



4th Chakra Anahata - Heart

Meaning "Unstruck or unhurt" Its name implies that deep beneath our personal stories of brokenness and the pain in our heart, wholeness, boundless love, and a wellspring of compassion reside.

Location: Its physical location is the heart, upper chest, and upper back.

Colour: Green

Element: Air

Petals: 12 lotus petals

Organ: Heart

Through the heart chakra, we open to and connect with harmony and peace. The health of our heart center registers the quality and power of love in our life.

[Pranayama](#) practice helps balance and tone this chakra. All forms of Pranayama like Ujjayi breathing can help you use more air, more prana increasing your vitality and enthusiasm for life.

Imbalances In Third Chakra Manifest :

A closed heart chakra can give way to grief, anger, jealousy, fear of betrayal, and hatred toward yourself and others.

As a result, a lot of the physical symptoms of heart chakra imbalance are connected to the lungs, ribs, and heart. Look for the following: Hypertension, problems breathing, infection at the level of the lung, bronchitis, heart condition.

If the heart chakra is overly open, it may translate into:

- Being overly demanding of others, especially close family or partner
- Extending yourself to fulfill other people's perceived needs to the cost of one's own balance
- Tendency to feeling like a victim
- Losing sense of personal boundaries in a way that is detrimental to your well-being

A Balanced 4th chakra manifests as:

When your heart chakra is open, you are flowing with love and compassion, you are quick to forgive, and you accept others and yourself.

Ref: www.yogajournal.com

Yoga poses for Anahata 4th Chakra (Heart)

