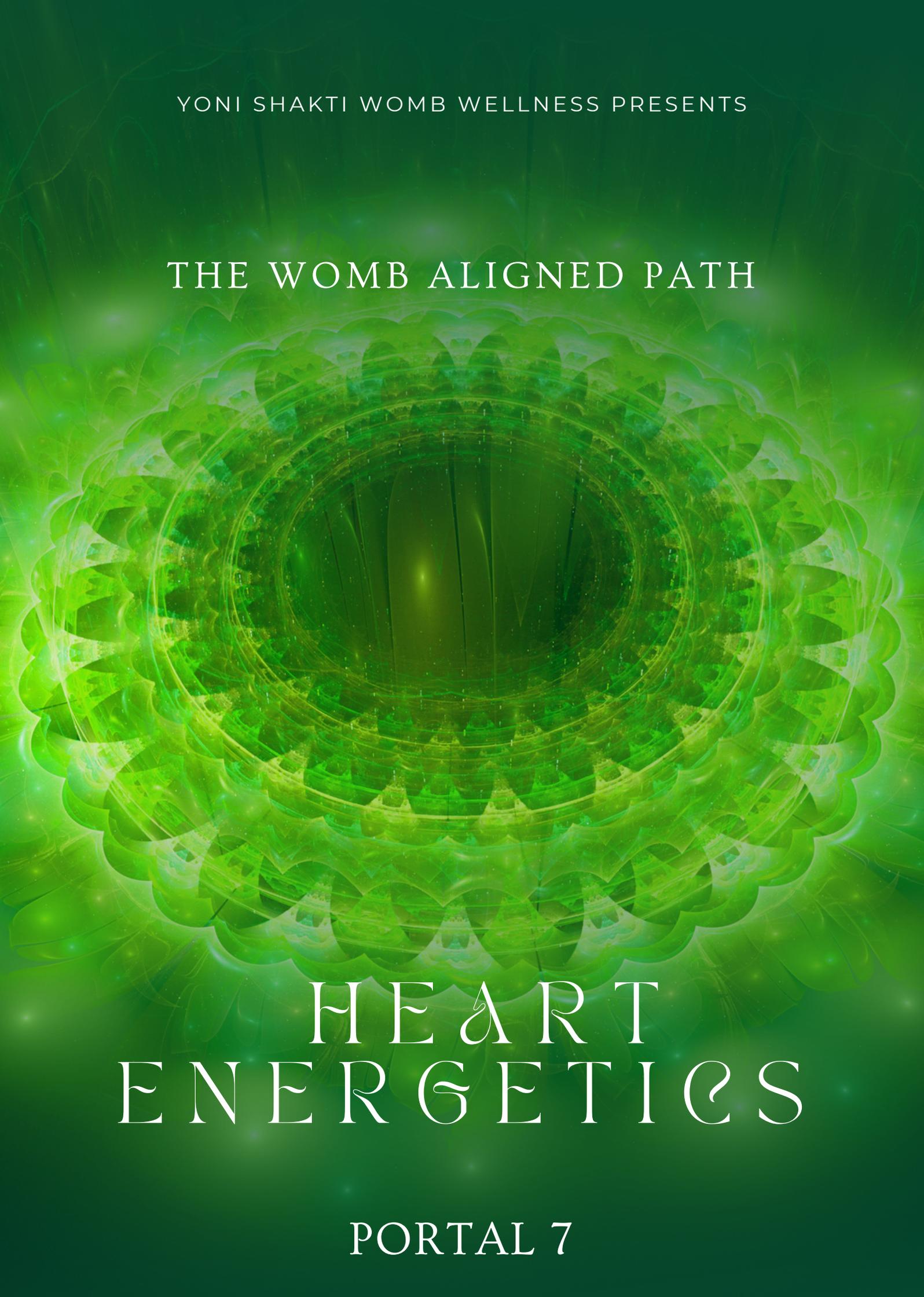


YONI SHAKTI WOMB WELLNESS PRESENTS

THE WOMB ALIGNED PATH



HEART
ENERGETICS

PORTAL 7



THE WOMB ALIGNED PATH

PORTAL 7

THE LEVELS OF THE HEART

LATAIF AL QALB لطائف القلب

SUBTLE ENERGY POINTS OF THE HEART
ACCORDING TO NAQSHBANDIYA ISLAMIC WAY

The Lataif al-Qalb refers to subtle energy points or centres of spiritual consciousness in the heart according to Sufi metaphysics. The concept of Lataif (plural of Latifa, meaning "subtlety" or "gentleness") is integral to understanding the process of spiritual purification and enlightenment in Sufi practices. The Lataif system is akin to the concept of energy wheels in Eastern traditions, but is deeply rooted in Islamic mysticism, focusing on the refinement of the soul and heart in relation to Divine awareness.

The Five Lataif:

1. Latifa al-Qalb (The Subtlety of the Heart):

- **Location:** Left side of the chest, associated with the physical heart.
- **Element:** Earth.
- **Spiritual Function:** The heart is seen as the seat of Divine love and faith. It is the first stage in spiritual awakening, where one becomes aware of the Divine presence. This Latifa is linked to the emotional purification of the soul, clearing attachments to worldly desires and opening the heart to deeper spiritual experiences.

2. Latifa al-Ruh (The Subtlety of the Spirit):

- **Location:** Right side of the chest.
- **Element:** Air.
- **Spiritual Function:** The Spirit is connected to the higher realms of inspiration, wisdom, and Divine knowledge. This Latifa helps to purify the mind and is considered a direct connection to the soul's inner guidance.

