

More on Chakra Four

The Heart chakra is about love, kindness and affection. When it is open, one is compassionate and friendly, and works at harmonious relationships.

When a person's Heart chakra is under-active, she or he is cold and distant.

When this chakra is over-active, a person can appear to be suffocating others with love, and the love actions may have quite selfish reasons.

To Open the Heart Chakra

Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone (a bit above the solar plexus). Concentrate on the Heart chakra at the spine, level with the heart. Chant the sound YAM.

