

Heal Your Heart Chakra By Singing Along to This Song

Video Source: [chakraboosters](#)

This week, I'm excited to share another healing, music video with you. This one is for the heart chakra, and since none of us can ever have too much love, I suggest you listen to it over and over until the words and images naturally flow through you and open your heart.

If you haven't yet seen the [Solar Plexus Chakra Healing Video](#), you can get the get up and go you need to start the new year right when you [watch it here](#) regularly.

Here are the lyrics to the Heart Chakra Healing Song (so you can sing along to the video):

Anahata (11x)

The heart is the bridge between body and soul (3x)

It makes us one

It makes us whole

It makes us one soul

The heart is the bridge between body and soul (4x)

Anahata (11x)

Anahata is the Sanskrit name of the heart chakra. It means "unstruck sound" as this is the vibratory place in our body where there is balance and peace.

It's the chakra of love, compassion, forgiveness, gratitude and healing. So it's the perfect song for the holidays. Listen

to it often (especially before spending extended time with family) and feel your heart open and expand.

If you like this song, you'll probably like this video where Jeff Bonilla and I discuss the making of the song. I wish we had added about how Jeff created a sort of heartbeat in the song, and that a new age reviewer compared it to "Every Breath You Take" by the Police for this reason (the heartbeat sound).

Enjoy!

xoxoxo,

Vicki



Vicki Howie is the Creator of [Chakra Boosters Healing Tattoos™](#) ([find out what inspired her to create them here](#)). Check out her new book "The Key to Your Chakras" [here on amazon.com](#). Vicki is also the Creator of [Chakra Love](#) and the Chakra Life Cycle System®, as well as the Co-Editor of [Conscious Life News](#). You can visit [her website chakraboosters.com](#), [facebook page](#) and [youtube channel](#) for lots of free chakra info and gifts. Vicki's biggest joy is to help you unleash your full chakra power and step into your highest potential.