



HEART CHAKRA

Our Beautiful heart center is such an incredible energy- our grace, our compassion, our self love is experienced in this energetic center. Through our powerful and elegant energy we begin to experience unconditional love and unconditional compassion for ourselves, which is then shared with all of life around us! The liberation to life is to explore our true calling, our purpose thrives because of our openness to receive at to give. As we grow the opportunity to be generous and giving grows abundant and in return our energy practices the right to receive. The more we give uplifting, high vibrational energy the more we begin to attract. We are a walking, breathing energetic torus that is surrounded by the energetic power of love. Our love as an energy is more powerful than any other feeling or emotion. Love is truly what is real in our life and love is what feeds our souls purpose and acceptance into the life we live. When we allow others to give the gift of joy, we allow them to grow their own energetic field and we feed what their soul craves. Anahata translates to "unstruck.."unhurt, unstruck, and unbeaten"

This relates to socialism, self acceptance, acceptance of others, loving and strong boundaries, respect, compassion, understanding, strong immune system, deep sense of inner peace. It is our basic rights to love and be loved; Biggest chakra- known as the seat of our soul, the bridge between our lower and upper chakras

Petals represent: Lustfulness, fraudulence, indecision, repentance, anxiety, longing/missing, impartial, arrogance, discrimination, incompetence, defiance, resilience & resistance- All of it centers into Hope (center of the mandala); Two substances come together they form a bond, permanent connection

POSITIVE AFFIRMATIONS



I LOVE. I AM OPEN TO LOVE.

ALL LOVE RESIDES WITHIN MY HEART.

I DEEPLY AND COMPLETELY LOVE AND ACCEPT MYSELF.

I NURTURE MY INNER CHILD.

I AM WANTED AND LOVED.

I AM WORTHY OF LOVE.

I LIVE IN BALANCE.

I AM GRATEFUL.

I FORGIVE MYSELF.

I FORGIVE OTHERS.

I AM FILLED WITH LOVE AND KINDNESS.

I AM HELD IN LOVING KINDNESS.

I AM GRATEFUL FOR THE CHALLENGES THAT HELPED
ME TRANSFORM AND OPEN TO LOVE.

I AM CONNECTED TO OTHER HUMAN BEINGS.

I FEEL A SENSE OF UNITY IN NATURE.

I ACCEPT ALL THINGS AS THEY ARE.

I AM FILLED

HEART CHAKRA: ANAHATA

TRANSLATES TO UNHURT/UNSTRUCK

BIJA MANTRA: YAM

KEY NOTE OF F, 341.3HZ CHAKRA, 639HZ LOVE VIBEZ

COLORS: GREEN OR PINK

SYMBOL: THE HEXAGRAM WITHIN THE HEART CHAKRA SYMBOL IS MADE OF TWO INTERLACED TRIANGLES, ONE POINTING UP AND ONE POINTING DOWN. THE DOWNWARD MOVEMENT OF SPIRIT INTO MATTER (SYMBOLIZES SHAKTI, A FEMALE PRINCIPLE) AND THE UPWARD LIBERATION OF MATTER INTO SPIRIT (SYMBOLIZES SHIVA, A MASCULINE PRINCIPLE) – MEETING TOGETHER AT HEART, WHERE TRUE BALANCE IS ATTAINED.

EACH ONE OF THE TWELVE PETALS IS INSCRIBED A SANSKRIT SYLLABLE: (KAM, KHAM, GAM, GHAM, NGAM, CHAM, CHHAM, JAM, JHAM, NYAM, TAM, AND THAM) – ALSO REPRESENTING LUSTFULNESS; FRAUDULENCE; INDECISION; REPENTENCE; HOPE; ANXIETY; LONGING; IMPARTIALITY; ARROGANCE; INCOMPETENCE; DISCRIMINATION; AND DEFIANCE.

