



Sahaja Yoga Course

# HEART CHAKRA

## 04

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*“Matter can never give  
you joy. It’s the Spirit  
that gives you joy.”*

Shri Mataji Nirmala Devi

# HEART CHAKRA

NUMBER OF PETALS:  
Twelve (12)

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DAY:  
Friday

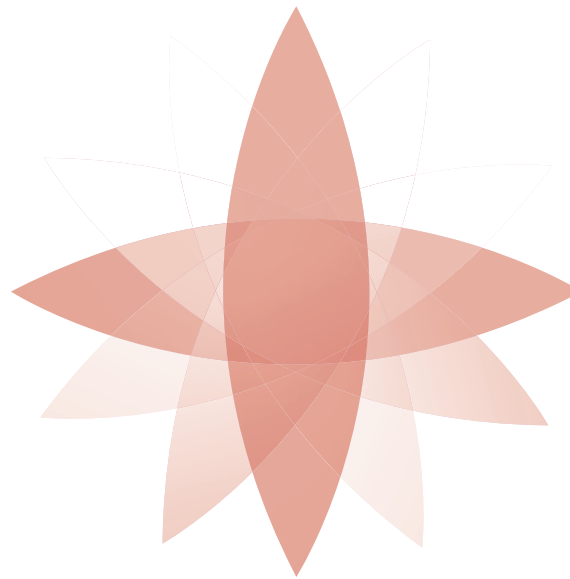
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COLOUR:  
Ruby Red

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COUNTRY:  
UK, Germany,  
Japan

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ELEMENT:  
Air

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GEM:  
Ruby

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SYMBOL:  
Flame

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PLANET:  
Venus

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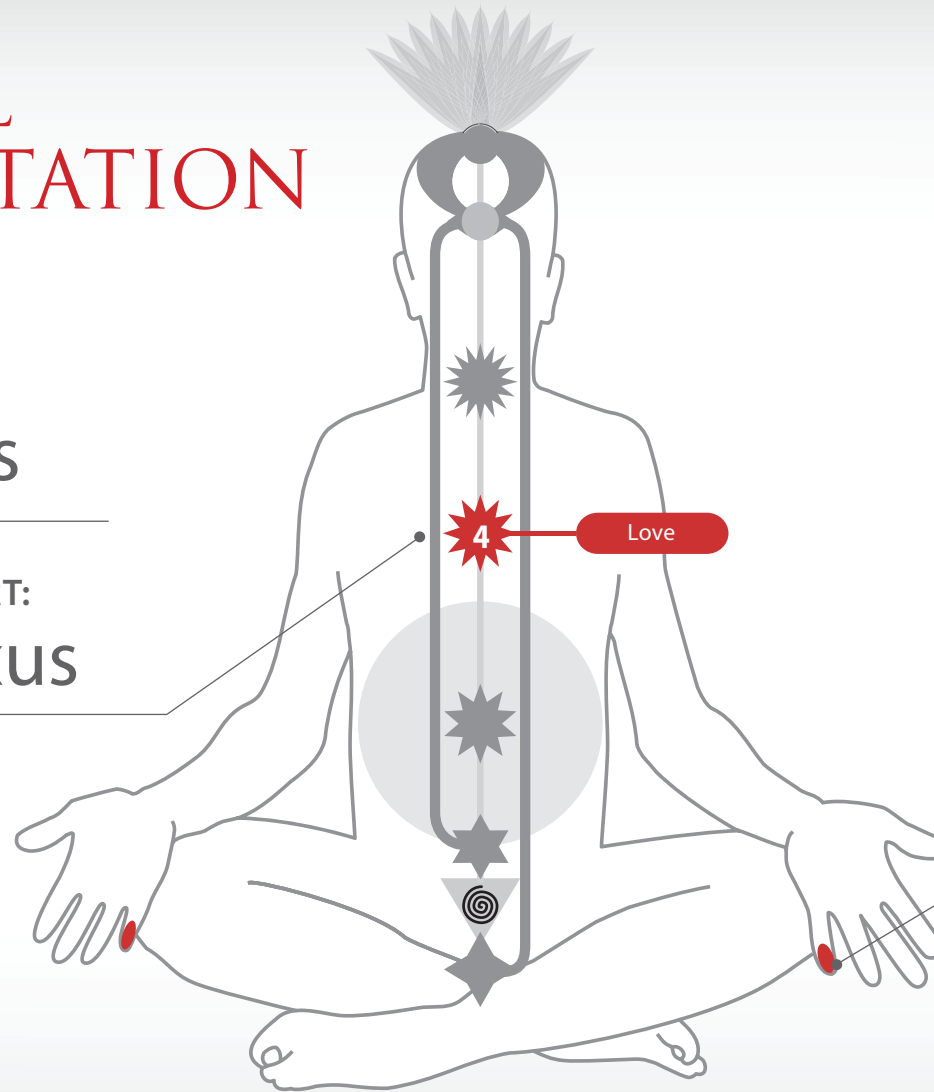
# PHYSICAL MANIFESTATION

