

The Heart Chakra



According to C. W. [Leadbeater](#)

"The fourth centre, the cardiac, at the heart, is of a glowing golden colour, and each of its quadrants is divided into three parts, which gives it twelve undulations, because its primary force makes for it twelve spokes.."

C. W. [Leadbeater](#), *The Chakras*, Quest Books, Theosophical Publishing House, Wheaton, Ill. p.13

The Heart Chakra is the centre from which feelings of love emanate. It is also associated with other virtuous emotions, such as joy, happiness, honesty, respect, compassion, understanding, and generosity, and with loving oneself in a sincere, non-egotistic way. This is also the chakra through which we connect with others whom we love or have affection towards. Once forged, these links are very hard to break, which is why people suffer so much through the break-up of a relationship or the loss of a loved one

This chakra is the centre of the positive (yang) Chi energy in the body, just as the [Door of Life](#) chakra is the centre of Yin Chi energy. According to [Mantak Chia](#), the left side of the heart chakra is red and positively charged, the right side is dark green and negatively charged, and the core of the heart centre is pure white

The red would clearly correspond to the rose light of love, while the green signifies the lower or gross emotional body functioning of the heart centre, which is focussed on self, security, and accumulation of and attachment to and pride in physical and emotional possessions. The white of course signifies spiritual purity.

Just as for men (and masculine women) the logos (reason) or head centre is extremely important, so for women (and feminine men) it is the eros (love) or heart centre that is of great significance. According to [Mantak Chia](#), when this chakra is open, its energy connects to the breasts, and it generates the virtues of

the heart through the whole body [p.240]

The heart chakra is very important in spiritual healing. According to [Barbara Brennan](#), all the energies metabolised through the chakras travel up the central nadi of the body and into the heart chakra, before moving out through the hands or eyes of the healer [[Brennan](#), p.]

When the heart centre has been fully opened, it becomes the channel for Universal Love; what the [Buddhists](#) call Mahakaruna or "the Great Compassion", and [esoteric Christians](#) and [Theosophists](#) the "Christ Consciousness". Once opened, the Higher Self or [Immortal Divine Soul](#) is able to work through this centre. This is probably why in so many cultures the heart is said to be the seat of the soul.

AIDS, a disease of the immune system, is said to be associated with the heart chakra; through feelings of rejection and an inability to accept oneself (a common problem in the Gay community, which suffers from guilt and ostracisation due to the influence of so-called Christian morality or "Churchianity").

Correspondences:

Spokes/Petals: [Tibetan Buddhism](#) -8; [Leadbeater](#) - 12.

Element: Traditional Chinese (associated organ: heart) - Fire; [Tibetan Buddhism](#) -Mind/Spirit

Colours: Traditional Chinese - Red; [Leadbeater](#) - Golden; Hills - Green; [Chia](#) - Red and Green, centre White.

Associated Psychological states:

Open and Balanced: You are a very compassionate, understanding, and generous person [[Paulson](#), p.73]. The emotions of love, joy, happiness, honesty, and respect are very important to you [[Chia](#), p.237]. You are considerate and sensitive to the needs of others, and empathetic to their pain. You are able to feel love for all beings around you, in an ever-widening circle from yourself and family, your pets, friends, neighbours, countrymen, fellow human beings and all fellow living beings on Earth [[Brennan](#), p.76]. Ultimately, you can see the [Divine](#) - you can see God or Godhead or the Self - in all beings, and you realise the same Self in you is also the Self in them as well.

Overactive: You are dominated by your emotions and feelings, such as love, joy, sorrow, etc [[Aurobindo](#), p.334]. You are the sort of person who is desperate to please others, and are too overly concerned with the needs of others [[Paulson](#), p.73], putting them above your own needs in an unbalanced way. This personality type - who is more likely to be a woman than a man - may be involved with a self-centred or immature partner, taking all their abuse, always forgiving, and cleaning up after them. This is also how the phenomenon of "co-dependency" arises.

Malfunctioning: You are full of negative emotions such as hatred, guilt, selfishness, paranoia, impatience, and self-pity [[Chia](#), p.237]. You can have powerful, passionate feelings for others, but you will only love another or do something for them on the condition that they love or do something for you first.

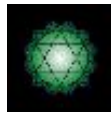
Blocked: You are a hard-hearted [[Paulson](#), pp.73, 132], unsympathetic, self-centred person. You are afraid to love others, and unable to love yourself.

Further notes and suggested correspondences

The heart-chakra can be associated with the astrological sign of Cancer, the nurturer, which is ruled by the Moon, the feminine luminary. This is the counterpole of the shoulder-blade centre, associated with healthy ego-will and the astrological sign of Leo, ruled by masculine luminary, the sun.

The [Heschyasts](#) locate the cardiac centre "near the upper part of the heart, a little below (or "a little above") the left breast"; and describe it as "the physical sight of perfect attention" [*Eliade, Yoga, Immortality, and Freedom*, p.410]

Chakra balancing



major and minor Chakras | Notes on Psychological terms

rear chakras ascending		front chakras descending
Crown		
Back of Head		upper forehead
Mouth of God		forehead
Back of Neck		Talu/Lalana
Base of Neck		Throat
Shoulder Blades		Base of Throat
Diaphragmatic		Thymic
Door of Life		Heart
Sacral		Solar Plexus
Coccygeal		Navel / Sea of Ch'i
Perineum		Pubic



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