

4th Chakra

Self-Acceptance



Self-expression is the root of the 5th chakra; the right to speak and be heard.

Location: Center of chest

Influence: Heart, lungs (the breath), shoulders, arms and hands, ribs and breasts, diaphragm, thymus gland, circulatory system.

Associative Color: Green/Pink

Central Focus: Acceptance of yourself and of others. To lay your defenses at rest and live with a forgiving heart begins with the willingness to let go, entering a state of surrender and vulnerability.

The heart chakra is the central system that mediates between spirit and matter. It is here that you discover the nature of your soul.

Through this chakra you love compassionately and unconditionally. This love is not tribal love based on security (first chakra) or sexual love (second chakra); it is a higher state of being.

To love unconditionally is to see love in all facets of existence. Loving beyond individuality and into universality: selfless love and the interconnectedness with all. The heart chakra balances the love of yourself and with others; knowing how to love yourself teaches you how to love another. Your role as caretaker is defined by this delicate balance. When you self-care, you fill your own heart. However when you rely on others to do so, the heart is never filled. When you love selfishly through possession or co-dependency you are in love's shadow. Fear then becomes the foundation from which your love emerges, and you will wear it like an armor over your heart.

Similarly grief weights heavy – when you deny your grief you shut yourself off from your feelings and block the flow of energy (blood-life force) to the heart and restrict the lungs. But when grief is expressed it can open the heart and release the breath. The ability to forgive is also tied to your heart. Forgiveness comes through love and acceptance of yourself and of others. To lay your defenses in rest and live with a forgiving heart begins with the willingness to let go, entering a state of surrender and vulnerability.

Hate lives in love's shadow of fear. With hate in the heart, your interconnectedness with life is lost, along with empathy and compassion.

Healing the heart takes you into where you feel most vulnerable and wounded. Yet it is through the pain and fear within the psyche that we must travel to find the peace and light of your soul.

~Love is a paradox: that the more you give, the more you can contain.

Namaste, Teresa