3. Latifa al-Sirr (The Subtlety of the Secret):

- **Location:** In the center of the chest, between the Latifa al-Qalb and Latifa al-Ruh.
- **Element:** Fire.
- **Spiritual Function:** The Sirr represents the innermost secret of the soul, where profound spiritual mysteries are unveiled. It is through this Latifa that one begins to experience higher states of spiritual awareness and inner clarity.

4. Latifa al-Khafi (The Hidden Subtlety):

- **Location:** On the forehead, between the eyes.
- **Element:** Water.
- **Spiritual Function:** This Latifa deals with the hidden aspects of the soul, unveiling deeper spiritual realities. It is connected to the ability to perceive the unseen and comprehend subtle spiritual truths beyond ordinary understanding.



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5. Latifa al-Akhfa (The Most Hidden Subtlety):

- **Location:** At the top of the head.
- **Element:** Ether.
- **Spiritual Function:** This is the highest and most subtle of the Lataif, representing the soul's ultimate connection to the Divine. It is where one experiences complete annihilation (fana) of the self and unity with Divine presence, leading to spiritual liberation and enlightenment.

Spiritual Integration of the Lataif al-Qalb:

The Lataif al-Qalb system invites the seeker to purify their heart and soul, moving through the subtle layers of the self to deepen their connection to God. Each Latifa represents a stage in the process of spiritual awakening, leading towards the ultimate goal of unity with the Divine.

In practice, Sufi masters guide seekers in spiritual exercises, breathing techniques, and meditative reflections to activate and refine the Lataif, facilitating the cleansing of the heart from worldly attachments and turning it towards the Divine light.



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LEVELS OF THE HEART AND 9 POINTS AND SECRETS OF THE CAVE

The Naqshbandi Aliya Teachings offer a profound spiritual journey, illuminating the sacred knowledge of the Nine Lataif (Subtle Points) and the deeper realities of the heart. Through the transmission of Shaykh Abdullah Daghestani (Q), as shared by Shaykh Muhammad Hisham Kabbani, we are invited to understand these mysteries in the Naqshbandi Sufi Way. These teachings unlock an intricate path toward the Divine Presence, guided by the saints who hold the keys to hidden realities within every human being.

The Golden Chain and Sacred Encounters

Shaykh Sharafuddin (Q) once entrusted Shaykh Abdullah (Q) with a guest, setting the stage for a meeting that would reveal the profound knowledge of the Nine Points. Shaykh Abdullah invited his guest after the Fajr prayer and began reciting Surat Yaseen, known as the heart of the Qur'an. During this spiritual moment, the guest, Gurdjieff, experienced a vision. He was addressed by a voice calling him "Abd an-Nur," revealing that the light and knowledge granted to him from the Divine Presence were for peace in his heart. The voice, however, cautioned him not to use this power.

Shaykh Abdullah affirmed this vision, explaining that through the blessings of the verse "Peace! A Word from a Lord Most Merciful" [36:58], the knowledge of the Nine Points was opened. These points are connected to nine saints, each at the highest level in the Divine Presence, holding the keys to untold powers. Yet, these secrets will not be fully unveiled until the Last Days, with the arrival of the Mahdi (AS) and the return of Jesus (AS).

The Sacred Subtleties of the Heart: Lataif al-Qalb

The teachings further delve into the **Five Stations of the Heart (Lataif al-Qalb)**, which serve as the core of spiritual transformation in the Naqshbandi path. These stations, subtle points of the heart, represent spiritual realities governed by prophets:

- **Qalb (the Heart)** is under Sayyidina Adam (AS), embodying the physical aspect of the heart.
- **Sirr (the Secret)** is under Sayyidina Nuh (AS), representing salvation from the darkness of ignorance.
- **Sirr as-Sirr (the Secret of the Secret)** is governed by Sayyidina Ibrahim (AS) and Sayyidina Musa (AS), symbolising Divine Presence and knowledge.
- **Khafa (the Hidden)** is under Sayyidina Isa (AS), associated with spiritual understanding and hidden knowledge.
- **Akhfa (the Most Hidden)** is under Sayyidina Muhammad (SAW), who reached the highest station during the Night of Ascension, embodying the sacred connection between La ilaha illallah and Muhammadun Rasulullah.



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In the Naqshbandi Sufi tradition, the journey of returning to Divine Presence begins within the sacred landscape of the heart.

Each *latifah*, or subtle point, is associated with a Prophet (peace be upon them), reflecting a specific Divine attribute or stage of transformation. As we traverse these inner stations, we are invited into deeper levels of remembrance, love, surrender, and sacred leadership—not from a place of ego, but from the radiance of a heart aligned with God.

The journey begins with **Qalb, the Heart**, which rests under the spiritual authority of Sayyidina Adam (AS). This station represents the physical and emotional heart, the place where yearning awakens. It is here that we first begin to feel the pull toward the sacred—where the remembrance of our earthly origin and the Divine breath within us stirs. It is marked by a soft yellow light, like the **early light of dawn rising in the soul**. When Qalb is awakened, the path is opened.

The second subtlety is **Sirr, the Secret**, under Sayyidina Nuh (AS), who embodies the archetype of salvation amidst chaos. This station carries the light of red—bold and vital—and reveals itself as a knowing that protects us from drowning in the flood of illusion. It is the inner ark, carrying the light of truth across the ocean of ignorance. Here, we begin to hear the secret call of the Divine within.

