

The 12 Petals of the Heart Chakra (Anahata)

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INTRODUCTION

We are talking in this book about a specific point in the etheric body. The etheric body is a replica of the physical body, only it is present in the subtle sphere.

Chakras are vortices of energy and our topic is about the most important chakra of all: the heart chakra. If it is not open, the knot in the center of the chest will not be untied and, thus, the kundalini energy will not be able to rise up the spine (from the root to the head). In other words, one will not be able to achieve Samadhi (enlightenment), nor the siddhis (special powers), and we will not remember our past lives.

The petals of the heart chakra can be semi-open. In order to have the desire to discuss the heart chakra, at least this semi-open condition is necessary. There are twelve petals with their respective names in Sanskrit: (1) Kam – Blessing; (2) Kham – Peace; (3) Gam – Harmony; (4) Gham – Love; (5) Ngam – Understanding; (6) Cham – Empathy; (7) Chham – Clarity; (8) Jam – Purity; (9) Jham – Unity; (10) Nyam – Compassion; (11) Tam – Gentleness and (12) Tham – Forgiveness.

Venture now to meditate on these twelve petals, with an open and receptive heart.

(1) Kam – Blessing

The Blessing is the last thing that happens when the heart chakra opens. Being blessed means getting something that you really want, something surprisingly good and positive for your life.

The Blessing is the last note of the symphony of 12 sounds of the heart; it occurs when the petal of forgiveness has opened. That is why the Blessing is called the “crown”, that is, all the prerequisites for the opening of the heart chakra have been met.

The universe knows all our needs. But we must give feedback to it and to the Spiritual Hierarchy (a group of beings that help and watch over the evolution and preservation of the planet), so that we are one heart with it. And only then will the spiritual energies, like a current, be directed to benefit us.

To receive the Blessing you must manifest: peace, harmony, love, understanding, empathy, clarity, purity, unity, compassion, kindness and forgiveness.

Blessing is also called “Grace”.

(2) Kham – Peace

Yes, Peace means the absence of conflicts, but not external ones, but internal ones.

External conflicts will always exist, but it is with skill that we must differentiate the external situation from the internal one. We will always have friends or family members with various problems who share them with us; perhaps we have financial or romantic problems; legal proceedings and possibly almost unpayable debts, such as rent or home ownership.

But there is a region of the heart that chooses to remain in Peace, in the certainty that everything will work out.

Peace also implies a certain calm, a serenity. The person chooses the absence of conflicts.

Sometimes, external conflicts will knock on our door and try to destabilize us. For example, in a family or couples fight. Peace is also a choice, an option not to fight, not to respond aggressively to people. It is self-control. This helps a lot in emotional stability.

It could be said that opening the Peace petal is a continuous training. It is a choice not to fight or offend anyone. Thus, Peace will gradually settle within the individual; therefore, his/her daily activities will be smooth and balanced, in the certainty that being serene is the best way to gradually overcome external conflicts.

(3) Gam – Harmony

Harmony is a consequence of Peace. Harmony also implies joy, or, better said, contentment, independent of external situations.

Establishing harmonious relationships means understanding and respecting others. Harmony must reign in various aspects of life, and as the other petals open, Harmony will be established. It is a co-dependence of petals.

The contentment implicit in Harmony is the result of a certain inner balance and an appreciation of life. It means understanding that divine providence is always at work, that we are always in the right place – even though it may seem wrong, there is an order in the universe that balances all situations. Harmony is a mirror of divine order. Although there are wars and conflicts, the Spiritual Hierarchy (a group of beings that work for the maintenance and evolution of the planet) always and without stopping works to maintain general Harmony.

Harmony must be present in our speech and actions, and even in our thoughts. The mental plane is as real and tangible as the physical plane. If there is no harmony of thoughts, the heart chakra will not open. That is why it is essential to cultivate good thoughts, not to curse anyone in thought, not to think bad words and to have a positive attitude.

(4) Gham – Love

Feeling Love is not difficult – the universe is essentially Love. You just have to connect with it.

In addition to the love between parents and children, between siblings, between friends and between couples, there is fraternal love, which is love for any being that exists in the universe. This is the point to be reached in order to open this petal. Because loving those who love us is easier than expressing a general, universal love, a love even for consciences that, deep down, we despise.

