

Heart Chakra at a glance

Heart Chakra Affirmations:

- ♥ ALL LOVE RESIDES IN MY HEART
- ♥ I AM open to love
- ♥ I deeply and completely love and accept myself
- ♥ I direct love and light towards myself.
- ♥ I live in harmony with all other beings.
- ♥ I am wanted and loved.
- ♥ I live in balance, in a state of gracefulness and gratitude.
- ♥ I love the beauty of nature and the animal world.
- ♥ I forgive myself
- ♥ I am grateful for all the challenges that helped me to transform and open up to love.
- ♥ I Give and Receive Love Easily



Sanskrit name: Anahata – unstruck sound

Element: Air

Colour: Green

Shape: Crescent moon

Petals of the lotus: Twelve

Seed sound: Lam

Vowel sound: Ay

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

Planets: Venus, Sun (lunar, feminine)

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: Swords

Yoga Poses:

Learn heart chakra yoga poses to open up your heart centre and invite more love into your life. To open and balance your heart chakra, incorporate yoga poses that stretch, strengthen, and expand your shoulders and chest.

When the fourth chakra is open and balanced, it fosters forgiveness, balances and blends the spiritual and physical, and is home to unconditional love.

I AM LOVE

I AM LIGHT

I AM PEACE