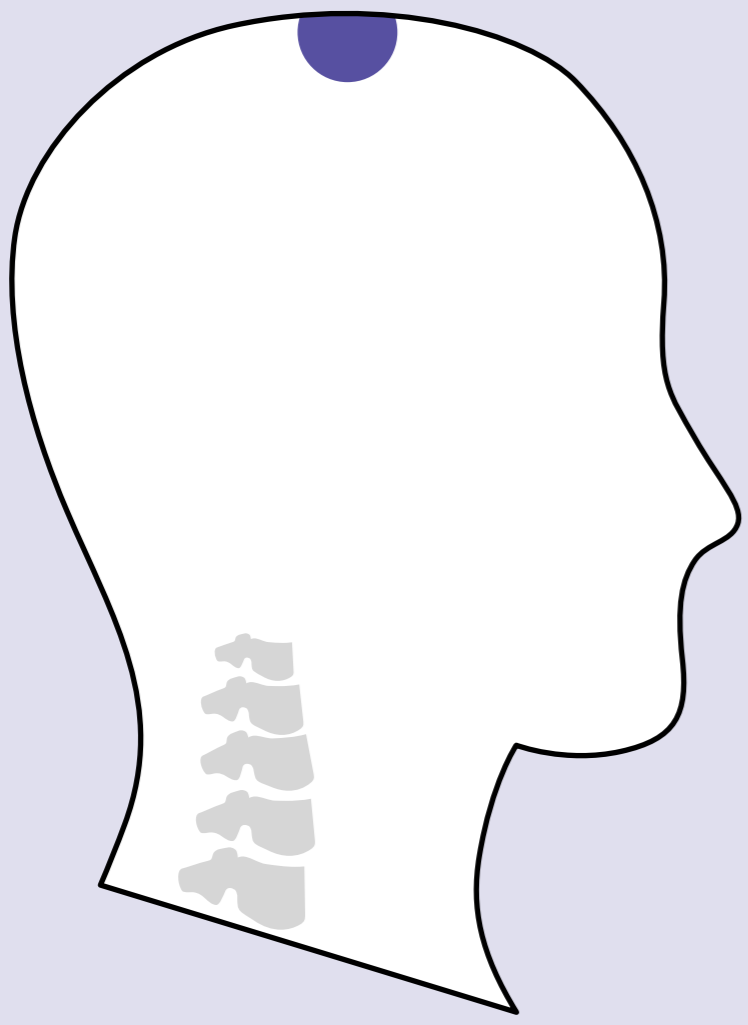
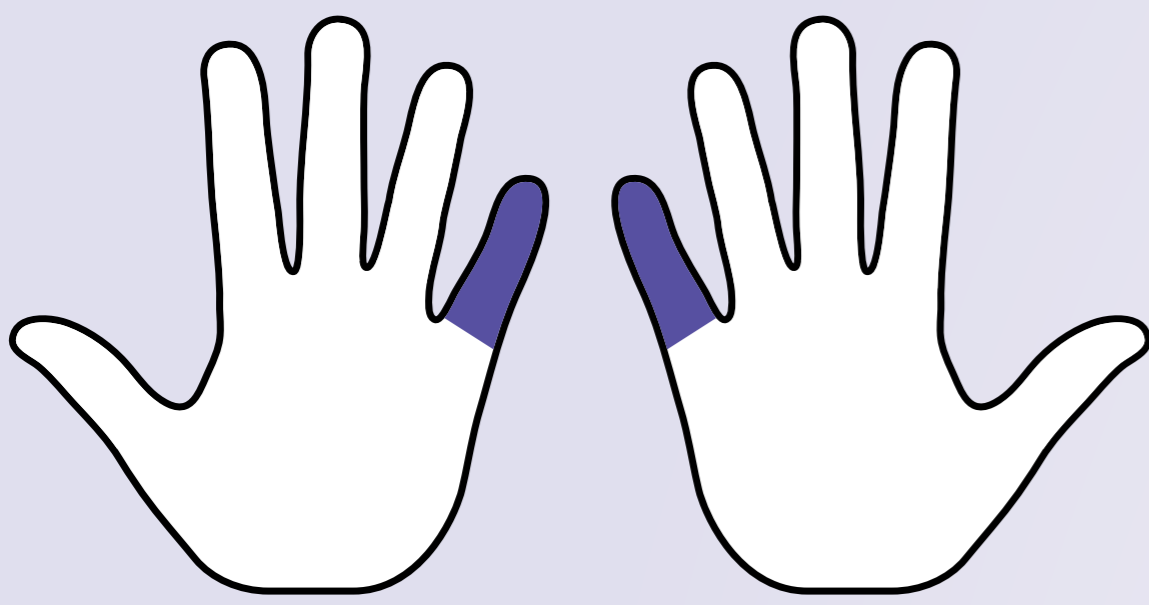


