



Heart Chakra – Anahata

I love myself unconditionally. I am an open channel for divine love.

I give and receive love fully and effortlessly. I open my heart and share it with others.

The Heart Chakra is essentially the “center powerhouse of the entire chakra system”. It mediates between the body and the spirit, and the lower earthly energies and the higher spiritual energies.

An open heart is integral to an individual’s ability to express love. It teaches us how to act out of love and compassion and recognize that the most powerful energy we have is love. This includes both self-love and the expression of love towards others.

The heart chakra is related to air, social identity, balance, unconditional love, self-acceptance, compassion, generosity, and healing. It integrates opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. It allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness.

Fourth chakra images, words, sounds, and smells are transformed into feelings. If we learn to love and fully accept all parts of our personality and body from the depths of our heart, we can be potentially transformed or healed.

Basic Principle: To love and to be loved

Color: Green (Complimentary Color: Red/Pink) / **Sense:** Touch / **Element:** Air / **Planet:** Venus / **Season:** Spring

Astrology Signs: Taurus and Libra / **Metal:** Copper / **Sound:** Note F / **Mantra:** Yam

Emotional Component: Grief / **Physical Component:** Heart, blood, circulation, lower lungs, ribcage, skin and upper back

Associated Glands: Thymus / **Associated Meridians:** Heart

Nutrition: Green foods like leafy greens, peas, zucchini, avocado, and broccoli.

Crystals: Emerald, Jade, Green Aventurine, Rose Quartz, Rhodochrosite, Rhodonite, Ruby and Fuchite

Oils: Rose, Pine, Bergamot, Melissa, Tuberose, Geranium, Forgiveness

Karmic Lesson: Let the love flow freely, forgive yourself and others.

Yoga Poses: Heart openers such as Backbends, Bridge, and Full Wheel. Eagle pose, cobra pose.

Harmonious Function of the Heart Chakra

Warmth, sincerity and happiness – Unity – Live in the now –

Put your heart in all that you do and create – Loving and love unconditionally – Forgiving –
Strong connection to all of life – Compassion and willingness to help – Peaceful and balanced

Underactive Heart Chakra Energy

Anti-social and withdrawn
Intolerant
Critical and judgmental
Loneliness
Fear of rejection
Lack of empathy

Physical Heart Chakra Imbalances

Chest pain
Lung congestion
Pasty complexion
Upper back tension, tight muscles
Aches, pinches
Cramps and numbing
Blood pressure imbalance
Heartburn
Cold sweats and cold extremities

Emotional Fourth Chakra Imbalances

Needing recognition and confirmation from others
Self-doubting and always blaming others
Wanting to possess love
Financially and emotionally insecure
Mistrustful of life

Overactive Fourth Chakra Energy

Co-dependency
Demanding
Jealousy
Clinging
Over-sacrificing

How to maintain a healthy Heart Chakra.

The healthy heart chakra is open to love and compassion, both for yourself and those around you. Balancing our heart chakra is all about forgiveness, self-love, the ability to be kind and self-less, and the ability to love others unconditionally.

Tell those you love that you love them without expecting anything in return. Leave love notes in the bathroom, or a lunch pail, or the car. Watch a romantic movie or read a steamy love novel. Selfless acts of love and random acts of kindness will activate the fourth chakra. Volunteer for your favorite charity, or buy a stranger coffee.

The element for the fourth chakra is air, and the sense for this chakra is touch, so doing an activity that involves the lungs and/or your hands, can also maintain a healthy heart chakra. Sports, dancing, taking a walk with your partner while holding hands, use your imagination!

Of course, practicing the breath, and learning some breathing meditation techniques would be great for the fourth chakra. While doing your meditation, envision the color green glowing in the center of your chest, or breathing the color green into your heart. Maybe the color pink resonates with you more?! Let either or both fill your chest with its warmth. Holding a crystal while doing this can increase your imagination and make this experience stronger.

Leafy green veggies, and all green vegetables are excellent for this chakra! Or have a cup of green tea!