Beyond that lies **Sirr as-Sirr, the Secret of the Secret**, a station governed by the lights of Sayyidina Ibrahim (AS) and Sayyidina Musa (AS). This is the domain of Divine knowledge and presence. Ibrahim (AS), the Friend of Allah, represents the trust and surrender needed to walk the path of Divine intimacy. Musa (AS), to whom Allah spoke directly, represents sacred communication and inner knowledge. This station shines with a white light—pure, expansive, and crystalline—signifying clarity and the beginning of conscious vicegerency (*khilafah*) on Earth.

The fourth station, **Khafa, the Hidden**, rests under Sayyidina Isa (AS), who is intimately connected with hidden knowledge and spiritual insight. This station invites subtle perception, the inner sight, the spiritual womb where deeper truths are conceived. The light here is green—the colour of life, of prophecy, of renewal. In Khafa, the heart becomes a haven of gentle knowing, a space of sacred understanding.

Finally, we are drawn into the mystery of **Akhfa, the Most Hidden**, governed by the Reality of the Prophet Muhammad (ﷺ). It is the innermost cave of the soul, the veil beyond all veils. It was through this station that the Beloved (ﷺ) was lifted during the *Mi'raj*, the Night of Ascension, into Divine Presence. It is here where the affirmation *La ilaha illallah meets Muhammadun Rasulullah*, uniting Divine Oneness with the perfected human reflection. The light of this station is black—not darkness in the absence of light, but the depth of sacred mystery, the infinite womb of potential where all begins and returns.

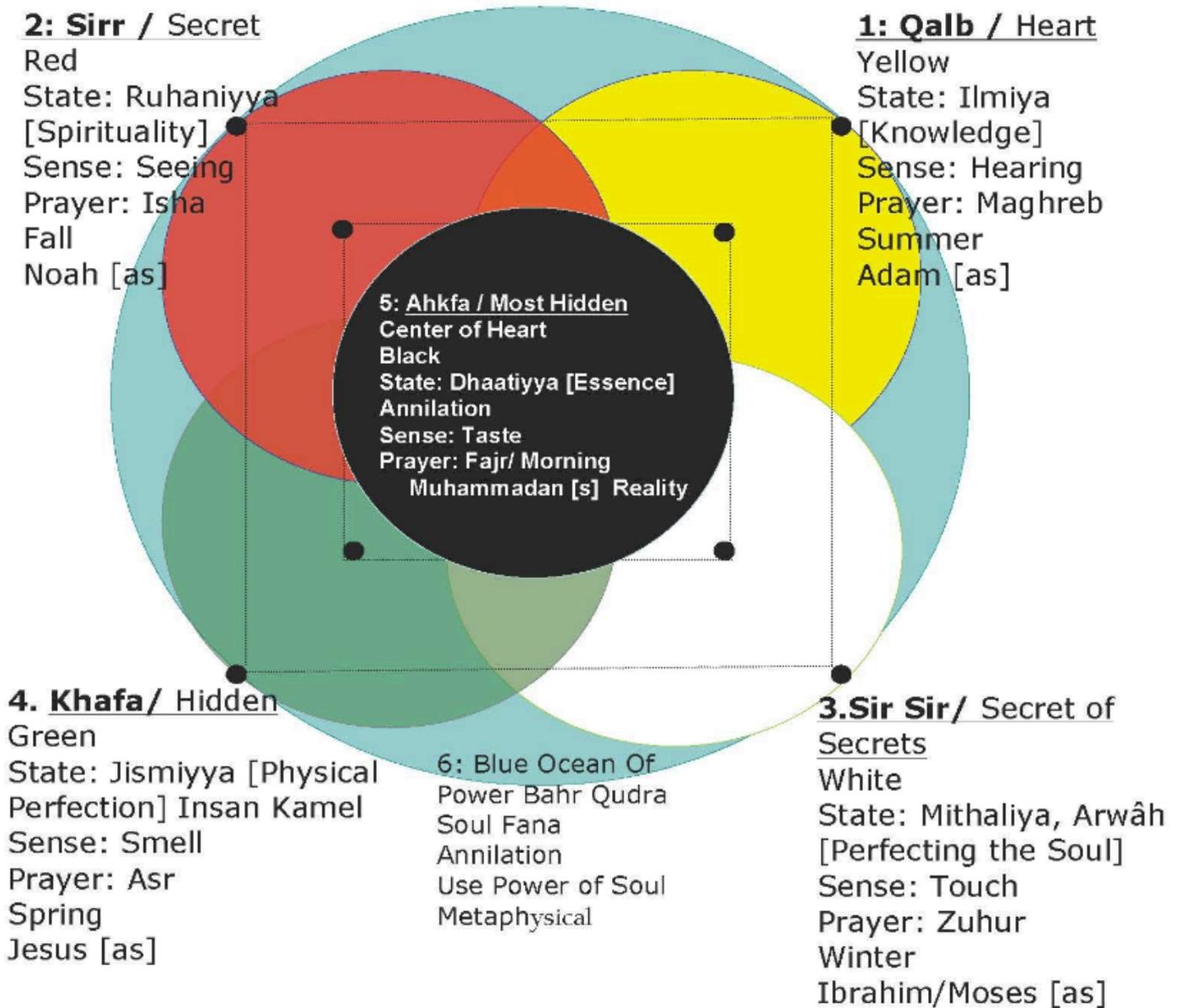
These sacred points are not abstract—they live within us. They are the subtle places in the heart where remembrance softens us, where Divine Love begins to flow, and where we are called to lead from wholeness. The *lataif* offer us a map back to Allah, beginning with the awakening of Qalb and culminating in the deep union of Akhfa. To walk this path is to be remembered—stitched back into the fabric of Divine Presence. And in that remembrance, we do not just live—we lead. With humility, with compassion, and with love.



