

The Heart Chakra



Anahata

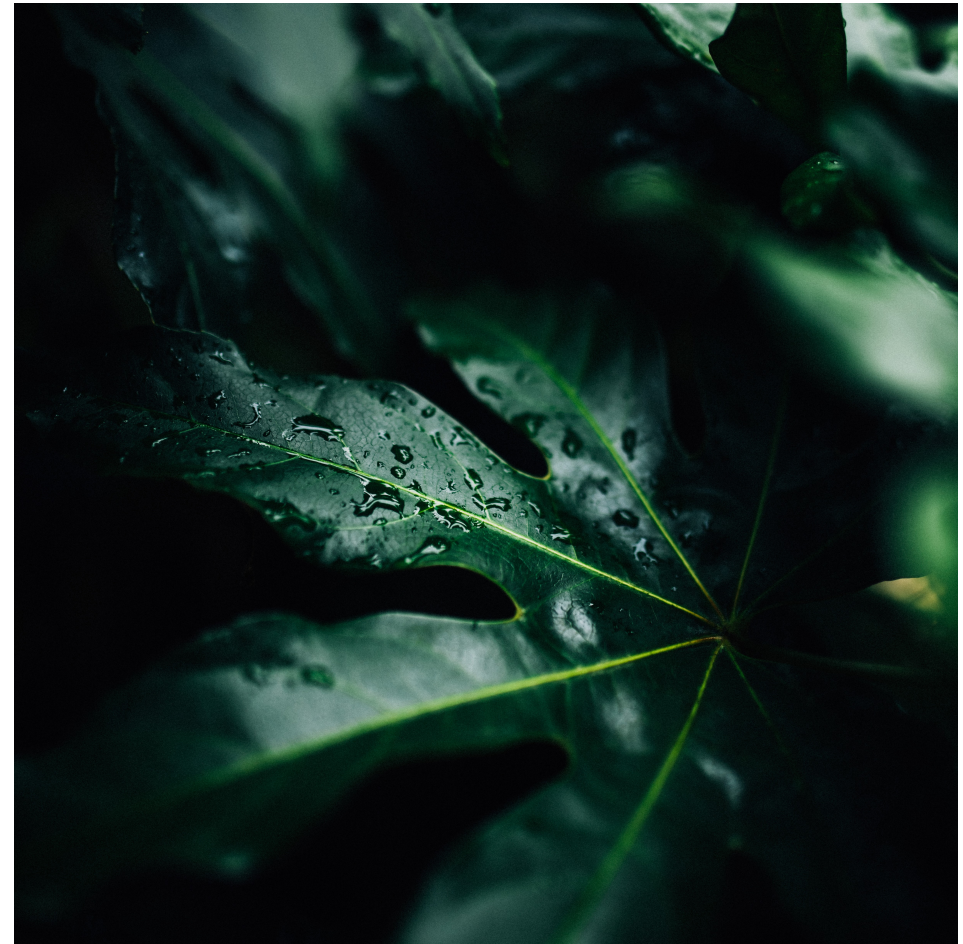
The Heart Chakra



Anahata

Other Names:	Anahata
Rank:	Fourth Chakra
Color:	Green
Location:	Heart, Middle of the chest
Main Theme:	Acceptance, Unconditional love

“I have the right to LOVE
and BE LOVED”



The Heart Chakra – on a physical level



Anahata

Body

Heart, Lungs, Circulatory System, Arms & hands

Gland

Thymus

Health

Heart conditions, Blocked arteries, Asthma, Lungs problems, Allergies, Bronchial difficulties, Pneumonia, Circulatory problems, Upper back and shoulder problems, Immune problems, Thymus, Infections.

Food

Vegetables, Greens, ...

The Heart Chakra – on a psychological level



Anahata

Key Themes

Acceptance, Unconditional love,
Compassion, Forgiveness,
Self-esteem

Subthemes

Strong emotions, Understanding,
Affection

Key Emotions

Love, Kindness, Benevolence, Envy,
Selfishness, Lack of Empathy

Unbalanced Thoughts

"They hate me", "I'm so lonely", "No one
understands me", "I'm so stupid", "I don't
deserve him", "I'm better than them"

Balanced Thoughts

"I am loved", "I understand them", "I love you as
you are", "We are all one", "I want you to have
this"

The Heart Chakra – on an archetypal level



Anahata

Astrology

Planets: Venus

Signs: Libra, Taurus

Element

Air

Animals

Gazelle, Wolf, Dove, ...

Archetypes

Mother, Prostitute – Lover, Saboteur –
Magician

The Heart Chakra – on an vibrational level



Anahata

Sounds

Wind, Flutes,

Crystals

Rose quartz, Emerald, Jade,
Watermelon tourmaline, Azurite,
Malachite

Tones

F, 341.3Hz

Essential Oils

Rose, Bergamot, Melissa, Lavender, ...

Colors

Green, Nature's colors, Pink

Yoga Poses

Melting Heart Pose, Cat/Cow Pose,
Cobra Pose, Camel Pose, Bridge Pose,
...

The Heart Chakra – In Sum



Anahata



**“I have the right to
love and be loved”**

“I give wholeheartedly”

“I receive deservedly”

“I am worthy of love”

**Listen to the Imprint
Meditation**