

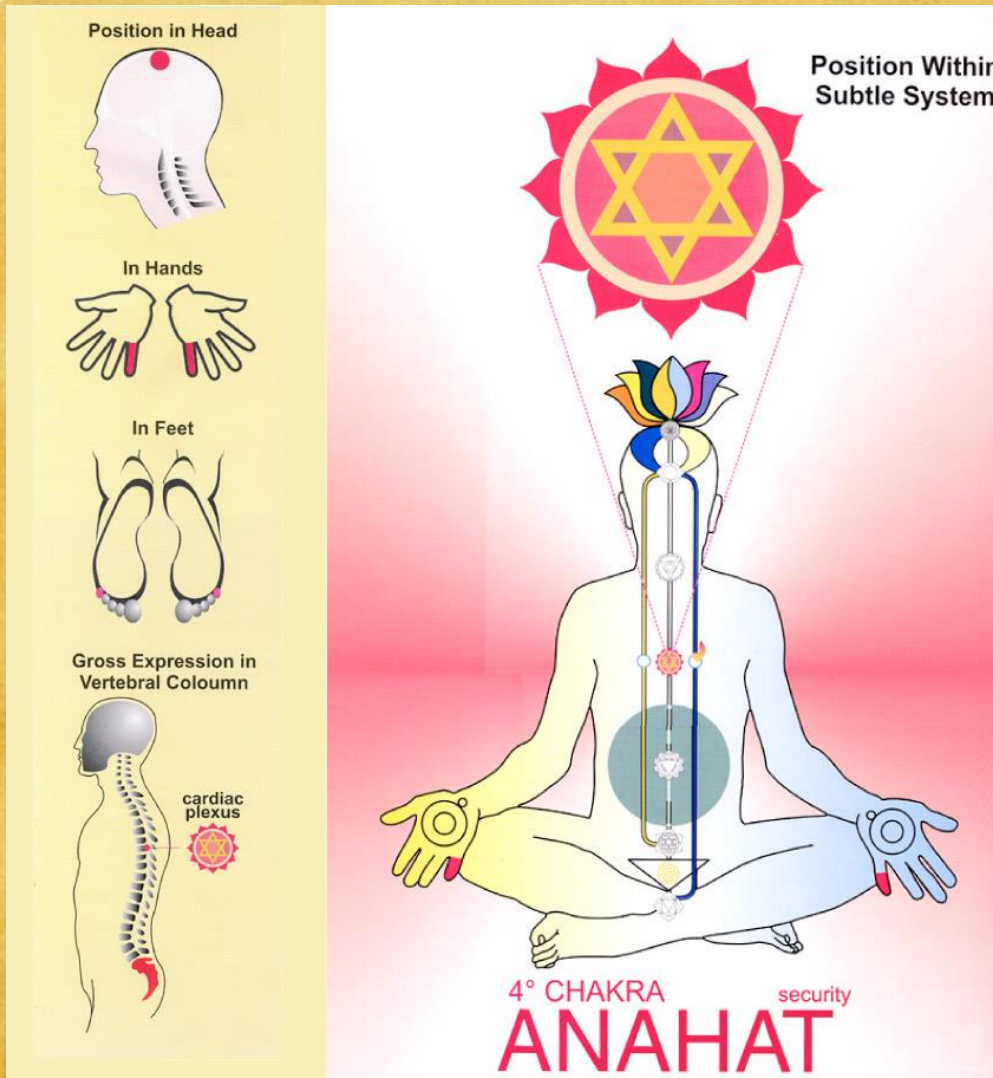


The Anahat (Heart) Chakra



DAY 13 of 21 Days of Meditation

Anahat (Heart) Knowledge



- Located at the level of the sternum bone



Anahat (Heart) Knowledge



The quality of the Heart Chakra

- **Pure love** which enlightens all.
- Home of the **Self**, the Spirit, Atma - all meaning the same thing.
- Strong **immune system**.



Anahat (Heart)



Characteristics

- Element: **Air**
- Number: **12**
- Color: **Pink** or **purple**
- Physical Place: **Center of the chest**
- Place on Hand: **Little fingers**
- Planet: **Venus**



Anahat (Heart)



Physical functions regulate

- Heart
- Lungs
- Breasts
- Thymus gland



Anahat (Heart) Qualities



Qualities of **Center** Heart chakra

- Universal Mother
- Protection and security
- Creation and nourishment of antibodies



Anahat (Heart) Qualities



Qualities of **Left** Heart chakra

- Truth (**sat**)
- Attention (**chit**)
- Joy (**ananda**)
- **Satchitananda**
- Physical mother



Anahat (Heart) Qualities



Qualities of **Right** Heart chakra

- Dutiful life as a father, husband, brother
- Gracious behaviour
- Auspicious boundaries
- Physical father



Anahat How to Balance



Affirmations

- Mother, please make me fearless.
- Mother, you are my protection.
- Mother, I am the Spirit.
- Mother, I am not responsible.



Let's Meditate now...



H. H. Shri Mataji Nirmala Devi