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Our Fourth Chakra, Anahata

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Our Fourth Chakra is our Heart Chakra, which in Sanskrit goes by the name of Anahata. It is crucial to pay special attention to the Heart Chakra for a very important reason. Can you guess what that reason might be? Most of you will probably answer, "Love." Yes, love is one of the attributes associated with Anahata, yet more than that, it is the balancing chakra! Our Heart Chakra sits amidst our three lower/grounding chakras and three higher/spiritual chakras; as such, it is responsible for balancing these two different planes of energy fields.

Go back in time and think about something you went through which made your heart overwhelmed with happiness – such as falling in love with that special someone you've had your eye on – or on the flip side, which made your heart ache with overwhelming pain, perhaps the passing of a loved one. Typically, the early stage of love causes extreme giddiness and happiness, causing one to feel carefree and wild abandonment. Things that once seemed so important, no longer seem to matter (which could be both good/bad). We may neglect important tasks or cut ourselves off from our family/friends just to be with "the person of our dreams." On the opposite end of the spectrum, if our heart is aching due to the passing of a loved one or the end of a marriage through divorce, our hearts can be overwhelmed with pain, anguish, grief and anger. We may see only darkness and no light at all. Some people may feel as if there is no reason to go on living at all.

As you can see from these examples, matters of the heart that are TOO EXTREME, whether happy or sad, causes us to escalate too highly or too low, ultimately wrecking havoc on and creating great stressors on our other charkas. It is imperative, therefore, that we make a conscientious effort to keep our Heart Chakra in balance. And I don't mean with just that one special love in our life. Our Heart Chakra affects all relationships – the relationship we have with our significant other, our parents, children, siblings, friends, business colleagues, pets and, most importantly, ourselves!! Yes, it is crucial to make sure you're in love with you! After all, if you don't love yourself, why should any one else love you? So make sure you take time every day to focus on self-love; not in an arrogant or conceited way, but rather in a way of good health – one that promotes self-esteem, self-worth and self-respect. Wake up each morning and thank God for the blessing of you. If you're not thankful for all the beautiful qualities with which God has bestowed upon you, why should anyone else appreciate them in you?

Then, of course, it is imperative that we have healthy relationships with the other people in our lives as well. Far too often, we take the behavior of others far too personally. For instance, let's say you had an extremely bad day at the office. Your computer crashed, you lost a huge account, and your boss told you that he needed you to work this weekend. Then as soon as you walk in the door, your spouse starts yelling at you, "Why didn't you call me all day? I needed you to run an errand for me, and now that you're home, I suppose I'll have to go out and do it myself! You don't care." That's the last thing you would probably need to hear after the day described. Yet far too often, hostile words are exchanged and tempers flare up, before we even know all the facts surrounding a person's outrageous behavior; thus, testing how strong our heartstrings really are! After all, did you ever call your spouse to share the mishaps of your day? (Who had time for that?) Yet, when you first fell in love with your spouse, he/she would have been the first person you called for comfort and words of reassurance. Or, let's say you are the spouse at home in this scenario. Did you take the time to notice the look of despair in your loved one's eyes or see the weight of the world on their shoulders? When you were first in love, you noticed if something was wrong immediately. Yet, here you are a few years later and you don't notice these things at all. Relationships are work; whether it's a relationship with your

spouse, friend, colleague or even yourself! How many times do we berate ourselves for gaining a few extra pounds or not closing an important work related deal? If your negative self-talk doesn't work on you, it's surely not going to work on those you love and care for deeply.

BALANCE! We can't give too much of ourselves away, yet we have to give something in order to receive. It's all an act of balance.

Anahata has other properties associated with it too: compassion, trust, unconditional love and forgiveness. Can you see how these are all heart-related? Now, maybe you see how imperative a healthy Heart Chakra is!

The color associated with Anahata is green, although pink is also associated with it. Located in the center of our chest, Anahata's physical concerns include heart conditions, asthma, our thoracic spine, upper back, as well as lung and breast cancers. Our Heart Chakra also governs our rib cage, shoulders, arms, hands, blood and esophagus.

If you like working with gemstones during your Meditation, consider using malachite, rose quartz or even emerald. The sense associated with Anahata is touch, while its sound is YAM. Lastly, Anahata's element is air. Thus the saying, "Love is in the Air!" © **Copyright Protected**