



# Center of Compassion and Peace



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Shamanic Energy Healer

*“Promote love and  
find emotional  
peace”*



FULL CIRCLE  
HEALING

At Full Circle Healing, we offer specialized energy healing practices that can significantly aid in addressing and healing severe Heart Chakra blockages. Our approach combines ancient shamanic techniques with modern energy healing practices to provide holistic and profound healing experiences.

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**More  
Information**

[fullcirclehealing.co.uk](http://fullcirclehealing.co.uk)

FULL CIRCLE HEALING



# HEART CHAKRA

**(Anahata)**

Your Guide to  
Heart Chakra  
Aftercare



## Affirmations

Use daily affirmations like "I am loved" and "I am open to giving and receiving love" to reinforce compassion and emotional health.

4

## Mindful Meditation

Incorporate meditations focusing on the color green and the element of air to sustain the balance and vitality of your Heart Chakra.

5

## Consistent Routine

Establish and maintain a stable daily routine that includes time for self-care and emotional reflection to promote a sense of peace and love.

6



## Heart Chakra Aftercare

### Daily Compassion

Maintain balance by practicing acts of kindness, engaging in loving relationships, and spending time with loved ones.

1

### Healthy Diet

Support your Heart Chakra with nutritious green foods like leafy greens, broccoli, and green apples.

2

### Regular Exercise

Engage in physical activities that open the chest and promote deep breathing, such as yoga, walking, or swimming.

3

## Your Journey to Wholeness

The Heart Chakra, or Anahata, is the center of love, compassion, and emotional balance, located in the middle of the chest. It represents our ability to give and receive love, fostering deep connections and empathy. Balancing this chakra is essential for emotional well-being, harmonious relationships, and a compassionate outlook on life.

SENSE OF LOVE AND  
COMPASSION

FOSTERS EMOTIONAL  
BALANCE AND HEALING

SPIRITUAL  
CONNECTION



Maintaining  
Your  
Compassionate  
Wellness!