

The

Colors of Spirit

GREEN

Chakras

**Junction points between the
consciousness of Spirit and biology.**

Deepak Chopra

4th Chakra - HEART

COLOR – GREEN

LOCATION – CHEST

ELEMENT – AIR

tone - F

4th Chakra - HEART

PHYSICAL

Balanced

Healthy Lungs
Strong Heart
Calm Mind
Less Stress
More Joy
Overall wellbeing

Blocked

Low Energy
Respiratory issues
-Bronchitis
-Asthma
Poor circulation
Heart Palpitations

4th Chakra - HEART

BEHAVIOR

Balanced

Unconditional Love
Connected
Compassion
Give / Receive
Acceptance
Healthy Relations

Blocked

Fear Rejection &
Loneliness
Attachment
Co-Dependence
Jealousy
Unforgiveness

4th Chakra - HEART

“I believe in love.”

What is love?

What does it mean to believe in it?

4th Chakra - HEART

“I am connected.”

What does it mean?

What does it have to do with love?

To repeat “I am connected” 108 times not only has a spiritual effect on your energy but also has a scientific effect on the body, mind and spirit. Saying something in repetition creates a belief system in the body. “I am connected” is simple yet has the intention of creating a connection to Source or God energy. Once you are open to the energy or reality you are trying to bring into your life, you will start to see it show up, to see possibilities and open doors that you were once blind to. You will begin to project what you want. First you say it. Then you believe it. Then you see it. Then you become it.

Stefani Michelle – *Chakras & Shadow Work*

Love is the power that can banish hospitals, old age, loneliness, unhappiness and want. It is the power that can set us free from all bondage; but first it must be set free to work through us.

Sue Sikking – *Only Believe*

When you feel loving, you experience more aliveness, expansion, renewal. Love is accepting yourself and others just as you and they are. Unconditional love dissolves all separateness.

As you learn to love yourself and others more, you increase your vibration. Your energy takes on the smoother, finer vibrations of the higher dimensions and you become your Higher Self.

Sanaya Roman – Spiritual Growth

HOW TO LOVE...

1 – See Love as a Divine Power

Love is the power that joins and binds in divine harmony the universe and everything in it. Love sees good everywhere and in everybody. It insists that all is good, and by refusing to see anything but good it causes that quality finally to appear uppermost in itself and in all things. Divine Love will bring your own to you, adjust all misunderstandings, and make your life and affairs happy, harmonious, and free.

HOW TO LOVE...

1 – See Love as a Divine Power

2 – Don't resist negative feelings

HOW TO LOVE...

2 – Don't resist negative feelings

Love all the parts of yourself, even those thoughts and feelings you may have labeled as negative. Love your insecurities and your negative feelings. You don't change your imperfections by denying them. You change them by loving them. As you love your negative feelings they can evolve into their positive expressions.

Sanaya Roman – *Spiritual Growth*

HOW TO LOVE...

- 1 – See Love as a Divine Power**
- 2 – Don't resist negative feelings**
- 3 – Ask your Heart what it wants**
- 4 – See Love as a practice**

HOW TO LOVE...

4 – See Love as a practice

One should make it a practice to meditate regularly on the love idea in Universal Mind with the prayer “Divine Love, manifest yourself in me.” **Think about love and all the ideas that go to make up love will be set into motion.** This produces a positive love current which, when sent forth with power, will break up opposing thoughts of hate, and render them null and void.

Charles Fillmore – *Dynamics for Living*

HOW TO LOVE...

