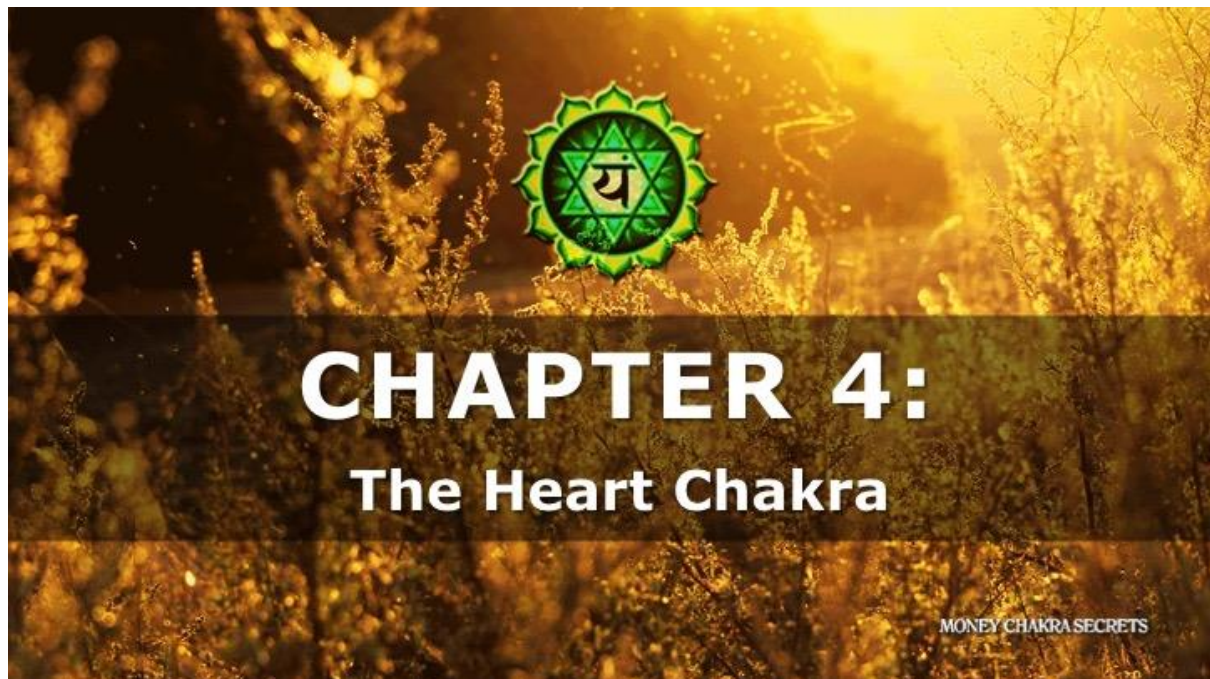


5-0 The Heart Chakra



S1: Hello and welcome back. In this module, you learn about the heart chakra and how it shapes your perception towards money.




S2: The heart chakra is located at the center of the chest, or specifically at the heart. Green represents this energy level and it vibrates at a higher frequency in comparison with the Solar Plexus Chakra.



S3: The Heart Chakra corresponds to love, kindness, spiritual growth, compassion and devotion. It is the bridge connecting the higher and lower energies of our being. It balances your emotions.



S4: When your Heart Chakra is balanced, you are compassionate and kind where you will be committed to maintain harmonious relationship with others. For instance, you avoid conflict and it is easy for you to get along with others.



An Inactive Heart Chakra

- You are distant with others
- You act cold

MONEY CHAKRA SECRETS

S5: In contrast, when it is under-active, you are distant with the people around you where you will be cold and mean to them.

For instance, you do not like intimacy and you refuse to help those in need as you feel burdened. You will refuse to aid anyone without further consideration.



A Hyperactive Heart Chakra

- Foolish
- Suffocate those around you

MONEY CHAKRA SECRETS

S6: When the Heart Chakra is hyperactive, you tend to become a foolish

person and your excessive love for others may suffocate and cause pressure to them. You do not know boundaries and you will want to love others your way.

For example, in the context of a romantic relationship. If your Heart Chakra is too active, you tend to control your boyfriend/girlfriend's activity and whereabouts each and every day. This no doubt invades their own personal space and time where it shows how you over think things and controlling every single move that they make.



S7: When it concerns the Heart Chakra, there can be two extremes and sometimes too much of anything is not always good. For instance, yes you have to be compassionate to others but that does not mean you should say “yes” to each and every person who deems your help.



