

Module 2 – The Awakened 5D Heart

In this module, you'll learn about and experience:

- Energetic foundations for heart-based consciousness
- The electromagnetic heart field
- Evolution of the primary heart chakra
- Heart coherence and elevated heart frequencies
- Activating heart energy pathways
- The High Heart: Portal to the Higher Self
- Releasing multi-dimensional trauma imprints
- Attuning the 5D heart field to cosmic frequencies.

✦ Light Body Activation: The 5D Heart Blueprint ✦

The Electromagnetic Heart Field

- **5D epicentre** – The 5D Heart chakra is the epicentre of our 5D operating system. When activated, we access way more of the Heart's intelligence and potential.
- **Electromagnetic field** – The Heart chakra, together with the physical heart, plays an important role in regulating and amplifying the heart's electromagnetic field, which envelops every cell of the body and extends into the auric field.
- **Stronger than the brain** – The Heart's electrical field is 60x stronger than the brain; magnetic field is 5000 x stronger than the brain (Institute of HeartMath, 2003).
- **Heart coherence** – When coherent, the Heart creates coherent information flows. Powerful transmitter and receiver of information within the mind-body system (internal) and with the unified field (external).
- **Elevated feelings** – Love, compassion, joy, gratitude, peace – raise the frequency of the Heart chakra and initiate profound changes in the biochemistry of the physical body.

Four Steps to Awaken the 5D Heart



Step 1

Opening the primary Heart chakra and activating energetic heart pathways

Step 2

Opening and clearing the High Heart chakra

Step 3

Merging the Heart and High Heart chakras (expanded 5D Heart)

Step 4

Attuning the expanded Heart chakra to 5D frequencies

Evolution of the Primary Heart Chakra

4D transit:

- Collective heart opening – Focus on clearing emotional wounds and opening the primary Heart chakra (back and front). Facilitates evolution to a 5D frequency and expansion of heart energy.

Signs of Heart chakra evolution:

- Emotional connection with yourself and others
- Non-judgemental acceptance of yourself and others
- Self-love and compassion towards yourself and others
- Forgiveness of yourself and others comes more easily
- Listen to your heart and trust its wisdom
- Appreciation and gratitude arise naturally.

Frequency shift:

- 5D Heart vibrates at the same frequency as pure unconditional love.
- Love frequency can be measured: 432 hertz (Diana Cooper) or 500 hertz (David Hawkins' Map of Consciousness).

Step 1: Opening the Heart

- **Energy practices** – Work energetically to open and clear the primary Heart chakra.
- **Heart coherence** – Breathing practices to create coherence between mind and heart; ensures the physical heart beats in a coherent fashion, opens the Heart chakra, initiates biochemical changes in the physical body.
- **Emotional processing** – Old wounds (e.g. hurt, resentment, grief) and layers of armour keep your heart closed. Shadow work is an important part of your 5D shift.
- **Elevated feelings** – Consciously connect with elevated feelings (love, peace, joy, gratitude) and amplify these feelings in your heart. Raises frequency and brings you into a flow state.
- **Gratitude practice** – Start a daily gratitude practice. Gratitude vibrates at 520 hertz – it elevates frequency, dissolves anger and opens the heart.
- **Wild nature** – Spending time in nature, and connecting with the elements as well as trees, plants and animals, naturally opens the Heart chakra.
- **Sacred sites** - Sacred sites open the Heart chakra and expand heart energy. The most powerful place for Heart chakra opening is Glastonbury Tor – the Earth's Heart chakra.

Meditation # 1

**Creating heart coherence
Opening the primary heart chakra
Activating heart pathways**

The High Heart Chakra

Names – 8th chakra, Universal heart, Spiritual heart – Upper chamber of the 5D heart

Position – Between primary Heart & Throat chakras (above the Thymus gland)

Colour – Gold or turquoise (primary chakra) – changes to white in 5D

Functions:

- Portal to the Higher Self – Energetic bridge between personality & soul
- Communication channel – Guidance from Higher Self, Soul and Spirit Guides
- Bridge to the transpersonal chakras (Causal, Soul Star & Stellar Gateway chakras)
- Activates higher consciousness & multidimensional perception
- Enables higher perspective about life patterns and issues
- Connection to the soul's journey (multiple lifetimes)
- Enables integration of soul's multi-temporal experience
- Energetic pathway to release anxiety & multidimensional trauma.

Step 2: Opening & Clearing the High Heart

- **Collective opening** – Light body upgrade in August 2023 (Lion's Gate).
- **Clearing** – Clearing the High Heart primes it for next stage of evolution.
- **Key revolutionary role** – Release point for multidimensional trauma (past life wounding). Trauma layers prevent us from holding light, especially in the lower energy body.
- **Thymus gland** – Pivotal EFT tapping point to release stress and anxiety.
- **High Heart & Earth Star pairing** – Energetic pathway to release anxiety & trauma.

✦ **Important** ✦

Never force the High Heart to open – this may cause anxiety

Work with the High Heart and Earth Star together

Always ground through the Earth Star first.

Meditation # 2

Opening the High Heart chakra
Releasing multi-dimensional trauma
Connecting to the Higher Self

Four Steps to Awaken the 5D Heart



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Step 2

Opening and clearing the High Heart chakra

Step 3

Merging the Heart and High Heart chakras (expanded 5D Heart)

Step 4

Attuning the expanded Heart chakra to 5D frequencies

The Awakened 5D Heart Chakra

- **Position** – Expanded energy centre in the middle of chest and sternum.
- **Colour** – Pure white with swirls of pink, green or gold.
- **Frequency** – 432 hertz (pure love energy).
- **Physical** – Physical heart and thymus gland (governs the immune system).
- **Archangel** – Chamuel – opens your heart to deeper levels of love and wisdom.

Functions of the 5D Heart:

- Holds 432 hertz frequency and resonates with 'pure love' energy from the Cosmos
- Helps you to see with the 'eyes of the heart' and act with love
- Brings in the Sophia-Christ consciousness – unconditional love, compassion and forgiveness
- Enables heart-based consciousness and unity consciousness.
- Aligns with the Cosmic Heart on Venus & the heartbeat of the Universe.

The Cosmic Heart

- The Cosmic Heart on Venus is one of the most powerful planetary energies influencing our Ascension process on Earth, helping us to transition from 3D to 5D.
- Venus is the centrepiece of our galaxy, and a major energy point in the Cosmos – all the planets & stars connect through it. Sometimes called the “heartbeat of the Universe”.
- The Cosmic Heart holds the energy of Source love in its purest form. It is said to be the highest frequency of love that exists in the Universe.
- Corresponds with the 5D Heart chakra – We are now able to transmit and anchor this Cosmic Heart energy through our 5D Heart chakras.
- Light beings assisting transmission of Cosmic heart energy – Archangel Metatron, Mother Mary and Seraphina.



Light Body Activation



The 5D Heart Blueprint

Module 2 Integration

✦ Energy practice ✦

Repeat these two meditations before you do the 5D Heart Blueprint activation:

- Opening the primary Heart chakra and activating heart pathways
- Opening the High Heart and releasing multidimensional trauma

✦ Light Body Activation ✦

The 5D Heart Blueprint

A separate MP3 will be posted in the student portal within 30 hours of the live class

✦ Bonus ✦

Sounds, Symbols and Affirmations for the Chakras (PDF)