

Anahata



Chakra 4: Heart Chakra

COLOR: Green

ELEMENT: Air

POSITION: Centre of Chest, Region of Heart

OBJECTIVE: Heart, Feelings, Love, Compassion, Trust, Forgiveness, Touch, Self-acceptance and Devotion

SEAT OF: Sense Consciousness



*The Voice of the Anahata Chakra :
"I love" "I am lovable" "I am completely Loved"*

Anahata Chakra or Heart Chakra is the fourth Chakra and is located at the centre of the chest. It is symbolized by a beautiful 12-petal lotus. Heart chakra is an emotional zone where you experience feelings of love, compassion, devotion and generosity, and on the flip side feelings of despair, hate, envy, mistrust and anger. Information stored in the Heart Chakra includes the connections or "heart strings" to those we love. An imbalance in the Heart Chakra may be felt as a lack of feelings, difficulty in relationships and dependence on someone else for your happiness.

When your Heart Chakra is open and balanced, you will be friendly and compassionate and foster harmonious relationships. The spiritual lessons Anahata Chakra wants to teach us are about compassion, forgiveness, trust and unconditional love. If Heart Chakra is underactive, a person may lack compassion and empathy and will be cold and distant. If Heart Chakra is overactive, a person may be too giving and generous to a fault. One needs to strike the perfect balance between self-love and the love for others.

Anahata Chakra In A Nutshell

LOCATION IN BODY	CENTRE OF CHEST, AT HEART CENTRE
When your Anahata Chakra is closed	You are afraid of commitment and feel like you must please others to be loved. You have been hurt by others many times in relationships, and now feel that you should guard yourself from being hurt again.
When your Anahata Chakra is opened	You feel compassion for yourself and for others, without feeling sorry for anyone. You are comfortable in your relationships, giving and receiving love easily. You feel a heartfelt sense of gratitude for how wonderful your life is, and appreciate others.
Blocked by	Grief/ When your expectations are not met/ Mistrust/ Heartbreak
Symptoms of blockage (You may exhibit one or more of these)	Grief, feeling of neglect, loneliness and depression at the emotional level. When overactive it causes obsessive love. Physical ailments can manifest as fevers, asthma, allergies, heart/lung ailments, and hypertension.
Associations	Healthy relationships, desire fulfillment
Unblocked by	You start expressing selfless unconditional Love



Imbalanced Anahata Chakra

When your Anahata Chakra is imbalanced, you tend to sabotage your relationships and career because of mistrust, anger and revenge. There may be feelings of grief, neglect, and depression. You may become too possessive for those you love and feel a strong need to control them. You fear losing people that you are attached to. You experience doubts, suspicions and struggle between your mind and heart.

Balanced Anahata Chakra

When your Anahata Chakra is balanced you enjoy comfortable, loving and empathic relationships at home, at work and in your community. You tend to display openness, spontaneity, generosity and warmth with those you meet.

Overactive Anahata Chakra

When your Anahata Chakra is overactive you lack discernment in your relationships, and get controlled by emotions. You experience immense feelings of happiness, sadness, love, grief, anger and possessiveness. You will be in relationships where you are always giving, but not receiving. You may not be able to let go of relations that have gone past their expiry dates.

Underactive Anahata Chakra

When your Anahata Chakra is underactive, you feel a lack of compassion for self and others. You lack empathy and become cold-hearted, emotionally inaccessible, or overly sensitive. You are scared to love or be loved because you fear betrayals. You may carry repressed emotional wounds and continue to hold on to bitterness, sorrow and grief. You do not trust others and are often judgmental, critical, skeptical and intolerant.

HOW TO BALANCE YOUR ANAHATA CHAKRA

1) Experience Without Attachment

Experience each moment for what it is and accept it, without referencing it to past or future moments. No moment can last forever because nothing is permanent. Fighting that reality will only cause you pain.

2) Let Go of Attachment to People

Your relationships with people in your life are all because of "need" for security, safety, joy, pleasure or self-worth. If you can find the source of satisfaction of all these needs within you, you can 'let go' of all attachment. In such relationships, you can joyfully conduct your roles and responsibilities with unconditional love and no expectation.

3) Let Go of Attachment to the Past

You often cling to things, situations or people because you feel happy, safe and comfortable with them. Contemplate that even new things, situations and people may give you the same feelings. So, let go of past attachments and open your mind and heart to a new future.

4 Let Go of Attachment to Outcomes

Make peace with the moment as it is, without worrying about the outcome. Release the need to know and accept uncertainty. There are no guarantees about how Life will play out. Just live well today.

