

## #4 - Anahata: the heart chakra



**The heart chakra** is the most central chakra. It unites the higher, more spiritual chakras, which represent elements that are in the air, with the lower, more material chakras, which represent elements that are on the ground.

The **Anahata** also represents the air, which unites the earth with the sky. The fourth chakra is therefore a real link between the top and the bottom, between the ground and the spiritual, and this is also demonstrated by the two triangles within it, one with the tip up, to indicate the sky, and one with the tip down, to indicate the earth.

The **fourth chakra** is closely related to the heart, the circulatory system, lungs, heart plexus, the entire area of the chest and the breathing. It is associated with the color green.

When it is open we are able to **love unconditionally**, showing ourselves generous with others, caring and heartfelt. But we are not totally dependent on others and we can also love ourselves and our lives. Physically, the air is able

to enter our lungs fluidly, charged with oxygen, which is transported into the rest of the body by a functional circulatory system.

If **the fourth chakra is closed**, the resulting problems are linked to the affective sphere. We are incapable of loving ourselves first of all and consequently also those around us. We become cold and apathetic, always suspicious and circumspect because we tend not to trust anyone.

If **it opens too much**, however, our attention will be focused exclusively on others to divert attention from ourselves. But it will not be a disinterested love: we will try to obtain the greatest number of benefits from a relationship, without the intention of giving anything in return.

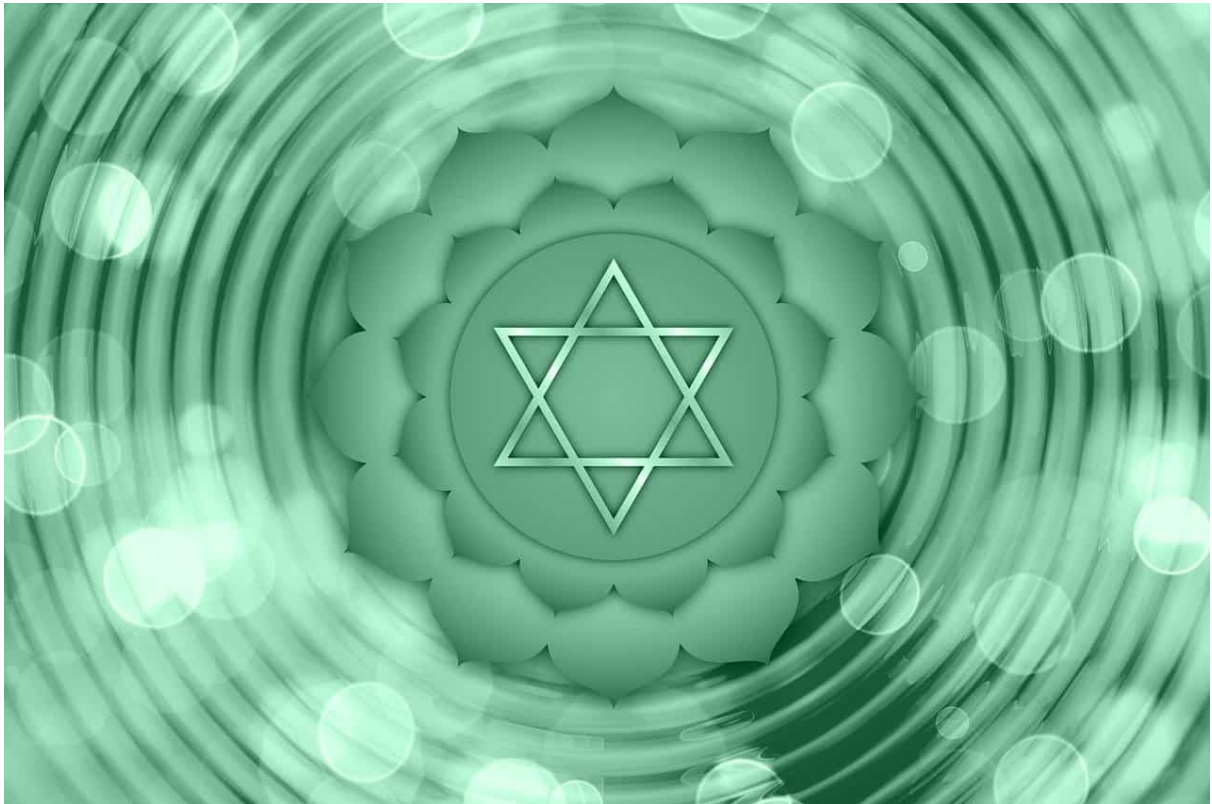
Other consequences of the malfunctioning of the heart chakra are the inability to love, respiratory and cardiac diseases, selfishness, disconnection and isolation. Then let's see how to rebalance it.

## How to rebalance the fourth chakra

The asanas that help to reopen the fourth chakra are all those where the chest is the protagonist, such as the *Anahatasana* or the *Dhanurasana*, and all breathing techniques, such as *Pranayama*. As always, Reiki can help this chakra to activate and to balance itself.

You can also concentrate by listening to the **mantra Yam**, the mantra tied to the fourth chakra, while practicing or meditating. To open this chakra you can also do full-breathing exercises involving large chest openings, help people every day and put aside hatred.

## Summary sheet of Anahata



**Position:** in the centre of the chest

**Function:** love, humility, compassion, generosity, openness to others

**Color:** green

**Element:** air

**Sense:** touch

**Stones:** All green stones, in particular Tourmaline and Aventurine

**Mantra:** Yam, O

**Lotus:** 12 petals with two inverted triangles in the centre forming a 6-pointed star

**Note:** fa

**Animal:** antelope