

Heart Chakra - Anahata



Your heart chakra, is located in the centre of your chest and is perceived as being green in colour. It is represented by the element of air. It is where your lower three (physical) chakras connect with your higher three (spiritual) chakras. As the heart chakra is located in your chest near your heart and lungs and its element is air, it is associated with your breath and breathing. Having the awareness that your breath is the universal life force energy that runs through everything and so therefore is connected to everything.

The heart chakra is dominant between the ages of 22 to 28 years old and is all about unconditional love. Giving and receiving unconditional love to and from others and towards yourself. It is about compassion, forgiveness and accepting everything as it is.

Growing up with a loving family that showed you love and how to love yourself for who you are, how to show others love and compassion would have helped you to have an open and balanced heart chakra.

If you have a healthy, open, balanced heart chakra then you are able to be calm and insightful without judgement on any matter in life. You don't have any attachments or expectations to or of anyone or anything. You have inner peace.

As you might expect if you have suffered any form of abuse during your life or growing up in a home that was devoid of love and attention where your love was rejected then you may have a blocked heart chakra.

If your heart chakra is blocked or unaligned then you could feel detached from people emotionally or tend to be co-dependant and needy. You could hold grudges and feel bitter towards people. Not find it easy to let go of anger surrounding a situation or person. You need validation and rely on getting your self-worth from others. You constantly feel like a victim, replaying thoughts of traumas over in your mind. You can be jealous of others.

Your heart chakra can be overactive causing you to be smothering with regards to showing love or too clingy. Also aggressive, agitated, manic and over excited.



Here are some ways of healing your heart chakra

Meditations to open, balance, align. Although focusing on your breath is good for all meditations it is especially good for any heart meditations as air is the hearts chakra element. Firstly, bring your awareness to your breathing and the rise and fall of your chest. Then visualize your heart chakra growing bigger, stronger and more vibrant in colour and opening letting the feeling/energy of love pour out and letting it radiate through and around your body. Then seeing your heart chakra aligning with your whole energy system. You could imagine the energy green in colour and imagine sending this loving energy to others too.

If your heart chakra is too open then visualize it becoming smaller in size to align with your other chakras in size and flow.

Showing yourself self-love by doing the things you love to do, hugging yourself, uplifting affirmations about yourself. Learn how to accept love from others by letting others show their love to you by helping you with something, being there for when you need physical or emotional support, hugs from others, showing gratitude. Don't ignore or reject support, help or generosity from others.

Doing Inner and Shadow work can be extremely beneficial in healing your Chakras. Eating green foods and wearing green clothes can also help.

Mantras and Affirmations

- I am worthy of love .
- I am a beautiful soul.
- I am compassionate towards myself and others .
- I forgive myself and others.
- I love and accept myself as I am.
- I show myself and others unconditional love.
- I love and nurture my inner child.
- Doing inner and shadow work.

Crystals to use

Using/ wearing green crystals whilst meditating & throughout your day.

- Jade.
- Emerald.
- Rhodonite.
- Green Fluorite.
- Malachite.
- Rose Quartz.

You could say any of these mantras and affirmations whilst doing a visualization/ meditation or holding one of the crystals mentioned above.

Getting out into nature and if you can, walking bare foot on the earth/ sand. Taking your time to appreciate mother earth and all that you see. Any exercise or movement is good.

Essential Oils and incense

- Geranium.
- Lavender.
- Jasmine.
- Cypress.
- Rose.

I also find walking and meditating in nature, surrounded by greenery very effective for healing you heart Chakra.

Physical signs your heart chakra could be unaligned

Respiratory issues such as asthma, heart and lung problems, high blood pressure and any issues in your arms and hands.

As with any physical symptoms always get advice from a medical professional for any of the above ailments

Being generally loving and giving towards yourself or others, the earth and all who live on the earth including all creatures. Letting go of heavier/denser emotions which are based in fear. Remember when you learn to love and accept who you truly are inside and out you will find giving and receiving love will naturally follow and flow.

Your chakras energy system play an important part in your over-all wellbeing and spiritual growth. By recognising this and which ones needs attention, means you can then work with your chakras to balance, align and heal any imbalances you may have in them. Helping and supporting you in your daily life, spiritual journey and growth.



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