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Diagram of Lataif of the Heart





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THE NINE POINTS AND THE POWER OF THE CAVE

The Nine Points represent states of human consciousness, connected to saints who hold the authority over each one. For the seeker walking the Naqshbandi path, opening these points is a journey into deeper spiritual realities. Each state is unveiled step by step:

“The conditions related to opening these nine points can only be alluded to obliquely.

1. The first station involves the power of imprisoning the ego
2. The key to the second state is Dhikr with *la ilaha illallah*.
3. The third state consists in witnessing the engraving of Allah’s name on the heart (naqsh).
4. The fourth state relates to the meaning of that engraving on the heart.
5. The fifth state is to imprint the engraving with your dhikr.
6. In the sixth state the heart is made to stop pumping at will and to start pumping at will.
7. The seventh state is to be aware of the number of times one stops the heart from pumping and the number of times one restores the pumping of the heart.
8. “In the eighth state one mentions the phrase *Muhammadun Rasulullah* in every cessation of the heart and every restoration of its pumping.
9. The ninth stage is to return to your Cave, as Allah mentioned in Surat al-Kahf, “When ye turn away from them and the things they worship other than Allah, betake yourself to the Cave: your Lord will shower His mercies on you...” [18:16]. { 9:40 This the Power of 9 Importance of the King, Return to the King, 12 Veil of Power 9 in Holy Quran Tauba Surah 9 Verse 40 is the Beginning of entrance to the THAWR Cave }

The Cave is the Divine Presence. Here one utters the cherished prayer of the Prophet :

‘O God, You are my destination and Your Pleasure is what I seek.’

The heart, as it cycles between the cessation and restoration of its pumping, is existing at the level of the Essence of the Divine Presence. Because that Divine Essence is the source of all created being, that heart will be at one with every minutest creation in this universe. The heart which has reached the secrets of the nine points will be able to see everything, hear everything, know everything, taste everything, sense everything and follow Divine teachings with full-knowing obedience, ‘...When I Love him, I am his hearing with which he hears, and his sight with which he sees, and his hand with which he strikes, and his foot with which he walks. Were he to ask [something] of Me, I would surely give it to him; and were he to seek refuge with Me, I would surely grant him refuge.’ {Bukhari: Hadith 38, 40 Hadith an-Nawawi}



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THE POWER OF DHIKR AND THE NINE SAINTS

Shaykh Abdullah explains the secret of Sultan adh-Dhikr, the Great Remembrance, beyond the conventional recitation of La ilaha illallah. This Dhikr involves reciting the Qur'an not only with its outer meanings but with the inner realities of every creation, encoded within the sacred letters. For every letter of the Qur'an, there are 12,000 hidden knowledges, and the Nine Saints have the ability to access these layers of meaning.

Some saints, such as Shah Mawlana Naqshband (Q), recited the secret of the Qur'an 999 times in their lifetime, while others, like Shaykh Sharafuddin (Q), recited it 19,999 times. Each breath of Shaykh Abdullah contained the secret of Sultan adh-Dhikr, exhaling and inhaling with the Qur'an's mysteries. These teachings reveal the limitless potential of the heart when aligned with Divine will.

DHIKR FOR EACH STATION

Station of Qalb (Heart)

Associated with: Sayyidina Uthman (RA)

Focus: Knowledge and Wisdom

Dhikr: SubhanAllah (سبحان الله)

Meaning: "Glory be to Allah"

Transliteration: Subhān Allāh

Description: This dhikr connects the heart to knowledge and understanding. The heart is the vessel where divine knowledge is received, purified by wisdom (hikmah). The qalb serves as the doorway to the presence of Prophet Muhammad (SAW), allowing us to experience divine realities.

Station of Sir (Secret)

Associated with: Sayyidina Umar (RA)

Focus: Vision, Struggle, Purification

Dhikr: Alhamdulillah (الحمد لله)

Meaning: "All praise is due to Allah"

Transliteration: Alḥamdulillāh

Description: At this station, one's prayers and actions start to align with divine guidance. The Sir is where the inner struggle (jihad al-nafs) leads to vision and clarity. This dhikr invokes gratitude and purifies the secret within, drawing the seeker closer to the light.



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Station of Sir-Sir (Secret of Secret)

Associated with: Sayyidina Ali (RA)

Focus: Tawhid (Oneness of Allah)

Dhikr: La ilaha illallah (لَا إِلَهَ إِلَّا اللَّهُ)

Meaning: "There is no God but Allah"

Transliteration: Lā ilāha illā Allāh

Description: This station signifies the deeper layers of faith, where one understands that all power and will are with Allah. It is a realm of pure submission (tasleem), and the dhikr of La ilaha illallah reinforces this absolute oneness, breaking down all distractions from the divine.

Station of Khafa (Hidden)

Associated with: Sayyidina Ali (RA)

Focus: Allah's Majesty

Dhikr: Allahu Akbar (اللَّهُ أَكْبَرُ)

Meaning: "Allah is the Greatest"

Transliteration: Allāhu Akbar

Description: At this station, the seeker experiences the greatness of Allah, which extinguishes all falsehood. The dhikr of Allahu Akbar is a means to overcome challenges and dissolve ego. It reminds one that Allah is beyond all limitations, guiding the seeker toward annihilation in divine presence.

