



HEART

Anahata

Love, Empathy, Kindness,
Compassion, Gratitude, Faith



यं
YAM

CHAKRA NUMBER: 4
SANSKRIT: Anahata
MEANING: Unstruck
ELEMENT: Air
COLOR: Green
SEED SOUND: YAM
AFFIRMATION: I Love
LOCATION: Heart
PLANET: Moon
GLAND: Thymus

Affirmations

- 1 I love myself and others
- 2 I am an expression of love
- 3 I am worthy of love
- 4 I forgive myself and others
- 5 I follow the voice of my heart

Healing Practices

- **Breathing** - experiment with different breathing techniques
- **Forest Bathing** - spend some time in the forest, park, or bush
- **Meditation** - focus your attention on heart chakra point
- **Self-Love** - accept yourself and make healthy choices in life
- **Nutrition** - infuse love into your meals and express gratitude
- **Aromatherapy** - frankincense, geranium, melissa, neroli, rose
- **Practice Gratitude**
- **Affirmations & Mantras**

Health State

Balanced: Full of Love, Kind, Compassionate, Accepting, Peaceful, Unattached

Unbalanced: Needy, Helpless, Tired, Exhausted, Afraid to Let Go, Lonely, Lack of Purpose, Overly Attached, Clingy

Yoga Poses



Standing Backbend
Anuvittasana



Half Lord of The Fishes
Ardha Matsyendrasana



Camel Pose
Ustrasana



Lord of The Dance
Natarajasana



Wheel Pose
Urdhva Dhanurasana



Cobra Pose
Bhujangasana



Bow Pose
Dhanurasana

Crystals & Gemstones



GREEN JADE



MALACHITE



AMAZONITE



AVENTURINE



ROSE QUARTZ



RHYOLITE