



# ANAHATA CHAKRA

**Meaning: “Unstruck”**

**Colour: Green**

**Physical: Heart centre, Lungs, circulatory system, Thymus**

**Governs: Compassion, Selfless service, attitude towards giving and receiving, understanding others, empathy, unconditional love**

**Bija Mantra: YAM**

## **When this Chakra is UN balanced:**

**Physical/Anatomical:** Pneumonia, asthma, breast problems, respiratory problems, upper-back pain, shoulder and upper-arm pain, and premature ageing.

**Energetic/Experiential:** On one side, attachment, and on the other, alienation. These two states can coexist, and can cause extreme pain – mentally, physically, and emotionally. People with under active Anahata become compulsive and obsessive. They are very aggressive towards others and stubborn to a fault. They cannot trust anyone, and barely trust themselves. They are unable to let love in, or out. There is a feeling of coldness and separate-ness – a sadness without knowing why. Overactive Anahata Chakra looks something like the opposite. These people give so much that they drain themselves. They are overly passive and allow others to have their way all or most of the time. They cannot and do not stand up for themselves. There is deep loneliness but with the appearance of popularity. They see themselves only as givers, and are unable to receive.

## **When this Chakra is IN Balance:**

A balanced Anahata Chakra is beautiful. There is an inner light, a feeling of calm and peace in the presence of this openness. You are receptive to love, and it is easy to give. You discover ease and simplicity in life and consistently find it easy to take a neutral stance. You are an excellent negotiator and mediator – able to look at each situation from all sides. You are devoted to the people around you, while remaining an independent spirit. You bring brightness into every room and others find peace in your presence.