



A Return to Health & Self-Love

4th Chakra (Heart)

Color: green

Spiritual Truth: "I am LOVE and I am LOVED."

Location: center of the chest

Organ systems/ physical areas: Heart, lungs, breast, circulatory system

Possible associated dysfunctions: Heart disease, lung conditions, chronic bronchitis

What hidden secrets did your child of the 4th chakra reveal?

Does she believe the spiritual truth "I am love and I am loved."?

Does she fear betrayal? Has she built walls around her heart?

Is there grief she's carrying in her heart? (Example: a broken relationship with someone you loved.)

Affirmations

- "I love and trust myself and others."
- "I continue to evolve in Divine love."
- "I allow myself to grieve losses or unfulfilled expectations I have experienced."
- "I embrace my fears so I can feel and release them."

- _____
- _____

Take action with self-compassion!

Tips to maintain an open 4th chakra

- Think of one person you feel has betrayed you. Write yourself a letter explaining why you choose to forgive them.
- Free your own Divine love by demonstrating a random act of kindness for a complete stranger- make someone's day!

Essential Oils Checklist

- rose
- sandalwood
- gardenia