

The Heart Chakra and Green



Green: The color of the Heart chakra, also known as Anahata. This chakra is located at the center of the chest area and is linked to this entire area, the heart, lungs, circulatory system, and cardiac plexus.

The Heart Chakra bridges the gap between the physical and spiritual worlds. Opening the Heart chakra allows a person to love more, empathize, and feel compassion.

Gemstones that will aid the Heart chakra include emerald, tourmaline, aventurine, malachite, rose quartz, rhodonite, rhodochrosite.

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The heart, breasts and the thymus gland are the functional organs and glands of the green heart chakra. As you may guess, this chakra is the center of unconditional love. Chromotherapists believe that the wholesome functioning of this chakra not only spreads love throughout the universe, it also enables people to love themselves. Pink and turquoise are two other colors that are associated with this chakra, which can be the target of heart diseases, immunodeficiency diseases and breast cancer. Lack of green harmony can cause jealousy, indifference, dissatisfaction and bitterness, but a balance leads to the reign of compassion, love and generosity.



Green chakra color meanings:

The fourth, center, heart chakra. The chakra color meanings of the heart speak to us about fresh new growth, the promise new hope brings, the eternal nature of love and the ability to share that love for the common good. As mentioned earlier, the viridian heart chakra is the fulcrum. Base matter filters through it, as does gossamer intangibles. **The heart is the dispatcher of information** - all kinds of information. From physical, emotional, and intellectual the heart serves as the hub - and interconnects the matrix of existence. When

green glows in your thoughts, it's a cue to get back in step with the beating rhythm of the pulse of all life. Place your awareness upon your neurological, and vascular networks - then translate these networks into externals like internet pathways, road grids, and relationships. No difference, really. The heart asks us to take pulmonary awareness to broader, accepting, loving levels.

Heart Chakra



The heart chakra emits a loving, compassionate rhythm that translates pure feeling into emotional wisdom, discernment, and kindness. A healthy heart chakra will funnel love into a healing salve for all, including self, others, and the planet.

Chakra Colors: **Green, rose, pink**

Health Associations: Responsible for the circulatory functions of the body, including the heart, lungs, lymphatic system, and blood vessels. Oversees the "nurturing" functions of the body through the breasts, shoulders, arms, and hands.

Heart Chakra Healing Foods: Vegetables (especially cruciferous vegetables like broccoli, kale, cabbage, and leafy greens), sprouts, raw foods, foods rich in chlorophyll, plant compounds like phytoestrogens and phytosterols, any green-colored foods.

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The Heart chakra is about love, kindness and affection. When it is open, you are compassionate and friendly, and you work at harmonious relationships.

When your Heart chakra is under-active, you are cold and distant.

If this chakra is over-active, you are suffocating people with your love and your love probably has quite selfish reasons.

Open the Heart Chakra

Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone (so a bit above the solar plexus).

Concentrate on the Heart chakra at the spine, level with the heart.

Chant the sound YAM.





मैं प्रेम के सागर का सन्तान प्रेम स्वरूप हूँ ।
सारे विश्व में रुहानी प्रेम की हरी खुशबू फैला रहा हूँ ।

I am the child of the Ocean of Love....I am an embodiment of love....
I spread the Green fragrance of spiritual love in the whole world...

The green-photon rays of spiritual love emanating from Shiva Baba, my Supreme Consort, are illuminating my green field of spiritual Love...I experience the pure selfless love of God, my Supreme Consort... these green photons now reach the corporeal world, illuminate the green Love-fields of millions...These souls too get filled soon ...start overflowing and create strong green waves of spiritual Love...erasing hatred, anger and violence...

