



The Heart Chakra

Located in the center of the chest, near the heart, and governs love, compassion, forgiveness, and emotional balance, playing a crucial role in our ability to connect with ourselves and others

Anahata ~ Hinduism Yoga; it means 'infinite' or 'boundless.'



Hz Frequency: 639 Hz*

Frequency of love, connections, and relationships
*based on Solfeggio system for Hz Frequency Identification)



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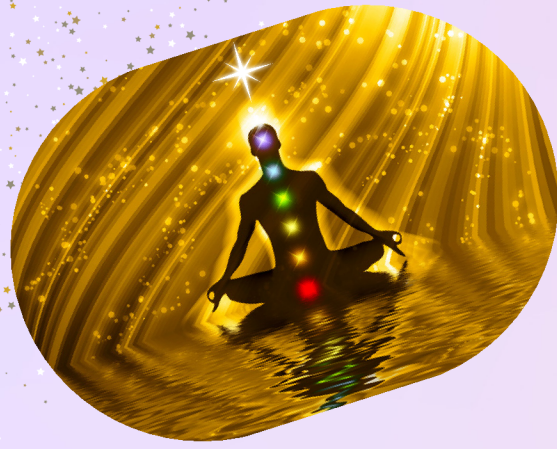
6-pointed star surrounded by a 12-petaled lotus, which represents the 12 divine qualities of the heart chakra:

- Love
- Peace
- Harmony
- Understanding
- Empathy
- Clarity
- Purity
- Unity
- Compassion
- Kindness
- Forgiveness
- Passion for one's work



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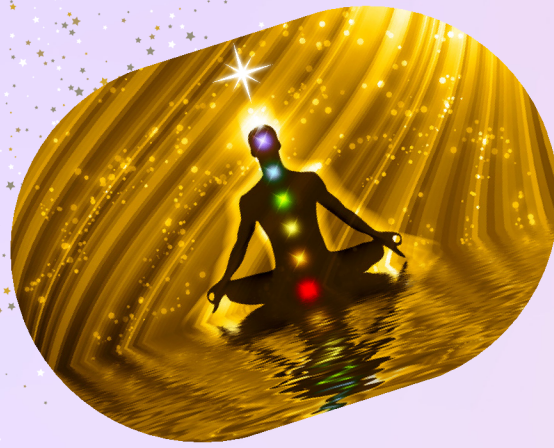


The Heart Chakra

The Heart Chakra is an astral energy linked to the color green, which represents

- the ecological benefits of unconditional love,
 - healing,
 - wellness,
 - emotional growth, and
 - Higher Consciousness wealth.
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- The color green is also associated with balance, renewal, and the symbiotic connection between your mental, emotional, physical, and spiritual realms.
 - The vibrant green energy of this chakra mirrors the life-giving qualities we see in nature.





The Heart Chakra

- **Unconditional Love:** compassion; empathy; forgiveness towards oneself and others.
- **Emotional Balance:** It helps regulate emotions and promotes emotional stability.
- **Relationships:** It governs our ability to form and maintain healthy, loving relationships.
- **Self-Love:** The Heart Chakra supports self-love, acceptance, and a sense of belonging.
- **Gateway to Higher Consciousness:** It bridges the connection between our earthly experiences and spiritual awareness.





The Heart Chakra

You'll experience:

- Inner peace.
- Strong interpersonal connections.
- Emotional stability.
- Increased empathy.
- Heightened self-love and acceptance.

You'll be able to:

- feel a strong connection with others;
- create space for different perspectives without judgment;
- harmonize your cardiovascular system, heal circulatory issues, and guarantee the health of your shoulders, arms, hands, rib cage, lungs, and upper back.



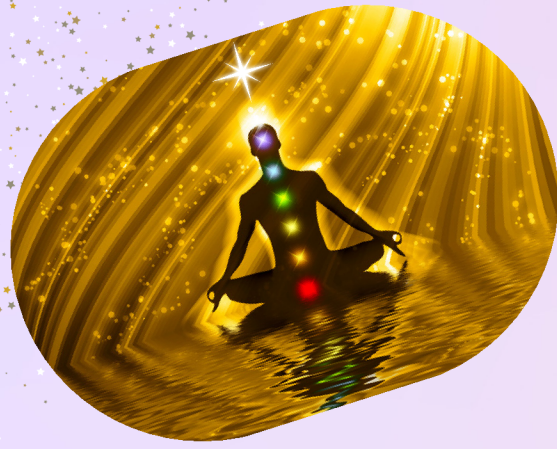


The Heart Chakra

The Heart Chakra is blocked by:

- Fear
- Insecurity
- Not loving yourself
- Poor health
- Holding on to grudges or resentments
- Resistance to change





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When it's blocked, you'll experience:

- Difficulty loving yourself or others
- Lack of empathy or compassion
- Emotional instability/mood swings
- Anger, resentment, or jealousy
- Unrealistic comparisons, low self esteem, feeling of unworthiness and undeservability
- Physical symptoms: chest pains, heart palpitations, shortness of breath, circulation issues, frequent infections





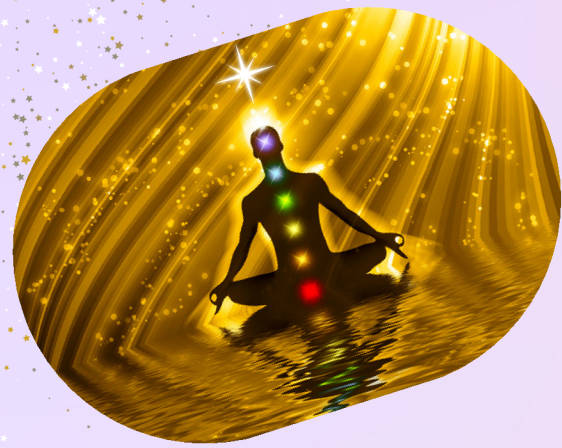
The Heart Chakra

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How?

- Practice acts of loving kindness and charity;
- Cultivate a giving and receiving practice;
- Build meaningful, trusting relationships;
- Create or continue using a gratitude practice and/or journal;
- Create heart-opening affirmations and meditative practices;
- Use aromatherapy oil extracts such as Cedarwood, patchouli, eucalyptus, and pine to restore green energy;
- Experience JOY-spotting activities;
- Spend time in nature (however you feel comfortable);
- Use heart-opening Yoga poses and Breathing Techniques:
 - The “Enlightenment” Pose
 - The “Reflective Gratitude” Pose





The

Heart Chakra



Practice using these strategies and track your experiences. Identify which ones resonate with you the most – and build them into a daily practice!

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You Can Do THIS