

The Heart Chakra

The fourth chakra, called anahata, is located at the heart. "Anahata" means unstruck sound.

4th Chakra's Natural Element: Air

Anahata is associated with air. If you've worked with the other chakras, you can integrate all of the elements to support this work. The first chakra is earth, steady and grounded; the second chakra, water, brings a fertile creativity; the third chakra is the "fire in the belly" required to transform that grounded creativity into positive action. And now you have air dispersing and integrating spiritual understanding of love, compassion, and connection to everything you encounter. Air, like love, is within and all around.

Heart Chakra Associations

The anahata chakra is associated with unconditional love, compassion, and joy. It is the source of deep and profound truths that cannot be expressed in words. Anahata is a bridge between the lower and upper chakras integrating the manifest with the spiritual.

Physical Signs of Blocked Anahata Energy

The heart chakra directly affects the heart, lungs, chest, arms, and hands. When misaligned, poor circulation, high or low blood pressure, and other heart and lung conditions can result.

Mental Signs of Blocked Anahata Energy

Mentally, an imbalanced heart chakra can result in problematic issues, such as co-dependence, manipulative behaviors, feeling of unworthiness, and an inability to trust yourself or others.

Energetic Benefits of Aligning the Heart Chakra

When the heart chakra is in healthy alignment you will feel surrounded by love, compassion, and joy and connected to the world around you.

Connecting with Your Heart:

1. Begin your practice seated.
2. Close your eyes and turn your attention inward toward your heart.
3. Take deep breaths in through the heart and out through the heart.
4. Then be still and quiet and take this time to witness your innermost self. Drop down beneath the mind chatter into the cave of your heart and listen there for the inner voice.

It takes practice to get quiet enough and willing enough to connect this deeply with your true self. So do not be discouraged if this seems challenging—it is! Through regular practice of listening in, you will slowly be able to tell the difference between the inner voice of your heart and the neurotic chatter of the mind. Over time you will be able to observe both.

This inner listening cultivates a discrimination. Discrimination supports skillful choices, which lead you toward your heart's calling, your purpose. The result is bringing compassion and love into all you do.