

Fourth Chakra (Anahata – Unstuck) Correspondence Chart

Name	Anahata
Meaning	Sound that is made without any two things sticking, unstuck
Location	Chest, Heart, Cardiac plexus
Element	Air
Purpose	Love, Balance
Issues	Love; Balance; Self-love; Relationships; Intimacy; Anima/animus; Devotion; Reaching out and taking in; Openness; Giving; Receiving; Breath; Affinity; Grace; Equilibrium; Peace
Goals	Balance in relationships and with self; Compassion; Self-acceptance
Identity	Social
Demon	Grief
Malfunctions	<p>Deficiency: Isolation; Low self-esteem; Antisocial; Withdrawn, cold; Critical, judgmental, intolerant of self and others; Loneliness; Depression; Fear of intimacy; Fear of relationships; Lack of empathy; Narcissism; Melancholy</p> <p>Excess: Codependency; Poor boundaries; Demanding; Clinging; Jealousy; Overly sacrificing</p> <p>Physical: Collapsed chest; Shallow breathing; Disorders of the heart, lungs, thymus, breasts, arms; Circulation problems; Asthma; Immune system deficiency; Tension between shoulder blades; Pain in chest</p>
Balanced Characteristics	Compassionate; Loving; Empathetic; Self-loving; Altruistic; Peaceful; Balanced; Good immune system
Color	Green

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Planet	Venus
Foods	Vegetables
Basic Rights	To love and be loved
Stones	Emerald, Rose quartz
Animals	Antelope, Dove
Operating Principle	Equilibrium
Archetype	Aphrodite, Quan Yin, Christ
Yoga Path	Bhakti Yoga (Devotional Yoga)
Asanas	Virabhadrasana I, Anjaheyasana, Bhujangasana, Matsyasana, Ustrasana, Urdhva Dhanurasana, Marichyasana II, Balasana, Passive Open Twists (such as “starfish”)
Seed Sound	Yam
Affirmations	My heart opens with love for all beings. I am worthy of love. I am loving to myself and others. There is an infinite supply of love. I live in balance with others.
Healing Practices	Breathing exercises; Pranayama; Work with arms reaching out, taking in; Journaling, self-discovery; Psychotherapy: Examine assumptions about relationships; Emotional release of grief; Forgiveness when appropriate; Inner child work; Codependency work; Self-acceptance; Anima-animus integration