



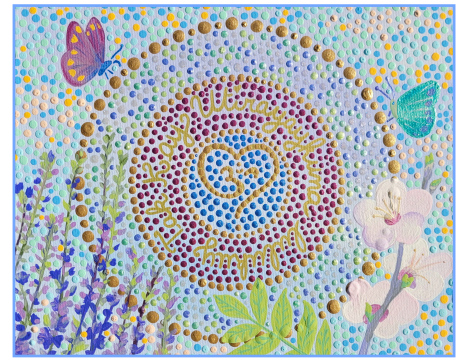
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CHAKRADVENTURE - DAY 4

The heart Chakra: I LOVE

Anahata

... with music



As we are pampering our heart chakra, I suggest we **start the day listening to our favorite LOVE song**. I'm going to sound classic, but to me the best love song in the world is and always will be "La Vie en Rose" by Edith Piaf, and pretty much all her repertory. I used to teach her songs to my students when I was working at the Alliance Française in Bahrain. We would do theatre plays like we were traveling to Paris to practice our vocabulary, that was really awesome!!

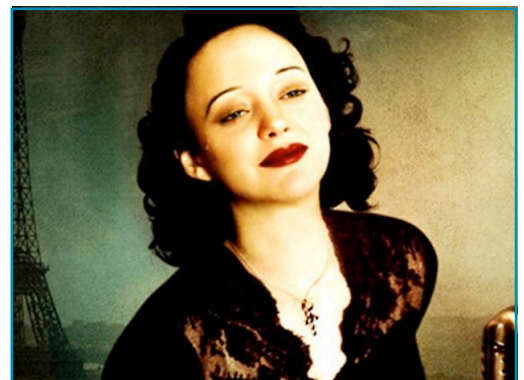
What's yours?

La vie en Rose:

Des yeux qui font baisser les miens
Un rire qui se perd sur sa bouche
Voilà le portrait sans retouches
De l'homme auquel j'appartiens
Quand il me prend dans ses bras
Il me parle tout bas
Je vois la vie en rose
Il me dit des mots d'amour
Des mots de tous les jours
Et ça me fait quelque chose
Il est entré dans mon cœur
Une part de bonheur
Dont je connais la cause
C'est lui pour moi, moi pour lui dans la vie
Il me l'a dit, l'a juré pour la vie
Et dès que je l'aperçois
Alors je sens en moi
Mon cœur qui bat

Des nuits d'amour à plus finir
Un grand bonheur qui prend sa place
Des ennuis, des chagrins s'effacent
Heureux, heureux à en mourir
Quand il me prend dans ses bras
Il me parle tout bas
Je vois la vie en rose
Il me dit des mots d'amour
Des mots de tous les jours
Et ça me fait quelque chose
Il est entré dans mon cœur
Une part de bonheur
Dont je connais la cause
C'est toi pour moi, moi pour toi dans la vie
Il me l'a dit, l'a juré pour la vie
Et dès que je t'aperçois
Alors je sens dans moi
Mon cœur qui bat
La la, la la, la la
La la, la

There is an absolutely amazing movie about the life of Edith Piaf that everyone should see at least once, called *La Môme* (**La vie en Rose**, in English), played by the beautiful Marion Cotillard! **Midnight in Paris** and **Love Actually** are also wonderful Masterpieces!!





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CHAKRADVENTURE - DAY 4

The heart Chakra: I LOVE

... with food



When I cook, I always do it very intuitively and love to say that I "download" the recipe from the Universe. You probably do that too. The one I'm about to give you is one of these magic food for the soul to raise the vibration of the heart. All produces are green, fresh and delicious:

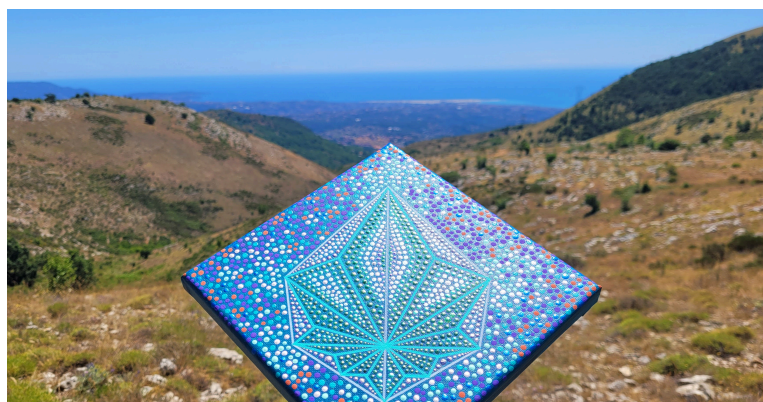
Salad for the vibration of the heart: Leeks, baby spinachs, green beans, avocado, pistachios, a few carrots, tomatoes and dried cranberries.

