



Color: Green  
Element: Air  
Location: Heart center  
Heart - Anahata

# Anahata

## Influences:

- Love
- Compassion
- Self reflection
- Emotional growth and vulnerability
- Trust

## Symptoms of a blocked heart chakra:

- Feeling a lack of empathy
- Anger, paranoia, and trust issues
- Feeling trapped in un-loving relationships
- Unable to let go of past wounds
- Weakened immune system
- A sense of grief or loss
- Insomnia
- Issues with heart health
- Tightness in the chest, shoulders, hands, and arms.



# Represents

## 1 | Love

The heart chakra doesn't just represent love, it redefines it. The Anahata encourages us to love without expectation. To love for the sake of love and not based on conditions or in hopes of feeding our ego and self worth.

By opening the heart chakra, we can understand a form of love that exists in our truest version of ourselves.

As children, we love for pure joy and pleasure. As we become teens and adults, we learn to love for a transactional reward. We do acts of love in hopes of getting something back in return. But the anahata teaches us that love should be the end result.

## 2 | Intentions

The anahata bridges the physical body, represented in the lower 3 chakras, with the spiritual chakras, represented in the upper 3 chakras. This bridge allows us to connect our thoughts with our actions and it's here in the heart chakra where we actively acknowledge that merging of thinking and doing.



# Represents

## Intentions continued...

By opening the heart chakra, it will become easier for you to hear what your highest self truly desires and then create a life in alignment with the whisperings of your heart.

## 3 | Compassion

The heart chakra creates the "us" against "them" mentality. We often harbor a separation mentality where we notice what separates us from everyone else. It's a great defense mechanism for the heart but when we open ourselves up to the power of the anahata, we can pay more attention to the beautiful qualities that unite us together, strengthening our tribes, and move through life feeling connected.

We can practice compassion to see that we are not alone in our struggles in the world. Our pain is a familiar pain and the anahata is here to invite us to help each other work through the pain. More importantly, it represents our own desire for the world to look at us with compassion and forgive us for our mistakes.

At the very least, the heart chakra is the manifestation of the golden rule: Do unto others as you would want them to do unto you.



# How It Becomes Blocked

## 1 | Baggage

Who doesn't carry some baggage around with them, right? We all have issues, anger, resentment, regret, failures, fears, and all sorts of past memories that we just haven't got rid of. We carry these ideals and opinions around with us thinking that they will hopefully just disappear one day, but they don't.

The anahata encourages us to eliminate the burdens that no longer serve us. Even small baggage can accumulate and before we know it, we are dragging an elephant through a subway station. (Is that a thing?)

## 2 | Rejection

All of us crave acceptance. As we learned with the first chakra, muladhara, our very foundation is built on wanting to belong. But that hasn't always worked out the way we needed it to.

Rejection is a harsh, but very real, part of society. If it happens infrequently and our other chakras are open, then it might not do much damage. However, if our foundation isn't solid, if we haven't found our creative flow and sense of self, this rejection can shatter our heart chakra so much so that we learn to completely close it off.



# How It Becomes Blocked

## 3 | Negative Self Image

How easy is it for you to go through your day telling yourself, I am beautiful, I am perfect, I am smart, I am strong, I am loved? Probably pretty hard. We don't walk around thinking these things. Instead, we tell ourselves, Why am I such an idiot? Why did I just do that, say that, think that? Why can't I be better? Why can't I live my dreams?

There's a powerful force of energy out there that has hard wired us to be negative. We see our failures faster than our wins. We listen to criticism more than affirmations. We hone in on our weaknesses instead of playing to our strengths.

A negative self image is often just easier to have. It's the way society defends it's ego, but it's not the way to live. Happiness relies on unblocking this chakra.



# When It's Balanced, You'll Feel

## 1 | Magnetic

Seriously, when this chakra is open, people are drawn to you, the universe provides for you, and life is good. An open anahata gives you the confidence to bring joy to the world and instead of relying on others to bring you energy, you create it for yourself.

## 2 | Compassionate

You understand that other people are also struggling and you make an effort to help them move through life's road blocks. You're also able to forgive yourself for not being perfect and realize you too are on a lifelong journey that requires some ups, downs, and a lot of learning along the way.

