



# Getting to the Matter of the Heart

July 13, 2025  
OHOE: Awakening the Sacred Body

# Why Do Our Hearts Close?

- Societal and familial influence
- Uncomfortable emotions
- Past experience
  - Loss and Grief
  - Trauma
  - Rejection or Judgement
  - Understand your attachment style



Sources: <https://dianepooleheller.com/3-reasons-why-people-shut-down-emotionally/>; *Can You Die of a Broken Heart* by Dr. Nikki Stamp; *Your Vibrant Hearth* by Dr. Cynthia Thaik, *Heart: A Personal Journey Through It's Myths and Meanings* by Gail Godwin

# Why Should We Open Our Hearts?

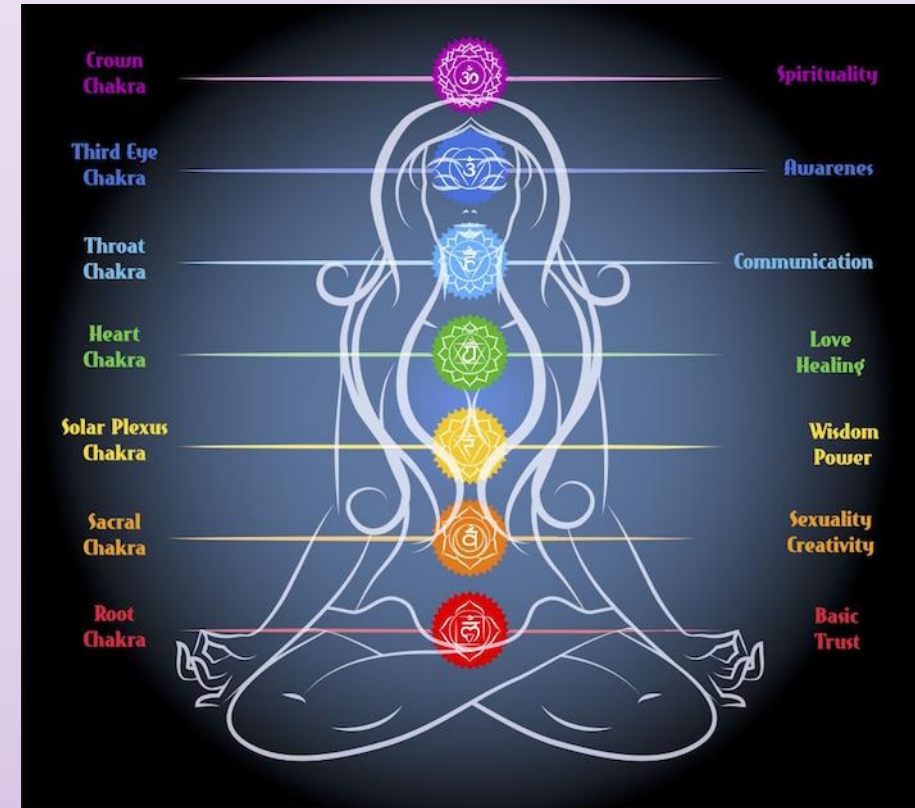
- Physical heart health
- You can always heal your heart
- Live more fully and deeply



Sources: *Heal Your Body* by Louise Hay; *Can You Die of a Broken Heart* by Dr. Nikki Stamp; *Your Vibrant Heart* by Dr. Cynthia Taik, *Heart: A Personal Journey Through It's Myths and Meanings* by Gail Godwin

# Understanding the Heart Chakra

- What is a chakra?
- What does the heart chakra signify?
- How to support your heart chakra
  - Reiki and other energy healing modalities
  - Crystals like Emerald, Jade, Chrysocolla, & Rose Quartz
  - Heart chakra meditations
  - Hertz music/binaural beats



Sources: [www.chakras.info](http://www.chakras.info); *The Crystal Healer Volumes 1 & 2* by Philip Permutt

# How to Get in Touch with Your Heart

- Dive into someone else's story
- Connect and listen to your heart while praying or meditating
- Ask your heart what it wants to tell you and what it needs
- Ask for support
- Notice what opens your heart and do more of that



Source: <https://dianepooleheller.com/3-reasons-why-people-shut-down-emotionally>

# Heart Opening Activities

- Chest opening postures
  - On a balance ball
  - Yoga postures
- Practice vulnerability with those you trust
- Affirmations
- Meditation
  - Guided
  - Silent
  - With crystals
- Dance!





Sources: *Heal Your Body* by Louise Hay; HeartMath.com, *International Journal of Environmental Research and Public Health*

# Heart Health

- Be in community
- True connection
- Laugh!
- Forgiveness
- Go after your dreams



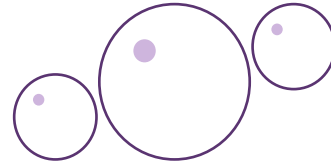
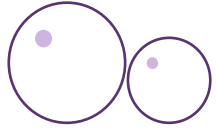
Sources: *The Heart Speaks* by Mimi Guarneri, M.D., FACC; *Your Vibrant Heart* by Cynthia Thaik, M.D.; *Rhythms of the Heart: Improving Mood with Vagus Nerve Toning* by Kirby Baldwin



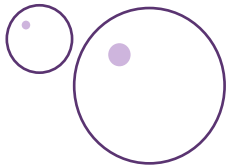
○ **“Your task is not to seek for love,  
but merely to seek and find all  
the barriers within yourself that  
you have built against it.”**

**-Rumi**





# Let's practice!


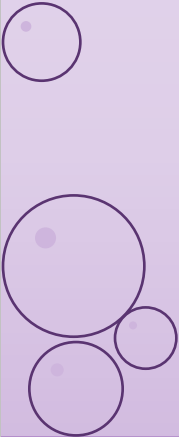
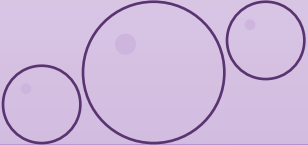


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# Recommended Reading and Resources

- Free meditation apps like [Insight Timer](#)
  - [HeartMath.com](#) and [HeartMath.org](#)
  - [Your Vibrant Heart](#) by Cynthia Thaik, M.D.
  - [The Heart Speaks](#) by Mimi Guarneri, M.D.
  - [Heal Your Body](#) by Louise Hay
  - [Attached](#) by Amir Levine & Rachel Heller
  - [Attachment Theory](#) by Thais Gibson
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# Follow up questions or looking for guidance and support?

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