Station of Akhfa (Most Hidden)

Associated with: Sayyidina Abu Bakr (RA)

Focus: Divine Support and Power

Dhikr: La hawla wa la quwwata illa billah (لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ)

Meaning: "There is no might nor power except with Allah"

Transliteration: Lā ḥawla wa lā quwwata illā billāh

Description: This station represents complete submission to the divine will, where the seeker recognizes that all strength, support, and power come from Allah alone. This dhikr connects the seeker to the power of Sayyidina Muhammad (SAW), as all divine support flows through him.

Practice for the Five Stations:

1. SubhanAllah for the Qalb (Heart) – Purifies and opens the heart to divine knowledge.
2. Alhamdulillah for the Sir (Secret) – Purifies intentions and brings inner vision.
3. La ilaha illallah for the Sir-Sir (Secret of Secret) – Reinforces Tawhid, dissolving all illusions of self.
4. Allahu Akbar for the Khafa (Hidden) – Destroys falsehood and affirms Allah's majesty.
5. La hawla wa la quwwata illa billah for the Akhfa (Most Hidden) – Connects to divine support and power through the Prophet (SAW).

This sequence leads the seeker progressively deeper into the heart's divine realities.



THE WOMB ALIGNED PATH

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REFLECTIVE JOURNAL PROMPT

Take a few deep breaths and bring your awareness into your heart space. With each breath, allow yourself to settle gently into stillness.

- Which of the five stations of the heart do you feel most drawn to at this moment in your life—Qalb, Sirr, Sirr as-Sirr, Khafa, or Akhfa?
- What qualities or prophetic lights do you feel are being invited to awaken within you through this station?
- In what ways are you being called to lead with love from this place in your heart?
- What does remembrance (dhikr) feel like in this station—what colours, textures, sensations, or insights arise?

Write with softness and presence. Let your heart speak.

***O Allah, Nur of the heavens and the earth,
Awaken the subtle lights within my heart.
Let me remember who I am in You.
Let the station of the Heart open like dawn within me.
Let the Secret carry me safely through illusion.
Let the Secret of the Secret draw me near with knowledge and
trust.
Let the Hidden unveil Your wisdom through the eyes of love.
And in the Most Hidden,
allow me to dissolve into the mystery of You.
Ya Wadud, let me lead with the tenderness of Your
remembrance.
Let me walk this path with the Prophets as my guides,
and You, my ultimate destination.
Ameen.***

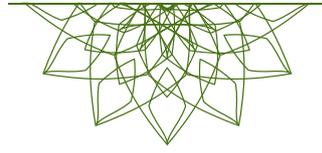
Heart Star: Your Center

Related Chakras: Your heart, or fourth, chakra

Energies: Love, compassion, balance, peace, equanimity, generosity, connectedness, humor, joy Use For: Unworthiness, loneliness, hypercriticalness, coldness, jealousy, emotional upheaval, overwhelm, stress, tension, stinginess, greed, heaviness, humorlessness, joylessness



Heart Energetics



ABOUT THE HEART ENERGY WHEEL

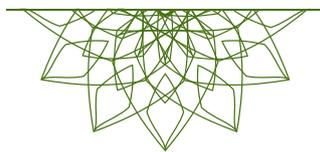
The Heart Chakra, or Anahata Chakra in Sanskrit, is the fourth energy center within the chakra system. Nestled at the center of the chest, it is often referred to as the bridge between the lower and higher chakras, as it connects the earthly energies of the lower chakras with the ethereal energies of the upper chakras. The Heart Chakra is considered the seat of compassion, love, empathy, and connection both within ourselves and with others, the world, and the universe.

Heart Chakra Attributes:

- Element: Air
- Colour: Green (sometimes pink)
- Sense: Touch
- Location: Center of the chest, near the heart

The Heart Chakra radiates a vibrant emerald green energy, signifying growth, renewal, and the rejuvenating power of love. This energy center governs our emotional well-being and our ability to form meaningful connections. When the Heart Chakra is balanced, we experience a profound sense of inner peace, compassion, and unconditional love.





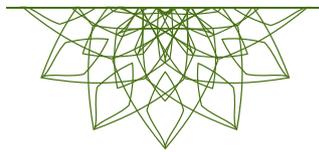
THE HEART STAR

In the West, we often associate Valentine's hearts with pink or red, while green is seen as the colour of envy. But the green of the Heart Star is the green of new spring leaves, of vibrant, healthy foliage. It's the colour of life, much like the oxygen created by the plants around us—essential to our very survival. Green here symbolises the breath of life, the rhythm of our existence. Just as breathing sustains our body, love sustains our spirit. The energy centre of the heart is where this vital flow of love begins, both in the receiving and the giving. It is as essential to our well-being as the air we breathe.

The Heart Star sits at the very core of our being. In the seven-energy-centre system, it is positioned in the centre, with three energy wheels above and three below. This positioning signifies balance—between the energies of the upper and lower centres, the inner and outer self, our own needs and the needs of others, and the flow of giving and receiving. It is through this energy centre that we navigate our relationships with others and with the world.

When we talk about love, we often speak of it in two ways. On one hand, we refer to it as a fleeting emotion—something that rises and falls like the tide, much like happiness or sadness. But on the other hand, we talk about our "loved ones"—those who remain important to us, even when we're not actively feeling the emotion of love in the moment. The love we have for them isn't dependent on temporary emotions. It's a deeper, more enduring connection.

