



# Heart (Anahata)

Love, Compassion, Kindness,  
Empathy, Acceptance

**CHAKRA NUMBER:** 4

**ROLE:** Forgiveness

**FOCUS:** Love (I Love)

**LOCATION:** Center of Chest

**GLAND:** Thymus

**COLOR:** Green

**SEED SOUND:** YAM

**HEALING FREQUENCY:** 639 Hz






**SOUND:** Wind

**ELEMENT:** Air

**PLANET:** Moon



## Affirmations

-  I am an expression of love
-  My heart is open, loving, and pure
-  I forgive myself and others
-  I am worthy of love
-  I follow the voice of my heart

## Healing Practices

### FOREST BATHING

Spend time in a forest, woodland, or a park that is full of greenery

### MEDITATION

Focus your attention on your heart chakra

### BREATHING

Use deep breathing to allow more oxygen to enter your body

### SELF-LOVE

Allow yourself to feel and receive love

### AROMATHERAPY

Use the suggested scents either as incense or essential oils

### USE CRYSTALS

Surround yourself with the recommended crystals

### GROUNDING MUSIC

Listen to music tuned to 639 Hz healing frequency, or 639 Hz healing bowls, bells, or tuning forks

### AFFIRMATIONS & MANTRAS

Use the suggested affirmations and the mantra "YAM"

## Foods To Heal

Spinach, Broccoli, Kale, Peas, Avocados, Cucumber, Zucchini, Spirulina, Chard, Lime, Matcha

## Essential Oils

Jasmine, Garanium, Rose, Ylang, Ylang, Pine (Pinus sylvestris)

## Crystals & Gemstones

Emerald, Aventurine, Jade, Green Tourmaline, Green Calcite, Rose Quartz

## Health State

### BALANCED

Loving  
Compassionate  
Self-Accepting  
Peaceful  
Forgiving

### IMBALANCED

Lack of Compassion  
Bitter  
Overly Attached  
Inability to Forgive

## Yoga Poses



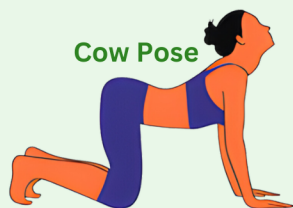
Dancer Pose



Camel Pose



Bow Pose



Cow Pose



Half Lord of the Fishes



Wheel Pose



Cobra Pose