

*Vibrational*  
**MASTERY**

**4**

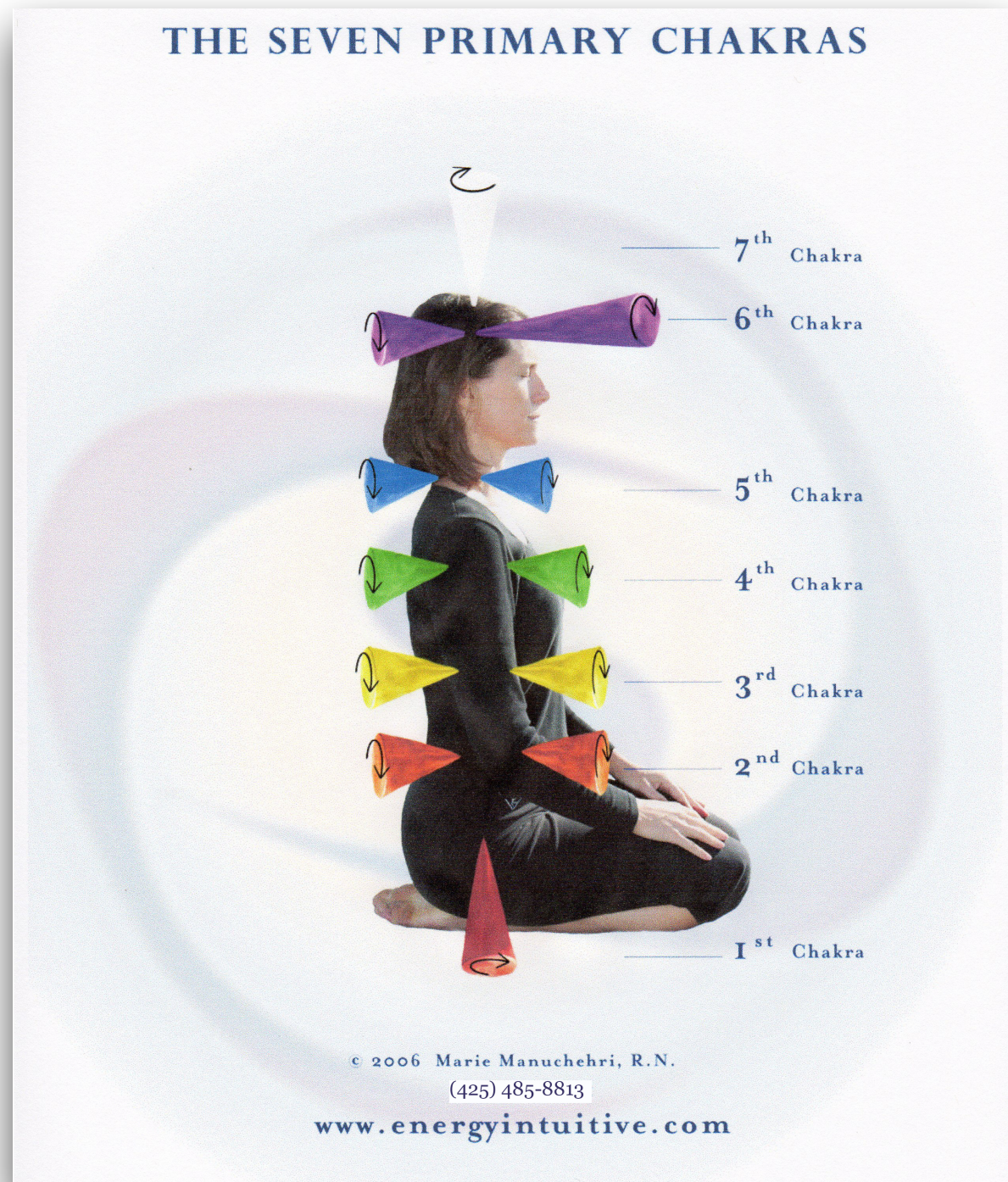




## Module 4 Fourth Chakra!



# Fourth Chakra-Heart Chakra



- Color: Green
- Location: Center of chest
- Emotional Health: Your capacity to give and receive universal love.
- Mantra: *Each day, I move toward greater balance in my ability to give and receive universal love.*
- What do you have an affinity for?



# Giving and receiving

- To receive is truly passive.
- When we let our beings and souls be fed by the world around us, then and only then can we give.
- A chakra leaks energy when we give our energy away.
- Receive Universal Love.