Two Extremes Of The Heart Chakra

MONEY CHAKRA SECRETS

S8: In contrary, some people may not care at all or have compassion for others. Needless to say, they will completely ignore others if they are in need of help regardless if it's a friend or a stranger.

Therefore, it is important for your Heart Chakra to be balanced or it will result in two extreme conditions.



Your Money Chakra

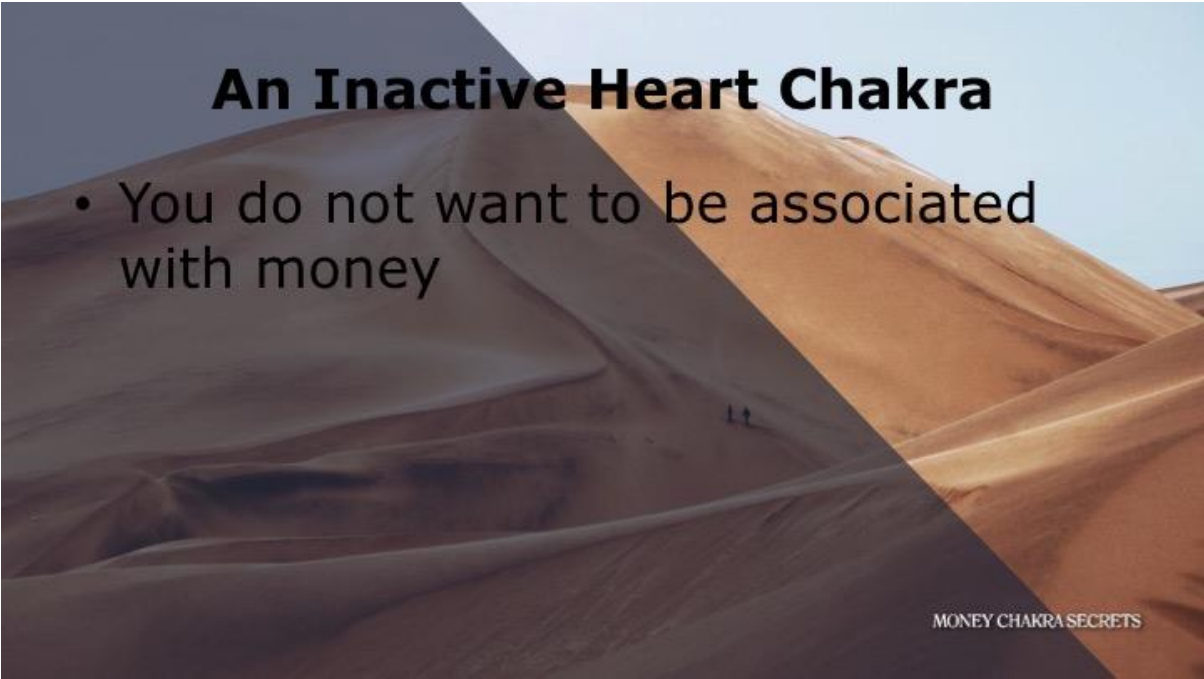
MONEY CHAKRA SECRETS

S9: Your Money Chakra

In the context of money or financial situations, the heart chakra plays a significant role in shaping how you feel about money. It also corresponds to the feeling of worthiness in attaining the money.



S10: When the heart chakra is blocked or inactive, you will feel that money is hard to achieve. There is also a tendency to feel that money is the root of evil where it may lead to negative consequences in your life. This can be greed, ungratefulness as well as selfishness.




An Inactive Heart Chakra

- You do not want to be associated with money

MONEY CHAKRA SECRETS

S11: When you feel money is hard to achieve, you can't seem to find any possible solution to make money happen, where in reality there are infinite number of possible ways to make your financial situation better. You may also feel that money is the root of all evil, where people who are rich or are born with a silver spoon in their mouths are all greedy and selfish. Therefore, you do not want to be associated with money.



A Balanced Heart Chakra

- Money is a medium to manifest goals

MONEY CHAKRA SECRETS

S12: However, if your heart chakra is balanced and active, you feel that money

is a powerful medium to achieve and manifest your goals in life. It acts as a tool for you to do what you love.

