

CHAKRA NUMBER FOUR: THE HEART CHAKRA

FUNCTION ASSOCIATED WITH THIS CHAKRA:

LOVE

RELATIONSHIP

UNITY

BALANCE

CORRESPONDENCES

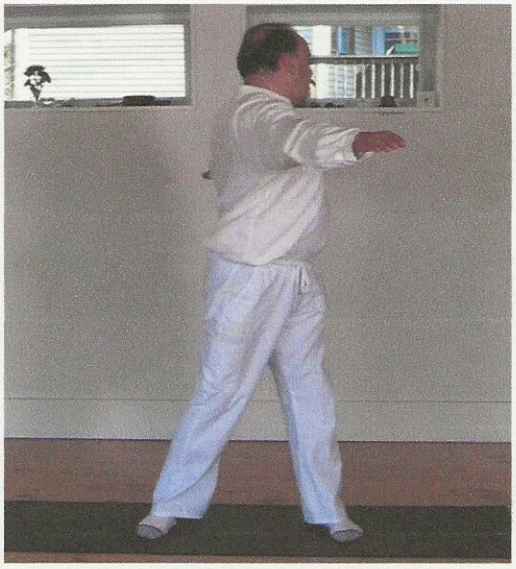
Meaning	Unstuck
Location	Heart
Inner State	Love and compassion
Glands Associated	Thymus
Malfunction	Asthma, high blood pressure, heart and lung disease

CHAKRA 4 EXERCISE

THE WINDMILL

Stand with your arms stretched outward to each side and feet shoulder length apart. Twist your arms and body left on the inhale and then right on the exhale. Make sure the breath is in alignment with the movement.





CHAKRA 4 EXERCISE

ARM CIRCLES

With your feet shoulder width apart, stand straight and bring your arms out straight on each side horizontally. In a circular manner move your arms clockwise inhaling from lower to up position aligning the breath with the motion. Then exhaling back down with the same circular movement. Then switch the direction counterclockwise.



CHAKRA 4 EXERCISE

THE COBRA

Lie in a prone position flat on your stomach with arms bent and palms of hands face down near your shoulders. Without pushing with your arms, inhale bringing you upper torso up as far as you can. Align the movement with the breath. Then come back down on the exhale. Lift again as far back as you can go on the inhale and then push yourself up a little further using your arms. Then come back down.

