



Heart Chakra Meditation Audio Transcript

Heal, Clear, and Balance the Heart Chakra

Audio Transcript

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Intuitive Journal.com

A chakra meditation to heal, clear, and balance the heart chakra through understanding where the disconnections show up in your life. Lift the energies that keep you from self-love and reclaim your Divine Love.

Heart Chakra Healing and Clearing Meditation – Heal, Clear, and Balance the Heart Chakra

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About the Author

Laura Warnke began her spiritual journey around 2008. Before that she was pretty normal by most people's standards, going about her life with little to no spiritual awareness. Early in 2008, she experienced something that she came to find out was a "dark night of the soul" or something close to that. It was a particularly tough period of time until she was able to start listening to her Spirit Guides and Angels and learned to trust their messages.

Enjoying connecting with others on a similar path, Laura launched her blog, **Intuitive Journal** in November 2009. She felt particularly guided to share what she had learned with others. At the time of this writing Laura has completed close to 300 intuitive readings and now shares her experience with others on a similar path with private and group mentoring programs.

Laura Warnke helps you define your life purpose by viewing your Akashic record from a soul level perspective. Her passion and purpose is to assist you in shifting old patterns and energies to realize and embrace your life purpose. Through intuitive readings, energy clearings, and life purpose mentoring, she works with your Guides to define your life's purpose, embrace your soul level gifts, clear energetic blocks, and bring back the passion and spirit to your life.

Certifications

- Certified Soul Realignment™ Practitioner, completed levels I, II, and III via Andrea Hess.
- Completed the Professional Automatic Intuition™ certification by Slade Roberson.
- Certified in Usui Reiki Levels I & II, a Japanese energy healing technique.
- Certified Energy Scan Practitioner – via Academy for Invincible Healers.

Hello and Welcome! I am so happy to be providing you with these two audios titled, **Heart Chakra Healing and Clearing Meditation – Heal, Clear, and Balance the Heart Chakra**. This is Laura Warnke from IntuitiveJournal.com and I am thrilled to share with you this first audio that includes methods and techniques to heal, clear, and balance your heart chakra.

The heart chakra as an energy center is one of Divine Love and Divine Healing. When we feel our heart has become shut down, disconnected, or abandoned, it hurts us at our soul level of being.

By taking some time to develop a deeper understanding of the heart chakra, you will be able to see where your actions, words, and deeds have contributed to feeling this sense of disconnection along with ways to begin the reconnection that we crave and need as a Divine being.

My intentions for you listening today are the following:

- *Understand how your heart chakra becomes overactive.*
- *Understand how your heart chakra becomes underactive.*
- *See how you can bring your heart chakra into balance.*
- *Come away with new methods and techniques to facilitate healing this chakra.*

I would like to do a brief invocation now to allow you to bring your full attention to your awareness. I invite you now to draw yourself into your consciousness and connection as

you listen to the rest of this audio. Just take a few nice deep cleansing breaths in through your nose up to the top of your head...and slowly exhale through the mouth. Let go of the daily buzz for a few moments and relax into your connection. You are a part of Source energy and it is a part of you as well.

Let's take another deep breath...in through your nose up now to a few feet above your head...and again slowly exhale through your mouth. Feel your energy traveling through each of your chakras and down to the center of the Earth. Feel your connectedness to the Earth plane as well as the spiritual plane and know you are always connected.

What I want you to know today is that you are not alone. You are loved deeply and you have it within you to access that Divine Love. That Love is an infinite cycle, much like the infinity symbol that constantly flows with no stopping and starting points.

For the purposes of this audio, I will be looking at the heart chakra as a center of energy within our physical body. Each chakra is there to help us embrace different energetic qualities. They help our soul to grow and have new experiences.

Overview of the Fourth chakra

The Fourth Chakra energy center, also known as the heart chakra is found right in the middle of your chest. It governs love, forgiveness, and is the essence of integration of the spiritual and the physical. The heart chakra is represented by the color green, which is the universal color of healing.

It can also show for some of you as a beautiful green orb surrounded by a soft pink color. Think of this energy center as a bridge between the lighter density energies of the upper chakras and the heavier density energies of the lower chakras. It is right in the middle of the chakra system and serves as a connector point for integrating all of the energies into one.

To envision the heart chakra, imagine a beautiful emerald stone, about the size of a baseball, glowing and radiating warmth and love to everyone that came in contact with it. That is what a balanced fourth chakra radiates and outwardly beams; love and warmth and the giving of unconditional love. It is all about loving and caring emotions and integrating our spiritual bodies with our physical bodies. You are able to give and receive love in equal proportions.

The heart chakra messages come through as giving you an opportunity to see situations and people through the lens of Divine Love. It is about seeing past the shells and facades that are covering up the beauty of another's heart and who they really are at soul level.

