



HEART CHAKRA

ANAHATA

HEART CHAKRA (ANAHATA)

Location: Heart, the bridge between the upper & lower chakras

Element: Air

Colour: Green or pink

Balanced: Loving, Empathetic, Open-hearted, Serene, Trusting, Tolerant, Feeling of unity & emotional balance

Issues: Self-doubt, Lonely, Demanding, Jealous, Critical, Heart & Lung Issues, Feelings of unease

Body Areas: Heart, Lungs, Shoulders, Arms

Endocrine Gland: Thymus

Essential Oils: Rose, Geranium, Melaleuca, Peppermint

RITUALS: GRATITUDE

In a journal or with reflection, acknowledge the blessings you have today. Ask your crystal for peace & protection & place in your bra or over your heart. This is one of the best heart healing practices available.

BREATH-WORK

Alternate nostril breathing – balances the left & right side of the brain & opens the energy to the heart & lungs.

SYMBOL

The 12 petal lotus, each petal representing the divine qualities of the heart – Bliss, Peace, Harmony, Love, Understanding, Empathy, Clarity, Purity, Unity, Compassion, Kindness, Forgiveness

CRYSTALS

GREEN ADVENTURINE

A comforter & heart healer used to clear & activate the Heart Chakra for general well-being & emotional calm. It is also a powerful protector of the Heart, providing a shield to block entry from those who would “tap-in” & use the energy of another

INDIAN AGATE

Deeply grounding, promoting serenity, patience, peace & tranquillity to the body & mind. A soothing & calming stone agate works slowly but brings great inner strength. Can help overcome negativity & bitterness in the heart, fostering love & the courage to start again. Create a sense of safety & security by dissolving internal tension.

ROSE QUARTZ

Rose Quartz helps stabilise emotions, and this crystal teaches you to love & accept yourself, forgive the past & live from your heart. Rose Quartz heals emotions & transforms relationships with yourself & others – drawing in love & harmony.

AFFIRMATIONS

‘I AM LOVE, I AM PEACE, I AM LIGHT’

‘I LOOK FOR THE JOY IN MYSELF & SEE IT IN ALL THINGS’

‘I LET MY HEART SHINE & GIVE FROM THE DEPTHS OF MY BEING TO THOSE WHO ACCEPT LOVE’

In Sanskrit, ANAHATA means unhurt, unstruck, unbeaten.

Your heart chakra is the home of unconditional love, compassion & acceptance. It opens a gateway to the soul, the heart chakra shines an everlasting flower of enlightenment that releases any pain, grief, sadness or fear & floods the body with so much love.

HEART CHAKRA JOURNAL

With a heart full of love, trust, compassion & joy... journal on the following:

I DEEPLY LOVE & ACCEPT MYSELF
MY HEART IS OPEN
OPEN TO RECEIVE, OPEN TO GIVE

What does kindness mean to me?

How can I show myself & others kindness today?

How do I balance showing others kindness & generosity while still prioritising my own self-care? What can I do to ensure I don't "give from an empty cup" ?

More than anything, today, I am grateful for....., because.....

HEART CHAKRA JOURNAL

With a heart full of love, trust, compassion & joy... journal on the following:

I DEEPLY & COMPLETELY LOVE & ACCEPT MYSELF
MY HEART IS OPEN TO LOVE
I LIVE IN A STATE OF GRACE & GRATITUDE

What does unconditional love mean to me?

How can I show myself unconditional love in my daily life?

Who do I receive unconditional love from? Who do I give it to?

More than anything, today, I am grateful for....., because.....

HEART CHAKRA JOURNAL

With a heart full of love, trust, compassion & joy... journal on the following:

I am loved, I am loving
I am free, I am kind
Compassion radiates through every cell of my being

What are 10 things I love most about myself?

What self-care practices can I include in my daily life to show myself more love? To honour myself deeply?

More than anything, today, I am grateful for....., because.....

HEART CHAKRA JOURNAL

With a heart full of love, trust, compassion & joy... journal on the following:

BREATHING IN I FEEL CALM,
BREATHING OUT I FEEL PEACE,
I FEEL PEACE RADIATE DEEPLY WITHIN

How can I cultivate a feeling of peace in my life?

What thoughts, words or actions bring the feeling of peace to me?

More than anything, today, I am grateful for....., because.....
