



HEART

Anahata

Love, Empathy, Kindness,
Compassion, Gratitude



SANSKRIT: Anahata
MEANING: Unstruck or Unhurt
CHAKRA NUMBER: 4
AFFIRMATION: I Love
COLOR: Green
LOCATION: Center of the chest
ELEMENT: Air
PLANET: Venus
METAL: Gold
BODY: Heart, lungs, arms,
upper back
EMOTIONS: Love, compassion,
forgiveness
GLAND: Thymus
SEED SOUND: YAM



HEALING PRACTICES

Gratitude: Practice daily gratitude to open the heart.
Breathing: Deep, slow breaths focusing on the chest (e.g., 4-7-8 breathing).

Self-care: Engage in activities that foster self-love and compassion.

Visualization: Meditate on green light expanding from the heart.

Acts of kindness: Perform random acts of kindness to foster connection.

HEALTH STATE

BALANCED

Sense of love and compassion, emotional openness and forgiveness, healthy relationships, inner peace and balance.

IMBALANCED

Lack of empathy, jealousy, fear of intimacy, emotional detachment or excessive dependency, physical issues like heart and respiratory problems.

MANTRA

"Om Mani Padme Hum"

AFFIRMATIONS

- I am worthy of love
- I give and receive love freely
- My heart radiates love and forgiveness

AROMATHERAPY
Rose, geranium, lavender, jasmine, ylang ylang

YOGA POSES



Eagle Pose
Garudasana



Camel Pose
Ustrasana



Cobra Pose
Bhujangasana



Bridge Pose
Setu Bandhasana



Upward-Facing Dog
Urdhva Mukha Svanasana



Cat-Cow Stretch
Marjaryasana-Bitilasana

CRYSTAL & GEMSTONES



Rose Quartz



Jade



Rhodonite



Kunzite



Malachite



Green Aventurine