



HEART

ANAHATA

Love, Compassion, Forgiveness,

Harmony, Emotional Balance



Chakra Number: 4th

Sanskrit: Anahata

Meaning: Love

Lotus: 12 Petals

Element: Air

Color: Green

Frequency: 639Hz

Seed Sound: YAM

Vowel Sound: AH

Music: Soothing, Calming Music

Affirmation: I love

Sense: Touch

Location: The Centre of The Chest

Glands: Adrenal glands

Body Parts: Heart, Thymus, Lower Lungs, Circulatory System, Immune System

Nutrition: Spinach, Broccoli, Kale, Peas, Other Leafy Greens, Green Vegetables, Green Tea, Food Rich in Omega-3 Fatty

Essential Oils: Ylang Ylang, Sandalwood, Patchouli, Jasmine, Orange, Rose, Lavender

Reiki Pose: Heart Hand Position

Crystals: Rose Quartz, Green Aventurine, Rhodonite, Malachite, Jade, Emerald



LOTUS PADMA

AFFIRMATIONS

- I give and receive love effortlessly.
- I am compassionate and kind to myself and others.
- I forgive myself and others completely.
- My heart is open to love and peace.
- I live in harmony with all beings.

BALANCING PRACTICES

- Practicing Forgiveness, Self-Love Exercises, Nurturing Relationships, Loving-Kindness Meditation, Volunteering
- PROMPTS: Who have I not forgiven yet? What's holding me back from feeling more love?

YOGA POSES

- Camel Pose (Ustrasana):** Opens the heart and enhances emotional release.
- Bridge Pose (Setu Bandhasana):** Opens the chest and strengthens the back.
- Upward-Facing Dog (Urdhva Mukha Svanasana) and Cobra Pose (Bhujangasana):** Opens the heart and strengthens the arms.
- Cow Face Pose (Gomukhasana):** Stretches the shoulders and opens the heart.



ROSE QUARTZ



GREEN AVENTURINE



JADE



BLOCKED

- Difficulty giving or receiving love
- Emotional numbness or detachment
- Fear of intimacy or vulnerability
- Jealousy or possessiveness in relationships
- Chronic feelings of loneliness
- Inability to forgive others or oneself
- Physical heart issues or chest pain

BALANCED

- Ability to love unconditionally
- Deep sense of compassion and empathy
- Healthy and fulfilling relationships
- Openness to giving and receiving affection
- Emotional resilience and forgiveness
- Feeling connected to others and the world
- Joy and gratitude in everyday life

OVERACTIVE

- Overly emotional reactions
- Excessive need for love and validation
- Smothering or being overly attached to others
- Difficulty setting boundaries in relationships
- Sacrificing personal needs for others
- Compulsive nurturing or caretaking