Heart Energetics

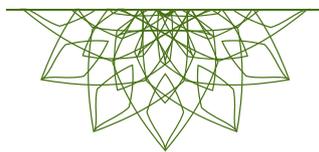


Then, there's an even broader kind of love—one that goes beyond individual relationships. In a spiritual sense, when we speak of living from a place of love, we're referring to love as a state of being. It's not tied to any one person or thing, but rather, it's a force that flows through us, guiding the way we move through the world. In many spiritual traditions, love is recognised as a divine power, a reflection of the sacred energy that connects us all.

What ties all these forms of love together is connection—a deep sense of commonality. All love, in its many expressions, arises from a feeling of connection to another being. We recognise a spark within ourselves that mirrors the spark in another. This is true whether it's romantic love, parental love, the love between friends, or a broader love for humanity, animals, or the spirit. The Heart Star is about opening ourselves to this connection, to feeling and sensing that shared spark.

As we journey with the Heart Star, we work to distinguish love from attachment. Attachments are rooted in need—what we expect or want from others. We may crave validation, a sense of worth, or security. When our relationships are based on attachment, our feelings towards others become conditional, dependent on whether our needs are being met. Most of our relationships are a blend of love and attachment, so when we engage with the Heart Star, we seek to understand this for ourselves and cultivate love that flows from true connection, not attachment.

Heart Energetics



Compassion and empathy—our ability to feel another’s pain and our desire to ease it—are also connected to the heart’s energy centre. This is another way of opening our hearts, where we shift our focus from what we need from someone to understanding what they need from us. Yet, many of us—especially women—tend to give too much, placing others’ needs above our own. This might stem from not fully embracing our own power, from being conditioned to believe that our needs don’t matter, or from a deep-seated belief that our worth is tied to how well we meet others' expectations. If this resonates with you, working with the Heart Star is just as much about learning to receive as it is about learning to give.

The Heart Star isn't only about love and compassion; it’s also about balance. This balance brings inner peace, calm, and even a light-heartedness—an ability to find humour and joy in life. When we strike this balance between giving and receiving, between our own needs and the needs of others, we find an inner stillness. From that place, we can let go of control, loosening our grip on life, allowing ourselves to see the beauty and even the silliness in it all. It’s in this space that the Heart Star helps us blossom, guiding us towards a more joyful and fulfilling existence.

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Heart Energetics



IMBALANCES IN THE HEART: UNDERACTIVE

When the Heart Chakra is underactive, a person may experience feelings of isolation, difficulty in forming emotional connections, and a lack of empathy. They might find it challenging to trust others, resulting in difficulties in relationships. Physical manifestations can include heart-related issues, respiratory ailments, and a weakened immune system.

IMBALANCES IN THE HEART: OVERACTIVE

An overactive Heart Chakra can lead to becoming overly emotionally invested in others' lives, neglecting self-care in the process. People may become codependent and struggle to set healthy boundaries. This can result in feelings of suffocation, possessiveness, and emotional exhaustion. Physically, an overactive Heart Chakra might manifest as heart palpitations, anxiety, and stress-related ailments.

Heart Energetics

IMBALANCES IN THE HEART

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

Underactive Heart Chakra:

Manifestations in the Body:

- Physical tension and stiffness in the chest and shoulders.
- Heart-related issues, palpitations, or irregular heartbeat.
- Respiratory problems, such as asthma or shallow breathing.
- Lowered immune system function and susceptibility to illness.

Manifestations in the Spirit:

- Feeling disconnected from others and the world around you.
- Struggling to empathize with others' feelings and experiences.
- Difficulty forming deep, meaningful relationships.
- A sense of loneliness and emotional isolation.

Manifestations in the Heart:

- Lack of self-love and self-acceptance.
- Difficulty in forgiving oneself and others.
- A closed-hearted approach to life, avoiding vulnerability.
- Inability to experience joy and genuine happiness.

BALANCING AN UNDERACTIVE HEART CHAKRA

- Practice self-compassion and forgiveness.
- Engage in acts of kindness towards yourself and others.
- Open yourself to connecting with others on a deeper level.
- Practice heart-opening yoga poses and meditations.
- Surround yourself with the color green and healing crystals like rose quartz.

Heart Energetics

IMBALANCES IN THE HEART

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

Overactive Heart Chakra:

Manifestations in the Body:

- Feeling overwhelmed by emotions, leading to stress-related ailments.
- Digestive issues, as the overactive chakra affects the solar plexus.
- Difficulty sleeping due to emotional intensity.

Manifestations in the Spirit:

- Becoming overly emotionally invested in others' lives.
- Sacrificing personal boundaries and well-being for others.
- Codependent tendencies in relationships.
- Feeling suffocated by possessiveness and jealousy.

Manifestations in the Heart:

- Excessive giving without receiving, leading to emotional burnout.
- Loss of personal identity and independence in relationships.
- Struggling to differentiate between self-love and love for others.
- A yearning for approval and validation from others.

BALANCING AN OVERACTIVE HEART CHAKRA

- Practice self-care and set healthy boundaries.
- Cultivate self-love and prioritize your needs.
- Engage in activities that connect you with your individuality.
- Practice mindfulness to create space between emotions and reactions.
- Use grounding practices to balance the energy of the heart.

Heart Energetics

BALANCES IN THE HEART

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

Manifestations in the Body:

- A healthy, rhythmic heartbeat and balanced circulation.
- Relaxed chest and shoulders, indicating emotional ease.
- Strong immune system, allowing for optimal health.

