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The Heart Chakra: Window to Change

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We are at an important crossroads in time. Now is the end of “fence sitting.” We are either moving forward into higher consciousness or falling back into continued suffering. None of us can stay where we are — the universal momentum is too great.

To be very clear, there is no judgment in our choice. We often become caught up in emotions of right and wrong, when in reality it comes down to physics. I see all of life and its experiences from a quantum perspective. When I say quantum, I mean energy. We live in a world defined by frequency. Of course it is probably much more complicated than that, given all the unanswered questions about entanglement, dark matter and dark energy. But we can let the theoretical physicists have fun with figuring all of that out. To keep perspective simple, let’s stick to the terms “quantum,” “frequency” and “energy.”

The laws of physics governing our planet define the outcome of our choices. For example, if Mother Theresa and Hitler both jumped off a skyscraper, who would go splat? Obviously, the answer is both. Gravity is one of the forces inherent to our planet, so the way Mother Theresa and Hitler were living their lives would not matter in that moment. And when we go beyond gravity to quantum physics, the results are the same.

One area of physics I am especially fascinated with is Nicola Tesla’s concept of magnetic resonance. This theory can be used to look at our own life patterns. Tesla believed that if an oscillating device is placed on a physical structure, it would ultimately cause its demise. The oscillations would resonate with the structure’s inherent frequency and slowly cause it to vibrate. With each oscillation, the energy intensifies and the vibration of the structure magnifies. It is similar to a child on a swing — with every gentle push, he goes higher than the time before. Ultimately the physical composition cannot withstand the force and breaks down. Collapsing bridges and opera singers shattering crystal glasses are two examples of this concept.

If oscillating devices can tumble a skyscraper, how can repeating energy patterns not topple our lives? As with Tesla’s oscillating device, I believe our childhood wounds are frequencies that continually recur in our life’s energy field, becoming increasingly stronger. We believe the obstacles holding us back are new problems, or our current disease is a *new* illness, but they are not. They are physical manifestations of an old issue recurring in different forms. I call this *The Tesla Principle*.

A disease or relationship cannot resolve until we understand what it really is. In fact, that is what



healing is! Healing is becoming aware of our energetic patterns, discovering what they teach us and learning how to stop reacting in a negative fashion. If we become angry victims, we push the swing harder. Once we understand this concept and respond in a positive manner, we slow down the swing. The oscillations become calmer and dealing with the pattern each time it returns becomes easier and easier.

So when we choose to see our patterns, no matter how frightening they may be, we get off the swing and the fence. As we approach our illnesses and issues from a perspective other than blame and victimhood, we move into a higher frequency. And now is the

chakra and its connection to wisdom, synchronicity and healing frequencies.

I realize that connecting to higher realms can occur through other chakras, especially the crown. I also know there is something very special — very powerful about the heart chakra. It is through the frequencies that channel into and emanate from this divine portal that we can connect to universal wisdom, create a safe haven for ourselves and our families, help ourselves heal and become warriors of light. It is through the heart chakra that we also connect with others around the globe, including the planet herself and all animals who occupy her. It is

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time in which we all must choose. We are smack dab in the middle of a universal battle between low and high vibrations — it is Harry Potter vs Voldemort. The more we work with our own patterns in a positive way, the more we empower Harry. We are trying to heal, however, in the midst of chaotic, difficult energy on the planet. No wonder we are all exhausted!

But we are not alone in our efforts. People all over the planet are developing spiritual curiosity. Some are just beginning their journeys while others are fervently walking their spiritual paths. They are choosing to see their difficult patterns, choosing to understand themselves completely and most importantly, choosing kindness and compassion for themselves and others. Every person who does this, no matter how insignificant it seems, is increasing their vibration and helping the battle.

Is there a way we can make the journey less stressful? Can we make our spiritual and healing paths a bit easier and straighter? The answer lies in our heart

no wonder there are so many wonderful programs focusing on heart centered awareness, whether it be opening to compassion or synchronizing the mind with the heart. We instinctively know that the answers to all our questions lie in the realm of the heart chakra.

How can we access these empowering frequencies? As with everything in life, we begin with intent. From the pure intent to live life from heart-centered energy, action steps reveal themselves. Perhaps you have a chakra balancing or energy boosting method you do every morning. Taking a minute to remind yourself of your intention while you are working with the heart chakra can be very helpful. I love sound therapy and will often use tuning forks near my heart chakra to strengthen and clear it. The Inner Sound® Pair Five Tuners I acquired during my Healing Touch for Animals® training are fantastic for this.

The most important way to access the assistance you need is to actively engage the heart chakra for



every dilemma, question and healing activity. When my Tesla patterns return and I begin to feel afraid or angry, I choose to see the pattern and ask for any wisdom embedded in it. I then remind myself of the intent to be in the heart chakra space. I will take a moment and think of something peaceful and joyful. I allow myself to get to a calm state. I will next actively tell myself that I am giving the issue to these frequencies and let it go.

The synchronicity from this process is wondrous. I know when I am actively engaging with heart frequencies that the outcome will be the best that it can be. I ask for clear guidance as to my action steps and it comes. I may not receive it in that moment, but it does show up. The more time spent in quiet contemplation or meditation allows easier access to this wisdom.

Our physical and mental properties will perform at their optimum in this energy as well. We are literally tuning our body and mind to our spirit. When negative mind chatter distracts us, we can simply

intend to come back to the heart. Being in this space also keeps us safe from the chaotic energies swirling around us. In fact, asking for protection from the heart-centered space is a powerful tool when we are feeling threatened. And do not forget to use these frequencies before beginning any creative endeavor. They allow your soul to come shining through and guide the process.

It may take practice to get to the heart-centered feeling quickly, but do not despair. Remember that intent is everything. If you are overly anxious or in a crisis, just tell yourself you are accessing heart frequencies and the connection will form. Repeat the process when you can calm yourself.

I hope that you are able to manifest magical change in your life by continually being present with heart energy. It is so simple, yet powerful. And is that not what we find as we gain more and more wisdom? Simplicity is like a laser beam of light. The least amount of scatter creates the most powerful outcome. €