5) Let Go of Attachment to Feelings

Understand that pain is unavoidable. You will lose things that matter and feel some level of pain. But it doesn't have to be as bad as you think. As the saying goes, pain is inevitable, suffering is optional.

TIPS TO BOOST YOUR HEART CHAKRA POWER

- ✍ Walk barefoot on green grass and feel the breeze of air on your skin.
- ✍ Eat green foods and consume green drinks.
- ✍ Use aromatherapy oils such as Sandalwood, Jasmine, Lavender and Geranium.
- ✍ Listen to the sound of wind instruments like flute, saxophone etc.
- ✍ Wear 15 mukhi Rudraksha and gemstones like Emerald.
- ✍ Bathe in green color in your clothing, decor, art etc.



LESSONS OF THE ANAHATA CHAKRA

1) Release Expectations

Your heart is affected by people you have relationships with. In a relationship you tend to have expectations. When expectations are not met as per your definitions, you are prone to hurt and grief. Let go and release your expectations from life and people by realizing your inherent power in all situations. Focus on doing action and then trust the outcome. On releasing expectation, love flows unconditionally.

2) Release Attachments

Whatever you desire, under the influence of Cupid you fall into an illusion that the desired relationship or thing is of immense value to you. You become attached to it as it gives you pleasure. But the fear of losing gives you suffering. Whatever gives you pleasure also gives you pain. To evolve in life, you must break attachments, remove expectations and make your love unconditional and divine.

3) Trust your Relationships

First form a union or partnership with due diligence. Then trust your partnerships with full awareness. With personal power you can protect your own boundaries, so trust everyone with open eyes. No one betrays you but acts as per their individual perceptions, limitations, priorities and fears.

4) Forgiveness

Release pain and hurt and forgive those who have hurt you intentionally or non-intentionally as that alone will set you free.

MEDITATION TO HEAL THE CHAKRA

- ✍ Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the heart region.
- ✍ Concentrate on the Heart chakra which is at level with the heart.
- ✍ Chant the mantra **YAM**.
- ✍ Do for 10 minutes and feel the sensation of awakening of the Anahata Chakra.

RELEASE LIMITING BELIEFS THAT BLOCK THE HEART CHAKRA

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| <ul style="list-style-type: none"> ✍ I release the feeling of being broken-hearted ✍ I release the feeling of being sad ✍ I release the feeling of being alone ✍ I release grief from every cell of my body ✍ I release the feeling of being disappointed in love ✍ I release the feeling of being rejected in love ✍ I release the belief that it is hard to forgive ✍ I release the belief that I am emotionally weak ✍ I release the belief that I have lack of love ✍ I release the belief that there is no love for me ✍ I release the belief that I don't know how to love myself ✍ I release the belief that I don't know what real love is ✍ I release the pattern of attracting those who hurt me ✍ I release the fear that I am disappointed in love ✍ I release the fear of love ✍ I release the belief that love hurts ✍ I release the belief that relationships are painful ✍ I release the fear that I cannot commit | <ul style="list-style-type: none"> ✍ I release the belief that I should be weak to be loved ✍ I release the belief that I must change myself to be loved ✍ I release the pattern of being disconnected from my feelings ✍ I release the belief that it is hard to accept myself ✍ I release the belief that the pain is too deep ✍ I release the fear that I cannot let go ✍ I release the pattern of hiding/ putting up walls/ and ignoring my feelings ✍ I release the belief that I cannot feel anything ✍ I release the feeling that I need to hurt ✍ I release the belief that nobody can love me ✍ I release the belief that I have lack of desire ✍ I release all heart aches ✍ I release the feeling of craving for love and affection ✍ I release the belief that I never get what I want ✍ I release the belief that there is nobody to love me ✍ I release the pattern of ignoring my feelings/ blocked from my emotions/stuck in my wounded energy |
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NOW DO AFFIRMATIONS BELOW

Thank You, God

I am loved because I was born/I am enough/My feelings are safe/I am free of past hurts/ My heart is healed/I am whole and healed/I am safe no matter what happens/I am free to love and be loved/I am forgiving/I am forgiving others for hurting me/I now choose joy/I am worth it.

Thank You, God

I am safe feeling all my feelings/I am fulfilling my heart's desire/I am compassion/My heart chakra is healed/I am self-love/I am tenderness/I am real/My emotions are safe/I am feeling all my feelings/I am in touch with my core truth/I am joy.

Thank You, God

I am peaceful and balanced/I take in life fully/I am free to let go of the past/I am moving forward/I am allowing/I am understanding/I am safe to love again/I am creating loving and supporting relationships/I am safe to commit/I am strong and I am loved/I safe being intimate/I am safe being real/I am forgiving of myself and others/I am what I think I am.