Anahata

The Relation Center

Positive correspondences=love, compassion, tolerance, patience, good relations

Negative correspondences = anger, impatience, judgment, poor relations

Sense – touch

Element – air

Bija Mantra – Yam

BHAVANAS for the practice are optimism, love, devotion. Create a devotional quality during your practice.

Try to keep your attention during the practice focused at the anahata chakra as well as with the bhavana.

1.

- Deepen breath
- Feel the belly expand
- Feel the chest expand
- Feel the heart space expand
- See a pearl size light in the heart
- Imagine that as you inhale, this pearl expands getting increasingly large, eventually beyond the body
- As you exhale, imagine that light coming back into the heart and eventually back to a pearl size.

2. Lying Arm Raises - Repeat 6-8X
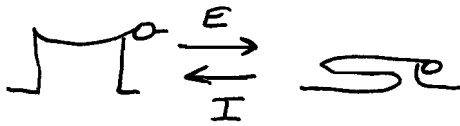

Can bend knees
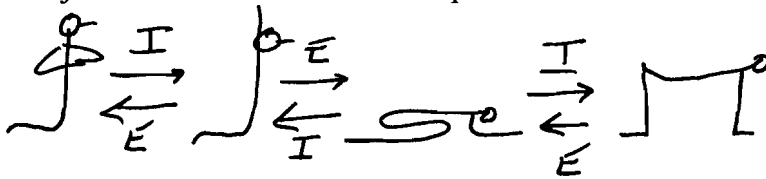
3. Dvi Pada Pitham - Repeat 6 – 8X

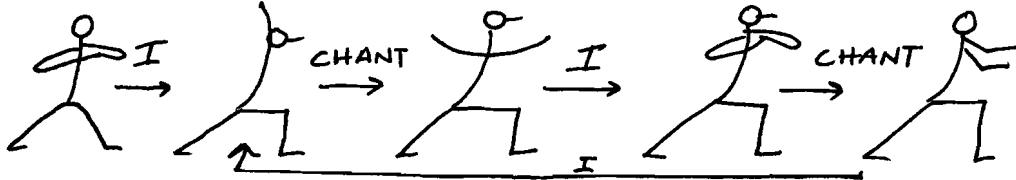4. Bhujangasana - Repeat 6X

5. Chakravakasana - Repeat 6X

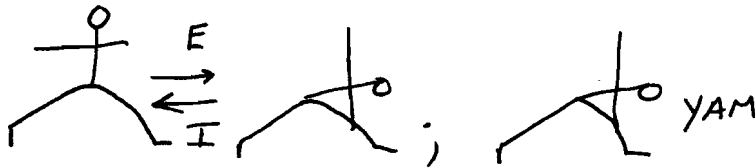6. Vajrasana/Chakravakasana - Repeat 6X
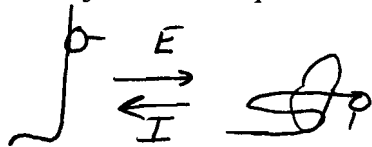
7. Sun Salutation C

8. Virabhadrasana with arm movement and chanting "Om So Ham" - Repeat 6X on each side

9. Trikonasana - Repeat 4X; Stay 6 breaths   Repeat the bija mantra "Yam"

10. Vajrasana - Repeat 6X

11. Shalabhasana/ Godham Pitham - Repeat 4X alternating sides/Stay 4 breaths
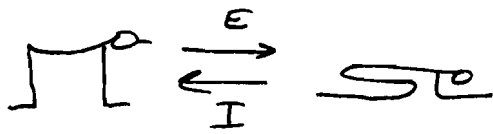
12. Dhanurasana or Dvi pada pitham - Repeat 2X; Stay 2 breaths; Stay 4 breaths
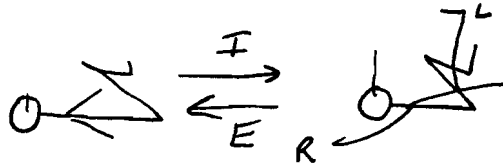
13. Ustrasana (optional) - 2X; Stay 2 breaths; Stay 4 breaths and Repeat the bija mantra "Yam"
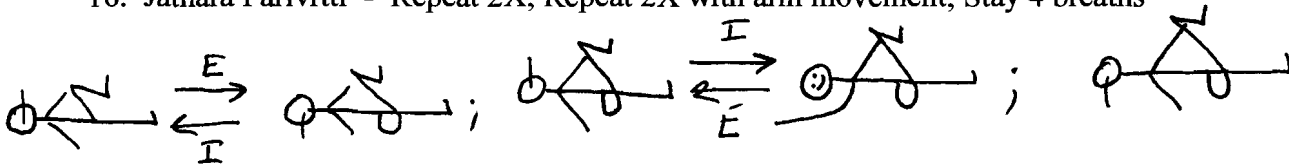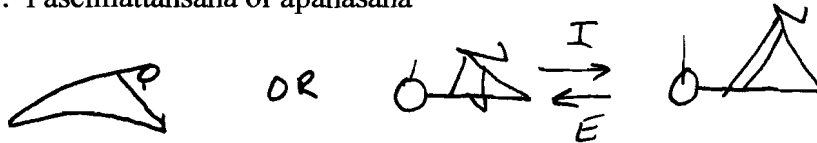
14. Chakravakasana

15. Urdhva Prasarita Padasana - Repeat 6X alternating sides
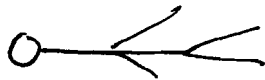
16. Jathara Parivrtti - Repeat 2X; Repeat 2X with arm movement; Stay 4 breaths

17. Pascimattansana or apanasana

18. Savasana

19. Pranayama
Chandra Bhedana - inhale left nostril and exhale right nostril
with ratio of 2:1:2:0 (e.g. Inhale 6:Retain 3:Exhale 6:Suspend 0)

20. Meditation of choice and end with a short contemplation below

Bring attention to heart.
Feel a sense of compassion and direct it:
        From you to others
        From others to you
        From you back to you