

## ANAHATHA CHAKRA

Of the seven chakras, Anahatha chakra occupies centre place. The lower three chakras are for materialism i.e. Mooladhara, associated with earth element is for survival, Swadhishtana associated with water element is for pleasure and Manipura Chakra with fire element is for wisdom and also serves as the source of energy. The upper three chakras are for spirituality and these are associated with the element void. Sahasrara Chakra is the source of cosmic energy, Ajna Chakra is for cosmic consciousness and the Vishudha chakra is for chanting. Anahatha chakra which occupies the central place is associated with pure unconditional love and is the linking force for upper and lower three chakras.

Transition from materialism to spirituality concurs with the blossoming of Anahatha chakra, at the age of four and continuous up to 7 years. Naturally this tender age in childhood is crucial for moulding and grooming the child for the future. Pure love forms the bondage and child learns the meaning of pure love.

At home, parents provide security, protection love and a safe environment. Parents take the responsibility of allowing the child to step outside the safety circle to the outer world, starting with the school. At 4-5 years, school provides a child, a healthy atmosphere, to befriend classmates. Child learns discipline, ethics, respecting elders, respecting others' feeling with the heart of responding to others needs.

Child tries to reach beyond self. As he loves others, he expects the same from others. Loved by others allows conscious expansion of self and compassion forms balancing lower and upper chakras. For proper grooming, discipline and to allow the child to grow as a lovable person with compassion parents should inculcate ethics, devotion, pure love and spirituality. Growing brain registers all the messages permanently in the sub conscious mind. Conscious expansion of self with love allows self expression of the next upper chakra called Vishudha and the child can express his feelings with courage and without inhibitions. So it is obvious that Anahatha chakra brings about balancing of mind and body. Mind, body coordination commences at this stage.

Seed of pure love and compassion felt emotionally at this age get registered permanently in the subconscious mind of the child. Just as a seed, capable of growing in to a tree the child grows and reaches adulthood with the input registered at childhood. He respects others' feelings and becomes a gentleman with authority and self confidence and respected in the society.

In contrast, let us see what would happen when the growth of Anahatha chakra is interrupted. At home, when parents quarrel, the child watches as a mute spectator, tends to suppress his emotions, develops hatred, throws tantrums, exhibiting ill feelings. With lack of love and feeling of insecurity, when the child enters in to a new environment, i.e. school his emotional suppression is revealed as hatred towards his classmates; isolates himself, feels a sense of shame, becomes a rebel or dull with no

interest in studies. Punishment for this attitude without understanding the root cause aggravates this attitude. The child loses self confidence.

The emotional scar at this age expresses itself in adulthood as a seed growing as a poisonous tree. In adulthood, he develops hatred for self and others, shuns society, suspicious, insensitive and/or over possessive.

Usually to inculcate a sense of spirituality, wisdom and discipline in the mind, children should be taught music, chant mantras in musical form. By repeating sacred verses through music, mind relaxes. This is like a form of meditation. This simple meditation allows proper growth of the brain. As the memory power increases the child automatically becomes more intelligent. Learning meditation at a young age keeps the mind and body healthy and results in mind-body coordination.

### **Diseases of Anahata chakra**

#### **Physical diseases**

Anahata chakra controls the activities of organs in the thoracic cavity. i.e. lungs, heart, oesophagus and thymus. This chakra is linked to unconditional love. Hence any emotional disturbances, lack of love, anxiety, fear result in malfunctioning of Physical organs.

**LUNGS:-** Both right and left lungs occupy major part of thoracic cavity. Suppression of emotions cause weakening of Anahata chakra resulting in breathlessness, wheezing, asthma or even cancer. Environmental pollution and smoking affect the flow of energy into the lungs. The symptom may be allergic reaction, cough, pneumonia or emphysema. Due to loss of immunity, TB, or cancer of lungs have become quite common.

Children feel helpless when parents have no harmony. Unconducive atmosphere at home created by none other than parents may cause emotional shock, warranting hospitalization. Recently, a young mother was attending to the last rites of her grandmother. While she was crying her few months old infant was on her lap. Within a few hours the baby developed symptoms of wheezing, cough for which the mother approached me. It is evident that that even infants react to adverse conditions.

