

Magical Mothering Method

Heart Chakra Initiation

Month 4: Heart Chakra

Week 13: Activating Unconditional Love

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Finding that Unconditional Love

Unconditional love is just that love without conditions. Love that is pure without any judgement, blame, shame, guilt, or expectations. Unconditional love is a way to truly connect with another being or yourself without trying to make that other into something that they are not.

Think about how you love yourself. Do you often say I will love myself more when...?

This is detrimental to your health and your ability to create the magical life you desire. It is vital to start loving the you that you are now, not waiting until some moment in time in the future. The faster you begin to love yourself as you are now, the faster you will be able to receive unconditional love from others.

Root Chakra

Sanskrit name: Anahata

Location in the body: Center of Chest. Encompasses the bottom of the rib cage to the collar bones, so the heart, lungs and chest are included.

Color: Green or Pink

Symptoms of Closed, blocked or injured chakra: bitterness, grief, resentment, loneliness, self-centeredness, relying on people's attention and approval, fear of intimacy, jealousy, overly defensive, closing down, trying to rescue or save others.

Stones: Malachite, Rose Quartz, Rhodonite, Peridot, Amazonite, Emerald, Green Aventurine

Foods: spinach, kale, dandelion greens, broccoli, cauliflower, cabbage, celery. Green teas also keep the heart chakra in healthy condition, and spice it up with basil, thyme, cilantro.

Root Chakra Initiation

Through this activation of the heart chakra you will embody and receive unconditional love and acceptance! Allow for this activation to go through every cell, molecule and into the very DNA to infuse your entire being with unconditional love and acceptance.

Root Chakra Ritual

Take notice of the color pink this week. This is a powerful visual cue to integrate the healing of the heart chakra. As your mind, body and spirit come into alignment through this process you will begin to use your intuition and activate your awareness to the spiritual cues around you.

I have a Heart Healing Potion available in the Magical Mothering Shop that will help you create integration more quickly and fully. Please visit www.magicalmothering.com/shop to order yours today.

I also have Malachite and Rose quartz available in the Magical Mothering Shop if you want to work with stones to activate and integrate the healing process.