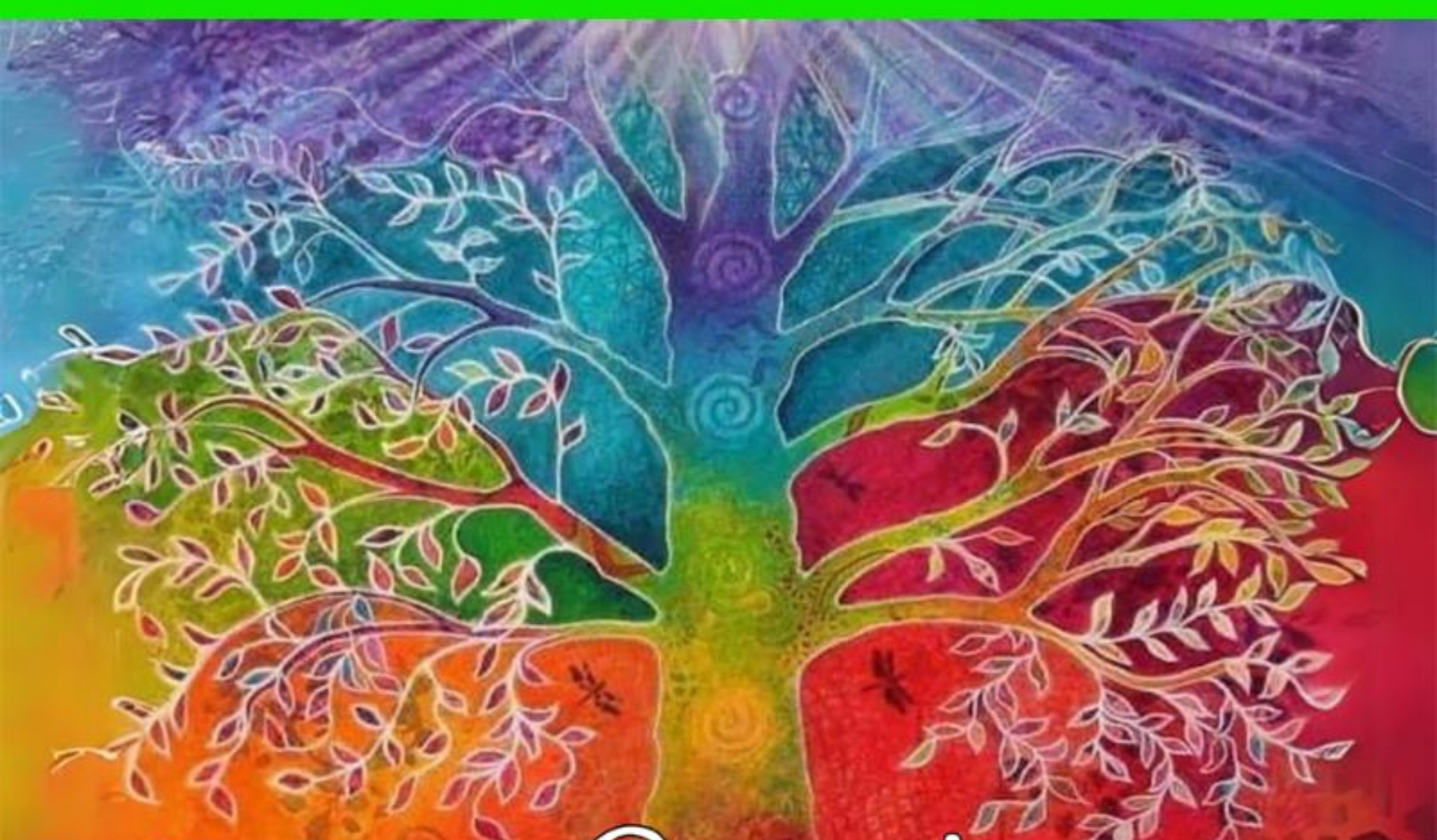
- 1 – See Love as a Divine Power**
- 2 – Don't resist negative feelings**
- 3 – Ask your Heart what it wants**
- 4 – See Love as a practice**

HOW TO LOVE...

4 – See Love as a practice

If you are not attracting the good that you desire in your life, learn to express love; become a radiating center of love; and you will find that love, the divine magnet within you, will change your whole world. Love is an innate quality in humankind, and it needs only to be called forth to express all its radiance.

May Rowland – *Dare to Believe*



The

Colors of Spirit

GREEN