

# 4th Chakra

“I LOVE”  
Blocked Chakra  
Not  
Social/Withdrawn  
Depressed  
Hard on Self &  
Others

Too Open  
Needy  
Jealous  
Codependent  
Self-Sacrificing

Balanced  
Able to love  
unconditionally  
Peaceful  
Generous &  
Compassionate  
Strong Immune  
System

Physical Problems In  
Heart  
Lungs (eg shortness of  
breath, allergies, asthma)  
Sunken chest  
Breasts  
Arms  
Deficient Immune System  
Shoulder-Blades and  
Chest  
Circulatory System (eg  
high blood pressure)  
Thymus  
Vagus Nerve

Issues  
Love (self-unconditional)  
Intimacy

Traumas  
Abandonment  
Rejection  
Death/Divorce  
Grief (not restored or  
healed)

HEART (AIR)

Balanced Healing  
Strategies  
Release of Grief  
Inner child work to  
learn self love &  
acceptance  
Practice yoga, brisk  
walking & other forms  
of exercise that involve  
the arms & breathing  
techniques  
Keep a journal to  
connect to feelings of  
abandonment and loss

Develops 4 - 7 years +  
new cycle begins 63 - 66  
years old  
Aromatherapy Oils  
Rose  
Bergamot  
Lavender

Flower Essences  
Larch  
Pine  
Elm  
Sweet Chestnut  
Star of Bethlehem  
Willow  
Oak  
Crab Apple

Affirmations  
I love myself for who I am  
I am worthy of love  
I love others without  
expectations

Crystals  
Rose Quartz  
Diamond

Non-Crystals  
Gold  
Silver  
Pearl

Angelic Assistance  
Raphael & Mary  
Jesus