Manifestations in the Spirit:

- Feeling compassion for oneself and others.
- Forming deep, meaningful connections with people and nature.
- Experiencing empathy and understanding towards others' experiences.
- A sense of oneness and interconnectedness with the universe.

Manifestations in the Heart:

- Unconditional love for oneself and others.
- Ability to forgive and release emotional wounds.
- Openness to vulnerability and authenticity in relationships.
- Radiating joy and happiness from within.

Heart Embodied Poses



Bridge pose



Warrior Pose 1



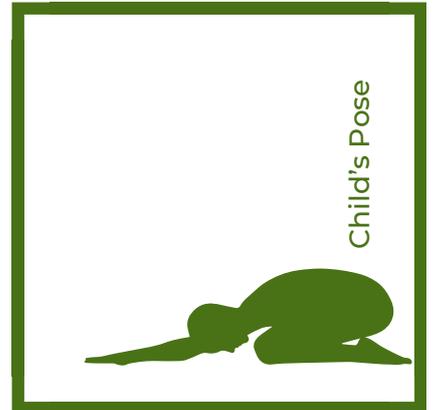
Mountain Pose



Pigeon Pose



Twist Pose



Child's Pose



Back Bend



Bow Pose



Camel Pose



Upward facing Dog



Sphinx Pose



Seated Pose

Healing and Balancing:

- **Crystals:** Rose quartz, emerald, green aventurine, rhodonite
- **Aromatherapy:** Rose, jasmine, lavender
- **Meditation:** Focus on love and compassion; visualize a green, healing light radiating from your heart.
- **Yoga:** Heart-opening poses like Camel Pose (Ustrasana) and Bridge Pose (Setu Bandhasana).
- **Nature Connection:** Spend time in nature, appreciating the beauty and interconnectedness of all life.
- **Affirmations:** "I am open to giving and receiving love." "I am worthy of love and compassion."

Heart Activation Practices with a partner:

Balancing the Energies of the Masculine and the Feminine:

- This practice requires you to be naked with your partner.
- Seated opposite each other with a candle in the centre.
- Light the candle, each of you takes a chance to stare into the candle's light flicker and begin to share all the characteristics and behaviour you love about your partner. The listening partner to close their eyes **OR** with the candle as a guiding light, write a letter to each other from a heart-centred space sharing all the characteristics and behaviour you love about your partner
- Read your letters to each other
- Thereafter take a chance look into each other's eyes with the guiding light of the candle.
- With the male partner sitting crossed legs, the female partner climbing on top of him, holding each other and building trust in the vulnerability of intimacy.
- Hold each other for as long as you desire.
- Try not to engage in a sexual experience although should you feel called to it, surrender to the feelings.
- Offer gratitude for the unique qualities each energy brings to your life.
- Engage in a heart-opening conversation, focusing on the union of your energies.

Feel free to do this activity more than once and feel into the type of sharing you wish to experience together

heart activation self practice

Step 1: Create a Sacred Space

- Find a quiet, comfortable place where you won't be disturbed. This could be indoors or outdoors, as long as it feels calming and safe.
- Light a candle or burn some incense (rose, sandalwood, or frankincense are great for heart work).
- Place something symbolic in front of you—such as a crystal (rose quartz or green aventurine), a flower, or a picture of someone or something you love. This will serve as a visual focus for your practice.

Step 2: Grounding Your Energy

- Sit or lie down in a relaxed position. Feel your body supported by the earth.
- Take three deep breaths: inhale slowly through your nose and exhale through your mouth, allowing yourself to release any tension or stress.
- With each breath, feel your body sinking into the earth beneath you, connecting deeply to its grounding energy. Visualise roots growing from the base of your spine, anchoring you into the earth.

Step 3: Activate the Breath of the Heart

- Begin to breathe more consciously, bringing your attention to your chest area.
- Imagine that with each inhale, you are drawing fresh, vibrant energy into your heart centre.
- With each exhale, release any heaviness or stagnant energy from the heart.
- Continue this rhythmic breathing, imagining your heart expanding gently with each breath.

Step 4: Visualise the Heart Star

- As your breathing deepens, begin to visualise a glowing green light within your heart space. This is the energy of the Heart Star.
- Imagine it as a bright, radiant star or a lush green flower, softly opening with each breath. See its light expanding throughout your chest and spreading across your whole body.
- Allow the green light to gently pulse and radiate warmth, love, and healing energy, touching every part of your being.

heart activation

Step 5: Set an Intention for Love

- Silently or aloud, set an intention for this practice. It could be something like:
- “I open my heart to receive and give love freely.”
- “I embrace the balance of compassion and self-love.”
- “I allow the energy of the Heart Star to guide me toward healing and connection.”
- As you set your intention, visualise your Heart Star shining even brighter, enveloping you in a loving and protective glow.

Step 6: Invite Connection

- Imagine now that this green light in your heart is not just for you. Feel it extending outward, connecting to the energy around you. Visualise it reaching loved ones, people in need, or even all beings on earth.
- As you send this love outward, imagine it coming back to you as well, creating a continuous loop of giving and receiving.
- Stay here for a few minutes, feeling the energy of love flow freely through your heart space, in connection with others and the universe.

