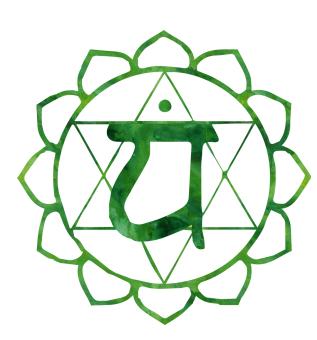
## Anahata

## 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

<u>Rites of Passage</u>: Adulthood, separation from family group; Blessed by air

<u>Developmental Stage</u>: 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,

Tibetean], Jiutian Xuannü

[Chinese]

Mexica + Mayan: Xochiquetzal,

xchel

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:

created + blessed by xóchicoatl of <u>la mala yerba</u> 2020

## **Anahata** Heart Chakra

### **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

From our ancestors + experiences:

#### Traumas to the Heart:

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

### **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 mediation, sitting, resting practice
- Balance between giving and receiving
- Practicing forgiveness

•	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_
	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_

- -----

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:

## **Anahata** Heart Chakra

Plant Comrades		From our ancestors +
Opening	Protective	experiences:
Anise	Angelica	
Cacao	Basil	
Hibiscus	California poppy	
Linden	Cayenne	
Lotus	Cinamon	
Motherwort	Foxglove	
Passionflower	Ginger	
Red clover	Hawthorne	
Red raspberry	Motherwort	
Rose	Nettles	
Strawberry	Parsley	
Tulsi	Reishi	
White peony	Rosemary	
Ylang ylang		
- I give compassion wi	al love. I love to myself and others. Ith ease. e, ancestor + spirit's divine will. thers forgiveness. ruth. n past hurt.	
·		