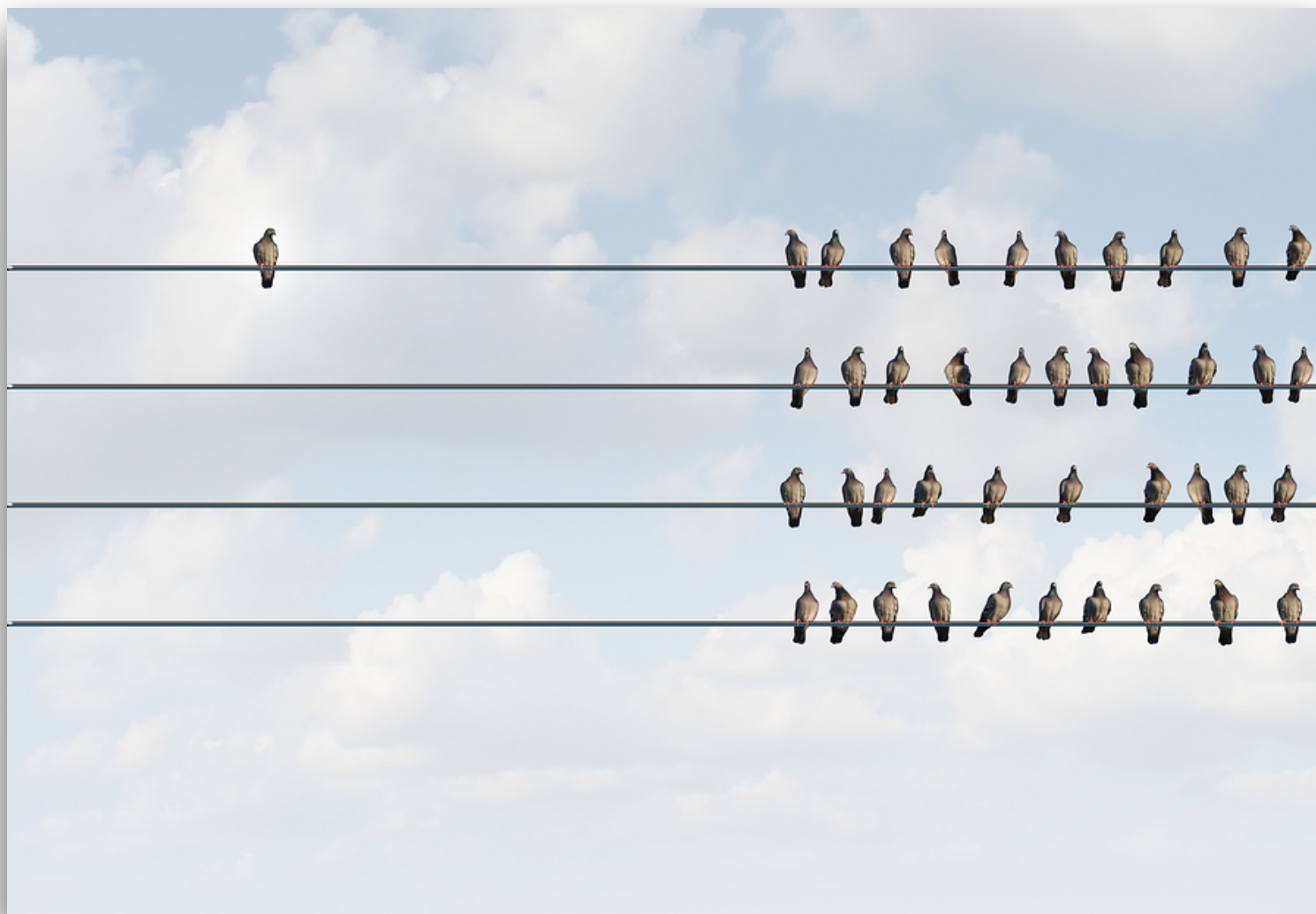




Find things to fall in love with.  
The Universe unconditionally loves everything.