Step 7: Release Attachments

- Now, bring to mind any areas of your life where you feel attached to a specific outcome or where your relationships are based on need rather than love.
- As you breathe into your heart, silently affirm: “I release all attachments. I trust in the flow of love.”
- Visualise these attachments dissolving into the green light of your Heart Star. Feel yourself becoming lighter, free from need or expectation, filled with pure, unconditional love.

heart activation

Step 8: Balance Giving and Receiving

- Place one hand on your heart and one hand on your belly. Feel the connection between your heart centre and your body, symbolising your ability to both give and receive.
- With your inhale, visualise yourself drawing in love and support from the world around you.
- With your exhale, feel yourself giving love and kindness to others.
- Continue this flow of breath, focusing on the balance between taking in and giving out. Let the rhythm of your breath remind you of the natural balance between receiving and giving.

Step 9: Integration and Gratitude

- Slowly begin to bring your awareness back to your physical surroundings.
- Thank the Heart Star energy for its presence and healing. Offer gratitude for the love and connection you've activated within yourself.
- Take a few moments to reflect on how your heart feels now—more open, more balanced, more at peace.

Step 10: Close the Practice

- Visualise the green light of your Heart Star gently receding into a warm glow, centred in your chest. Know that you can return to this energy whenever you need it.
- Take three more deep breaths, inhaling love and exhaling any lingering tension.
- When you are ready, slowly open your eyes and gently bring yourself back to the present moment.

Shadow Work

1. Exploring Self-Love:

- What does self-love mean to me, and how do I practice it in my daily life?
- Are there moments when I withhold love from myself? If so, why?
- Write a love letter to yourself, expressing appreciation for your strengths and acknowledging your imperfections with compassion.

2. Forgiveness and Healing:

- Reflect on a person or situation from the past that still holds an emotional charge. How can I work towards forgiving and releasing this burden from my heart?
- In what ways can I offer forgiveness to myself for past mistakes and shortcomings?
- Describe the sensation of emotional release that forgiveness can bring. How does it feel to unburden your heart?

3. Compassion in Action:

- Recall a recent act of kindness or compassion. How did it make me feel, both as the giver and the receiver?
- Share an experience when I extended compassion to someone I found challenging. What did I learn from that experience?
- How can I integrate daily acts of compassion and kindness into my life to align with the Heart Chakra's energy?

4. Relationships and Connection:

- Write about a meaningful relationship that has touched my heart deeply. What qualities make this connection special?
- Reflect on any relationship challenges I've faced. How can I approach these challenges with an open heart and greater understanding?
- Explore how I can nurture the connection between my inner self and the external world, recognizing the interdependence of all beings.

5. Healing Emotional Wounds:

- Identify recurring emotional wounds or patterns that I've carried from past experiences. How do these wounds affect my present relationships and self-perception?
- Engage in shadow work by delving into the roots of these wounds. What events or beliefs initiated these wounds, and how can I bring them to light for healing?
- Write a letter to your inner child, offering comfort, love, and reassurance. Share words of wisdom and encouragement.

Shadow Work

6. Letting Go and Opening Up:

- Reflect on any emotional armor or protective barriers I've constructed around my heart. What purpose do they serve, and are they still necessary?
- Imagine these barriers dissolving, allowing the pure light of the Heart Chakra to flow freely. How does this transformation feel in your body and spirit?
- Journal about the liberation of your heart, envisioning a future where you engage with the world from a place of vulnerability, love, and authenticity.

7. Heart-Expanding Gratitude:

- Create a gratitude list focused on moments, experiences, or people that have filled your heart with love and joy.
- How does the practice of gratitude enhance your heart's capacity for love and connection?
- Express gratitude for the challenges and pain you've faced, recognizing the growth and wisdom they've gifted you.

8. Affirming Love and Unity:

- Craft heart-centered affirmations that resonate with you, such as "I am a vessel of love," "I am connected to all beings," or "I embrace the beauty of unity."
- Write these affirmations daily, allowing them to anchor in your heart's energy and shape your perspective.

Heart Activation Affirmations

- I am worthy of giving and receiving love freely.
- My heart is open to love, compassion, and connection.
- I trust the flow of love in my life.
- I am balanced in my giving and receiving.
- Love flows effortlessly through my heart and into the world.
- I release all attachments and allow love to guide me.
- I am deserving of love, kindness, and respect.
- My heart is a sanctuary of peace and calm.
- I radiate love and attract love in all its forms.
- I forgive myself and others, freeing my heart to heal.
- I allow my heart to expand with unconditional love.
- Compassion flows from me and connects me to others.
- I am in harmony with the energy of my heart.
- I embrace both my softness and my strength.
- I choose to see the beauty and love in every situation.
- My heart is aligned with divine love and truth.
- I release any fear and open myself to the energy of love.
- Love is my natural state of being.
- I honour my heart's wisdom and follow its guidance.
- I am at peace within myself and with the world.



THE WOMB ALIGNED PATH

PORTAL 7

Significant Dates in Portal 7:

Week 1:
27 May - 2 June
27 May: NEW MOON

Week 2:
3 - 9 June

Week 3:
10 - 17 June
11 Full Moon

Week 4:
18 - 24 June

WEEKLY RITUAL PRACTICES:

- Week 1: Heart Star Energetics
- Read through Guide
- Practice Daily Journal Entries using Shadow Work Prompts
- Practice Healing and Balancing Rituals
- Listen Daily to Athkaar Dhikr
- Watch Video of Levels of the Heart
- Practice the Heart Activation with Partner AND/OR Self Practice
- Activate through yoga embodied movement practice
- Daily: Use Heart Activation Frequency to meditate before sleep
- Complete activities over the course of the week
- Write out affirmations that resonate with you daily to help for deeper soul interpretation

