



HEART SPIRAL HEALING

To come into relationship with self, others and the world in a balanced way the heart must be awakened. The heart is the balance point in your energy field. Its function is to help balance the upper (angelic) and lower (animal) chakras, and to balance the left (feminine) and right (masculine) sides of the body. When the heart is open, love flows through our systems bringing us naturally into a state of joy, compassion and forgiveness. An open heart lives only in the present moment. It does this through forgiveness and letting go of the past so you can embrace the present moment in an undefended way.

This healing is used when clients come to you with relationship problems, self-hatred or are unable to forgive the self or others for their actions. Use this healing whenever a person is having relationship difficulties or to begin the process of trusting their own inner knowing and heart.

- Unresolved and unexpressed grief and heartbreak
- Co-dependency and other unhealthy relationship issues such as stuck in a bad relationship, betrayal, unable to trust others or can't find a relationship at all
- Inability to speak about their feelings in relationships
- Asthma, lung issues, high blood pressure, heart conditions or issues with the breasts

A deficient heart chakra will present as lack of self-love, illness, exhaustion and hopelessness about love. The person will have a rigid, shut down, "heartless" quality to them with rigid striving or control issues.

The excessive heart chakra will have co-dependency, be addicted to bad relationships, lose themselves in relationships, can't be alone and give up everything for "love."

This healing brings the client back into relationship to their deepest truth and opens in them compassion and self-forgiveness. The soul speaks to us through the heart where love is a radiating sense of compassion and love with a deep soul quality. A person's lack of forgiveness and inability to let go of past trauma and wounding are the primary ways they keep their heart closed. It is from wounding and fears of not being good enough that they make vows about how they will live their lives from then on.

All vows are based in fear and self-rejection, and they limit life's possibilities by closing both the 7th chakra and the heart. When the 7th chakra and heart are closed, the body has its highest likelihood of serious physical, psychological or behavioral illnesses.

Living with a closed 7th chakra and heart is an epidemic in the world today. Energetically, a closed 7th chakra blocks the connection to spirit and the soul that gives the heart infinite power and the ability to be unconditionally forgiving and accepting of life in every moment.

Without the power of unconditional forgiveness, people cannot let go of the past nor can they heal; life and relationships become draining and painful. The energy system runs in reverse where the heart is only allowed to be compassionate toward and "enable" past wounds. This is what Caroline Myss calls "woundology," where the identity of the person is more attached to their wound history than to what they are capable of in this moment. This pattern is exhausting and is the hallmark of a person resigned to their defense, vows and limitations.

When the heart and 7th chakra are open, they open a channel directly to the soul and the infinite well of spiritual energy pours into all the chakras. Limitation and vows in each one are compassionately forgiven and healing occurs throughout the whole system.

This healing builds a heart spiral that when fully connected brings an infinite well of soul and life purpose energy to the system. When the vow and defense are no longer needed, the heart teaches us to let go of the past and come back onto wholeness. Love for self, others and world become our primary state of being.

Healing Preparation

1. The client lies face up on the table. Perform the Bow and release the back of the knees.
2. Do a quick Chakra Balance up to the shoulders. Do not close. This should be quick, about 2 or 3 minutes total. This grounds the client into their body and prepares them for the healing.
3. Prepare yourself by calling your most compassionate guides and angels. Christ is usually the best heart healer. Mary is pretty good too. Fill yourself with the Rose Light of unconditional love.

Heart Spiral Healing

1. It's best to start this healing sitting in a chair. Place the chair at the shoulder of the client.
2. Place your receiving hand under the heart and sending hand on top of the heart chakra. Be mindful of your hand position. Take your time and feel your client's heart and honor all that heart has seen and felt. (If the client has had heart issues do not send energy, just hold and honor their heart and all that has gone before.)
3. Slowly bring your client into the present moment by beginning the process of filling the heart with bright green energy. Use Rose Pink for those who need extra TLC and for clients with heart issues.
4. Fill yourself with rose light and do not send. Their heart will fill by itself.
5. **Heart to 3rd Chakra:** Once the heart chakra is full, move to a standing position. Begin the spiral by keeping your upper hand at the heart and moving your lower hand over the solar plexus/3rd chakra. Spiral the energy from the heart to the 3rd chakra in a clockwise spiral. Feed the expanding clockwise spiral of the green heart energy into the 3rd chakra until it fills with the unconditional love of the heart. Hold within your intention that the client is now able to love their individuality and uniqueness. If there is any resistance do not force, just hold unconditional love for them. Hold until you feel the 3rd chakra fill with green energy. Send green through the entire healing.
6. **Heart to 5th Chakra:** Move your upper hand behind the neck into the 5th chakra, and placing the lower hand on the heart. See the spiral of the green heart energy spinning clockwise filling both the third and fifth chakras. Hold within your intention that the client is now able to speak their heart's truth, and love and honor their creativity through their unique self-expression in life. Hold until you feel the 5th chakra fill with green energy.



7. **Heart to 2nd Chakra:** Move the lower hand just below the belt into the 2nd chakra and put your upper hand over the heart. See the spiral of the green heart energy spinning wider and filling the 2nd chakra, including all the chakras that you have already worked with. Hold within your intention that the client is able now to love and honor their sensitivity, feelings, passions and desires. Hold until you feel the 2nd chakra fill with green energy.
8. **Heart to 6th Chakra:** Move the upper hand over the forehead's Third Eye, the 6th chakra (light touch with finger tips together with thumb) and place the lower hand on the heart. See the spiral of the green heart energy spinning wider and filling both the 2nd chakra and 6th chakra. Hold within your intention that the client is able now to love and honor their place in the world and see how they fit into the bigger picture of life. Hold until you feel the 6th chakra fill with green energy.
9. **Heart to 1st Chakra:** Move the lower hand between the knees into the 1st chakra position, and put the upper hand on the heart. See the spiral of the green heart energy spinning wider and filling the 1st chakra. Hold within your intention that the client is able now to love and honor every cell in their body and its millions of years of evolution to get to this place in time and space and how perfect it is for their journey through life. Hold until you feel the 1st chakra fill with green energy.
10. **Heart to 7th Chakra:** Move the upper hand to cup the 7th chakra crown of the head, palm up, fingertips touching the crown lightly and place the lower hand over the heart. See the spiral of the green heart energy spinning wider and filling both the 1st and 7th chakras. Hold within your intention that the client is able now to love and honor the infinite possibilities for love available to them in every moment. Hold until you feel the 7th chakra fill with green energy.
11. **Complete The Circuit:** Leave one hand over the heart and the other over the 7th chakra. Feel the spiral of energy finish the circuit by entering the crown and flowing back into the heart. As the circuit completes, the system comes into effortless balance. The unconditional aspect of the heart energy appears as the 7th chakra opens the doorway for the spirit and soul to be conscious through the heart.

Standard Closing:

1. Hold both hands over the forehead/third eye, palms down, sending hand on bottom, receiving hand on the top. Hover over the 6th chakra, but don't touch the forehead.
2. Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
3. Bring up orange energy on the inhale breath to help them feel themselves in a new way. Do this for a few breaths. It will help them hold and integrate the changes to their energy field.
4. Close the field. Lift your hands over your head and sweep them down in a circle to help seal up their energy field after the work they received. Use the color gold for this.
5. Close the front and back of your 2nd chakra to complete the healing for you.

Encourage them to stay on the table for a minute or two to let the healing settle and integrate within their system.

Ask them what their experience was before you volunteer any information that you may have gained.