



# 4th Chakra Chart

## Heart | Anāhata

<b>Color</b>	Green. Verdant, like Mother Nature.
<b>Element</b>	Air. With the energy of movement and transformation.
<b>Body associations</b>	Heart, lungs, breasts, chest, upper back, shoulders, arms.
<b>Seed sound (bija mantra)</b>	Yam.
<b>Verb</b>	I love.
<b>Sense</b>	Touch.
<b>Endocrine gland</b>	Thymus.
<b>Focus</b>	The ability to give and receive love.
<b>Hindu Symbolism</b>	Green lotus with twelve petals.
<b>Christian Sacrament</b>	Marriage. Loving, honoring, and caring for oneself in order to do the same with another and enter into true partnership.
<b>Jewish Sefirot in the Kabbalah</b>	Tiferet. The energy of compassion, harmony and beauty.
<b>Healing thought</b>	Love is divine power.



ROOT TO RISE  
YOGA TEACHING METHOD