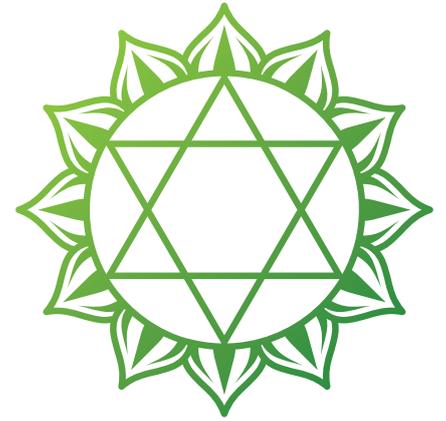
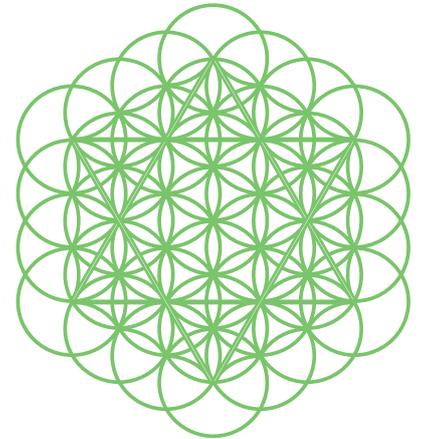


# ANAHATA

Sanskrit Name	Anahata (unstruck sound)
Common Name:	Heart
Location/Anatomy:	Chest, Lungs, Heart, Cardiac Plexus, Thymus, Blood Pressure, Immunity, Spine T1 - T5
Purposes:	Giving & Receiving Love
Colour:	Green (and Pink tones)
Element:	Air
Principle:	Equilibrium
Developmental age:	3.5 - 7 years
Orientation:	Self-acceptance
Demon:	Grief
Keynote:	F
Frequency:	341.3 Hz.
Balanced form:	Open, loving, centred
Direction of spin:	Female anti-clockwise/ Male clockwise



## Mantra YAM



## Affirmations

I am open to love.

All love resides within my heart.

I deeply and completely love and accept myself.

I nurture my inner child. I am wanted and loved.

I live in balance, in a state of gracefulness and gratitude.

I love the beauty of nature and the animal world.

I forgive myself.

I am open to love and kindness.

I am grateful for all the challenges that helped me to transform and open up to love.

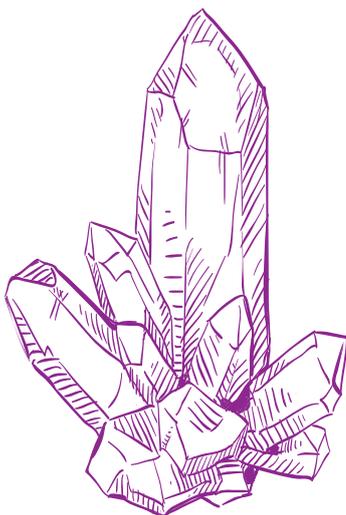
I am connected with other human beings.

I feel a sense of unity with nature and animals.

I accept things as they are.

## Mudra

The Dharmachakra Mudra symbolizes the role of the teacher. How to form the Dharmachakra mudra: Thumbs and index fingers are joined. Middle, ring, and pinky fingers are extended in a relaxed fashion. With left palm facing the body and right palm faced outward join thumbs and index fingers of both hands.



## Crystals

Dioptase

Phrenite

Malachite

Jade

Ajoite

Green Apophyllite

Rose Quartz

Rhodonite

Chrysocolla

Peridot

Epidote

Unakite

Stichtite

Pink Tourmaline

Gaia Stone

Gel Lithium Silica



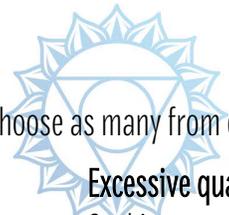
## Affirmations

I am open to love.  
 All love resides within my heart.  
 I deeply and completely love and accept myself.  
 I nurture my inner child. I am wanted and loved.  
 I live in balance, in a state of gracefulness and gratitude.  
 I love the beauty of nature and the animal world.

I forgive myself.  
 I am open to love and kindness.  
 I am grateful for all the challenges that helped me to transform and open up to love.  
 I am connected with other human beings.  
 I feel a sense of unity with nature and animals.  
 I accept things as they are.



Intention setting: Choose an affirmation or combo of 2 or 3 words that you feel you need some help to really embody. Write out the affirmation followed by the Mantra for Anahata and the colour.



Choose as many from each column that you resonate with:

### Excessive qualities

Seeking attention & approval  
 Clingy & reliant on others  
 People pleasing tendencies  
 Poor boundaries, over compromising  
 Co-dependent

### Deficient qualities

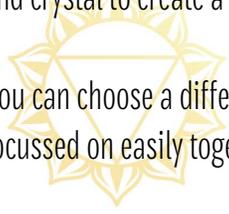
Critical minded, intolerance  
 Withdrawn, self-isolating  
 Uncaring, hard of heart  
 Excessive boundaries, unmoving  
 Fear of intimacy

### Balanced qualities

Empathetic, at peace  
 Self-accepting  
 Caring, compassionate  
 Generous  
 Forgiving



Be kind and authentic with yourself as you own each starred box. Celebrate every box you chose in the 3rd column dear one! If you have one or more stars in the first 2 columns let's feel into the symptom/s and meditate with affirmation, mantra, mudra, colour and crystal to create a fluid environment for the conscious understanding of the core of this to come to the surface.



You can choose a different excessive or deficient quality each time you do the meditations or maybe a few are related and can be focussed on easily together.

Journal after your meditation...



Now that you have some insight around this, and you've captured some of the thoughts, you will find that over the next day or so you may have dreams, random thoughts, synchronicities etc that remind you of this process. Integration time is really crucial to look at how you apply what you have found going forward.

These questions below are a good review to come back to before next week's module arrives. So read through the questions below and see how you are integrating the work on this chakra into your everyday life.

- How do you need to hold space for yourself as you work through this?
- Did you need to dismantle a meaning that you have attached to that situation/event etc?
- Now that you understand the imbalance how does it feel to sink into it for a moment?
- Do you need to renew your faith in yourself around what has emerged for you?
- How have you loved yourself in the process?
- Where did your ego come out to play?
- What resistance do you now feel, if any?
- How are you judging yourself for this - good, bad or indifferent?
- What do you need to let go of now to move forward?
- How can you feel any more deeply into the emotions that come up as you write?
- What small actions can you take or change to support yourself?
- Have you tried to divert yourself from answering these questions?



