

Anahata chakra

Properties

Anahata is placed at the centre of our chest. It's most important quality is love. When Mother Kundalini enlightens our Anahata we become more self confident and balanced. When Anahata is balanced we can experience the pure joy of just existing. Joy is separated from the contradictions of happiness and unhappiness. Joy is an absolute feeling of silence, harmony and balance.

Function

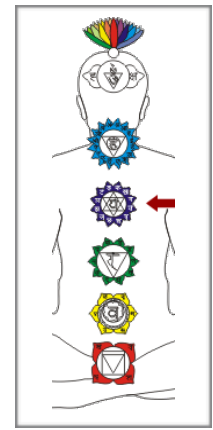
The physical function of Anahata is that it produces antibodies that protects us from illnesses.

Atma (the spirit)

In Anahata is our true self, the Atma or the Spirit. We are not our physical body, we are not our thoughts or feelings but we are the Atma, which is pure and indestructible. When we receive our Self Realisation Mother Kundalini brings the Atma up to Sahasrara (the 7th Chakra) which gives us a state of stillness without thoughts.

Qualities

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|-------------------|------------------|
| Left side: | Joy and love |
| Centre: | Safety |
| Right side: | Responsibility |
| Physical aspect: | Heart and lungs. |
| Number of petals: | 12 |
| Element: | Air |



Causes of obstruction

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|-------------|---|
| Left side: | Insecurity, bad relationship with our mother. |
| Right side: | Irresponsibility, bad relationship with our father. |

Affirmations

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|------------|------------------------------------|
| Left side: | Mother, I am the pure spirit |
| Centre: | Mother, please make me brave |
| Right: | Mother, please make me responsible |

If Anahata is in balance we take responsibility for the right things. We take responsibility for our own lives, our own behavior towards ourselves and others people.

Anahata also represents courage. The courage to stand up for who we are, to keep our convictions, to face the unknown of the outer world and inside ourselves.

