

## 4<sup>th</sup> Chakra: Unconditional Love

The fourth chakra, or energy center in the body relates to our emotional response to our own thoughts, ideas, attitudes, and inspirations. Located in the area of the heart, its energy affects the lungs, shoulders, ribs, breast, arms, hands, and diaphragm. Development of this area enables us to release our emotional pain through forgiveness and unconditional love. Lack of strength in the fourth chakra is said to be related to a sense of loneliness, commitment, with feelings of jealousy, anger, and inability to forgive. Strength in this area enable us to fill ourselves and others with hope, trust, and compassion. It is through understanding the depth of these emotions that we are able to understand that although our society shows greater reverence for mental power, it is the power of emotional energy that is the true motivator of the human spirit.

### Asanas



Bhujangasana  
Cobra



Virabhadrasana 1  
Warrior 1



Trikonasana  
Triangle



Virabhadrasana 1  
Warrior 1 (var)



Virabhadrasana 2  
Warrior 2



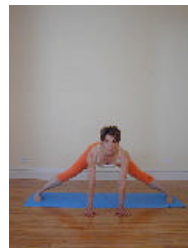
Pincamerasana  
Peacock



Setu Bandha  
Sarvangasana  
Bridge



Urdhva  
Dhanurasana  
Backbend



Padatanasana  
Wide Angle Stretch



Sarvangasana  
Shoulder Stand

**Application.** To enervate the fourth chakra in your practice you can begin by stimulating the heart in a flow-style series. Try down dog to up dog several times. Once you have enervated the area, add other standing poses. When you put together your practice, include poses that allow for flexion (spine is forward) extension (backward), lateral flexion (sideways) and twisting (rotation), to enable the spinal column to move in each of the four ways.

**Photos:** Alyce Hensen

Archive: spirit: 2.24.02