

**FOURTH ENERGY CENTER: HEART**  
Pages 96-121

**Keeping in Touch:** Is anything happening or changing as you apply what's in the book? What stands out in this chapter?

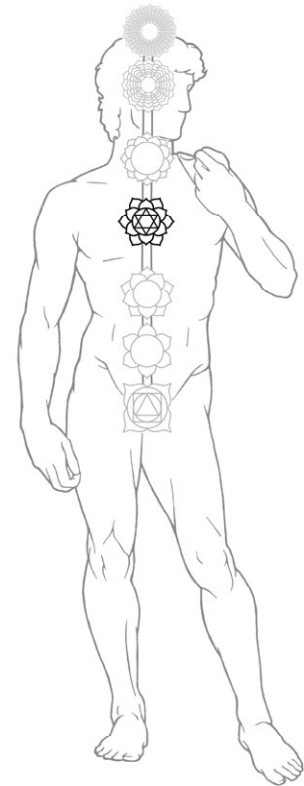


**1. The heart chakra**

Why is the heart chakra the most important energy center? (pp. 96-98)

- Spiritual and physical hub of life
- Distributes energy to the other chakras
- Imprints energy with the quality of your heart

What is the real nature of love and what are some misconceptions?



**2. Cultivating compassion (pp. 99-101)**

What is the difference between compassion and sympathy?

- Comes from the Higher Self or lower self
- Gives to others what they really need or stands in the way of what the soul really needs
- What else?

Can you think of any real-life examples that show the difference?

**3. Keeping your heart open (pp. 102-05)**

What is important to remember about people's differences?

- They're okay!
- Learning opportunities
- Give others room to be who they are



How can you learn from difficult people and situations?

- Anger, irritability and karma
- Compassion and opening the heart
- Ties of dislike and hatred

#### 4. Appreciating spiritual beauty (pp. 106-09)

What are some benefits of expressing appreciation?

Why is it important to appreciate yourself?

How does the heart's spiritual activity affect your health and vitality?

What do you think might happen if we treated each other as the monks in the story did? (pp. 107-09)



#### 5. Healthy boundaries (pp. 110-13)

Why is setting healthy boundaries a test of the heart?

- To help others, nurture yourself first
- Uphold principles
- Using your umbrella!
- Other points?



What are some ways to deal with angry people?

#### 6. The power of softness (pp. 113-16)

Why does softness have tremendous power?

- Qualities of water
- Forceful actions vs. natural movement of the heart
- Martial arts—concentration of internal energy

How can softness neutralize hardness in personal interactions?

- Real-life situations?



## 7. Making it a reality (pp. 117-21)

Affirmations and meditations can transmute or dissolve burdens on the heart, such as selfishness, anger and past hurts that cause people to be guarded.

The following meditation celebrates the divine spark in your heart.

### Heart Meditation (pp. 120-21)

1. Focus your awareness on your heart chakra in the center of your chest.
2. Over your heart chakra, see a dazzling sun beaming rays of fiery pink. See the rays penetrating and dissolving all darkness within yourself, loved ones and the whole world.
3. When you've established the vision, you can give the following prayer:



#### I AM the Light of the Heart

I AM the light of the heart  
Shining in the darkness of being  
And changing all into the golden  
treasury of the mind of Christ.

I AM projecting my love  
Out into the world  
To erase all errors  
And to break down all barriers.

I AM the power of infinite love,  
Amplifying itself  
Until it is victorious,  
World without end!

**PERSONAL WORKSHEET**

**Fourth Energy Center: Heart**

Life Lesson: Become Love in Action



*The heart fires of loving-kindness and charity impel me to wise and compassionate action.*

**Self-Reflection and Discussion**

Your own thoughtful reflection on the following concepts, as you carry them with you into daily life, will deepen your understanding of how to accelerate, balance and clear the energies of your fourth chakra to express more of your inner power:

Balanced Expressions (positive): love, compassion, beauty, selflessness, sensitivity, appreciation, comfort, creativity, charity, generosity

Unbalanced Expressions (negative): hatred, dislike, selfishness, self-pity, human sympathy, negligence

*I cultivate compassion.* (pp. 99-101)

1. Do I tend to provide compassion in the form of support and realism, or do I give sympathy by indulging or smothering?
2. Am I able to let go when I need to and let others take their own steps forward?
3. How can I turn sympathy into compassion more often in my life?

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***I look at challenging circumstances as opportunities to keep my heart open.*** (pp. 102-05)

1. What are the challenging situations in my life, and what am I supposed to learn from them?
2. Are there circumstances in my life right now that I can look at as opportunities to keep my heart open? What can I do to keep compassion alive in these situations?

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***I acknowledge and appreciate the spiritual beauty in myself and others.*** (pp. 106-10)

1. Do I look for ways to appreciate others? Do I go out of my way to give others credit for their contributions?
2. Do I look for ways to appreciate myself?
3. If I am given the opportunity to lead or to guide, do I use it to encourage the creativity of others rather than to fulfill my agenda? Do I use the role of leader to manage others or to coach?

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***I set healthy boundaries.*** (pp. 110-13)

1. Are there circumstances in my life where I need to draw healthy boundaries for myself?
2. In these situations, how can I lovingly communicate these limits?

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*I recognize the power of softness.* (pp. 113-16)

1. Are there times when I have seen softness rather than harshness turn around a situation, and what can I learn from this?
2. The next time I find myself in a charged situation, how can I use softness to turn it around?

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### *ABC's of Developing Your Energy Centers*

*Accelerate, Balance and Clear* your heart chakra to increase the light flowing through it by giving the following affirmations:

*I AM a being of violet fire, I AM the purity God desires!*



*My heart is a chakra of violet fire,  
My heart is the purity God desires!*