

Chakra Energy Centers

by **Mary Ann Johnston**

Our Path to God

This booklet is not complete in its presentation of the chakra system; it is simply a tool to help us understand the progressions in our lives, and that our individual paths all lead toward the same goal.

The seven chakras discussed here are inter-connected and function together as the major energy distribution centers for our physical, mental and spiritual being.

In making choices and learning lessons along life's way, we move forward on our spiritual path, sometimes regressing before moving forward again. But, once we pass beyond lower chakra life styles, with materialistic and selfish pursuits, and experience life through the higher chakras, becoming ever more loving, we realize the spiritual side of us, which has always been there waiting to be discovered.

In advanced stages of spiritual progression, or awakening, we realize the Divine in the perfection and oneness of all there is and discover the true meaning of life.

With Love,

Mary Ann Johnston

In the year of 2005

FOURTH (Heart) CHAKRA (Anahata) 12 petals

The fourth chakra is the center between the lower three chakras (sexuality and self empowerment) and the upper three chakras (creative expression, intuitive knowing, spirituality and unconditional love).

All chakras from the fourth and up are collectively the "seat of the soul".

Lesson: The path toward spiritual consciousness is through love.

Following are attributes of the Fourth Chakra:

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| <u>LOCATION:</u> | Center of chest |
| <u>PURPOSE:</u> | Love, compassion, unconditional forgiving, acceptance |
| <u>ANATOMY:</u> | Heart, circulatory system, arms, lungs, respiratory system, thymus, lymph, immune system |
| <u>CHAKRA PERCEPTION:</u> | Loving |
| <u>COLOR:</u> | Rose and emerald green |
| <u>ELEMENT:</u> | Air |
| <u>ENERGY STATE:</u> | Gas |
| <u>FEELING:</u> | Loving |
| <u>FOCUS:</u> | Love and radiancy |
| <u>FORCE:</u> | Higher astral |
| <u>GEM:</u> | Emerald, ruby, diamond, white sapphire, malachite, aventurine, green and pink tourmaline, malachite, green jade, rose quartz |
| <u>MEDITATION:</u> | Meditate on rose light and loving thoughts |
| <u>MENTAL/EMOTION:</u> | Love, wisdom, emotional power |
| <u>NATURE:</u> | Personal |
| <u>PLANET:</u> | Venus, Mercury |
| <u>PSYCHOLOGICAL FUNCTIONING:</u> | Love, resulting in balance |
| <u>RELATIONSHIP:</u> | Unconditional love and forgiveness |
| <u>SACRAMENT:</u> | Marriage |
| <u>SENSE:</u> | Love, touch |
| <u>SOUND:</u> | Bell |
| <u>SYMBOL:</u> | Cross |
| <u>TONE/KEY:</u> | A, Key F# |
| <u>YOGA POSTURE:</u> | Pronam |

Fourth Chakra **HEALTHY FUNCTIONS:**

When this chakra is strong, you are rising above the human limitations addressed in the lower chakras. You love and forgive unconditionally, and you care about the world and social issues. You know life from a heartfelt perspective.

- PHYSICAL: Able to experience a sense of well-being. Able to transform a sexual relationship into an unselfish and loving relationship.
- MENTAL: Able to be lovable and loved, to love and forgive self and others unconditionally. Compassionate, empathetic, humanitarian, want to help others, have strong sense of stability, can wait for the right partner.
- SPIRITUAL: Able to be aware of your soul and experience bliss. Can demonstrate unconditional love to all in oneness.

DYSFUNCTIONS:

- PHYSICAL: Heart, posture, stress disorders, fatigue, difficulty breathing, insomnia, cancer, immune system, thymus, blood, vagus nerve, circulatory system, arms, chest, hands, ribs, breast, diaphragm
- MENTAL: **WRONGLY DIRECTED ENERGY:** Moody, demanding, complex personality, overly critical, possessive, martyr; love has conditions, inability to love and forgive.
- LACK OF ENERGY:** Paranoid, feel sorry for self, indecisive, dependent on others, guilt. Lack of commitment and letting go to follow one's heart, feel unworthy of love, terrified of rejection, do not seek relationships, yet fearful of loneliness, need constant reassurance.
- SPIRITUAL: Constriction of flow of love, worry about karmic debt and fate
- WHAT TO DO: Serve others with kindness, listen to devotional music, play with pets, feed birds, hug others, heal others, forgive yourself, love yourself, let others love and serve you.