

Clearing & Balancing Anahata Chakra

Pranayama: Nadi Sodhana a.k.a Alternate Nostril Breathing

Also called balancing breath, this is simple form of alternate nostril breathing is suitable for all. Nadi means channel and refers to the energy pathways through which prana flows. Shodhana means cleansing therefore nadi shodhana means channel cleaning. The practice calms the mind, soothes anxiety and stress, balances left and right hemispheres and promotes clear thinking.



Sit comfortably on the ground or in a chair. Hold your right hand up and curl your index and middle fingers toward your palm. Place your thumb next to your right nostril and your ring finger and pinky by your left. Close the right nostril with your thumb, and inhale through the left nostril. Breathe slow, steady and full. Now close the left nostril by pressing gently against it with your ring finger and pinky, and open your right nostril by relaxing your thumb. Exhale fully with a slow and steady breath out the right side. Inhale again through the right nostril, close it, and then exhale through the left side. That's one complete round. To summarize:

**Inhale through the left*

**Exhale through the right*

**Inhale through the right nostril*

**Exhale through the left*

Begin with 5-10 rounds and add more as you feel ready. Remember to keep your breathing slow, easy and full. You can do this just about any time and anywhere. Try it as a mental warm-up before meditation to help calm the mind. You can also do it as part of your centering before practicing asana. Also try it at times throughout the day when you feel unbalanced. Use instead of dirgha breath during the "P" part of The PHAT Practice if The FAT Experience is extreme and it's hard to sit still to feel.

Asana: Loving Poses

Yoga poses that focus on opening the front and back of heart center help anahata chakra. Here's some BIG LOVE poses to practice

Cobra/Upward Dog-lie on the floor belly down resting your forehead to the mat. Place foundational hands right under your shoulders connecting firmly into Mother Earth. Arms stay hugged into the side ribs. Practice dirgha breath feeling the low belly drop into the mat and gently pressing the tops of the feet down. On an in breath, ground down into the feet, legs and low belly as you lift chin, chest and upper belly into a back bend. Hold there for 8-10 deep breaths drawing the heart forward and the shoulders down and back. Focus your attention on opening to self-love. Melt back down slowly moving your hands to rest palms down and stacked. Rest your head to one side on your hands for 5-10 breaths.



Repeat 2-3 more times or work with flowing up into the back bend on the in breath and lengthening the body back down and out as you exhale. Be sure to rest your head to the other side for several breaths. This gently stretches the neck and relaxes the jaw.



Next try upward dog pose by pushing up into cobra and then continuing to lift the belly and legs off the earth. Engage into the tops of the feet to lift the lower body and increase the heart opening. Keep a very subtle bend in the elbows and reach towards the earth with the shoulders. Breathe easy while holding the posture or flow in and out of it with the breath.

Reclined Spinal Twist-lie back down on the ground and bring your knees to chest for a hug. Keep the knees floating over your belly button as you release the arms to the ground at shoulder height. Press the palms to the earth to stabilize while dropping bent legs to one side. If the opposite shoulder blade leaves the ground, release the bend in the knees a bit. For more twist hug the legs towards the belly more. Once settled in, flip the palms up to open the front of heart center. Turn your head to the opposite side and breathe mindfully for 12-15 respirations. Let the earth totally hold you, especially the upper back and arms to cultivate self-love.



Place your palms back on the ground and draw the belly gently into the spine to lift the knees back to the center. Give yourself another big hug here for a few moments before repeating the pose on the other side. State the affirmation “I love myself” as you hug.



Eagle-from mountain pose, bend the knees slightly hinging forward from the hips. Hands can be at the hips reaching forward, or in prayer at heart center. Shift your weight into one leg and lift the other foot off the ground except for the toes. Continue to lift the free leg up and cross it over the other leg hugging the thighs together and wrapping the top calf and foot into the standing leg. Add in crossing the opposite arm of the standing leg over the other arm at the elbows in front of the heart. Bend the arms now into a 90 degree angle and intertwine the forearms, wrist and hands allowing the upper back to expand. Keep the chin level and spine neutral while breathing, really draw the breath into the space

between the shoulder blades. Hold the pose for 8-10 breaths then release shaking everything out before completing the pose on the other side.

Work the Element: Air

In your home be sure there is adequate air flow. Ceiling fans help keep air circulation going even in the winter. Open windows as much as possible. Get fresh air daily especially in natural areas. The more trees the better! We have a symbiotic relationship with trees. They transform our “waste” of CO2 into living giving oxygen. Breathe with them to increase prana (life force) and heal your heart. Cry to the trees, they can take your pain and transform it! Grieve outside to nurture ego out of your body returning yourself to a place of peace.

Touch is the sense for chakra three. Now is a great time to expand self-love and connect with others through touch. Get a massage to nurture yourself and feel more into your body and/or increase intimacy with your loved ones through sharing massages. Practice hugging more! Be mindful to NOT pat the other persons back, this negatively affects their energy and is driven by the ego’s fear of connecting. Focus on standing in mountain pose as you hug the other relaxing your belly and feeling both your breath and theirs. Take your time.

Nourishment: Air Foods

When working on heart healing, steer towards foods that bring an energy of lightness to the table. Many different foods are considered air foods for various reasons. The following is a partial list.

Air Foods: peaches, cherries, cabbage, cauliflower, broccoli, mint
mustard greens, turmeric, basil, cardamon, cumin, fennel, rosemary

BKH Eating Intention Chakra Four

“I welcome the healing essence of air into my body to support my soul.”

Living In Love

Affirmations & Mantra: Bija (seed) Mantra YAM

Deepen heart healing and open to love from yourself and others through the practice of chanting. Chant YAM (long A sound) in various ways and explore chanting this incredibly powerful kundalini yoga mantra for healing:

RA MA DA SA SA SAY SO HUNG

“Sun, moon, earth, infinity I Am all of it.”

Use the following affirmations or create your own to free your heart.

“My heart is centered and open.”

“I love and accept myself.”

“I love and accept my body.”

“I love and accept my life.”

“I trust myself, my body, my emotions.”

“It is safe to trust myself and others.”

“I trust love.”

“I have loving relationships with myself and others.”

“Loving myself is brave. I am courageous and strong.”

“Love leads my life.”

“I am kind and compassionate.”

“I forgive all who have caused me pain.”

“I forgive myself.”

“I forgive my body.”

“I forgive _____ (name anyone you still have hurt with).”

“I welcome and accept all the love available to me.”

“I am eternally loved. I Am Love.”

Living In Love

Write your own unique Empowered Affirmations for healing grief and returning to love.

Awakenings about chakra four. Journal any insights that have emerged:

[Click HERE for Chakra Four Meditation](#)

“Brahma (God) dwells in the heart’s lotus, where like the spokes of wheel meeting the hub, the subtle nerves meet. Meditate on Brahma as OM and cross the ocean of darkness.”

~Mundaka Upanishap

