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This is essentially the work of unblocking the lower chakra level related to the personality. Let this be your key focus.

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Then you are fit for the awakening of the heart chakra and you may be blessed to experience the awakening of the higher heart chakra. The work of awakening the heart chakra is spiritual work.

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The source of the I-thought is the Heart". However he said this Heart is not the "blood-pumping organ." He called this

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other heart area Hridayam, which means the center, and stands for the Self. It is located on the right side of the chest parallel to the physical heart and a few finger-widths from the sternum.

The Heart of Awakening — Awakening Guide

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