

4TH CHAKRA – HEART

GREEN - 22-28 years

Anahata - means "unstruck", "unhurt", or "unbeaten".

Heart Chakra - Located at the center of the chest above the breasts

Element - Air

Subtle Body - Astral Body

Sense - Touch

Animal - Antelope

Life Lesson - Learning to love oneself and others unconditionally

Endocrine Gland - Thymus. The Thymus Gland is part of the immune system. The thymus makes a hormone, called thymosin, that stimulates the growth of certain immune cells. These cells, called T cells, help keep us healthy by attacking virus-infected or cancerous cells.

Description - Learning to love yourself is a powerful first step in securing a healthy fourth chakra. The heart chakra gives empathy and compassion, and it's responsible for your ability to forgive and accept. With the heart chakra, you are able to grieve properly and attain peace and tranquility. The heart embodies a gentle wisdom that teaches us the ways of love and compassion.

Psychological functions - Relationships, Love, Acceptance, Self-Control, Compassion, Guilt, Forgiveness, Harmony, Peace, Renewal, Growth.



Associated body parts - Lungs, Heart, Bronchia, Thymus Gland, Arms, Hands, Respiratory, Hypertension, Muscles.

Physical dysfunction - High Blood Pressure, Passiveness, Lethargy, Asthma, Immune System, Breathing Difficulties, Pneumonia, Emphysema, Cell Growth, Muscle Tension, Heart Problems, Chest Pain.

A dysfunctional heart chakra results in a person who has a hard time connecting with others or enjoying emotional relationships. They are unable to give or receive love. They must learn to satisfy their emotional needs and experience the power of love by giving and receiving the love. Self love, self acceptance and self compassion is the key to healing and developing this chakra.

Depleted (chakra spins too fast) - possessive, loves conditionally, lack of compassion, withholds emotionally to punish, manipulative behavior, overly dramatic.

Blocked (chakra spins too slowly or not at all) – fears rejection, loves too much, feels unworthy to receive love, self-pitying, co-dependence, an inability to trust yourself or others.

Balanced (chakra maintains equilibrium and spins at correct vibrational speed) – compassionate, loves unconditionally, nurturing, desires spiritual experience in lovemaking.