

HEART CHAKRA

Anahata



Location: heart region

Organs: cardiovascular system

Development point: love and compassion

Yoga poses: backbends

Balance affect: a great capacity for love towards oneself and others

[Heart Chakra Meditation Music](#)

The fourth chakra is the heart chakra, in Sanskrit it is called the Anahata Chakra. It is connected to the air element (Maha Bhuta). Located in the chest area and extends to the arms and hands, it relates to breathing and the cardiovascular system. Anahata has to do with our emotional state and feelings. Its color is green and its bija mantra YAM, which is a seed sound vibration. When this chakra is balanced, we have a great capacity for love and compassion.

The anahata chakra impacts our ability to give compassion and unconditional love to the world. The ability to forgive is also located here, so relationships to those who harmed us are dealt with in this region. A person who has imbalance in the fourth chakra might find it difficult to connect with and have compassion for others. They might hold on to grudges, blame, judgment, unable to forgive those who harmed them and attached to being in victim mode. The opposite side of this spectrum would be the giver, the person who gives too much and without filling their own cup. Because that is depleting and leads to resentment. Anahata is a powerful chakra as it is a bridge between the lower and upper chakras, integrating the physical plane on earth with the spiritual plane of higher cosmic intelligence.

We balance this chakra through our physical body by practicing back-bending yoga poses, such as the king dancer and bridge pose. We also utilize sound vibrations by silently chanting the bija mantra, YAM, and visualizing the chakra as a green spinning wheel at the heart center and breathing into it. This practice utilizes our senses to change the chemistry in our body, rewire our biology and brain, ultimately leading to a balanced chakra and life.