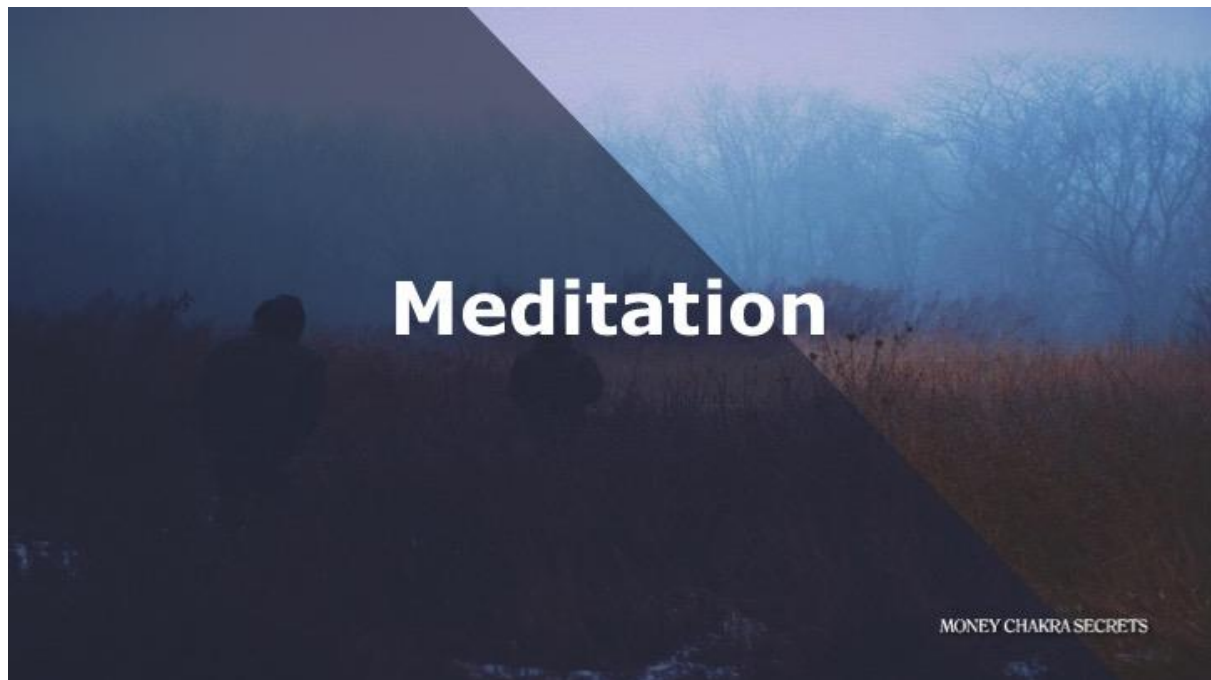
For instance, if you love traveling the world, then money can make it happen for you. You achieve a stable financial status and it will also be easy for you to attract the money as well as the amount you want in order to do what you love.



S13: The Solution

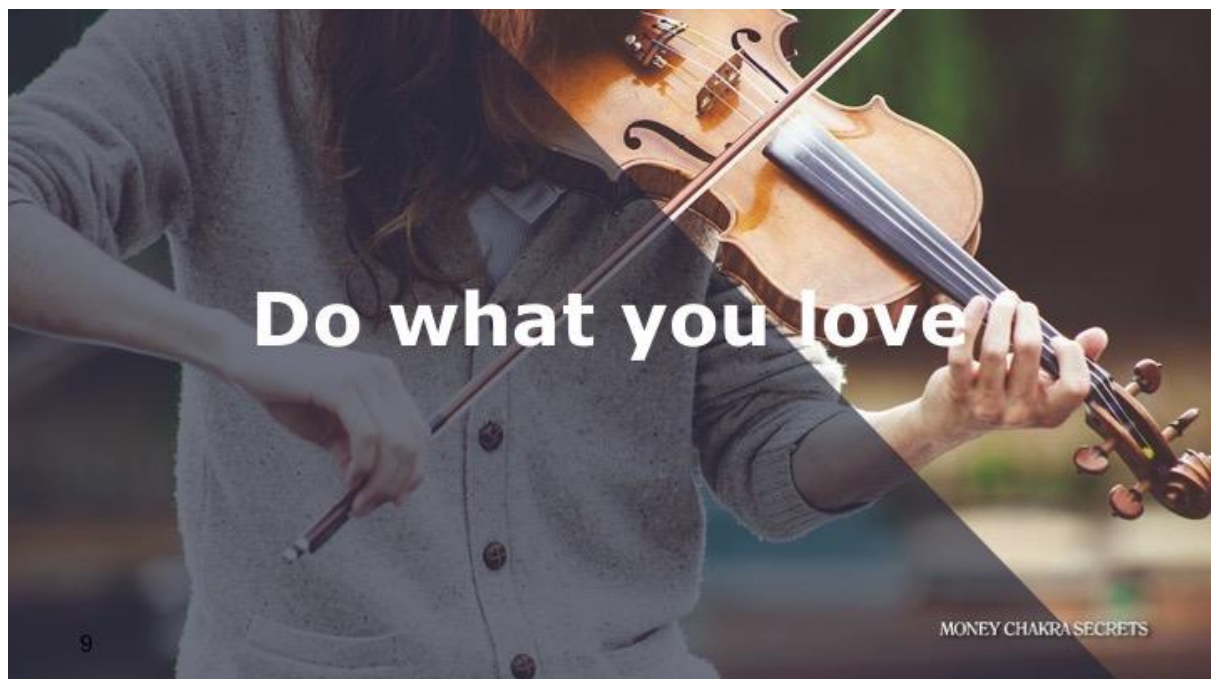
There are several solutions you can take in order to activate and balance your heart chakra. Firstly, is through different activities:

