

High Heart *Beats*



The High Heart Chakra is located between the Heart and Throat Chakras, situated in the area of the thymus gland. The thymus gland extends from the lower border of the thyroid gland to the higher border of the heart, actually resting upon the heart's pericardium. It consists of two lobes approximately the same size

and may be united or separated. Within these lobes thymus sites from the bone marrow mature into T-cells (T- lymphocytes).

T-lymphocytes function plays an important part in the body's immune system and is primarily divided into two different types, the helper T-cells and the killer T-cells. The killer T-cells hunt down and destroy cells that are infected with germs or that have become cancerous. The helper T-cells help control the immune response, playing an important role in that system. Almost all aspects of the body's immune response is controlled by T-cells.

The thymus has a symbiotic relationship with the High Heart Chakra aiding to raise the quality and quantity of healing which extends beyond one's own physical body. A healthy High Heart Chakra is connected to spiritual love, love of life, Source energy and deep unconditional love which goes beyond the ego's boundaries. It opens the door to compassion, forgiveness, peace and serenity. It is said to be the Gateway to inner peace, wisdom, and enlightenment; accepting all that is. Both the thymus and High Heart responds to sounds and music with the sternum enabling lasting reverberations. Yoga, tai chi, qi gong, and reiki are also among the many energetic healing techniques which can be used to increase thymus potential. The High Heart/thymus coupling enhances healing of the body, Spirit and soul as well as the connection to Source energy, the total human Chakra System and Earth's energy. Sound is still considered the most powerful tool to activate all of the chakras. Monks of all traditions chant and heal with sound using mantras, instruments, drums, and crystal bowls. It has been written that the High Heart Chakra holds one's record of painful and traumatic experiences. I believe it

actually holds those experiences which we need to understand, show compassion for, and execute forgiveness in order to nourish our soul and raise our spiritual vibrations.

"The goal of life is to make your heart beat match the beat of the Universe, to match your nature with Nature."-Joseph Campbell

If we are willing to let the call of the ego go unanswered letting go of old ways of thinking and habits that compromise our connection to unconditional love our High Heart Chakra will bloom and remain open.

With Gratitude,

Kai