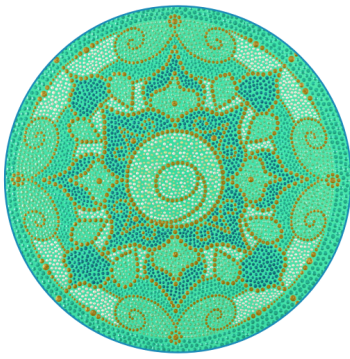
The only cooked ingredients are the leeks. All the other vegetable are raw, which is amazing to keep the food's nutrients and bring vitality to your health and body. I would like to specify here also that eating raw all the time is not optimal for your health and energy. Our digestive system is activated by what we call the



digestive fire, consisting in processing the food to keep only the best Vitamins. If you drink ice cold or eat cold food, it requires twice as much energy for your body to warm up the food and transmute it, forcing it to produce twice as much amount of acids (not just heat) that can create an unbalance in the immune system. This is why many people who go completely raw vegan can experience hair loss or witness a lesser quality of health, not necessarily because they are lacking nutrients but because the body gets cold and the stomach irritated!! So, the best for your salads and drinks is to eat them at room temperature or, with this salad for example, to keep the leeks a little bit warm. For other vegetables like brocolis or zucchini, to keep them as raw as possible while warming them up!! Or add a soup or tea after the meal. The Morrocan, or Arabic countries, where the temperatures can become really hot in the desert, have understood the importance of drinking hot tea after their meal to stimulate the body and generate sweat that naturally cools down the body. So, when you think the A/C is good for you health, sweating is actually the most efficient for yourself and the environment.

(and if
there is smoke
and bubbles,
life gets perfect)





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CHAKRADVENTURE - DAY 4 The heart Chakra: I LOVE

... with rice

♡♡♡ So, let's talk about Love ♡♡♡



Have you ever heard about the "**rice experiment**"? Take two cups of rice and keep them under the same environment except for one thing: to one of them, you tell, write, send telepathic messages of love: "I love you, you are incredibly beautiful, and so on...". To the other one, you just ignore it. After a while, you can notice that the rice that has been loved keeps its fresh and healthy aspects for a lot longer than the other that starts degenerating or turning green. Can you see where I'm going? This experiment, along with many others, evidences the impact of words and energy on the physical world and, of course, our mind and body. Words have a vibration, thoughts have a vibration and, also, all our emotions and actions. So today, as we are working on our heart chakra, let's try to focus on the things that **resonate love and passion within us!**

Prepare for Christmas and order colorful and energetic gifts for your loved ones and families!! Clocks, mugs, tote bags, notepads, computer skins, phone cases, all you need to be surrounded with Good Vibes!

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On this chapter, we are going to talk about this crazy little thing called LOVE. And there are so many kinds of love. This past years, I have developed really strong connections with my soul family. It is my passion and life now. Our journey connecting all together as taken us on a world of music, with the poems and colors of our souls. It is truly amazing and magic. I have felt so much HAPPINESS and yet, we still struggle with Unconditional Love in this world. We want to be someone's special, their one and only, while we have so much love to give. The love you find in someone can expand and birth new paths of Love infinitely. It doesn't mean we should take each other for granted, we still need to nourish our relationships! We tend to point at jealousy like it's a negative thing, I remember watching the spiritual programs and they were saying that anger and jealousy are some of the lowest vibrations. So all this time when I needed love and attention I would feel bad because that wouldn't be legit, that you have to let people treat you in any way they want because we are free beings. Yet what's the value of consideration, respect and attention? This morning Dean was talking about the kind of advice that

can save you some time if you knew this before, and I think that relationships are so important in our life that they are worth fighting for and making compromises. I'm going to reveal how I personally feel and function, maybe you can relate.

When we are jealous, it means that we care, we are mad and crazy because we wanna be the one and only because we love you so much that we don't want to share you with anyone else. Especially when it comes to intimate love. We are mad, and patient, and care... until the day we don't. That's when it's dangerous. I used to tell my husband to be alarmed the day I don't react about his behaviours, about the day I don't mind whether he gets better or worse because the spark has gone. It takes a long, long time to get there, we are strong and patient, yet one day you wake up and there is nothing you can do, the love has faded and they act surprised like "Ohh, you stopped loving me from a day to another!" while we have been taking BS for years. The worst is when someone takes advantage of their position of power to take your love for granted, that "she will still be there" or worse, "what are you gonna do anyways?". This is why I am always so attentive to people and details, to their emotions and I can't help but feeling so much for the ones who give all their work and life to brighten those of others, and have become family. Because we are all discovering how this unconditional love functions, how we can be a part of it while still feeling, and here I must talk about a kind of love that is revolutionary, in a way that it is completely upgrading all of our relationships to the rank of deep connections and soul family: The Twin Flame LOVE!!

The Twin Flame love is so very intense, it is meeting with your other you, the other peace of your soul, your mirror and complement, understand, care and love beyond space, time and words. It comes into your life when you least expect it and will revolutionize your world. The Twin Flames can feel this fire burning within their chest from the connection and the energy exponentially growing, so widely that the rest of their relationship also become surrounded by it, and this love can be felt at high levels in your sacred relationships as well. This is why the twins are often put in challenging situations, like being separate geographically or needing to find new ways to approach and share the love as examples to the world.

On this day celebrating Anahata, can you write a poem for someone you love?



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