# Free will

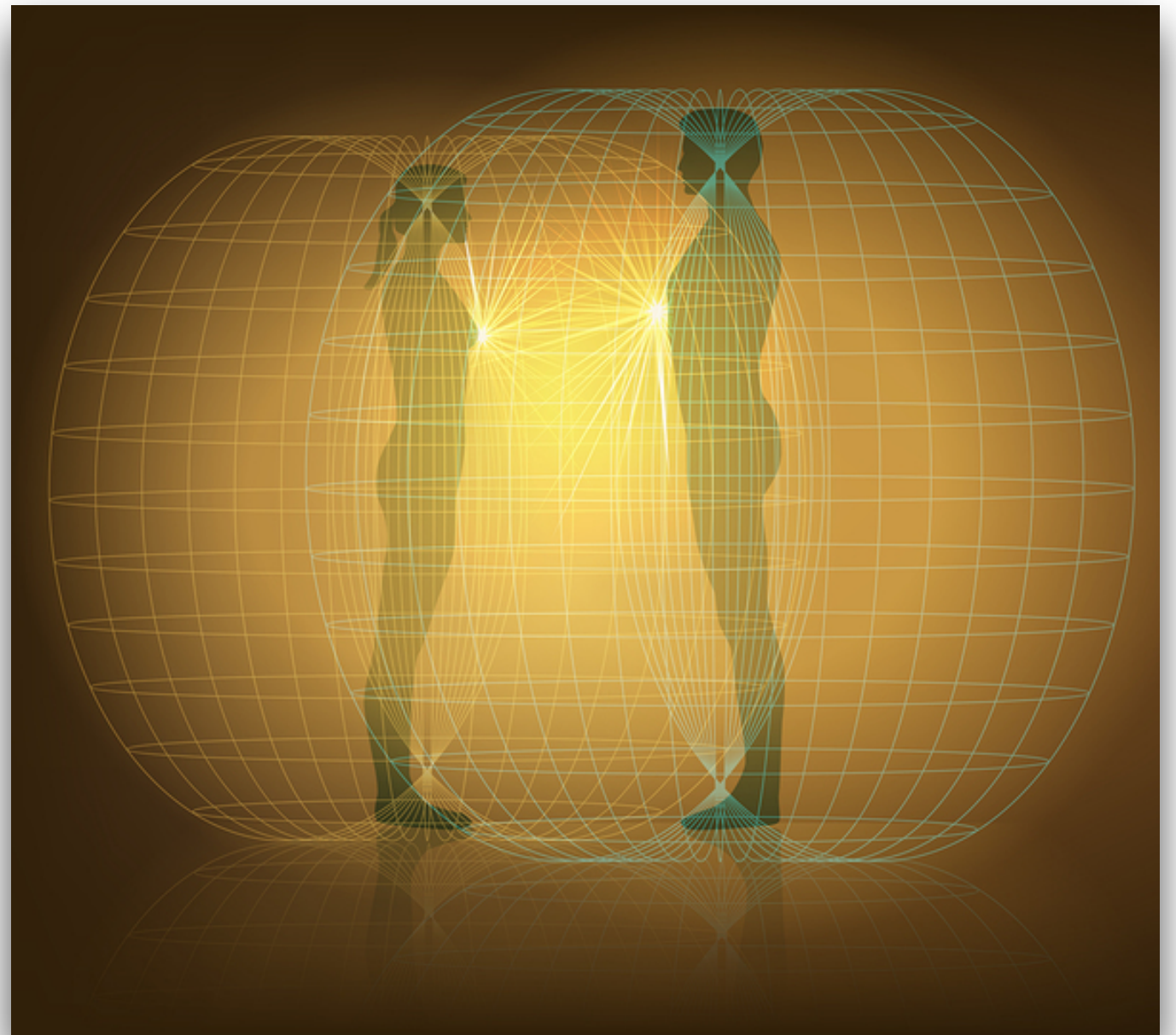


- We all have free will to do or not to do.
- It is the greatest law of the universe.
- What is our soul going to learn?
- We learn from contrast, by what we don't want.



