

Position in Head



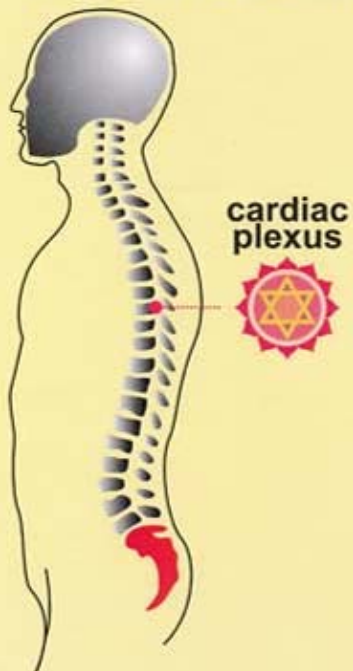
In Hands



In Feet



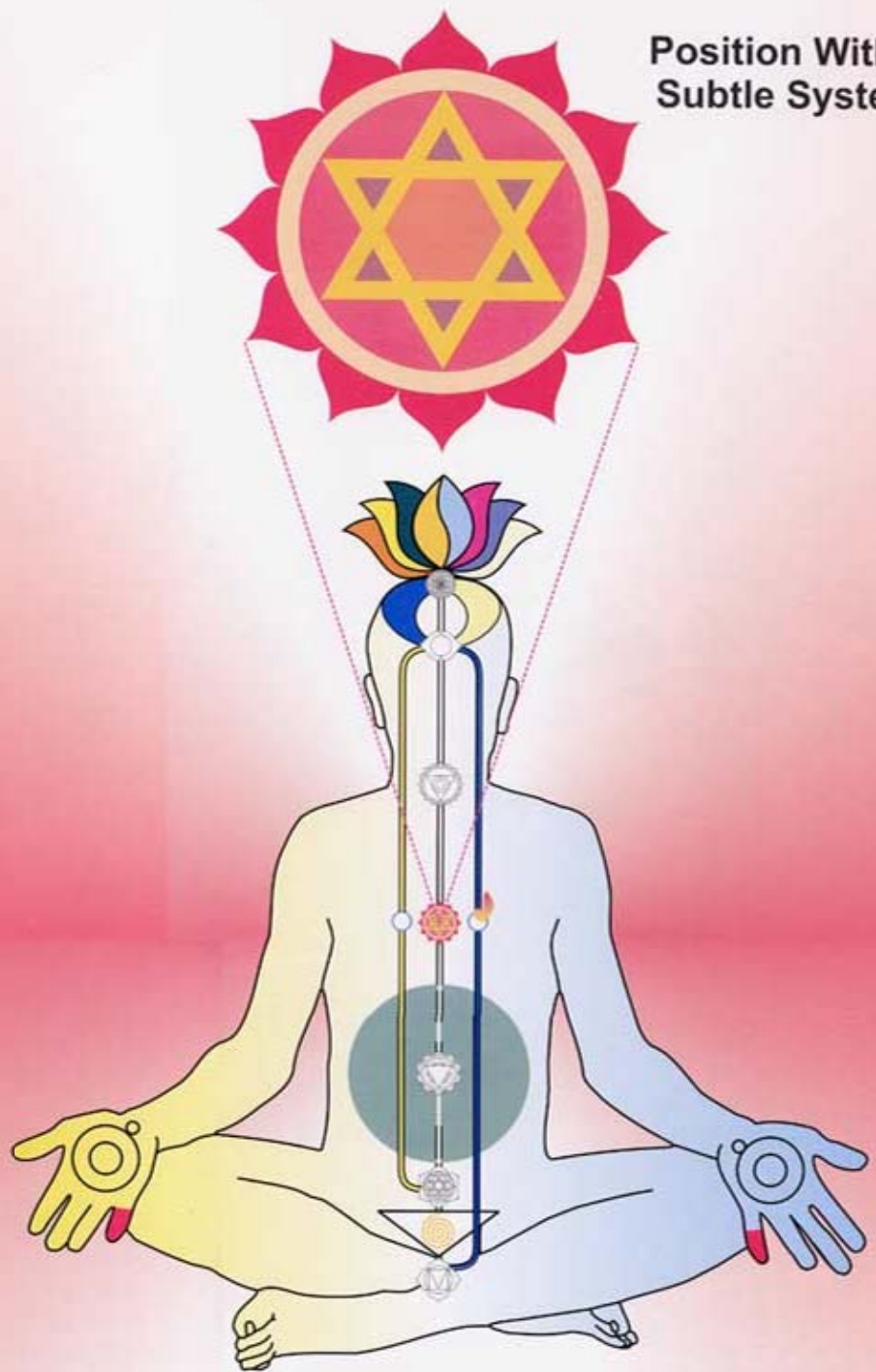
Gross Expression in Vertebral Coloumn



cardiac plexus



Position Within Subtle System



4° CHAKRA security ANAHAT

This twelve petalled centre is called the Anahat and is placed behind the sternum bone in the spinal cord. This centre corresponds to cardiac plexus, which produces the antibodies till the age of twelve. These antibodies are then circulated in our system which helps us to fight any kind of attack on the body or mind. When there is either emotional or physical attack on the person, these antibodies are informed through the sternum, which has a remote control of information. This centre controls breathing by regulating the functioning of heart and the lungs.

When Kundalini pierces this centre, the person becomes extremely confident, secure, morally responsible and emotionally balanced personality. Such Person is very benevolent and loves humanity without any self interest involved and is dear to all.

Correspondences

Colour	Ruby Red
Element	Air
Planet	Venus
Day	Friday
Stone	Ruby
Symbol	Flame
Quality	Love Security Compassion Benevolence
Organs controlled	Heart, Lungs Blood Pressure, Touch

Chakra No. 4: The Heart

The Heart Chakra is located behind the sternum bone. When our Heart Chakra becomes clear, we will become more fearless, strong, and giving. We will trust ourselves more, and our abilities to correct our own mistakes. We will love ourselves and others more because we'll recognize that the Spirit in our heart is the same as theirs. We'll keep our heart open like a child's and thereby experience a steady state of joy.

