



HOME SERIES: 4TH (HEART) ANAHATA CHAKRA

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

About the Heart Chakra:

Anāhata Nāda means unlimited, infinite sound. It is the constant, fundamental sound of the Universe, the eternal vibration of the Self. Its sound is SO HAM – “That I am, I am That”.

The Anāhata Chakra is the seat of love, located in the region of the heart (the symbol of love). When our heart opens to divine love, our love becomes infinite. To really send loving feelings to someone we must open the Heart Chakra and allow love and light to radiate from our inner Self.

The symbol of this chakra is a Lotus with twelve petals that represent the most important qualities that we are able to develop here: Joy, peace, love, harmony, bliss, clarity, purity, compassion, understanding, forgiveness, patience and kindness. To open the Anāhata Chakra in the spiritual sense means the realisation of all-embracing divine love.

In the Chandogya Upanishad it says: “In the centre of the body there is a little shrine surrounded by a wall with eleven doors. Hidden within the shrine a Lotus blossoms, and within this there is a tiny, little room.” This tiny room in the heart of the Lotus is the Ātmā: our true Self. Just as the whole tree is already contained and present within a seed, the essence of the entire cosmos exists in the centre of the Heart Chakra.

Resentment, desire, obsession, fanaticism and dependency are negative qualities that reside here. If the mind and consciousness are not pure, misleading thoughts and feelings, fixed ideas and complexes that affect us physically and psychically arise in the Anāhata Chakra. When we keep the heart closed for fear of further injuries, we block our feelings and prevent them from being assimilated or expressed. Two problems that we encounter in the Anāhata Chakra are worldly attachment and dependency. Often we feel we are tied to someone but are not necessarily happy about the relationship. A communal bond can be found everywhere in nature and is important for the maintenance of social order. But if we have fulfilled our duties in life and are still unable to release ourselves from the constant worry of family and possessions, this indicates a false sense of attachment. And, apart from the ego, this is one of the biggest hurdles on the spiritual path.

The animal symbol of the Anāhata Chakra is a black antelope. The antelope is fast and powerful, and at the same time delicate and sensitive. With its refined senses it senses danger well in advance. It is vigilant day and night, just as we should be on our spiritual



path.

Anahata is associated to the element of Air. When air is in motion it develops an immense power. Storms can even uproot strong trees and destroy whole houses. Infinite power also exists within the Anāhata Chakra; and it can be utilised positively or negatively. Just like a raging storm, anger and fury can devastate everything positive and beautiful that we have built in our lives; but the power of love is capable of achieving miracles and moving mountains.

The divinities of the Anāhata Chakra are SHIVA and SHAKTI . Shiva (or Purusha) is pure consciousness that steers us towards goodness and the Supreme Self. Shakti (or Prakriti) is the Divine power through which consciousness manifests. The aspects of Purusha and Prakriti are also found in Sūrya Shakti (the power of the sun) and Chandra Shakti (the power of the moon).

The VISHNU GRANTHI, the source of Ānanda, bliss, is located in the Anāhata Chakra. The purer the Anāhata Chakra, the deeper the feelings of joy, warmth and happiness. The Anāhata Chakra is the door through which we are able to reach the Sahasrāra Chakra, where knowledge of our true Self is revealed. Divine consciousness streams from “the door to the Supreme” (Brahmarandhra) to the Anāhata Chakra through the Brahma Nādī. With this the circle closes: Consciousness is filled with love, and love is enlightened by consciousness.