

# I Love

## HEART (4) CHAKRA

The Heart Chakra is located between the breasts in the center of the chest. It functions at the frequency of green. The Heart Chakra radiates energy both from the front and from the back of the chakra.

The Heart Chakra is the center of our experience of love. It is where we develop love and attachment to our family members, close friends, and others with whom we come to have close relationships. Our sense of security in family and community comes from the development of the Heart Chakra. When we are loved unconditionally, we learn to give love unconditionally. If we were taught that we would only be loved if we acted a certain way, or did certain things, then we may not be able to love without conditions being attached within our close relationships. When it is unblocked, we give love unconditionally and attract to ourselves those people who give us an abundance of love. When it is blocked, we feel the lack of love in our lives as keenly as those with Sacral Chakra blockages feel a lack of material security.

Physical illnesses brought about by heartbreak require that emotional healing occur along long with the physical healing. Learning to love yourself is a powerful first step in securing a healthy Heart Chakra. The “wounded child” resides in our Heart Chakra. The Heart Chakra can be wounded by loss of a loved one, divorce, or being rejected in some way, and will suffer grief and/or be broken-hearted.

The Heart Chakra sits right in the middle of our chakra system, and it is the mediator between our earthly life (Root, Sacral, and Solar Plexus Chakras) and our spiritual life (Throat, Third Eye, and Crown Chakras).

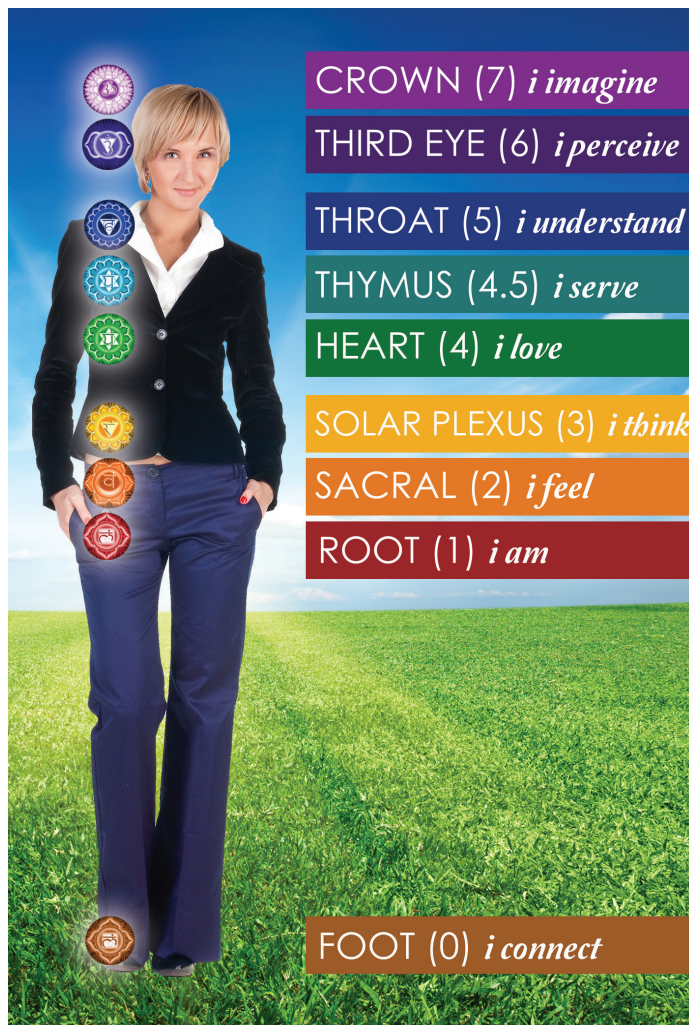
### suggested usage

#### Bath

- If you feel distant from those around you, bathing in I Love will strengthen the Heart Chakra, helping to replace anger and callousness with love and empathy.
- Add 10 to 15 drops of I am to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of I Love to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking in the I Love bath warms and energizes the Heart Chakra creating a feeling of being loved and cared for.

#### Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the heart area, front and back, when feeling unloved, lacking joy and comfort, or experiencing grief and loss. May also be used when experiencing relationship issues that may stem from your inability to give and receive love. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need emotional support and to give yourself permission to give and receive love. Shake well before use.



#### Topical

- Apply 1 to 3 drops of I Love to the pulse points on the wrists. A powerful way to affect your Heart Chakra as the meridian for the heart runs through the wrists.
- Apply 1 to 2 drops to the Heart Chakra area between the breasts in the center of the chest, and on the spine at the upper back directly across from the heart application point in front.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

### availability

5ml Bottle





## + association

**Color:** Green

**Physical Location:** The center of the chest

**Sympathetic Gland:** Thymus

**Sympathetic organs and body parts:** Heart, Eyes

**Sympathetic body systems:** Circulation, Para-sympathetic Nervous System

**Capacities:** Security, self-confirmation, attachment, love-hate, clinging, connection to nature, empathetic, compassionate

## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Rose, Clary Sage, Patchouli, Ylang Ylang Complete, Rosewood, Palmarosa, Spikenard, Neroli, Jasmine, Sandalwood, Lavender, fine; Dragon's Blood, Cedarwood, atlas; Elemi, Grapefruit, pink; Marjoram, sweet; Pettitgrain, Cypress, and Jojoba*

## chakra 4 (heart) the right to love and be loved

In a family, this right can be abridged when parents do not consistently and unconditionally love and care for their children. When conditions are put on love, a child's self-love is threatened. In cultural conditioning, the Heart Chakra restriction can be seen in judgmental attitudes about men loving men and women loving women, or one race loving another, or people loving more than one person. The right to love is damaged in racial strife, dominance of one culture over another, by war, or by anything that creates enmity between groups. When we get hurt or rejected, we often question or restrict our right to love, and subsequently close down our hearts.

## supporting blends

- **beBold:** Stirs our solar sun into taking action and exerting our will for positive change.
- **Charity:** Helps us develop the type of love that can show kindness and caring even to those we feel don't deserve it.
- **Deer Spirit:** The gentle deer is the perfect teacher of unconditional love. We must love our selves before we can truly love another.

## postnatal chakra development

### CHAKRA 4 (Heart): 3 to 6 Years

Chakra Four develops as the child begins to find its relationship in the family and in the larger world. They begin to mimic and respond to family dynamics, and develop their own interpersonal style. Friendships and play become more important and peers begin to exert a subtle influence on the shaping of personality. Parents need to provide loving support within the family to enable the child to gradually expand their relationships in order to feel loved and connected with a larger world. Dysfunctional family dynamics have a particularly large impact at this age. Children need to have healthy role models for the expression of affection and love.

## pregnancy & children

- Children ages 2 years and up - safe when used as directed
- Pregnancy - safe when used as directed

## responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

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### QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

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