

## HEART CHAKRA

**Location:** Center of your chest

**Sanskrit name:** *Anahata* (meaning "unstruck")

**Represents:** Love + compassion

**Color:** Green

**Gemstone:** Green Aventurine

**Associated with...**

- Love for yourself + others
- Relationships
- Compassion + empathy
- Forgiveness + acceptance
- Transformation + change
- The ability to grieve
- Generosity + gratitude

**When blocked or out of alignment, you might experience:**

- Grief + anger
- Jealousy + fear of betrayal or intimacy
- Holding grudges + the inability to forgive
- Defensiveness + isolation
- Codependency
- A need to please others at any cost
- Lack of empathy

**How to heal it:** Be open about your emotions with yourself + others, and consciously try to practice greater acceptance. Come up with a few positive affirmations—such as "I am open to love" or "I forgive myself and others"—and repeat them throughout the day to help change your mindset. When all else fails, listen to happy, upbeat music to build your positivity and open your heart.

Physical Symptoms of a damaged heart chakra:

- Chest Pain
- Poor Circulation
- Blood Pressure Issues
- Respiratory Issues

#### Mental Symptoms:

- Grief
- Jealousy
- Hatred
- Despair
- Greed
- Manipulative
- Judgmental
- Over Critical

#### Quality of Life Manifestations:

- Poor Relationships
- Poor Self Love
- Poor Decision Making

#### AFFIRMATION

- I love.
- I am kind.
- I am loved.
- I am cherished.
- I am needed.
- I forgive.
- I am compassionate.
- I accept myself.
- I accept others.

#### FOODS

- Leafy Greens
- Green Peppers
- Pears
- Limes
- Asparagus
- Celery
- Broccoli
- Cucumbers
- Green Beans
- Peas
- Green Apples
- Green Grapes
- KIWI

## CRYSTALS

- Emerald
- Jade
- Rose Quartz
- Green Tourmaline
- GREEN AVENTURINE

## ESSENTIAL OILS

- Lavender
- Rose
- Chamomile
- Jasmine
- Frankincense