One thing I want to note here is the differences between how some refer to an open or closed chakra vs. an overactive or underactive chakra. To me an overactive chakra would be similar to one that is open and an underactive chakra would be similar to one that is closed.

I wanted to mention this as I have heard the chakras referred to in both manners.

Remember there are varying degrees and percentages of over-activity and under-activity, so a chakra may not be fully open or fully closed.

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Overactive Fourth Chakra

So, now let's take a look at what can happen when a chakra becomes overactive or too open.

I will start with one of the easier ways to recognize an overactive heart chakra. That is the "people pleaser" energy, in which you go overboard with trying to please and do things for others with no regard for recharging your own batteries. This is the quintessential give, give, give and then give some more way of thought and emotion. I am sure you know someone that fits this description. It may even be you.

The underlying thought pattern behind the people pleaser energy is that no one will love me unless I give all of me to them. There is a secret hope that by continuously giving that the love will be returned to you.

Because the focus is entirely on the well-being of another, you can find yourself getting taken advantage of. You can even find yourself sacrificing your own goals and wondering if anyone is going to notice your efforts or contributions. When that happens it is easy to slip into thoughts of anger and hurt that separate you from Divine Love.

Others can become quite accustomed to your over-giving nature and just start expecting you to say yes to things that you hadn't planned on joining. The difference is that instead of speaking up and saying something, you end up staying quiet, agreeing to something and then find your energy getting more and more depleted. You will find yourself having a difficult time saying no.

Another way you can identify an overactive heart chakra is that it will show as thinking too much with your heart, and not backing up a decision with logic or reason. So, this is when you are constantly responding with your heart to a situation or event.

You may feel the hurt or pain so deeply, it can be hard to step back and look for facts to back up how you feel. You will see yourself or others reacting with strong emotion more often than with forethought or reasoning. This tends to blend into the feeling that you have to save the world.

Now, it is not that you cannot be compassionate or wanting to help other people or animals, but when this is the mode of operation that is always running, it can be difficult to see any other side of things. Just by having that awareness, you can take a step back and realize it when those emotionally charged situations come up. So, take a look at your reactions to news and events and see if you are reacting from an emotional state or a detached state.

Another way to understand why your heart chakra may be overactive is by the feeling of taking on another person's pain. It can in turn drain your energy. This is emotional empathy at its best (or worst). So much of why this occurs is because of your very nature.

The trouble is when empathy is overactive or misplaced; you can find yourself exhausted by being around people or social gatherings. This can lead to social isolation and you can find yourself turning inward. You can find yourself focusing on others so much that you are disregarding your relationship with yourself.

Overactive empathy might also look like forcing your love on another, perhaps with your own motives attached. This gets into unbalanced relationships where there are power struggles going on.

If you are finding much of this ringing true for you, emotional healing will play a big part in releasing some of the old stored gunk.

Underactive Fourth Chakra

Okay, so now let's talk about the opposite of those energies. Instead of feeling like giving all the time, you end up becoming shut down.

An under-active heart chakra will be noticed as feeling unloved or unworthy of love. Other symptoms include fear of rejection or a fear of letting go. Your wounded "inner child" also resides here. Emotions associated with an unbalanced fourth chakra include envy, jealousy, indifference, rejection, depression, and abandonment.

Depression is the absence of self-love. It comes from denying our desires to the point that we may not even recognize those desires any longer. It is how we lose our passion and feel stuck and unable to fix ourselves or a situation. It is a feeling that nothing we could do could ever make the pain and hurt go away. There is a sense of giving up.

Criticism can show up as well. This is criticism of ourselves and also of others. We may engage in judgments and opinions that lead to even more criticism. It can turn into a rather vicious cycle. By criticizing others, you may not think you are criticizing yourself, but in reality you are. It is just another form of disconnection with Divine Love that makes us feel separated from Source energy.

Another way the heart chakra becomes underactive is by distrusting ourselves. You may feel distrust that you will not be valued for your gifts or compensated for your gifts.

But distrust stems from not living up to our true potential.

When we make a decision to do something, like losing weight or saving money, and then we don't follow through on completing that goal we learn that we can't be trusted.

Then the criticism kicks in and the whole thing that once felt good starts to take on the odor of a dirty sock. The vicious cycle of criticism and distrust start over again.

One of the main ways to indicate an underactive heart chakra is having trouble loving yourself or self-love. You may feel as though there is something inherently wrong with you, deep down at soul level. You can feel as though you are unworthy of receiving love from others or have a difficult time giving love back to another, even if you know they mean a lot to you.