## 3 | Self Aware

Being aware of your thoughts, ideas, attitudes, inspiration, and emotional needs helps you to act in alignment to these desires without judgement. By knowing where emotions are coming from, you are quick to evaluate them and decide whether they serve you or not. Validating positive emotions is the fuel to achieving a life that represents your highest self.



# Path to Growth

## 1 | Forgiveness

Just like Elsa in Frozen, you have to LET IT GO. So simple, yet rooted in so much emotion. If you can harness the strength to confront your baggage there's a good chance that the root hurt isn't that important anymore. More than likely, finding justification or acknowledgement for your pain won't propel you forward very much. Instead, tell yourself, it doesn't matter. It's in the past. And use that energy to positively project out your future happiness.

## 2 | Metta

Metta is a form of meditation and it's a great way to practice extending compassion to ourselves, to people we love, and to people who have harmed us. It's not an easy task, but if you take it in small steps and consistently work at it, you'll be amazed at how happy and free this one little thing can make you feel. If you are following our curriculum in order, you will be doing a Metta meditation today.

## 3 | Accept Kindness

Let other's shower you with compliments. By letting people love you, you will see how lovable you are and over time, you'll start believing I AM LOVEABLE.



# Manipura Mantras

**Directions: Print the next page (page 9) out, cut each mantra into squares, and tape them up in places you'll see them throughout your day.**



## Anahata Chakra Actions

- Tell someone what you love about them.
- Hang up a list of things you love about yourself.
- Get your heart pumping (cardio based exercise).
- Extend kindness to a stranger.
- Hugs!
- Make a gratitude list for small things in your life.
- Set boundaries to negative influences in your life.
- Do invigorating breathwork.

**I FORGIVE  
OTHERS &  
MYSELF**



**I AM  
COMPASSIONATE &  
LOVING**



**I KNOW MY  
EMOTIONS & ACCEPT  
THEM IN ALL  
FORMS**



**I TRUST THOSE WHO  
ARE CLOSE TO ME**



**I AM FREE FROM MY  
PAST WOUNDS**



**I AM FILLED WITH  
LOVE & OFFER IT  
TO OTHERS  
WILLINGLY**



**I NURTURE &  
CREATE LOVING  
RELATIONSHIPS**





# ULTIMATE GREENS SALAD WITH DETOX DRESSING

## RECOMMENDED SALAD INGREDIENTS

- 2-3 large handfuls of greens
- Hemp seeds and/or chia seeds
- Walnuts, almonds, and/or pine nuts
- Quinoa and/or beans
- Sun dried tomato, artichokes, or olives
- Celery, diced
- Cucumber, diced
- Green apples, diced
- Optional: Bacon + hard boiled eggs

## FOR DRESSING

- 3 small or 2 large avocados
- 2 chopped green onions
- 1/4 cup chopped red onion
- 1/2 cup chopped parsley
- 1/2 cup chopped basil
- 6 garlic cloves minced
- 1/4 cup apple cider vinegar
- 1/3 cup lemon juice (about 2 lemons)
- 1/2 tablespoon salt
- 1 teaspoon pepper

**PREP TIME: 45MINS**

## DIRECTIONS

**1. Start by preparing the dressing. In a food processor or Vitamix., blend together all ingredients listed for detox dressing.**

**2. Next, toss the desired amount of dressing into the desired quantity of leafy greens (i.e. kale, arugula, lettuce, spinach, etc.).**

**3. Serve with recommended toppings listed (especially the green ones!)**

**Optional: Serve with leftover protein, crumbled bacon, and/or sliced hard boiled eggs.**



# Journaling Exercises

**Directions: Print the next page out or if you have a journal, answer these prompts in your own journal.**



Write a (mini) letter of forgiveness to someone you've been in a conflict with.

Write a letter of forgiveness to yourself for a past mistake you struggle to let go of.

## Anahata - Heart Chakra



Write a letter of kindness to someone close to you. It can be good friend, family member, or a significant other. You also don't have to show them the letter (though you can). The goal is practice loving without expecting return.