



## HOME SERIES: 4TH (HEART) ANAHATA CHAKRA

(Suggested to be followed only under the guidance of an experienced Yoga instructor)

The Hindu concept of the chakra has its' ancient origin in India. In the tantric tradition, it is believed that the energy that was brought forth at the creation, the Kundalini, is a serpent coiled at the base of the spine. Through the use of yoga and meditation, the Kundalini energy can be awakened to flow through the body and allow one to connect with the Creator.

Seed Mantra: Yam

Orisha: Ogun or Oshun

Color: Green

Element: Air

Position: Center of chest

Objective: Love doesn't mean only love for others; it also applies to self-love and self-acceptance and uniting the masculine/feminine of the self. This chakra is about learning love, spirituality and compassion, for the self and others. It is about learning to and taking responsibility for giving and receiving.

Possible signs your Heart Chakra is blocked:

Being afraid of commitment and feel like you have to please others to be loved

Having been hurt by others in relationships you now feel like you have to guard yourself from being hurt again (being overly defensive and closed)

Experiencing jealousy (fear of intimacy or being deserted)

Being co-dependant (relying on other's approval, energy and attention, trying to please at all costs, or becoming needy in relationships, leading to anger and distrust)

Having trouble with giving and receiving love and being compassionate towards others.

Always putting oneself in the role of the saviour or the rescuer or playing the victim and holding grudges.

A weak heart chakra can also be at the root of heart disease, asthma, and allergies

In balancing our heart chakra we might:

Become more comfortable in our relationships

Give and receive love more easily

Experience a heartfelt sense of gratitude for how wonderful your life is

Appreciate others more

Feel an increase in compassion for yourself and others (without feeling sorry for anyone)

Develop a higher sense of awareness and sensitivity

Emphasize a sense of purity, innocence, and magnetism

Experience an inner balancing of female and male energies

**Suggested aids towards balancing your heart chakra:**

**Chanting:** In Sanskrit a "seed" is called Bija. A seed mantra or Bija Mantras is used in Vedic traditions as tools for the expansion and widening of one's mind by utilizing the power of sound vibrations. In its most literal translation the word "Mantra" means "to



liberate one's mind" so it is planting the seed of liberation.

Suggested Seed Mantra: Yam

Chanting Yam is said to heal both the physical heart and the spiritual (emotional) heart center and open one up to unconditional love and compassion. It means to let go, to liberate, to give.

**Suggested oils:**

Rose

Geranium

Jasmine

Bergamot

Yang Yang

Neroli

**Colour:** It is said that by dressing all in one colour, we increase the size of our aura, and that dressing in the colour of one chakra will also help it to open. The colour assigned to the Anahata Chakra is GREEN. The colour green symbolizes health, prosperity and abundance.

**Crystals:** Suggested crystals for balancing the heart chakra:

Pink Quartz

Clear Quartz

Jade

Green Calcite

**Meditation:** Sit comfortably with the spine straight (pole of the body), the shoulders relaxed and the chest open. Rub the hands to activate the heart chakras in the palms of your hands, then lightly press the hands together at the level of your heart (see if you can find a little notch where the knuckles of the thumbs can fit). Breathe slowly, softening your gaze or closing the eyes. Visualise the center of your chest feeling warm and radiant, full of an emerald green light, radiating out from the center of your heart into the rest of your body. Feel this energy flowing out into the arms and hands, and flowing back into the heart. Stay with this visualization for one to five minutes. Inhale the arms up towards the sky, connecting with the heavens, then exhale and lower the palms lightly to the floor, connecting with the earth and giving thanks.

**Other ways to open your heart chakra:**

Cultivate your appreciation for beauty, whether it's in nature, people or in the arts

Engage in activities that feed your heart

Express your gratitude, even if it's in silence; you can be grateful for the presence of other people in your life or simply for good things that make your life easier and happier  
Nādī Shodhana (Alternate Nostril Breathing) unites and harmonises these two main Nādīs and brings the emotions and intellect into balance.

Tapping the thymus (the gland associated with the heart chakra) lightly with the knuckles quietens nerves affected by excitement or stress and brings us back into balance again.