- Meditation
- Schedule a regular time to do what you love
- Follow your dreams and desires
- The food you consume



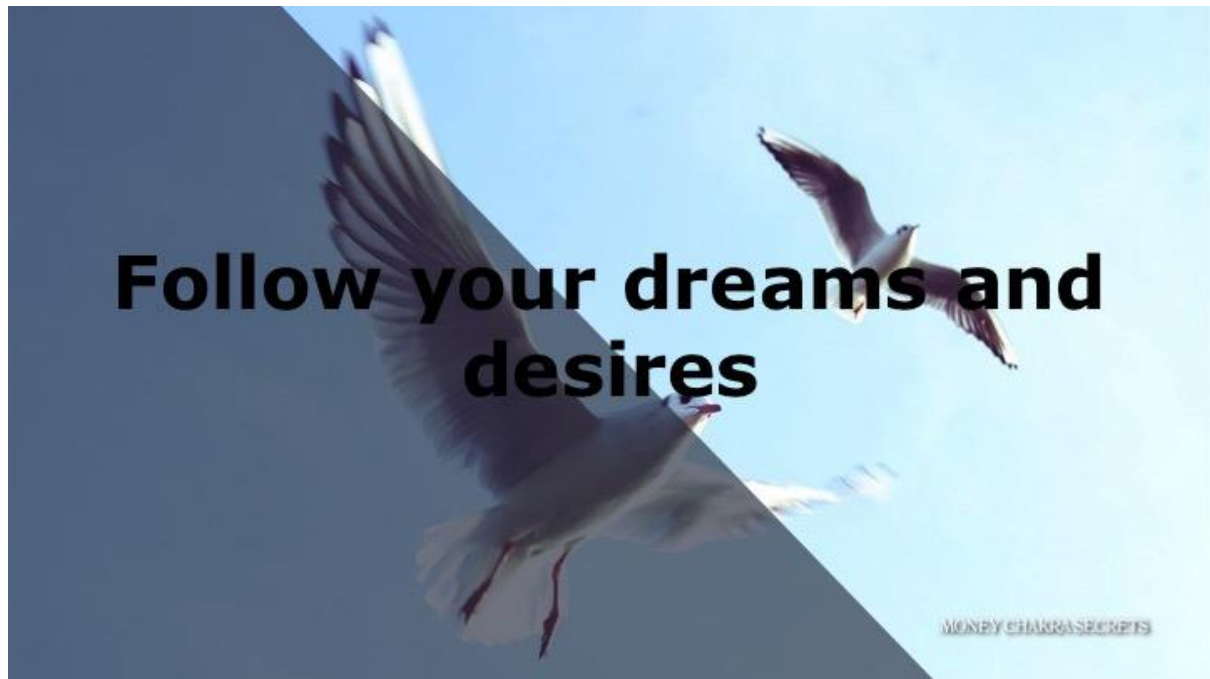
S14: Meditation.

Sit down in a quiet and comfortable place, and then close your eyes. Take a couple of deep breaths to calm you down. Place both of your palms on your heart. Imagine a beautiful green flower opening from a tight bud to a full bloom.



S15: Schedule a regular time to do what you love.

Commit to doing what you love. This can be your passion projects or your hobbies such as baking, volunteering or hiking. Set a schedule to make sure you adhere to the time and you make time for it no matter how busy you are.



S16: Follow your dreams and desires.

Do not let your dreams die just because you do not have time to realize them. Make time and work on them consistently. This can be having that dream house or it can even be building a business you have always wanted.



S17: The food you consume.

As the heart chakra is represented by the color green, green, leafy vegetables can help in balancing the energies. This may include kale, lettuces, spinach, bok choy, broccoli and many more.

The heart chakra is all about balance and green veggies are neither yin nor yang in traditional medicine. Therefore, they maintain a perfect equilibrium that is essential to this chakra.