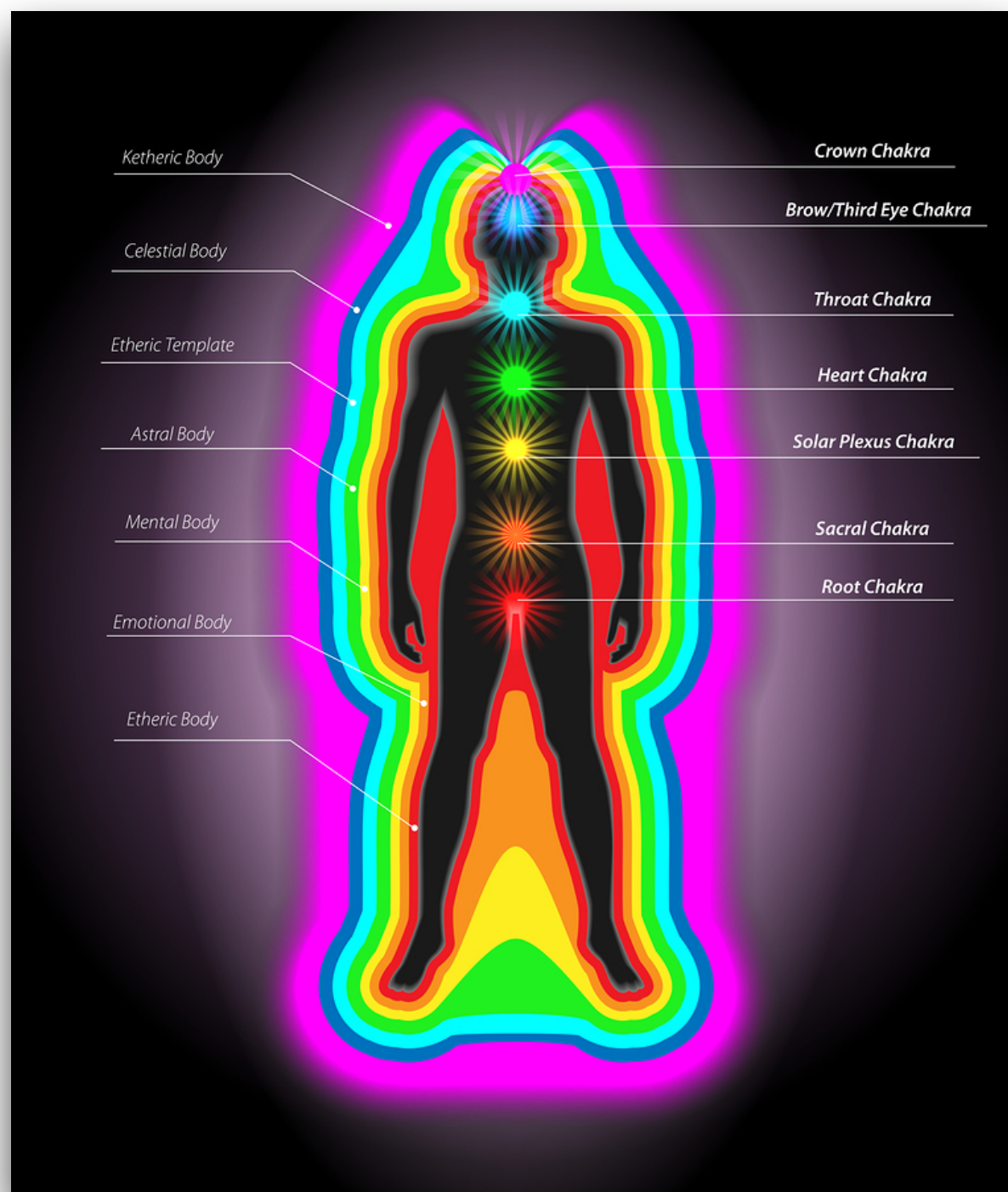
# Empathic

- The 4<sup>th</sup> chakra fills the whole chest cavity when you are an empath, normally it is 2 1/2 “ diameter.
- Being empathic is a sign of evolution, not being empathic is a younger soul.
- When you are empathic you have compassion for all life.
- Non empathic people don't understand compassion and human condition.
- Empaths need to spend less time in the heart.
- Practice being in your own emotions.
- It is important to have you own authentic energetic dance.





# 4th Layer of the aura



- About Universal Love
- 5 ft from the body
- unstructured
- rose colored-pink with clouds floating around the color of all the charkas
- The phrase on the 4<sup>th</sup> layer-relationship
- We all have our own dance of emotions and thoughts in the 4<sup>th</sup> layer.

