

HEART

Anahata

CHAKRA



What is a Chakra?

- In sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body



Anahata – 4th Chakra

- Located at the heart.
- Related to air, compassion, healing, and balance.
- Symbol: A Lotus Flower with 12 petals



Opening and balancing

- This chakra's purpose is to become open to love and compassion, both to yourself and those around you.
 - Tell those you love that you love them
 - Watch a romantic movie
 - Read a love story
 - Take time for deep breathing
 - Be with nature



Effect of imbalances

The heart chakra controls:

- Circulatory System
- Thymus Gland

It is connected to :

- Heart
- Upper Back
- Breasts
- Lungs
- Blood
- Air Circulation

A blockage of this chakra can lead to:

- Loneliness
- Sense of Alienation
- Asthma
- Heart Disease
- High Blood Pressure
- Lung Disease
- Upper Back/Should/Arm/Wrist Pain



Crystals & Aromatherapy

Crystals

- Green Jade
- Emerald
- Aventurine

Aromatherapy

- Lavender
- Ylang Ylang
- Lime



Healing foods

- Anything GREEN!



Journaling + Painting

- Is there balance between my giving and receiving of love?
- What is preventing me from welcoming love in my life?
- Do I spend enough time on what I love doing? If not, what is holding me back from doing more of what I love?
- What does 'compassion' mean to me? When do I experience compassion for others? How do I express it?
- My heart is...
- I am grateful for



Mantra - “YAM”

Envision the color green glowing in your chest.

“I completely love and accept myself. I give and receive love unconditionally”

Repeat “YAM” seven times.

