

Heart Chakra-Anahata Balance, Love and Self Control

Associations:

Sound: Notes "F" & "F#"

Color: Green/pink

Meridian: Heart

Location: Chest

Physical Components: Heart, Blood circulation, Lower lungs, Ribcage, Skin, Upper back

Glands: Thymus

Emotional Component: Grief

Purpose: Love and balance

Basic Rights: To love and to be loved

Harmonious Function:

Warmth, sincerity and happiness

Strong connection to all of life

Compassion and willingness to help

Unity

Peaceful and balanced

Loving

Insufficient:

Anti-social and withdrawn

Intolerant

Critical and judgmental

Loneliness and isolation

Feel rejected

Lack of empathy

Excess:

Co-dependency

Demanding

Jealousy

Clinging

Over-sacrificing

Physical Imbalances:

Chest pain

Lung congestion

Pasty complexion

Upper back tension

Blood pressure imbalance

Circulation imbalance

Cold sweats

Tight muscles

Immune deficiency

Affirmations:

I am an open channel for divine love

I open my heart and share it with others

I love who I am

All love resides within my heart

Love opens and heals me

I am love, I am peace, I am light

I let my heart shine and give from the depths of my being to those who accept love

My core is pure and innocent. Nothing can touch the soul of my heart except love itself

I chose to be united with all beings, visible and invisible, in the realm of love and light

I follow my heart's desire for truth and goodness and love

Nature:

A walk in the country

To Achieve Balance use Sound Essence Chakra Note "" Atomizer

Sound therapy: Notes "F" & "F#"

Color therapy: Green

Aromatherapy: Eucalyptus, Peppermint and Rosewood

Gemstone Therapy: Aventurine and Turquoise