ENERGY FLOWS IN AND OUT OF THE PETALS, CARRIED BY THE SYLLABLE SOUND, IN 12 DIRECTIONS. EACH PETAL REPRESENTS A PLEXUS WHERE THE CHANNELS OF ENERGY (ALSO CALLED “NADIS”) CONVERGE. THE SYLLABLES SYMBOLICALLY REPRESENT THE VITAL ENERGY THAT COMES FROM THESE POINTS



ANATOMY AND FUNCTIONS OF THE HEART CHAKRA

Located in the center of the chest, the Heart Chakra is the emotional energy center of your body.

Energetically speaking, the Heart Chakra is the bridge between the lower chakras (Root, Sacral, Solar Plexus) and upper chakras (Throat, Third Eye, Crown).

This means it is the balance between your physical and spiritual self; the human being residing in this world and the spiritual being aware of planes beyond our immediate understanding.

The more open your Heart Chakra is, the more capable you are of recognizing the spiritual in everyday circumstances (i.e. synchronicity, deep appreciation for the beauty of a flower, messages from spiritual guides)

Sanskrit name: Anahata - unstruck

Element: Air

Color: Green

Shape: Crescent moon

Petals of the lotus: Twelve

Seed sound: Yam

Vowel sound: Ay

Rights: To love

Endocrine gland: Thymus

Physical association: Heart, lungs, circulatory system, arms, hands

Psychological function: Love

Identity: Social identity

Developmental stage: 3.5 to 7 years

Challenge: Grief

Plane: The plane of balance

Planets: Venus (lunar, feminine), Sun

Deity: Vishnu, Lakshmi, Krishna

Mythological Animal: Antelope, dove, birds

Sense organ: Skin

Predominant sense: Touch

Incense: Jasmin, lavender, rose

Herb: Yarrow, meadowsweet, oris root

Sephira: Tiphareth

Tarot suite: Swords



Air represents pure consciousness. Only visible when it is directed through another element air and fire creates a smoke, air and water creates a mist, air and earth

To activate the heart centre, breath, fly a kite, ride motorcycles (wind therapy), skydiving, hot-air balloon, Swimming is a good exercise for this chakra, especially the breaststroke. It opens the chest area.

Since this chakra deals with air, meditating in a natural place where the wind is blowing is particularly beneficial. If this isn't possible, a ceiling or other type of fan that creates a breeze on your face works. You can either lie down or sit straight when meditating with this chakra. Think green and concentrate on your breathing exercises. A breathing exercise you might try is one-nostril breathing. Close the left nostril with your hand and breathe in with the right nostril. Release your breath using the left nostril and breathe back in, close the left and breathe out and in with the right one. Do a cycle of these (about 10-15 complete cycles).

Air is pure consciousness – it is with you every moment of your waking life, constantly shaping and influencing your realities. Just like air, consciousness is forever attempting to move into new areas and seek out new information and experiences.

Air is only visible when it's directed through another element. Witness its power by combining elemental forces;

Air + Fire : Burn sage and incense

Air + Earth : Hang a metal wind chime or earth element

Air + Water : Vaporize and mist essential oils



PRANAYAMA - Breathing Techniques

There are 5 Vital Forces (Vayus): (Vayu means wind)

Prana Vayu: forward/inward/upward –

Taking in of food, air, senses, and thoughts.

Situated in the head, centered in the third-eye, and its energy pervades the chest region.

To experience Prana-Vayu: Close your eyes, sit or stand with a long spine and relaxed body, and as you inhale feel an energy flowing up the torso from the belly to the third-eye.

Apana–Vayu: downward/outward

Situated in the pelvic floor and its energy pervades the lower abdomen.

Nourishes the organs of digestion, reproduction and all elimination.

To experience Apana-Vayu: Close your eyes, sit or stand with a long spine and relaxed body, and as you exhale feel an energy flowing down the torso from the top of the head to the tailbone.

Vyana–Vayu: center to periphery

Situated in the heart and lungs and flows throughout the entire body.

Governs circulation of all substances throughout the body, and assists the other Vayus with their functions.

To experience Vyana-Vayu: Close your eyes, sit or stand with a long spine and relaxed body, and as you inhale feel the breath radiating outward from the navel to the arms and legs.

