

The Heart Code Chakra Correlation: Heart Chakra

NAME(S)	Fourth chakra, anāhata chakra
LOCATION	In the center of the chest, beneath the breastbone
COLOR	Green, pink
MUSICAL NOTE	F
BODY AREAS AFFECTED	Heart, chest, circulation, arms, hands, lower lungs, rib cage, skin, upper back, <i>thymus gland</i>
“BACK SIDE” SYMPTOMS	Fear of betrayal, codependency, melancholy, shallow breathing, high blood pressure, heart disease, cancer, inability to perceive or receive love
“FRONT SIDE” CHARACTERISTICS	Compassion, unconditional love, conscious lovemaking. “There is more than enough for all.” “There is only one of us here – we are one.” “Everything is a reflection of the Divine, and is in my favor.”
PRACTICES	<ul style="list-style-type: none"> • Generating Loving Presence: Choosing to Be Loved • Loving Triage • Seeing Everything as Love (aka “It’s All in My Favor”)
BREATHWORK (as explained in Chapter 8)	Heart Coherence Breath
YOGA POSES FOR GREATER INTEGRATION	<ul style="list-style-type: none"> • Triangle Pose (<i>trikonāsana</i>) • Thread the Needle (<i>sucirandhrāsana</i>) • Fish Pose (<i>matsyāsana</i>) • Reclined Spinal Twist (<i>supta matsyendrāsana</i>)