is important to take into account the client's background and how it affects their energy system.

Many children incarnated into families where they have been given opportunities for growth, through challenging circumstances. A child who grew up in an environment where they were smothered by a parent, could develop conditions such as asthma.

I am aware that some were “born” with this condition. In cases such as these, the therapist would need to look at the family history: perhaps overbearing, smothering parenting is something that is passed on from parent to child. It is also possible that a child was smothered in infancy and may not have conscious memories of the parents' behaviour during the child's first few months after birth. We often see this with first and/or only children: the parent(s) are being over-protective, afraid that the child's ignorance will bring them some danger or harm, and therefore needs protection. Choices are taken away and the child is left having to accept whatever choices the parent(s) make on their behalf – from wardrobe choices, to friends, to food and even when they should and should not go to bed.

This form of parenting leaves the child *gasping* for air: they are literally gasping to find space for themselves. We need to allow our children the opportunities to make their own choices about their lives. This allows them to develop a sense of self, growing self-confidence and self-esteem and at the same time teaching them about cause-and-effect.

### Breast Cancer

Men and women are both affected by breast cancer! Men just don't have the hormone that allows the body to grow mammarys. But essentially and medically a man's chest, in particular the area of the pectoral muscles, is still regarded as *breasts*.

Louise Hay, author of *You Can Heal Your Life*, says the following about the breasts, lumps and cancer:

**Breast:** Represents mothering & nurturing.

**Breast (left):** Feeling unloved, refusal to nourish oneself, putting everyone else first.

**Breast (right):** Over protection, overbearing, difficulty in giving Love.

**Breast Problems:** Cysts, lumps, soreness: over-mothering, overprotection, overbearing attitudes, cutting off nourishment.

**Cancer:** what's eating you? Deep hurt, secret, or grief, long-standing resentment.

**Cysts:** Running the old painful movie. Nursing hurts, false growth.

We can then say that breast cancer is the result of anger, resentment and bitterness. For females, it is the result of women who have been forced to give up on their dreams, hopes and wishes for the sake of tending the family. Often times women also do not feel like they have been sufficiently nurtured by their parents. There is also the case of not feeling supported in nurturing her own dreams and her needs as a human being are seldom met.

In men, it would make sense to say that they have been forced to give up self-care and self-love for their duty as soldiers, bread winners and protectors of the household.

Looking at the materialisation of this resentment and anger, a therapist might draw conclusions as to where it is coming from and who it is aimed at. If it manifests in the left breast, it speaks of past issues, the inner self and issues related to being a woman. The right breast indicates problems with the future, the external world and all issues related to male energies.

## Tools to Affect the Heart Chakra

### Practical Ways to Work and Heal this Chakra

#### Crystals & Gems for the Heart Chakra

If you suspect any stagnant energy in or around the Heart Chakra, you may use any of the Kyanite stones. Green in particular will resonate with the Heart Chakra, but since Kyanite is great for balancing all the chakras *immediately*, you can work with any of them. These stones also never need cleansing since they do not hold on to negative energy.

Another striated stone which is very delicate, is Selenite. Since it is pure white, it will significantly heal and balance this chakra. The striations not only channel the energy so that it flows in both directions down the central channel, but like Kyanite does not hold negative energy. Just be careful though, because just like the Heart, Selenite is very delicate and brittle.

#### Yoga Asanas

When doing yoga, consider working backbends into your practice. These will help to open the heart energy.

Here is a short, 10-minute practice which you can do to open the heart.

**WARNING:** Only do backbends under the supervision of a highly qualified yoga instructor or yogi. Do not attempt backbends if you have any back injuries, unless recommended by your health care practitioner.

#### **10-Minute Chakra Focus Practice for Anahata: Back Bending**

(Source: *Chakra Yoga*; Alan Finger)

- Upward-Facing Cat/Downward-Facing Cat Pose (Marjariasana) – Inhale/ Exhale 5 times
- Sphinx Pose (Ardha Bhujangasana)
- Cobra Pose (Bhujangasana)
- Camel Pose (Ustrasana)
- Hare Pose (Hasangasana)

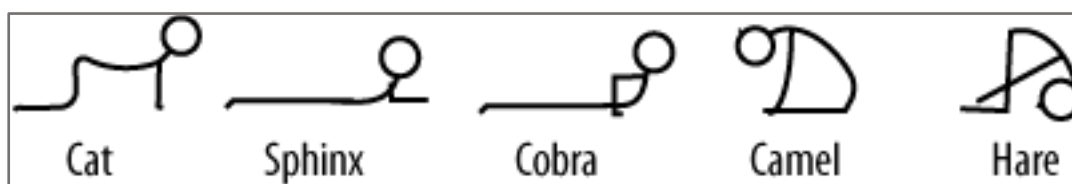


Figure 1: Yoga asanas

#### Pranayama

In yoga, many instructors or yogis apply specific breathing patterns either as a separate practice or as part of asana. This is ‘pranayama’ and is translated as prana- or breath control. The practice is a very focussed, very meditative one which can help to clear not only the mind, but also the body.

The exercises below will help to put you in touch with your vagus nerve as well.

#### Ujjayi

Often called the “sounding” breath or “ocean sounding” breath. Think of it as the *Darth Vader* breath because of the sound that is generated when practicing Ujjayi.

To do this exercise, slightly constrict the back of the throat. This is what causes the gasping sound to which the various names refer.

