

The Anahat (Heart) Chakra



Mantras Series 4: Shri Jagadamba



Anahat (Heart) Knowledge



Characteristics

- Element: **Air**
- Physical Place: **Center of the chest**
- Place on Hand: **Little fingers**

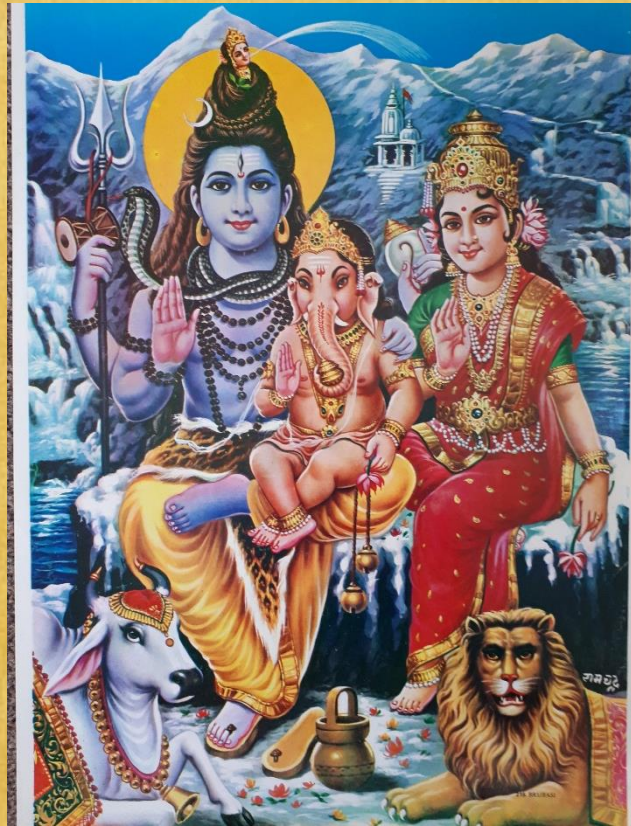


Centre heart deity



- Shri Durga/Jagadamba: Universal Mother
- Protection and security
- Creation and nourishment of antibodies

Left heart deities



- Shri Shiva Parvati
Parents of Shri Ganesha & Shri Kartikeya
- Shri Shiva: God of Destruction (part of the core three with Vishnu & Brahma)
- Looks after our spirit, gives us joy, mother relationship

Right heart deities



- Shri Sita Rama
- Shri Sita's father Raja Janaka is one of the 10 primordial masters of the Void
- Their story is told in the 'Ramayana' which depicts Shri Rama as the righteous king and son
- Looks after our sense of righteousness, duty/responsibilities, fatherly relationship



The mantras



**Left: Shri
Shiva Parvati**

**Centre:
Shri
Jagadamba**

**Right:
Shri Sita
Rama**

AUM twameva sakshat, Shri (insert deity's name) Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha.

Amen, O Divine Mother Shri Mataji, verily You are (insert deity's name). Salutations to you!