The center Heart Chakra governs the sense of security and protection. Antibodies that protect us against disease and negativity are formed in the sternum bone. Those who were raised with fear in childhood grow up afraid. For example, they are afraid of darkness, afraid of making mistakes, afraid that other people will hurt them. Their confidence can easily be shaken by outside ideas. Their center Heart Chakra will be damaged. They will be unable to produce enough antibodies to fight all those "fears." They will develop diseases of the lungs and heart.

The mother is a very critical influence to this chakra on the left side, as she is responsible for a child's earliest sense of security and development of self-confidence. If this relationship was not correct... if the mother died when the child was young, or was ill, or caused emotional trauma, this chakra will be blocked. If in adulthood, one develops disrespectful attitudes about the mother, such as those implanted by Freud and perpetrated by many psycho-analytical doctrines and practices, the self-confidence will be undermined and this chakra blocked.

The right Heart reflects the man's ability to carry out his duties as a son, brother, father and citizen. The well-being of our father and our relationship with him affect the right heart. If the father shrinks from his responsibilities or takes on too much responsibility, the right heart will become blocked.

Relationships with our father and mother, as well as our own fathering and mothering qualities are critical to our overall sense of well-being and ability to have serenity and peace within. It is important to have respect for our parents, to forgive them for their mistakes, and keep these relationships clear. It is important to our children that they respect us as parents.

The Heart Chakra reflects the Spirit. If functioning properly, it enables us to feel our realization and to generate and radiate love. This state of love vibrations works like a gentle bath to heal, maintain and revitalize our own human systems as well as those of others that enter into our "radiation" fields.