

# Heart Chakra - Anahata

Anahata means 'unhurt, unstruck and unbeaten' in Sanskrit. It is the guardian of our heart and love in our life, keeping us loving and vibrating on a positive frequency so that 'all you love' will easily flow into our life. It allows us to easily and effortlessly create a life full of all the things we love. It keeps our emotions balanced and positive and helps us to feel connected to others and the world around us.

An open-heart chakra allows us to be empathetic to the feelings and emotion of others while remaining true and in tune with our own. It allows us to appreciate beauty and rules our willingness for compassion.

The heart is a sacred portal, which when open allows you, access to the gifts of your higher energetic centres, and in and of itself is the doorway to the realms of angels and Divine love.

Anahata carries the energy of the "Miracle Worker." She is the guardian of love, and is strong, gentle, compassionate, luminous, ethereal, angelic, blissful, magical and powerful. She acts as our purification system, cleansing all our chakras of any negative emotions and keeping your entire energy field positive.

## 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: Emerald Green, Pink, Gold

Shape: Crescent moon

Petals of the lotus: Twelve

Seed sound: YAM

Vowel sound: Ay

Endocrine gland: Thyroid

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, Orris Root

Sephira: Tiphareth

Tarot: Swords

Crystal: Rose Quartz, Fluorite, green jade, malachite, aventurine

## Yoga Poses & Meditation

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.

Poses include: - bridge pose, reclining butterfly pose, hands in prayer pose behind the back, camel pose, cobra pose. Spinal flex with hands on the knees. Heart openers (yin)

Meditation: Repeat 7 times the Seed sound: YAM

Listen to my Rose Quartz Heart Meditation:-

<https://open.spotify.com/show/2DWa9Y62Lgi375zwxAhvKY?si=26fd25dc0fe94791>

During your practice and throughout the day, imagine and feel a soft, glowing green light engulfing your heart area. Practice focusing on the colour green and a warm feeling gushing over your entire body, and into the hearts of the people around you. Send love in the form of this glowing green energy from your Anahata to the Anahata of others. Know that you are a pure being of light and love that can heal yourself and others with your energy.

I AM LOVE

I AM LIGHT

I AM PEACE

- ✓ For more detailed information about Our 7 Chakras & Auras you can purchase [here](#) or join us on one of our workshops in person or on-line.

<https://www.caraelliotthealinghouse.com/retreats-courses>