

Heart Chakra - Anahata

- Crystal: Rose Quartz, Green Aventurine, Rhodonite
- Sound: YAM, (pronounced “yahm”)
- Emotions: Loving, Compassionate, Forgiving
- Language: “I love and forgive myself and others.”
- Movement: Chest-opening yoga poses, hugging.
- Foods: Green leafy vegetables (e.g., spinach, kale), green foods (e.g., apples, kiwi), and herbal teas.
- Day: Thursday
- Color: Green and Pink
- Herbs: Rose, Hawthorn, Thyme
- Blockers: Greif, Emotional detachment, unresolved heartache.



@VEROBEACHAURA