Breathing Space: *Heart Chakra*

Five gentle ways to care for your heart chakra

When did you last feel calm, light and completely at ease? In chakra teaching, that easy, open feeling lives in your heart chakra, Anahata, in the centre of your chest. Its colour is green and its element is air.

HERE ARE FIVE SIMPLE WAYS TO GIVE YOURS A LITTLE LOVE

1. ## Find your heart's glow

Picture a soft green light in the centre of your chest. Rest your hands there and breathe slowly, letting the light grow a little warmer with each breath in.

2. ## Feel the sound frequencies

The note F is said to support an open, balanced heart chakra. In our sound baths, the bowls tuned to F carry this frequency for you, so you can simply lie back and listen.

3. ## Crystals to support you

Rose Quartz, Green Aventurine and Jade. Set your intentions with them, wear them as jewellery, or keep one close as a gentle reminder to be kind to yourself.

4. ## A little uplifting scent

Rose and bergamot are lovely gentle scents for the heart. Add a few drops to a diffuser, or blend them into a carrier oil before they touch your skin.

5. ## Speak your affirmations

"I welcome calm into my day." *"I am kind to myself."* Say one slowly with your palms pressed together at your heart, in Anjali mudra.

Come and join us at our sound bath

We run sound baths throughout the year, with new dates added regularly. See our website for our next sound baths.

lotus-sounds.co.uk/events-booking