This Love for consciences that we despise has to do with the petal of Forgiveness. Love and Forgiveness are associated. Forgiveness is a prior condition for expressing Love.

As the Bible says: “Love is good, it does not wish evil, it does not envy or boast.” It describes a patient, kind Love that is not envious, does not feel proud, does not seek its own interests, is not irritable (remember the petal of Peace), does not hold a grudge (remember the petal of Forgiveness), does not rejoice in injustice, but rejoices with the truth.

We must also remember about self-love. Without self-love, there is no opening of the heart chakra. And this does not mean showering yourself with gifts and treats, but rather having self-respect, not doing things that deep down you don't want to do (just to please others), not forcing yourself and knowing how to say "no" when necessary. Self-love is the first love, and only after self-love can you love all of humanity.

(5) Ngam – Understanding

Understanding is comprehension. It is understanding your entire path to this point. Understanding the reasons that led you to this current situation, blessing these reasons and embracing them (not refuting them, after all, it is your story). Do not blame yourself or others, but understand the situations as something of greater force.

However, if there is a situation in which the fault is specifically ours (or the other person's), Understanding brings us the clarity to understand why that happened and helps us not to hold grudges. Understanding is powerful, and it is through it that we can help open the petal of Love. It also has to do with the petals of Compassion and Empathy, but Understanding does not remain only in the realm of feelings; it acts on the mental plane.

Understanding (mental) difficult situations also brings us Peace. It is a new stage in our life, which also results in a change in behavior. Understanding in the heart helps to open the third eye chakra (Ajna chakra), because, just as the petals of a chakra are interrelated, the chakras are also interrelated.

(6) Cham – Empathy

Empathy: the ability to put yourself in someone else's shoes. Some professions have this characteristic, such as psychologists and teachers, for example. Empathy is a very beautiful inner openness: it is when you put the other person a little above your personal judgments. The other person's problem, for you, may be insignificant, but through Empathy you will be able to feel what they feel and give it the importance that they give it.

Empathy may require forgetting about yourself a little. And thinking: "I do to others what I would like them to do to me" and "I understand others as I would like to be understood". In Empathy, the other person is always ahead. This has nothing to do with a lack of self-love. It is, in fact, an equalization of equality between people, a valuing of the feelings of both the other and your own. Trying to put yourself in the other person's shoes also helps to open the petal of Love.

(7) Chham – Clarity

The Clarity petal is allied to the Understanding petal, but the latter has more to do with the past. Clarity is more related to future attitudes, based on who you really are.

Clarity is the absence of darkness; everything is seen clearly, from one's own feelings to one's own qualities and defects (as well as the feelings, qualities and defects of others). One should not harbor resentment because of this Clarity. Clarity helps to open the petals of Understanding and Forgiveness.

Clarity is realizing that our own thoughts, feelings and attitudes generate consequences in all our daily interactions. Clarity thus gives us a certain self-control, which is so necessary for Peace. It also has to do with any and all Truth. Everything that is false is far from Clarity. Falsehood generates confusion, untruths and darkness. Truth is Clarity's twin sister.

A person with Clarity is a person who does not have inner confusion. It is a process, the opening of that petal (the others are also processes, but this one is a little more).

(8) Jam – Purity

Having Purity means not succumbing to lies in thoughts, words and actions. It also concerns physical Purity (cleanliness). Purity, whether astral, mental or physical, brings us ever closer to the divine. Do not curse anyone in your thoughts, do not think bad things, do not lie, do not attack, do not commit illicit acts (such as stealing and killing). Purity is difficult (it is only not more difficult than Forgiveness), but it is not impossible.

In an increasingly impure world, Purity stands out. Being pure, in principle, means not letting evil contaminate you in any way, and therefore, not passing on evil to others.

One attitude that helps with Purity is meditation. By meditating, we monitor our thoughts, and as time passes, they become cleaner. The cleansing should be general (physical, astral and mental) and, in this way, we gradually open this petal.

Purity is a conscious choice – we choose not to lie, not to steal, not to have bad thoughts. Purity is increasingly needed in this world.

