

Heart Chakra



About the Heart Chakra

- Middle of all Chakras
- Anchors the Soul to the Body
- Located in Front of Chest (*Behind Forelegs*)
- Controls:
 - Heart ● Immune System
 - Lungs ● Thymus Gland
 - Central/Autonomic Nervous System
- Represents Their Physical & Spiritual
- Can Be Balanced by Being Grateful for Their Health & Happiness



Unbalanced Indicators

- Signs of Distress ● Possessive
- Depressed/Sad ● Anxiety/Fearfulness
- Overgrooming
- Digestive & Immune Issues



Colors

- Green ● Pink



Crystals

- Malachite ● Jade ● Emerald
- Clear Quartz ● Rose Quartz
- Watermelon Tourmaline
- Periodot ● Rhodochrosite



Hydrosols

- German Chamomile ● Rose ● Lavender



Herbs

- Yarrow ● Rose ● Comfrey
- Lemon Balm ● Angelica Root



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