

## Earth's Chakras: #4 HEART

Location: Haleakalā Volcano in Maui



Image by [laserdad](#) from [Pixabay](#)

### Description:

While Glastonbury and Shaftesbury in England are the most agreed-upon location for the Earth's heart chakra, some also look to Hawaii's Haleakalā volcano to be the heart chakra, and with good reason: the energy at the top of the volcano gives off the same frequency as the beating of the human heart (Schumann Resonance at 7.8 cycles per second). Haleakala (meaning "House of the Sun" in Hawaiian) is a dormant shield volcano with one of the world's largest volcanic craters. Haleakala's energy is incredibly feminine and abundant. There is a heavenly comfort radiating from the earth's heart chakra.

The fourth chakra is known as Anahata in Sanskrit, which loosely translates to "unstruck", the concept of being unhurt or unbroken. And this beautiful notion is a great thing to keep in mind while working with your heart. The heart center is responsible for regulating emotional love, empathy, compassion, and dissipating feelings like anger and jealousy. Spiritual teacher and author, Caroline Myss, notes that every chakra contains its own divine wisdom. **For the heart chakra, the sacred truth is "love is Divine power".**

Our intention: (if you like, place your hands on your heart)

1. To connect in with the loving, feminine energy of Haleakala in Maui.
2. To send love and gratitude to Mother Earth for her unconditional love for us.
3. To feel whole and powerful.

Music:

[Heart Song by Jonathan Goldman](#)