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Qualities of Vishnu Granthi

- Location: Between Svadhisthana & Anahata Chakras (both connected to emotions and attachment)
- Guna: Rajas (action)
- Governs: Emotional patterns, individuality
- Tendency: Individuality, ego, passion, pride, power, possessions, fear of being ignored or losing prestige
- When Blocked: Mind remains attached to accomplishments and ambitions, desire to preserve traditions, dichotomy of benevolent self-righteousness
- When Pierced: Show vulnerability, challenge the status quo, release self-serving behavior so energy can rise to Anahata, Vishuddha, and Ajna chakras

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Uddiyana Bandha



CONTRAINDICATIONS:













Pregnancy, hernia, high blood pressure, heart disease, recent abdominal surgery

- "Flying Upward" improves digestion, prevents constipation, increases circulation, and directs prana into the upper torso and higher chakras.
- Sit or stand with feet wide, lean forward, hands on knees
- Inhale into the belly, then exhale completely and contract the core.
- Expand your ribcage (mock inhale) without inhaling; the negative pressure in the lungs draws the abdomen inward and upward.
- Keep your head, neck, and shoulders relaxed while you hold your breath out.
- Relax your abdominal muscles and slowly inhale, allowing your abdomen to expand naturally.
- Stand up straight and take a few normal breaths before repeating 3-5 times.

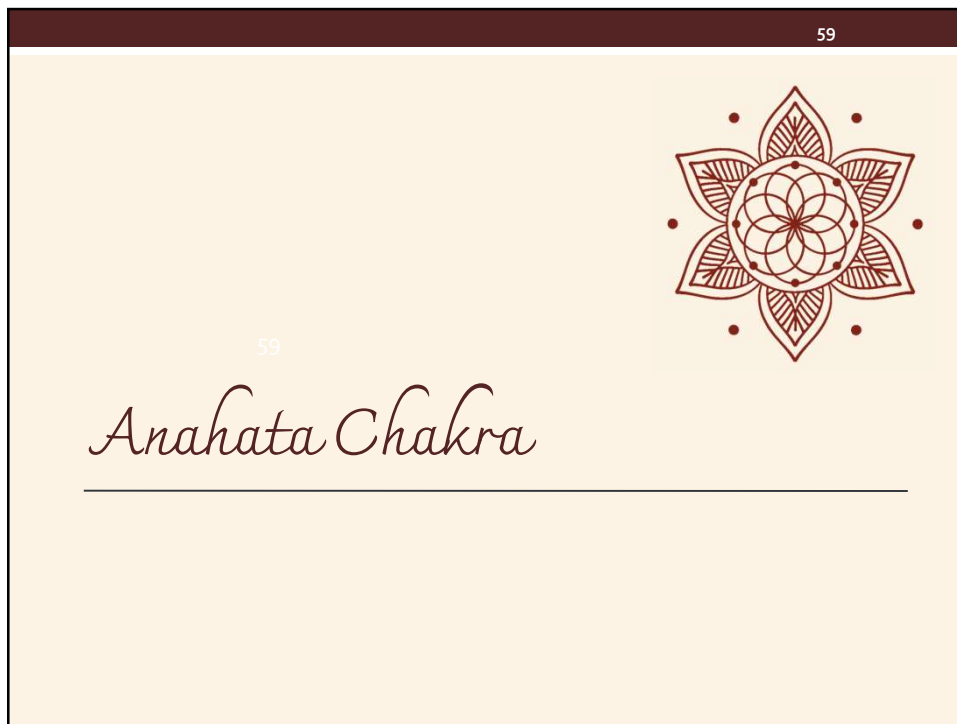
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Protocol for Vishnu Granthi

 Windshield Wipers	 Dead Bug	 Alternate Dead Bug	 Half Forward Bend
 Down Dog on Chair	 Chair Pose	 Seated Lateral Bend	 Cross Leg Twist
 Uddiyana Bandha Exhale fully, abdomen in and up; hold breath out	 Kali Mudra Interlace hands, extend index fingers together, cross thumbs (<i>overcoming ego</i>)	 Vajra Mudra curl ring & pinkie into palm, join middle tips, bring index to thumb pads and join (<i>empowerment</i>)	 Chant Krim

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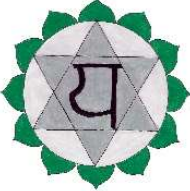


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Qualities of Anahata Chakra

- Name: Unstruck
- Color: Green
- Element: Air
- Body Region: Chest, shoulders, arms, hands
- Location: Heart
- Body Systems: Respiratory, circulatory
- Sense: Touch
- Quality: Love
- Mantra: 'I love'
- Gemstone: Jade, malachite, aventurine
- Ages: 21-28 years old




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Function of Anahata Chakra















- **Function:** Social identity, relationship to community, self-acceptance, compassion, gratitude, empathy, joy
- **When Deficient:** Closed posture with head forward and shoulders rounded (leading with head and not with heart), breathing disorders, asthma, shyness, loneliness, inability to forgive, lack of empathy
- **When Excessive:** Heart disease, high blood pressure, co-dependency, clinginess, jealousy, possessiveness
- **Fears When Unbalanced:** Loneliness, commitment issues, afraid to follow your heart
- **Reaction to Fears:** Isolation, holding yourself back
- **When Balanced:** Compassion, feeling confident in love and in your ability to love, creativity, inspiration
- **Balance Inhibited By:** Grief, heartache, betrayal

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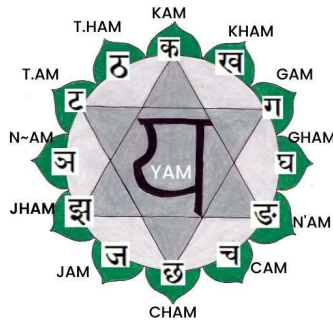
Anahata Chakra Protocol

			
Shoulder Rolls Backward	Lateral Bend	Chest Stretch	Hug Shoulders
			
Bridge on Block	Hold Opposite Elbows	Reclining Heart Opener	Fountain Breath
			
Kapota Mudra Bring palms together, then separate center of hand at the base of the fingers (depression, compassion)	Padma Mudra Bring palms together and separate index, middle, and ring fingers (openness, loneliness)	Hridaya Mudra Rest hands on heart center, right over left (eases emotional processing)	Chant HAM

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Yantra & Mantra for Anahata Chakra



A circle surrounded by twelve lotus petals

- Intersecting triangles represent Anahata's central placement
- Integrating material world of lower three chakras and spirit world of upper three

- YAM stimulates the chakra's location in the heart
 - D#5 639 Hz
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Kam, Kham, Gam, Gham, N'am, Cam, Cham, Jam, Jham, Nyam, T.am, and T.ham
- Representing the qualities to be overcome to receive Anahata's gifts
 - Peace, bliss, love, harmony, empathy, understanding, purity, clarity, compassion, unity, forgiveness, and kindness.

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