This leads to the feeling of being emotionally shut down or turning away from those that truly do love you. This can lead to relationships where one or both parties are quite critical of the other. Feelings of distrust and not feeling safe or being open with others can appear. It can also lead to being unable to commit to a relationship. It is a feeling that no one could ever love me if I can't love myself.

This chakra can also close down or become blocked particularly during our teenage years due to pain and rejection from boyfriends, girlfriends and parents.

This also blocks the flow of money to you, so if you are having problems receiving payment for your efforts or making sales in your business, the heart chakra is a good place to begin healing.

If you are not open to receiving love from yourself or others, you will have difficulty receiving money as well. Money is another form of love that flows into our lives. You may engage in forms of self-sabotage that shut out opportunities because you don't want to be disappointed with yourself. It all comes back to self-love first.

You can become rigid in a set routine with no room for anything spur of the moment. This blocks the flow of that infinite Divine Source energy.

When this chakra is underactive it can also outwardly show as a lack of consideration for others feelings and situations. We just disconnect and check out and in doing so the balance and flow of love gets interrupted.

So now, let's take a few minutes to talk about how to balance the heart chakra.

Balancing the Fourth Chakra

A balanced heart chakra will allow you to give and receive love in a balanced manner and allow love in from animals, family, friends, and strangers.

Self-care is one of the most important things you can do for yourself in order to bring balance to the heart chakra. You need to fill your own well first before you will have any energy to help someone else out.

A balance heart chakra will bring your natural healer energy and gifts of empathy into a positive light. You will project that wonderful healing energy and there will be an even exchange of energy, allowing the love and light to flow through you and in and around you.

You will be able to give and receive the gifts of acceptance and non-judgment and use them in a manner that helps further humanity as a whole.

You will be able to create a sacred space for others without taking on their pain or energy. You will have energy left at the end of the day knowing you have helped exactly the right people that day.

Tips for Balancing the Heart Chakra on a Daily Basis

Okay, so now let's talk about some ways you can work on balancing the heart chakra on a daily basis. There are a lot of things you can do to bring Divine Love into your life but I thought I would share four tips to get you started in order to balance your heart chakra.

- **Spend Time Outdoors.** One way is to spend time outdoors and walk barefoot in soft green grass. Gardening is also a great choice. For those of you in winter climates, even going to a garden center in the middle of winter can have a wonderful effect on your spirit. The smell of green plants and fresh soil is one of my favorite things to do in the winter.
- **Say No.** Another way is to start saying NO to anything that you truly don't want to do. This may seem very uncomfortable at first. You might even be questioned

repeatedly if that is really your answer. Say no to something you don't want to spend your time and energy on. You don't have to help everyone.

- **Practice Self Care.** Take care of yourself first and use that time for self-care. You must practice excellent self-care. This leads to greater self-love. Then when an opportunity to help another comes up you can give freely from your heart without hurt, anger, or resentment attached.
- **Set Appropriate Boundaries.** Setting appropriate boundaries is another way to bring balance. You have to say no to allowing someone to invade your mental or physical space. You need to hold your ground and speak your peace. This includes boundaries involving sex, intimacy, money, and power. Be discerning about who you offer your healing energies to, so you don't give extra chances where no energy will be returned to you.

Forgiveness Affirmation:

One way we can deepen our own self-love is by deepening your connection to Source through daily affirmations. Here is an affirmation you can use today to allow yourself that reconnection. Repeat 3 times each morning.

“On this day and each and every day I am surrounded by infinite sources of love. I embrace this love deeply in my heart and allow Divine Love to demonstrate in my life today.”

What I really want you to understand is that messages of love and connection from the Divine come through in many different ways. Here are seven ways you can allow yourself reconnection to Divine Love on a day to day basis:

- **Allow yourself to receive love from others.** Don't just brush off a compliment. Take a second and receive the gift of love through verbal expression. Say thank you gratefully.
- **Show love to your neighbor.** Help them out if they are elderly. Bake something and share with a neighbor. Call someone nearby and invite them over for coffee. A small amount of love shown by you will return big dividends in ways you may never know.
- **Say I Love You.** Say it to everyone that means something to you. Call them on the phone to talk and tell them that you love them. By doing so, you automatically allow yourself to receive that love back to you.
- **In front of the mirror.** Practice self-love by standing in front of a mirror and repeating "I Love Myself" until you smile. Notice the years it takes off of your face when you allow yourself to feel that Divine love within you.
- **Love can come to you through truth.** Look for the underlying truth to a dilemma and understand the gift in the message. By allowing yourself to deeply receive the gift of truth you can let go of many repeating thought patterns that no longer serve you.

- **Messages of Love can be shown to you through actions.** This is both the actions you take and the actions shown to you. Be aware and notice how others show love to you. Say thank you and accept this into your life gratefully.
- **Realize just how many hearts you have touched.** Take time to say thank you for their presence in your life.