(9) Jham – Unit

Oneness is a perception. It is being consciously in communion with the Whole and realizing that.

Being in Unity with the Whole requires attitude. An attitude of placing oneself in the world and taking a position. I can be a gardener or I can be an executive, but, in any case, I am part of a Unity and I am positioned in the world.

Unity has a lot to do with the function one plays in the world; that is why it is so difficult for the chakras to open in adolescence, since at that time one does not yet have a position.

The perception of Unity occurs within oneself and in others; when I find myself in Unity within, I find all other souls in communion. I find both souls that are well-positioned in the world and those that are displaced. That is why Unity also has to do with the real Vocation, with the Truth that is found within oneself. It is not possible to be in communion with the Whole without the feeling of Unity, and it is not possible to feel Unity without finding the Truth within oneself.

(10) Nyam – Compassion

The Compassion petal is related to the Empathy petal, but it differs from it in the following way: while Empathy is the act of putting yourself in someone else's shoes, Compassion is the feeling resulting from seeing certain characteristics in someone else (internal or external).

This feeling must be benevolent, it must be compassionate, it must be loving. Compassion appears in relationships with others, with those who are different. Especially with aggressive people. With intolerant people. Compassion is a feeling that understands the other person's flaws and tolerates them.

Compassion is not about feeling sorry. Pity implies that one is superior to the other ("the other is inferior in some way, therefore I feel sorry"). Compassion is something much superior than pity; it is an act of understanding towards the other. Compassion helps to open the petals of Understanding and Love, because it is understanding and loving at the same time.

We must have Compassion for difficult people and situations. This will also bring us Peace and Harmony.

(11) Tam – Kindness

Kindness is both a small act and a big act. Small because it is present in the small actions of everyday life. Big because it results in enormous well-being for the person receiving it.

Kindness can also be subtle and grand at the same time. Being kind means being careful, showing tenderness in relationships. It means always being grateful and always being ready to help. This is a very sweet, very tender petal that has to do with affection and care in relationships.

We must practice kindness with both those we know and those we don't know. Kindness dismantles rudeness or aggression. It means showing love in small acts. It means putting tenderness above aggression.

By being aggressive, we will not open the heart chakra. Aggression carries with it traces of hatred, and this blocks Love. Therefore, Kindness is fundamental in all our relationships.

(12) Tham – Forgiveness

We have reached the most difficult opening petal. Because it is difficult to forgive betrayals, lies, murders, robberies, fights, intolerance, disrespect, insults. All of this is very common and it is difficult to transcend these facts.

The Forgiveness petal refuses to open. But when we forgive, we achieve inner liberation. By not forgiving, we will always be stuck in the event that happened and also stuck in the person. Forgiving means erasing the situation, releasing the future, transcending the past and letting the universe take care of the justice necessary for what happened.

To forgive is to trust in divine justice, ultimately. It is to believe in the Spiritual Hierarchy (a group of beings that look after the maintenance and evolution of the universe) as the provider of acts of justice. And there is nothing better than the feeling of freedom that forgiveness provides, because we become light. The lightness of forgiveness will help open the heart chakra, with a physical sensation, even.

Forgiveness is difficult, but we must strive for it. If we focus on our soul and not on our personality (our ego); if we place Unity and Love above all else instead of anger, we can be able to forgive people and situations and become free. Forgiving does not necessarily mean becoming friends with the person again. It means thinking about the person and not wishing them any harm, despite the hardships.

And remember: it is necessary to open this petal in order to receive the Blessing (Grace).

CONCLUSION

Opening the heart chakra is a process – it is not possible to achieve this feat overnight. It takes many months, if not years, to achieve an opening.

The petals are very special; each one has its own grandeur and value, and it depends on our genuine action for them to open and help raise the kundalini.

I wish for you to manifest: peace, harmony, love, understanding, empathy, clarity, purity, unity, compassion, kindness and forgiveness, so that you may receive the ultimate blessing!

If I could have helped you, just a little, to open your heart chakra, I feel that we are already in communion in this world, and I am happy about that.

If you want to send me your testimonial after reading this book, feel free to write to me at rosana@rosanacamilo.com

Thanks for reading!

With love,

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