Position on the head



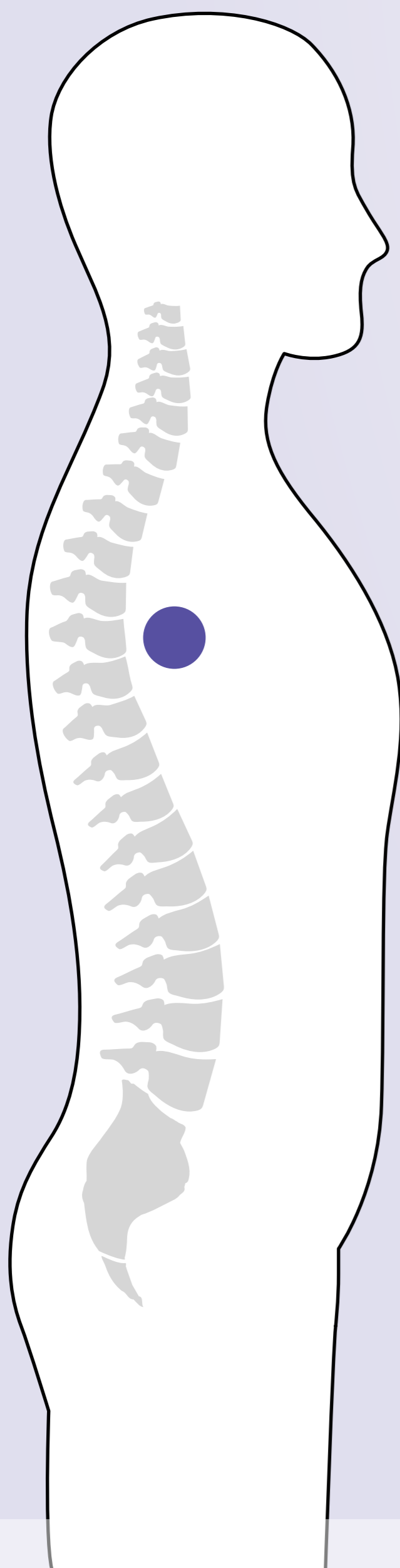
On the hands



On the feet

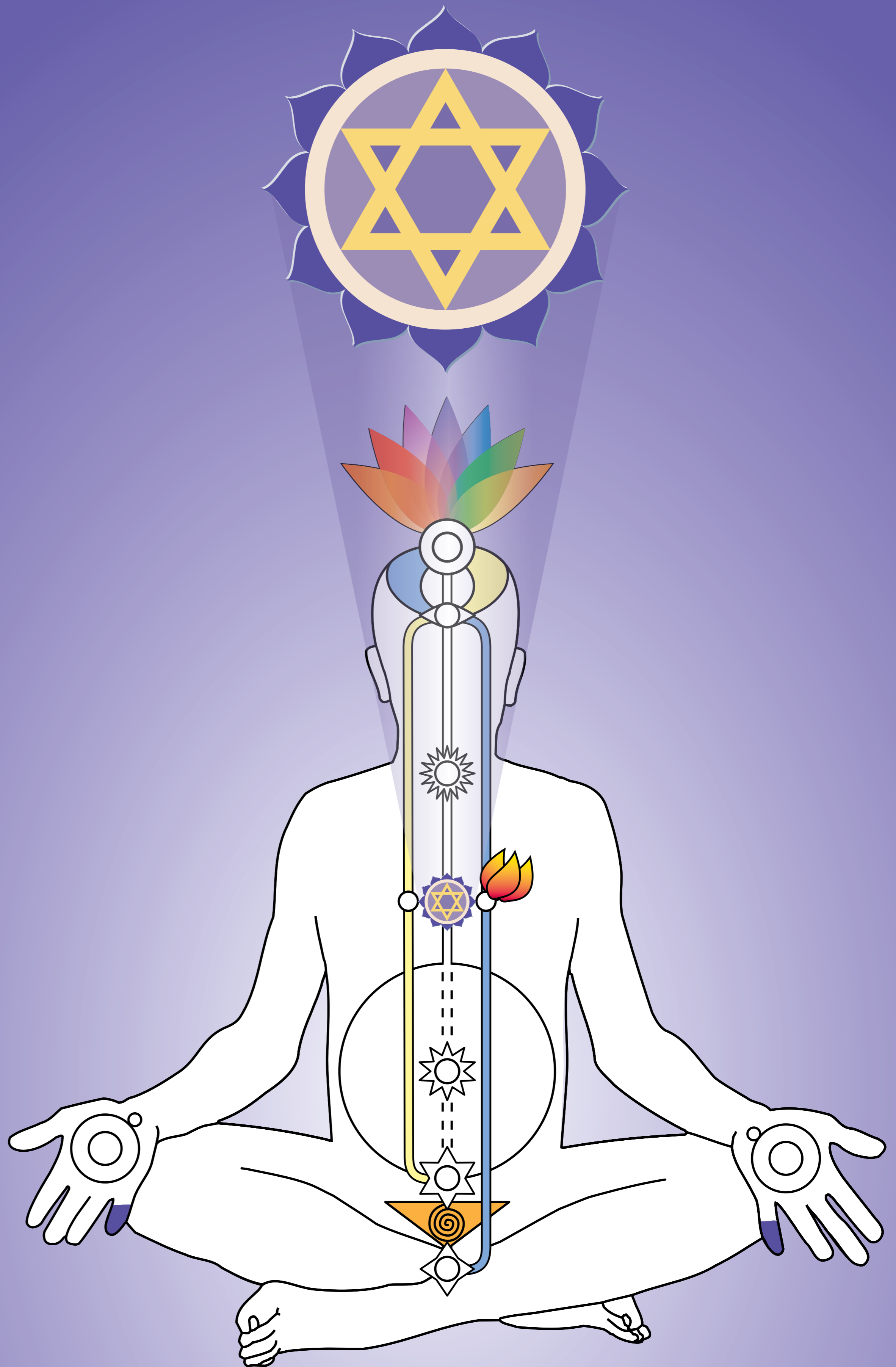


Gross expression in our body



Cardiac plexus

Position within our Subtle System



Anahata

Correspondences

Colour	Purple
Element	Air
Planet	Venus
Day	Friday
Stone	Ruby
Symbol	Flame
Quality	Love, security, compassion, benevolence
Organs controlled	Heart, lungs

This twelve petalled centre is called the Anahata, and it is placed behind the sternum bone in the spinal cord. This centre corresponds to the cardiac plexus, which produces the antibodies till the age of twelve. These antibodies are circulated in our system, which helps us to fight any kind of attack on the body or mind. When there is either an emotional or physical attack on the person, the antibodies are informed through the sternum, which has the function of a remote control. This centre controls breathing by regulating the functioning of the heart and the lungs.

When the Kundalini pierces this centre, the person becomes an extremely confident, secure, morally responsible and emotionally balanced personality. Such a person is very benevolent and loves humanity without any self interest and is dear to all.