ORGANS

Heart, Lungs

PHYSICAL COUNTERPART:

Cardiac Plexus



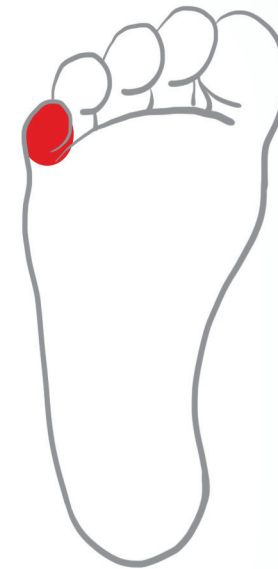
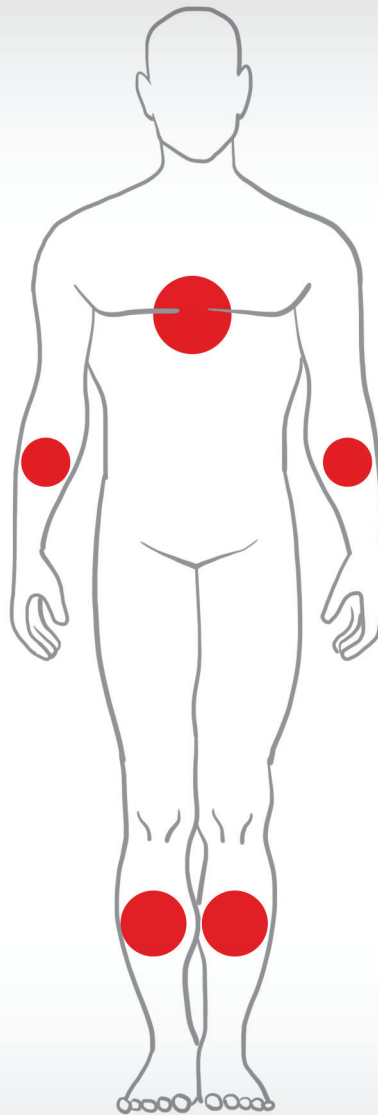
FINGER:  
Small

Heart Chakra

4



# PHYSICAL MANIFESTATION



# QUALITIES

LEFT

Seat of the Spirit  
– our true Self

Detachment

Love & Joy

CENTRE

Security

Self-Confidence

Immunity

RIGHT

Fatherhood

Responsibility





# CAUSES OF PROBLEMS

LEFT

Materialism

Attachments

Mother problems

Rigid discipline

CENTRE

Fear

RIGHT

Avoiding  
one's duties

Feeling too  
responsible

Father  
problems

# HOW TO CLEANSE YOUR HEART

- Meditate with the right hand on your heart
- Keep the attention on the Spirit “I am the Spirit”
- Breathing exercises (Breathe in slowly - pause - breathe out slowly - pause)
- Repeat the name Shri Jagadamba 12 times





DEITY  
CENTRE HEART  
Shri Durga Jagadamba





DEITY  
LEFT HEART  
Shri Shiva





DEITY  
RIGHT HEART  
Shri Sita & Shri Rama



THANK YOU!