Okay, if after going through everything we had discussed so far you still find yourself having trouble working through some of the blocks that are sitting below the surface; I can offer you another solution. One of the ways I found a great deal of healing and relief was through an Akashic record reading and clearing back in 2008. It was the beginning of my own personal journey to healing, particularly within the heart chakra.

I had quite a disconnection with Divine Love that affected me through many lifetimes. There was clearing work that changed the way I felt at soul level and that clearing work was life changing for me. I felt so compelled to learn more about it and went on to study how to access the Akashic records for my own interests and also to be able to do it on behalf of others. I truly felt as though I had done this in a past lifetime.

I didn't know where all of it would lead me, but I ended up getting certified and can now offer that same reading to you. I have done over 300 readings in total and of that, over 100 of them were Akashic Record Readings. No two have ever been the same and are unique to you and only you.

This is a unique reading of your personal Akashic record. I look up **over 50 different areas of information within your soul's record** and help you understand the blocks and restrictions that show up. Sometimes this stuff happens in present life, sometimes a past life.

By viewing what is currently showing up in your record and acknowledging the choices of past lifetimes, you can gain a better understanding of why you do the things you do or why you think the way you do. Many times we have buried our most innate gifts so deep down that it may take a clearing of the record to be able to **understand what we were actually put on the Earth to accomplish.**

I put together the story for you to be able to understand the origins of why something happened. I check your alignment to Divine Love, Light, Truth, Abundance, and Power. I also give you the **clearing homework** necessary to **clear and release those energetic blocks.** That is the difference between this reading and a traditional psychic reading. This goes so much deeper. What comes up for you in this reading will be what you most need to clear right now.

The **energetic clearing work is transformational** on so many levels. It allows the shifting of those stuck energies to happen and finally be cleared from your Akashic record as well as in your physical body.

So if you are interested in looking more into that, you can read more about what I offer on my website. Just go to IntuitiveJournal.com and click on Intuitive Readings, then the link for [Akashic Record Readings](#). If you are listening to the audio, you can see the link in the written transcripts.

The clearing work contained within the second audio will begin to peel away some of those layers, but if you want to go deeper, especially into past life issues, I would love to work together with you further through an Akashic record reading.

The Second .Mp3 File

So now let's talk about the second audio file that is part of this program. This is a healing and energy clearing meditation to restore your connection with Divine Love and bring balance to the heart chakra. It is designed to raise your vibrational state and to balance the heart chakra. It will assist you in letting of outdated thoughts and feelings.

This meditation is not to be used while driving or operating machinery, nor is it to be passively listened to during a workout. This clearing meditation is specifically designed for you to begin doing energetic releasing of emotions and patterns that no longer serve you. Because of that I specifically ask that you listen to the second audio file when you have 30-45 minutes of uninterrupted time available at home.

You may feel the need for emotional release after listening to the second audio, as clearing work does bring up emotions that are ready to be released and cleared. You will want to give yourself an additional 10-15 minutes after the audio has ended to allow yourself the integration of the clearing. Not everyone will have the same experience in releasing their emotions and just know that whatever comes up for you is perfect for you at that time. Some of you may not experience any noticeable effects at all.

Afterwards, allow yourself to sit for 5-15 minutes in peace. Drink a glass of cool water and allow yourself some self-love and healing time.

The clearing portion of the meditation is based off of [Science of Mind](#) principles of affirmative prayer that include Recognition, Unification, Declaration, Gratitude, and Release. [Affirmative prayer](#) is a metaphysical technique that is focused on the positive outcome of a situation. The use of affirmative prayer requests are a spiritual method to clear blocked energy systems and is suitable for all denominations. In the written portion or Adobe Acrobat file, I have included links to its origins. It does not follow any specific religion or line of thought. It is a way for you to reconnect to self-love in a safe and loving manner. I think you will find it quite powerful and uplifting.

You are now ready to begin the heart chakra healing and clearing mediation on the second audio file. This mediation is about 30 minutes in length. Give yourself an additional 10-15 minutes of quiet time afterward to allow your body and mind to integrate the clearing work.

You can also listen to this meditation multiple times whenever you feel called. You can use this clearing work whenever you feel old bottled up emotions wanting to come to the surface.

Also, if you find this clearing work on the next audio mp3 helpful, I would love to hear your experiences. If you are willing to write a testimonial about your experience with the clearing meditation I would love to feature it on my site. Just contact me using the

contact form on my website at [Intuitive Journal.com](http://IntuitiveJournal.com) and leave your message on your experience. I look forward to joining you on the second audio file.

Until then,

Namaste