



Heart Chakra: the Seductress

Attraction & Repulsion, Passion & Loathing, Love & Hate

The major heart chakra is located behind the breastbone in the center of the chest below the thymus gland at the level of the heart in the bio layer. To give and receive both love and hate is the greater spiritual purpose of the heart chakra. Almost everyone gets the love part but it is the idea that the heart could harbor hatred, that most disgusting of emotions, that is troubling. On the face of it, this sounds at the least off putting. Who wants to cultivate hate after all? The thing is that we all feel these dark and sticky emotions. Even if you can barely admit there is someone or something that you hate deep down in there somewhere. It might be something abstract like war or poverty. But it's in there.

By confronting our repulsive tendency to hate, loath and reject others, the opportunity rises to deeply understand what part of love you do not understand. It also opens the door wide to why you don't love yourself better, more and more. You have heard the old adage: opposites attract. Well, this is exactly that. The attraction of opposites in love and in hate is the opportunity to lovingly accept the fearful, cold and angry shadow of your dark heart.

Affirmation: *I, _____, love myself.*

Location:

The major heart chakra is located in the breastbone, the center of the chest below the thymus gland at the level of the heart in the bio layer.

Connectors:

The chakra connectors travel through the left and right side of the sternum and anchor into the bottom of the thymus.

What It Does:

Love and the awareness of love as expressed from one human being to another or as based in the knowingness of the human spirit, including unconditional love and



knowledge of the soul to open, in loving receptivity to the Divine, through the love of another, a cause, a people or tribe, and the desire for union of spirit through love-making. The job of the heart chakra is to give and receive both love and hate. This surprises most people, but the heart is also is the seat of hate.

The heart chakra is the door to the karmic path of the ennsouled being and so must include both the light and the shadow. The manifestation of the soul's understanding and ability to love and to receive love resides here. There is room for love when the currents are open and moving freely. Love doesn't come in and stay; instead it comes through in a continuing motion, always coming and going, ebbing and flowing like a tide.

Function Current:

The function current is about giving and receiving love and hate in the most functional of ways, actually saying the words and enacting behaviors to demonstrate these emotions. These are the most intense passions of the individuation. Because of the bigness of what is expressed through the heart, there is more spaciousness in the function current of this chakra than any of the others. Any emotion that comes out of love, such as, compassion, impatience, jealousy, adoration and pride, moves through the heart.

The real function of the heart, it turns out, is not about being filled with love but is really about having space; space for the possibility and potential of love and all that it represents. As we mature, this changes. What we thought of as romantic love in the dewy-eyed days of youth is not the same as the deep and abiding experience of mature love after 40 years of marriage and commitment to the heart, mind and body of a beloved.

At a purely physical level, the function of the heart muscle is to keep us alive by pumping our blood, ultimately feeding the organs and various systems. The function of the heart chakra is to feed the soul body and even open the whole self to the abundant universal love to which we only have to say, "Yes!" to receive. It is true that the more



you are open to love in your life, the more alive you are, and the more you are filled with vital and nurturing love.

When blocked, the lack of the current creates great difficulty in expressing the emotions of love whatever they may be to you. The dark heart is felt here as a heavy-hearted sadness or lack. But take heart... the function current is powerful too and if the block is strong your structure will meet it with everything it's got.

Purpose Current:

The ability to understand why people need to receive your love, your personal expression or why we need to express our hatred for, as an example, violence and war, is the territory of the purpose current. It pertains to all flavors of loving -- being loved, falling in love, spiritual love, unconditional love, love for family, tribe and community, jealous possessive love, love of the Divine Beloved, love for our beliefs, work, country, for a passion, a project, a goal and finally love for self. Most spiritual seekers understand this much. But what is not so commonly discussed or included in the study of this chakra is the flip side, hate and how it lives within us. What is the purpose of this Divine expression for me?

Gloriously intense love and shocking hate are the twin sisters of passion. Love and hate, each powerful focuses have their own callings, identities and roots, their own vocabulary of spiritual benefit and cost. But as they gestate side-by-side in the womb of the heart, they have everything in common. Measuring fervor, they are closer than any other opposites in the range of human emotion. Love can turn to hate in a flash, an instant - the beat of a heart. And with just a little compassion, even the most vicious hatred can be transformed into loving tolerance.

Love is like water; it is vital in nature and fluid in movement. We float on a sea of love, drown in it, drink it and bathe in it. Human and ape babies will die if they are deprived of love. In fact, to be unloved as an infant is one of the most damaging things that can ever happen to a human being, creating a malformed psyche and a wounded spirit.



The broader purpose of love is that it is a way to tune into the spacious quality of universal awareness and security. It is also how we allow ourselves the experience of a complete and full life. Without love, there is no deeper existence for us.

If blocked, there is a fundamental disconnect from reality of the authentic self that will present itself as pathology.

Wisdom Current:

The ancient wisdom of the heart, everything felt, known and the quality of an infinite capacity for love, exists within our wisdom current. Why do so many people experience pain when expanding the heart? Perhaps is it because of the resistance of the chakra against it or because even knowing how to expand stretches us to our limits. It may be because of the trauma in the heart of not being loved, the scar tissue pulling against itself as a thorny protection against the pain of loss or lack.

Depression can be sensed as a tremendous lack of space in the heart, like a constriction or collapse. The depressed individual can sometimes have no space for themselves in their own heart.

Conversely, a block here means the person cannot experience love as infinite, and instead they feel that love is doled out in teaspoons. Learning this is childhood, like the Grinch your heart maybe a few sizes too small. In this blockage people suffer a smallness of heart and lose the capacity to really give freely and sincerely. They ridicule those romantic sorts with stars in their eyes and dreams in their hearts, belittling them because they cannot conceive of why someone might prefer to dwell in the misty land of Aphrodite.

The ability to access this part of yourself completely means having an infinite ability to be in the flow of unconditional love, forgiving constantly the offenses of others and your own failures.



SACRED ANATOMY

ACADEMY