What is a Chakra?

- In Sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body
Anahata – 4\textsuperscript{th} Chakra

- Located at the heart.
- Related to air, compassion, healing, and balance.
- Symbol: A Lotus Flower with 12 petals
Opening and balancing

• This chakra’s purpose is to become open to love and compassion, both to yourself and those around you.
  • Tell those you love that you love them
  • Watch a romantic movie
  • Read a love story
  • Take time for deep breathing
  • Be with nature
Effect of imbalances

The heart chakra controls:
- Circulatory System
- Thymus Gland

It is connected to:
- Heart
- Upper Back
- Breasts
- Lungs
- Blood
- Air Circulation

A blockage of this chakra can lead to:
- Loneliness
- Sense of Alienation
- Asthma
- Heart Disease
- High Blood Pressure
- Lung Disease
- Upper Back/Should/Arm/Wrist Pain
Crystals & Aromatherapy

**Crystals**
- Green Jade
- Emerald
- Aventurine

**Aromatherapy**
- Lavender
- Ylang Ylang
- Lime
Healing foods

- Anything GREEN!
Journaling + Painting

• Is there balance between my giving and receiving of love?
• What is preventing me from welcoming love in my life?
• Do I spend enough time on what I love doing? If not, what is holding me back from doing more of what I love?
• What does ‘compassion’ mean to me? When do I experience compassion for others? How do I express it?
• My heart is…
• I am grateful for …. 
Envision the color green glowing in your chest.

“I completely love and accept myself. I give and receive love unconditionally”

Repeat “YAM” seven times.