

The Heart and Higher Heart

We already looked at the essential nature of these two chakras. The heart is the energetic centre of the body, it's where the energies of the lower chakras and higher chakras meet. This is the dualistic nature of the heart from a third dimensional reality perspective. Put simply, we may be in conflict within the heart from the point of view of our will/desire vs our soul's will or divine will/desire.

The heart is our centre of Joy and Feeling, our connection in communication to Source. At the centre of the heart lies what is called the Emerald of the Heart. This is our complete Soul's Truth. Connection to the centre of the heart is our True knowing, it is a portal of energy in communication to higher consciousness and Source Origin/God/Goddess/Spirit. We of course feel the nature of crystals through the heart. The physical heart has far more neurotransmitters than the brain. The heart has its own intelligence. Being content in our heart space we feel centred, happy and whole - not conflicted, confused between our will vs divine will - we are 'whole heartedly joyful'!

Therefore in crystal healing and most modalities of healing the heart is very important. In Chinese medicine the heart meridian is governed by fire and is the centre for all organs promoting life, happiness, love and joy. The heart is symbolised by two inter-locked triangles or Star of David a classic grid which we use around the body with crystals.

In healing we are working to promote harmony within the body and subtle bodies. We are also working to bring a sense of greater PRESENCE and CENTREDNESS to the being as a whole. From presence we are aware of ourselves from a greater soul self perspective. We can come into the heart of our TRUTH.

The higher heart or dolphin chakra is at the place above the heart of the physical thymus. Its below the throat chakra. We often find that this area is dulled by the use of vaccinations given which atrophy the physical thymus. This energetically weakens the higher heart energy which is in fact a portal or doorway to the centre of the heart.

Using crystals on the heart and higher heart, I recommend that you view the two energies together. Sometimes you will only need to place a crystal on one or the other but sometimes both. You may wish to place a very Light crystal on the higher heart which promotes Light energy and an opening of the portal to the heart - but of course, your own observations are key.

Try lying down and place two crystals of your choice on your heart and higher heart - observe what happens and how you feel.