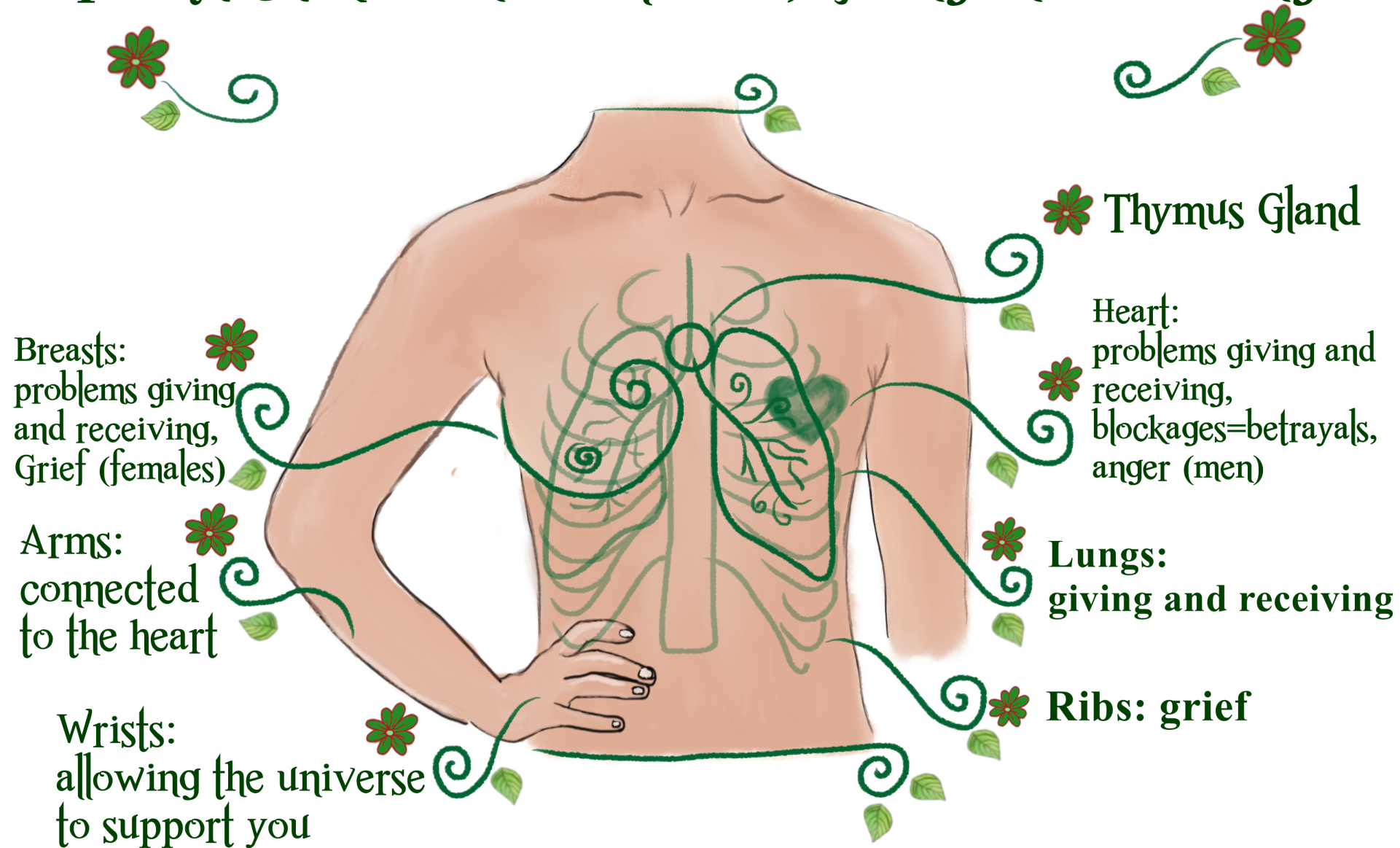


# Parts of the body associated with the fourth chakra

- Heart-Anger (men)
- Lungs-Giving and Receiving
- Rib cage-Grief
- Breasts- Grief (females)
- Wrists- Allowing the universe to support you
- Arms-Connected to the heart
- Upper back-Receiving love
- Circulation of blood-Giving and Receiving
- Lymph fluid-Giving and Receiving
- Thymus Gland-Giving and Receiving



## Fourth Chakra: Universal Love, Giving and Receiving



The fourth chakra also governs the lymph system,  
the circulation of blood and the upper back

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# Reframing

- What if I easily received?
- What would it feel like if I were to receive?
- Each day, I move toward greater balance in my ability to give and receive universal love.







- Reframing
- Tap your sternum.
- Receive energy in the back of the heart chakra in the form of birds, a warm hand, a rainbow, or music.
- Self-reflection questions