**HEART:-** Cardiac diseases pose a major threat to the health authorities which in turn reflect in the mind of the public. A fear of impending death would cause major heart attack. Change in life style, unnecessary fear, worry, emotional shock, lack of love may cause diseases of heart. With the intention of keeping their heart in good shape, some people go for jogging. This would over strain the heart's normal functions. In such cases palpitation, breathlessness are the common symptoms. Diseases of the heart may involve myocardium, coronary vessels, valves, or pace maker.

**OESOPHAGUS:**--It is a thick muscular tube passing through thoracic cavity opening into the stomach. Hyperacidity, gastric ulcer, weakness of cardiac sphincter may cause inflammation or regurgitation resulting in GERD. Inflammation, most often simulate heart problem and the patient experiences heart burn. Cancer of esophagus is also quite common.

A few cases vagus nerve irritation have been reported in cases of gastric ulcers or as post operative complication. In such cases the irritation has extended up to the back of the head.

## **HEALING THE ANAHATHA CHAKRA**

**Infants**—Mostly the disease starts in the intra uterine stage, due to emotional disturbances experienced by the mother during gestation. In such cases, both mother and infant are to be healed. The infant's Mooladhara chakra has to be strengthened. Survival of the infant depends on Mooladhara chakra and hence heal this chakra first and then the other chakras in the ascending order up to Ajna chakra. This would strengthen the immune system.

**LUNGS**—Mostly disease of lungs is due to the interference in passage of energy through the nostrils [controlled by Ajna chakra], pharynx, larynx, trachea [controlled by Vishudha chakra], bronchi and lungs [controlled by Anahatha chakra].

Irrespective of the underlying causes cleansing the three chakras mentioned and energizing the same lead to recovery.

**HEART**-Diseases of the heart may involve myocardium, valves, blood vessels, pace maker. Mostly the cardiac diseases are due to stress. To remove the stress, cleanse the aura, chakras esp. Manipura, Anahatha and Manipura chakras and finally Mooladhara for survival.

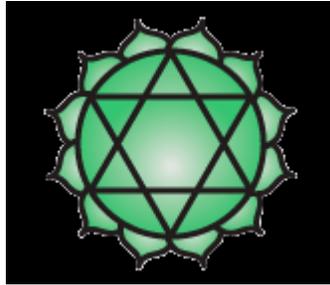
**OESOPHAGUS** -Heart burn, GERD or cancer require cleansing Manipura chakra and Anahatha chakras and healing the same with cosmic energy.

## **PSYCHOLOGICAL / PSYCHOSOMATIC DISEASES**

Stress, violent behavior, self hatred, solitude, lack of confidence, excessive sadness, anxiety, fear over possessive, inferiority or superiority complex, sense of shame, stammering, depression, suppression of emotions are experienced by the patients. In most of these cases the patients should be allowed to narrate his feelings. In chronic cases patients experience head ache, migraine, gastritis, IBS, constipation, back pain and in most of these cases diagnostic test may not reveal any lesion. For relaxing the mind and body patients are taught meditation on self. For healing the mind, psychic surgery is done.

To sum up, cultivate good habits at the tender age when Anahatha chakra starts blossoming [4 yrs to 7 yrs]. At this age the brain develops the capacity to learn and retain the information fed into subconscious mind permanently and once retained it can be recalled at any stage of later part of his life. So this is the apt age when child

can be taught any art, esp. music which would relax the mind. Memory power would increase by developing reading habit. The child should be taught the art of meditation to discipline his mind, to make him more intelligent and brainy. Meditation allows the child to control the five senses which receive the stimuli from within and environment and feed the same to the subconscious mind permanently. So catch them young for good health and for better future. For adults-learn the art of meditation, relaxation, listen to melodious music, and stop worrying. Enjoy your life for what it is.



Chakra : Anahatha

Element: Air

Endocrine gland: Thymus

Colour: Green

Development: 4-7 years

Organs controlled: Thymus, Lungs, Heart, Esophagus, Blood vessels

Emotion: Pure Love

Manthra: Yam

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