

Chakra Four: Heart Chakra

Healing Emotional Hurts - "I am Love"

The Heart Chakra is associated with the color green or pink. This love center of our human energy system is often the focus in bringing about a healing. Thus, the words "Love Heals All" have great truth...Love of self and others, compassion and kindness, peace and calm. Hurtful situations that can affect our emotional being are divorce or separation, grief through death, emotional abuse, abandonment, adultery. All of these are wounding to the heart chakra. Physical illnesses brought about by heartbreak require an emotional healing occur along with the physical healing. Learning to love yourself is a powerful first step in securing a healthy fourth chakra. The "wounded child" resides in the heart chakra.

Chakra Four - Associations

- **Color** - green, pink
- **Sanskrit Name** - anahata
- **Physical Location** - center of chest
- **Purposes** - emotional empowerment
- **Spiritual Lesson** - forgiveness, unconditional love, letting go, trust, compassion
- **Physical Dysfunctions**- heart conditions, asthma, lung & breast cancers, thoracic spine, pneumonia, upper back, shoulder problems
- **Mental and Emotional Issues** - love, compassion, confidence, inspiration, hope, despair, hate, envy, fear, jealousy, anger, generosity
- **Information Stored Inside Heart Chakra** - connections or "heart strings" to those whom we love
- **Area of Body Governed** - heart, circulatory system, blood, lungs, rib cage, diaphragm, thymus, breasts, esophagus, shoulders, arms, hands
- **Sense** - Touch
- **Element** - Air
- **Gems** - Jade, peridot, rose quartz
- **Essential Oils** - Eucalyptus, pine essential oils, rose

Heart Chakra Exercises

Chakracise your heart chakra by doing pushups, swimming (breast stroke), and hugging yourself. To Balance: Practice GRATITUDE (keep a gratitude journal). Do "inner child" work – anything that is loving and supporting to your child-self. *Best Yoga Poses*: Backbends – bow, upward facing bow, camel, locust, bridge and fish, and arm balances while focusing on the focal point being at the bottom of the heart.

Feeding Your Heart Chakra

- **Leafy vegetables**: spinach, kale, dandelion greens, etc.
- **Air vegetables**: broccoli, cauliflower, cabbage, celery, squash, etc.
- **Liquids**: green teas
- **Spices**: basil, sage, thyme, cilantro, parsley