THE TEN PILLARS OF THE HEART SPACE

PILLAR NUMBER 1: Pillar number one of the heart space is **presence. Presence is the first pillar of the heart space because it is the manifestation of your physical essence here on earth in every moment yet the present moment is all that ever exists with nothing but an accumulation of past events and a ever changing fore cast of what your are currently creating in future context. When we speak of the present moment we speak of awareness of reception of as much of what is going on around you in your conscious mind and since the vessel of our physical expression is the body- mind- emotional body, we must connect to this to connect ultimately with the present moment and the heart space.**

**Because the heart space is an element of high sentient awareness .**

PILLAR NUMBER 2 : Pillar number two of the heart space is **grounding. Grounding is the second pillar of the heart space because we must connect to our physical bodies which are made of the earth and are extensions of her, our mother is who nourished us since the beginning of our birth and whose womb we came from (as our mothers are also extensions of the earth). We are connected to mother earth by our heart chakras and we are an extension of her body and consciousness , we are living as apart of her soul stream and so by connection to the five elements and our love of the earth and our love of our own bodies and the love the earth holds for us her children. She will always love you and she will always be your safety and your sustenance . Connection to your organs and their consciousness , cleanse your organs. Connect to the circulatory system within your body the gentle tension of every muscle and bone in your body. Your auric field. Eat raw foods and root vegetables as well as drinking herbal tea mixes to connect your body to the earth. Take warm bath, spend time with bonfires or candle light , spend time in nature with all flora and fauna plants and trees, soil, flowers, animals. (Recommendation : being in the body exercise, yoga , qigong , puranic breathing , acupressure (get on an acupressure mat and have it align your qi flow within your acupuncture points and meridians , sleep better, feel more energized , helps with pain reduction and headache reduction).**

PILLAR NUMBER 3: Pillar number three of the heart space is **connection. Connection to the stars in the night sky, to the sun as it rises and sets , to your guides and angels to all dimensional light beings on all planets and star systems in all dimensions within all galaxies. Channeling these beings or your higher self and guides, receiving downloads and messages and healing from interdimensional portals of experience and creating from that guidance . send love to your guides and angels and feel your love and gratitude for all of creation.**

PILLAR NUMBER 4: Pillar number four of the heart space is **self awareness**. **Self awareness is the connection you have to your own existence and to your core. Your core is the genuine frequency of your soul song and how it has manifested here on earth. Your authentic self is your desires, and feelings and purpose and intentions here on this earth within your most true version of self. The command center of your inner physical expression is your heart , your physical heart and the energetic blueprint that is your core existence. When we come into self awareness with our heart we come into awareness of how we really feel and what we really want and what is actually right for our unique circumstances and perspective. When you wish to come into deeper awareness with your heart try asking these questions. (If I stop considering what everyone else in the room thinks how do I genuinely feel about this situation I am in?), (How do I feel in this moment?), (What do I want right now?), (if I am honest with myself Do I feel good about x,y,z?), (What is something I can do in this moment now to honor what feels best for me?), (what do I have the power to change in this moment?)**

PILLAR NUMBER 5: Pillar number five of the heart space is **acceptance. Acceptance for where you really are in every moment. Often on the process of awareness our feelings will trick us into thinking we have somehow walked backwards or failed or regressed. We must accept that wherever we are at every moment is okay and exactly where we need to be. Honor your heart and ask what is needed from you in every moment and fall into acceptance with your capacity and ability within the current moment. Activity: look for three reasons whatever you are struggling to accept is positive to your existence.**

PILLAR NUMBER 6: Pillar number six of the heart space is **activation. Activation is giving experiences to yourself that are heart centered and on the vibration of love. By experiencing love and heart space consciousness you are activating your natural attunement of being in the heart space and staying there.**

PILLAR NUMBER 7: Pillar number seven of the heart space is **physical activation. Physical activation is the awareness and understanding that it has been scientifically proven that our cells communicate and regenerate best within the presence of 100,000 biochemical impulse vibrations. Your photonic light will soak up healthy photonic light in the presence of 10 to the thirteenth biochemical impulse rate such as : mountains, crystals, trees, nature, waterfalls, rivers, lakes, ocean, rocks, caves, plant life, wild animals , orgonite, gammatron key by Arcturus Ra . Protect yourself from unhealthy frequencys such as planting orgonite under cellphone towers , using shungite on microwaves and cellphones, ormus oil (galactivate is the best)** [**https://www.etsy.com/shop/kristasangels**](https://www.etsy.com/shop/kristasangels)**, Nordic baths spa treatments (hot and cold) .**

PILLAR NUMBER 8: Pillar number eight of the heart space is **LIGHT. Light from the sun carries essential micro nutrients such as vitamin D and releases endorphins. The light of sunrise and sunset has a huge impact on our opening our pineal glands or third eye chakra . Light can be an impactful and healing tool because we are all made up of light , source energy qi or prana. Colored light can also have a highly beneficial therapeutic benefit .**

PILLAR NUMBER 9: Pillar number nine of the heart space is **Receptivity. Receptivity with the sound, sight, smell, taste of life that are gifted to you, and the varying levels of depth from which they are able to be received. Receptivity is also the inner knowing of flow and when it is in the presence of any situation it can receive that situation as it is and respond accordingly . Like when someone is giving a certain body language to kiss you and through your receptivity to their actions you respond and kiss them back. This can also be knowing when not to kiss or touch your partner in a relationship or when to not hug your friend goodbye based on how they are feeling.**

PILLAR NUMBER 10: Pillar number ten of the heart space is **intimacy. Intimacy is seeing another’s reality understanding their perspective knowing what they like and don’t like, caring how they feel, being with them in their pain and being able to respond to them the way they need you to. Providing physical touch where it makes them feel safe and not providing physical touch where they feel they need space this is also receptivity which we talked about in pillar number 9. Intimacy is also extended to self intimacy . Seeing into our own pain, seeing the aspects of us we previously rejected disowned or denied , finding resolution for this pain, and validation of it. There are a few processes that work with self intimacy and healing the emotional body, one of them is called shamanic emotional integrative journeying and I am trained to facilitate this process. Which takes you deep into healing your inner wounds and emotional body, I also use parts work which is a more direct process of connecting with a single part of you and working with that part.**

NOTE TO READER: **The heart space is a journey to become attuned to your core authentic self and act in alignment with your core self. We must leave the head space where we are lost in logic and duality and come to sit in the heart space the key to the universe and the intuition and wisdom that comes with that connection to every circle on the ultimate flower of life. To enter the heart space requires both light work and shadow work. To attune to the heart and to the frequency of unconditional love and oneness and to have self intimacy and to heal and integrate and meet the unmet needs of the aspects of oneself that has experienced trauma .**

**Anahata Authentic Awakening is a group program I created to help you enter your heart space and we start April 21st .**