Udana–Vayu: circular

Situated in the throat and it has a circular flow around the neck and head.

Governs speech, self-expression and growth.

To experience Udana-Vayu: Close your eyes, sit or stand with a long spine and relaxed body, and as you inhale and exhale feel the breath circulating around and through the head and neck.

Samana–Vayu: periphery to center

Is situated in the abdomen with its energy centered in the navel.

PHYSICAL HEALTH



Can physically manifest as:

- Disorders of the heart, lungs, thymus, breasts and arms
- Shortness of breath
- Sunken chest
- Circulation problems
- Asthma
- Immune System deficiency
- Tension between shoulder blades, pain in chest

HEART CHAKRA DEFICIENCIES

- Antisocial, withdrawn, cold
- Critical, judgmental, intolerant of self or others
- Loneliness, isolation
- Depression
- Fear of intimacy, fear of relationships
- Lack of empathy
- Narcissism

EXCESSIVE 4th CHAKRA

- Codependency
- Poor boundaries
- Demanding
- Clinging
- Jealousy
- Overly sacrificing

BALANCED 4th CHAKRA

- Compassionate
- Love
- Empathetic
- Self-loving
- Altruistic
- Peaceful, balanced
- Good immune system



PHYSICAL HEALTH



Foods to support:

Nutritionally take care of the heart: Eat a diet low in fat, high in omega 3's (cold water oily fish like salmon, mackerel, sardines, anchovies, herring and flax or chia seeds), and lots of green leafy vegetables (Swiss chard, spinach, kale, romaine, arugula, collards, mustard greens, sprouts, dandelion greens). The Brassicaceae family (cabbage) is particularly good for balancing this chakra nutritionally—cabbage, broccoli, Brussels sprouts, cauliflower, and bok choy are a few good options. The allium family (onions, leeks, and especially garlic) is another important heart chakra group. But don't forget celery, avocados, squash, watercress, peppers, and yes, zucchini. Green apples, pears, and kiwi are nutritious, green, and make wonderful snacks. The Mediterranean diet is an especially good option when working with this area. Meal choices might include a vegetable omelet or frittata for breakfast. A salad with as many vegetables as you like for lunch, and perhaps salmon (or other oily fish) or a stir fry for dinner. Cucumbers, peas, beans, spinach, zucchini, pears, grapes, avocado, broccoli, celery, chard, brussel sprouts, bokchoy, green tomatoes, green onions.

QUESTIONS TO VIEW HEART CHAKRA

- Do you suffer from pain or any disorders with the lungs, thymus, heart, breasts or arms?
- Do you get tension between your shoulder blades? Or pain in your chest?
- Do you get jealous easily, and don't even know why?
- Do you ever get accused of being clingy or dependent?
- Do you ever feel your over sacrifice for those around you?
- Do you struggle with keeping healthy and long relationships?
- Do you sometimes feel lonely, depressed, or critical?
- Has anyone betrayed you recently?
- Do you sometimes fear intimacy and/ or relationships?
- Do you ever struggle to feel compassion for those with insecurities or struggles?
- If your answer is "yes" to more than one of these – you may have some balancing to do! This is how our heart communicates with us! It's our job to listen for the signals + then act upon it!



Promoting Self love and Chakra Health –

- Create a healing practice
- Tune into balance
- SELF LOVE/ SELF COMPASSION
- love, create a self love relationship with our personal self
- loving and responsible relationships
- intimate and loving devotion to our beliefs, being able to receive and give in balance
- DEVOTION TO SELF PRACTICE, finding a truth for the self, divine order and light of energy
- learning the basic rights of being loved and loving
- Breathing exercises
- working with arms and chest and shoulders and spine
- Inner child work
- self acceptance
- personal observation of personal relationships and surroundings
- journal, self discovery practices, yoga!
- Smells, crystals, reiki, GREEN, and time~ give yourself time <33
- METTA MEDITATION
- FORGIVENESS

