

## **The Heart Inquiry Questions - Anahata Chakra, the love center**

**Anahata Chakra, the heart.** The color is green. The sound is Ah as in father. Located in your heart, shoulders, arms and hands. Your love is reflected here. Your right side is loving others, giving love. Your left side is loving the self, receiving love. Your right is to love and your shadow is grief. The emotions vibrating here are optimism and hope. The heart's element is air. This is the first purely spiritual center.

### **The Basic Right To Love Questions -**

What do you accept about yourself?

What parts of you do you find unacceptable?

What is the quality of your closest relationship with someone else?

What parts of your partner or closest friend or family member do you find unacceptable?

What area of love did you find imbalance in — Loving yourself and receiving love or Loving others and giving love?

What is your intuition?

What areas of you life do you use your intuition?

What do you feel about your heart being the seat of wisdom in your being versus your mind?

### **Heart Trauma Questions -**

What are you grieving?

What is your process to grieve?

What abuses have you endured in your life?

What grudges do you hold?

What do you forgive them for?

What do you forgive yourself for?

What do you have compassion for? Others? Yourself?

### **Spend a moment with your Heart -**

Look at your chest, upper back, shoulders, arms and hands — What do you notice?  
Remember the left side is loving self and receiving love, the right side is loving others  
and giving love.

What shoulder is positioned up and forward?

Do you have a heart hump? What side right or left?

When you look down at your hands as you stand — which hand is more forward?

What does the front of your chest look like? Collapsed in and down? Or opened up  
and forward?

## **Heart Pain Questions**

What causes you pain in your heart?

What pain do you feel in your hands, wrists, elbows, arms shoulders, upper back,  
chest?

## **The common challenges of the Heart**

**Carpal tunnel syndrome** - Compression of the tendons under the arch between the carpal bones. This is often misdiagnosed and if you open the shoulders you'll usually ease the pain. True carpal tunnel requires surgery.

**Dupuytren's contracture** - Occurs when there's enlargement and hyperplasia of the fibrous tissue of the palmar aponeurosis (strong fasciculi that extends from this layer of fascia into the skin) resulting in displacement of the fat masses and partial obliteration of the blood vessel thereby interfering markedly with the nutrition of the skin resulting in a flexion contracture usually of the ring finger. Requires surgery. Common in alcoholics.

**Tennis Elbow** - The pinching of the ulnar nerve from repetitive motion found in sports such as tennis. This causes sharp pain in the ulnar nerve at the elbow and is usually eased by stopping the movement that caused the injury. Opening the shoulders helps.

**Rotator cuff injury** - There is a large **bursa** (closed sac of synovial fluid) surrounding the tendon of the supraspinatus and separating it from the inferior surface of the acromion and deltoid. This bursa acts as a component of the glenohumeral joint. Adhesions here can restrict mobility of the shoulder causing pain when attempting to lift the arm overhead. Repeated rubbing can cause bursal irritation and inflammation (bursitis) and even cause the supraspinatus to tear. Clock pose can heal unless there is a tear and then only surgery can help.

**Frozen shoulder** - Adhesions form in any of the shoulder muscles freezing the scapula and/or the shoulder joint. A mop handle in your armpit pressing back into your inner shoulder blade helps a lot!

**Dislocation of the shoulder** - The glenohumeral joint is shallow and muscles hold the head of the humerus in place. If the rotator muscles get over stretched, the head of the humerus pops out of joint. Usually needs surgery to fix.

**Bone spurs** - Can form under the acromion. Caused by the shoulder being in an improper position like up and forward instead of down and back. Lying over a noodle will help.

**Kyphosis** - An extreme outward curve of the thoracic spine. Caused by weight of the world on shoulders and birth defects such as pigeon chest. Noodle in heart space will help.



What challenges listed above have you experienced?

### **Frontiers of Health by Christine Page Questions**

What illness do you have or have you experienced that is listed in Chapter #10 The Heart Chakra — Associated Illnesses?