

Anahata

Heart Chakra



Anahata is that which is "unstruck," the freedom that rings when spirit is in its rightful place, welcome to energetic center that is our original form: LOVE.

The heart is the bridge between the terrestrial and celestial realm, the bridge that harmonizes the labor of the lower chakras (root, sacral, solar plexus) and the upper chakras (throat, third eye, crown), where we transmute. The essence of pure love lives here, where compassion, understanding + reverence for self + other get pumped into every bit of us. It is from here that we negotiate our physical form with our spiritual eternal form, we trust in the passageway of our embodiment to enlightenment. At this center, we bare witness to the truth of what our spirit is here to do and move fiercely for it. *Anahata* reminds us that the heart asks for very little, gives a lot, for heart is spirit. And spirit is ever giving, holding, opening, and expansive. What are you waiting for?! Expand into your next form, expand into your

true form, live from what you have always known: the medicine is already within you.

Chronology

14-21 years

Rites of Passage: Adulthood, separation from family group; Blessed by air

Developmental Stage: True compassion for all people, which can draw an individual selfless service

Spiritual Correspondences

Color: Green

Element: Air

Symbol: Six-pointed star

Seed Sound: Yam

Planet: Venus ♀

Main function: Transformation

Deities

Africa: Esu/Shu, Maat [Egyptian],

Oya, Oshun [Yoruba]

Akkadian/Sumeria: Ishtar, Inanna

Asia: Kakini Shakti, Tara [Indian, Tibetan], Jiutian Xuannü [Chinese]

Mexica + Mayan: Xochiquetzal, Ixchel

Europe: Aphrodite, Venus

Mythology: Moralistic themes that deal with truth + conscience

Psychological Correspondences

"I love"

Overcome by negative emotions

Feel confusion and frustration

Holding on to grudges

Lack clarity and direction in life

Abusive love

Abusive alcohol/spirits

Fear of your capacity to give love

Fear your great need to receive

love

Stay hurt, causing yourself physical ailment

Blockages, Wounds + Imbalances

Harmonize feelings with thoughts

Compassion

Loving relationship with self and others

Balance

Commitment to truth

Inner transformation

Respect for ancestors + sacrifice

Open to love

Faith in the divine

Devotional

From our ancestors + experiences:

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Physical Correspondences

Location: Center for thoracic cavity, behind the heart

Gland: Thymus

Nerve Plexus: Cardiac plexus, brachial plexus

Body Parts: Heart, lungs, arms, hands

Air Energy Triad: Shoulder, kidneys, ankles

Expression: Truth, vocation, responsibility to others

Disturbance: Confusion and frustration

Physical Manifestations

Immune disorders, cancer, circulatory + heart problems [including heart break], lung + chest infections, disorders of the nervous system, depression, back problems

Traumas to the Heart:

Betrayal + fear of it, grief, hatred, anger, jealousy, loneliness

From our ancestors + experiences:

Healing Therapies

- Giving thanks!
- Gratitude altar
- Practicing self-love!
- Connecting with your front + back heart [laying belly and back on earth, on trees, etc]
- Massaging the heart with aromatic essential oils
- Hugs!
- Practices of embodiment, such as physical movement that strengthens the heart, including yoga, swimming, aerobic exercise, walking
- Deep focused breathes
- Practices of enlightenment, such as regular meditation, sitting, resting practice
- Balance between giving and receiving
- Practicing forgiveness
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Foods: fruits, spinach, kale, dandelion leaves, cabbage, nuts, avocado, basil, thyme, cilantro
Oils: all floral oils, rose, rosewood, sandalwood, neroli, palmarosa, angelica, geranium, bergamot, ylang ylang, cypress, spruce
Minerals: rose quartz, green tourmaline, malachite, emerald, green jade, green aventurine, pink carnelian, rhodonite,

From our ancestors + experiences:

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Plant Comrades

Opening

Anise

Cacao

Hibiscus

Linden

Lotus

Motherwort

Passionflower

Red clover

Red raspberry

Rose

Strawberry

Tulsi

White peony

Ylang ylang

Protective

Angelica

Basil

California poppy

Cayenne

Cinamon

Foxglove

Ginger

Hawthorne

Motherwort

Nettles

Parsley

Reishi

Rosemary

From our ancestors +
experiences:

Prayers + Affirmations

- I am worthy of love.
- I am loved.
- I am my own beloved.
- I accept unconditional love.
- I offer unconditional love to myself and others.
- I give compassion with ease.
- I trust in the universe, ancestor + spirit's divine will.
- I offer myself and others forgiveness.
- Love is my guiding truth.
- My heart is free from past hurt.
- My heart is at peace.
- I choose to follow my heart's desires.

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