



CHAKRA 4 – Heart

Love – Center of Consciousness

*Half-way between Earthier Chakras 1, 2 & 3
and Physical Chakras 4, 5 & 6*

COLOR: **Emerald Green**, 12 lotus petals; defiance, lustfulness, fraudulence, indecision, repentance, hope, anxiety, longing, impartiality, arrogance, incompetency, discrimination.

SANSKRIT NAME: Anahata, heart, love, life force energy center, I-ness

LOCATION: Heart

MANTRA: YAM

ELEMENT: Air

GEMSTONE, or CRYSTAL: Emerald, jade, malachite, green tourmaline

HERBS: Rue, saffron

INCENSE: Lavendar, jasmine

As with each chakra the desire is to reach a balance. Chakras are great indicators of how your internal barometer is functioning at any given moment. Each chakra can be in balance or out of balance, too much one way or the other.

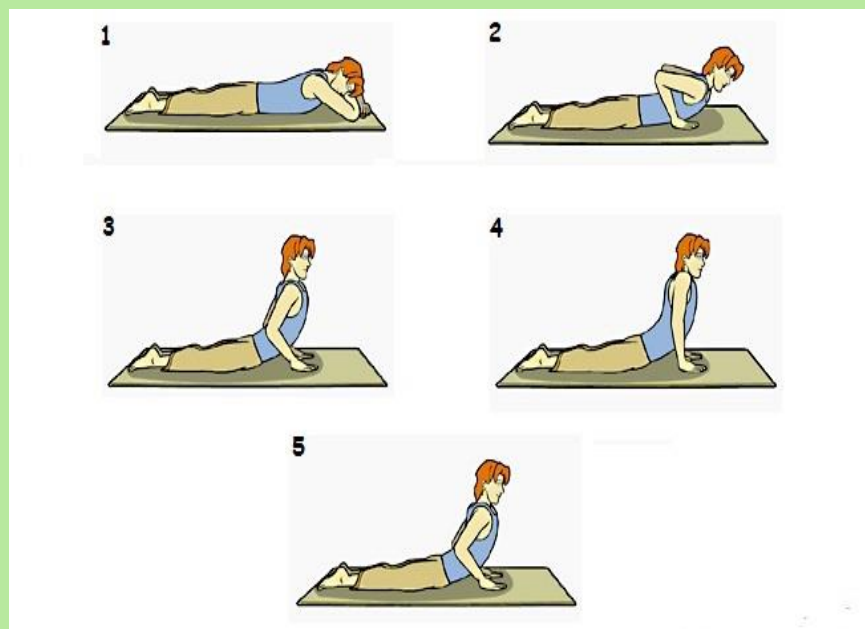
The fourth Chakra – Heart, is not just about love, but what stems out of love like compassion and kindness. However, an unbalanced side to the Heart chakra is dedicating all your energy to helping others, while completely neglecting your own needs. Having compassion for others as well as yourself helps to keep this chakra in an in-balanced state. You are in a relationship with your self as well, how you treat others you should also be treating yourself. Without self-love, self-care, and nurturing yourself with compassion for your own needs, the Heart chakra cannot be completely healthy and open. A balance.

Some Heart chakra blocks could result in many conditions, withdrawing from others, loneliness, lack of spiritual connection and feeling of belonging, lung and chest issues, angina, heart attacks, asthma and depression. Some have troubles with commitment and relationships, codependency, being too judgmental, feelings of not being good enough or worthy enough.

Some helpful ideas to help unblock this fourth chakra are; practicing deep breathing, eating green foods, volunteer work, meditating, walking, practicing yoga. As always, please confer with your physician before trying any exercise, yoga or breathing activities to ensure your safety.

As always, please check with your physician before trying any exercise, food, yoga pose or breathing exercise for this and the other chakras. Below are a couple of yoga poses if you are comfortable and able to perform – be gentle on yourself, no need to strain or overdo it (start with 1 easily if you can):

COBRA POSE:



CHILD'S POSE:



Mudra that can be used during the Heart Chakra clearing.