### **Benefits**

- Focuses the mind
- Increases mindfulness
- Generates internal heat

### **How to do it**

1. Get into a comfortable seated position with your spine erect or lie down on your back. Begin taking long, slow, and deep breaths through the nostrils.
2. Allow the breath to be gentle and relaxed as you slightly contract the back of your throat creating a steady hissing sound as you breathe in and out. The sound need not be forced, but it should be loud enough so that if someone came close to you, they would hear it.
3. Lengthen the inhalation and the exhalation as much as possible without creating tension anywhere in your body and allow the sound of the breath to be continuous and smooth.
4. To help create the proper "ah" sound, hold your hand up to your mouth and exhale as if trying to fog a mirror. Inhale the same way. Notice how you constrict the back of the throat to create the fog effect. Now close your mouth and do the same thing while breathing through the nose.

### **When to do it:**

- During asana practice
- Before meditation
- Anytime you want to concentrate

### *Dirgha Pranayama*

This method teaches how to do *complete* breathing. It is divided into three parts which flow into each other, by breathing into the chambers of the lungs starting from the bottom upwards.

### **Benefits**

Promotes proper diaphragmatic breathing, relaxes the mind and body, oxygenates the blood, and purges the lungs of residual carbon dioxide.

### **How to do it**

- Sit with your spine erect or lie down on your back. Begin taking long, slow, and deep breaths through the nostrils.
- As you inhale, allow the belly to fill with air, drawing air deep into the lower lungs. As you exhale, allow the belly to deflate like a balloon. Repeat a few times, keeping the breath smooth and relaxed, and never straining. Repeat several times.
- Breathe into your belly as in Step #1, but also expand the mid-chest region by allowing the rib cage to open outward to the sides. Exhale and repeat a few times.
- Follow steps #1 and #2 and continue inhaling by opening the clavicular region or upper chest. Exhale and repeat.
- Combine all three steps into one continuous or complete flow.

### **When to do it**

- During asana practice

- Prior to meditation
- Prior to relaxation
- Anytime you feel like it

### *Nadi Shodhana*

*Nadi Shodhana* means channel cleaning: *nadi* means channel, referring to the energy pathways through the body, and *shodhana* means ‘to clean.’ The practice requires alternate nostril breathing and can be performed by novices and adepts alike.

#### **Benefits**

- Calms the mind, soothes anxiety and stress, balances left and right hemispheres, promotes clear thinking

#### **How to do it**

- Hold your right hand up and curl your index and middle fingers toward your palm. Place your thumb next to your right nostril and your ring finger and pinkie by your left. Close the left nostril by pressing gently against it with your ring finger and pinkie, and inhale through the right nostril. The breath should be slow, steady, and full.
- Now close the right nostril by pressing gently against it with your thumb and open your left nostril by relaxing your ring finger and pinkie, and exhale fully with a slow and steady breath.
- Inhale through the left nostril, close it, and then exhale through the right nostril.
- That is one complete round of Nadi Shodhana -
  - Inhale through the right nostril
  - Exhale through the left
  - Inhale through the left
  - Exhale through the right

Begin with 5-10 rounds and add more as you feel ready. Remember to keep your breathing slow, easy, and full.

#### **When to do it**

- Any time and anywhere. Try it as a mental warm-up before meditation to help calm the mind and put you in the mood.
- You can also do it as part of your centring before beginning an asana or posture routine. Also try it at times throughout the day.
- Nadi Shodhana helps control stress and anxiety. If you start to feel stressed out, ten or so rounds will help calm you down.
- It also helps soothe anxiety caused by flying and other fearful or stressful situations.

## Activities

### Creating your own Flower Essence

Flower essences use the vibration of a particular flower or blossom to infuse clean water. This water is safe to consume, if you follow the following method.

- 1) First, choose a flower or part of a plant that corresponds to the type of healing you would like to experience. For the purpose of healing the Heart Chakra, I am going to suggest using a white rose. It is preferable that the flower has been cultivated following organic, pesticide-free growing methods.
- 2) Place your flower in a plain clear glass vessel. A whisky glass in most cases, would be the perfect size for a rose bloom. It really should be very plain: labels, words, designs, or patterns on the jar could imbue your elixir with additional properties, so peel off the label.
- 3) Now place this glass vessel inside a bigger glass bowl or container. Again, this container should be very plain and colourless. In the video I am using a glass mixing bowl, but use whatever you have on hand.
- 4) Fill up the bigger glass bowl with purified water, spring water, or distilled water to just below the rim of the whisky glass.
- 5) Cover the top of the bowl with plastic wrap or a clean piece of cloth. This is to avoid any foreign object and perhaps insects such as bees from falling into the water.
- 6) Put the container outside where it will be in direct sunlight for at least 4 hours.
- 7) Once the water has been charged with the vibration of your flower, remove the plastic or cloth cover, take out the whisky glass containing the flower, and pour the water into a glass jug.
- 8) Half fill an amber bottle with your flower essence, and then top up with vodka or brandy. This is considered the mother essence and will keep for a year thanks to the alcohol which acts as a preservative. Do not use any other type of alcohol. Medical grade alcohols are not safe to ingest; drinking alcohol other than brandy or vodka may contain flavourings, colourants and syrups.
- 9) Store the remainder of the essence in a refrigerator.
- 10) Now take another smaller amber bottle and fill it half full with the mother essence.
- 11) Top it up with purified or distilled water. This is your DOSAGE bottle.
- 12) I recommend taking 3 - 10 drops of the essence under the tongue 3 or 4 times a day. It is best to take it before, rather than after, a meal.
- 13) When using the essence for chakra healing, only work with it for one day to avoid creating imbalances in the other chakras.
- 14) You can also add the essence to your bath water, make a toning face splash or directly apply it over the heart area.
- 15) I love using the mother essence in a spritz bottle, topping it up with water and spraying it around my aura or a room.

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