

#### YOGA & OILS

### HEART CHAKRA (ANAHATA)

Location: Heart, the bridge between the upper & lower chakras

Element: Air

Colour: Green or pink

Balanced: Loving, Empathetic, Open-hearted, Serene, Trusting, Tolerant, Feeling of unity &

emotional balance

Issues: Self-doubt, Lenely, Demanding, Jealous, Critical, Heart & Lung Issues, Feelings of unease

Body Areas: Heart, Lungs, Shoulders, Arms

Endocrine Gland: Thymus

Essential Oils: Rose, Geranium, Melaleuca, Peppermint

## RITUALS: GRATITUDE

In a journal or with reflection, acknowledge the blessings you have today. Ask your crystal for peace & protection & place in your bra or over your heart. This is one of the best heart healing practices available.

### **BREATH-WORK**

Alternate nostfil breathing – balances the left & right side of the brain & opens the energy to the heart & lungs.

### **SYMBOL**

The 12 petal lotus, each petal representing the divine qualities of the heart – Bliss, Peace, Harmony, Love, Understanding, Empathy, Clarity, Purity, Unity, Compassion, Kindness, Forgiveness

### **CRYSTALS**

#### **GREEN ADVENTURINE**

A comferter & heart healer used to clear & activate the Heart Chakra for general well-being & emotional calm. It is also a powerful protector of the Heart, providing a shield to block entry from those who would "tap-in" & use the energy of another

#### **INDIAN AGATE**

Deeply grounding, premoting serenity, patience, peace & tranquillity to the body & mind. A soothing & calming stone agate works slowly but brings great inner strength. Can help overcome negativity & bitterness in the heart, fostering love & the courage to start again. Create a sense of safety & security by dissolving internal tension.

### **ROSE QUARTZ**

Rose Quartz helps stabilise emotions, and this crystal teaches you to love & accept yourself, forgive the past & live from your heart. Rose Quartz heals emotions & transforms relationships with yourself & others – drawing in love & harmony.

## AFFIRMATIONS 1 AM LOVE, I AM PEACE, I AM LIGHT

### TLOOK FOR THE JOY IN MYSELF & SEE IT IN ALL THINGS

## I LET MY HEART SHINE & GIVE FROM THE DEPTHS OF MY BEING TO THOSE WHO ACCEPT LOVE

In Sanskrit, ANAHATA means unhurt, unstruck, unbeaten.

Your heart chakra is the home of unconditional love, compassion & acceptance. It opens a gateway to the soul, the heart chakra shines an everlasting flower of enlightenment that releases any pain, grief, sadness or fear & floods the body with so much love.

With a heart full of love, trust, compassion & joy... journal on the following:

# I DEEPLY LOVE & ACCEPT MYSELF MY HEART IS OPEN OPEN TO RECEIVE, OPEN TO GIVE

What does kindness mean to me?
How can I show myself & others kindness today?
How do I balance showing others kindness & generosity while still prioritising my own selfcare? What can I do to ensure I don't "give from an empty cup"?
Mere than anything, today, I am grateful forbecause

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## HEART CHAKRA JOURNAL

With a heart full of love, trust, compassion & joy... journal on the following:

## I DEEPLY & COMPLETELY LOVE & ACCEPT MYSELF MY HEART IS OPEN TO LOVE I LIVE IN A STATE OF GRACE & GRATEFULNESS

What does uncenditional love mean to me?
How can I show myself unconditional love in my daily life?
Who do I receive unconditional love from? Who do I give it to?
Mere than anything, today, I am grateful ferbecause

With a heart full of love, trust, compassion & joy... journal on the following:

I am loved, I am loving
I am free, I am kind
Compassion radiates through every cell of my being

What are 10 things I love most about myself?
What self-care practices can I include in my daily life to show myself mere love? To henous myself deeply?
Mere than anything, today, I am grateful ferbecause

With a heart full of love, trust, compassion & joy... journal on the following:

## BREATHING IN I FEEL CALM, BREATHING OUT I FEEL PEACE, I FEEL PEACE RADIATE DEEPLY WITHIN

How can I cultivate a feeling of peace in my life?
What thoughts, words or actions bring the feeling of peace to me?
Mere than anything, today, I am grateful fer, because

With a heart full of love, trust, compassion & joy... journal on the following:

I POWEFULLY & CONFIDENTLY RELEASE THE OLD
THIS NO LONGER SERVES MY HEART
I STEP FULLY INTO LOVE, INTO FRESH NEW ENERGY

	s or limiting beliets or old stories preventing me from accepting
cenditienal love?	
How can I begin to rel	lease these fears, limiting beliefs or old stories?
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ere than anything, t	oday, I am grateful fer, because

With a heart full of love, trust, compassion & joy... journal on the following:

## I FEEL DEEPLY HELD, LOVED & SUPPORTED LOVE IS ALL AROUND WHEN I AM OPEN TO RECEIVE

Describe 3 mements in your lifetime when you have felt deeply & uncenditionally loved
What are my favourite ways to spread love to others?
Mere than anything, today, I am grateful ferbecause
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## HEART CHAKRA JOURNAL

Today, I invite you to take a few moments to breathe before your journaling practise & then to step into a RAMPAGE OF APPRECIATION

To fill the whole page with anything that your heart desires

To free write with joy, love, abundance, and so much

With a heart full of love trust compassion & joy journal on the following:

More than anything, today, I am grateful for because

I EXPERIENCE GRATITUDE FOR EVERYTHING I HAVE IN LIFE,
I SEE THE BEAUTY IN NATURE THAT SURROUNDS ME
I AM BLESSED