

Heart chakra- associated with thymus gland

The Heart chakra is the fourth chakra. Located at the centre of the chakra system, it bridges the spiritual and the earthly chakras. It is associated with the many expressions of love, compassion, and relating to others and oneself. The function of the Heart chakra is driven by the principle of connection and integration. It is the fulcrum for 7 chakra system.

The following set of questions may help to determine your chakra system .It's a self-test program. If you feel any of your chakra is imbalanced do sound meditation. Each chakra resonates with a particular frequency.

- Do you love yourself?
- Do you have successful long term relationship?
- Are you able to accept others the way they are?
- Do you feel connected with the world around you?
- Do you carry lot of grief in your heart?
- Do you feel compassion for those with faults and troubles?
- Are you able to forgive past hurts from others?
- Do you express your feelings towards other?
- Do you love others unconditionally?
- Do you feel sad often?
- Are you selfish for love?
- Are you kind, caring understanding, joyous, outgoing?
- Are you ruled by your emotions?
- Are you manipulative?
- Do you let go easily?
- Are you fixed with your idea of love?
- Are you negative in your thought process?
- Do you feel unloved, unworthy and unappreciated?
- Do you trust others?
- Do you keep people at distance and don't let them in easily?
- Do you often feel heart palpitation, chest pain, poor circulation, high/low blood pressure, or any complaint of heart attack?

Too many Yes or too many NO is where you get to know if your chakra is balanced or not.

If this chakra is balanced then you are open to receive the energy of Love. Your radiance and glow is reflected on your face . You become very humble generous and a bundle of Joy.

In order to balance this chakra one needs to chant sound YUM by keeping your thought at

the heart . You can also place the yantra picture in front of you, imagine green color around you and chant by gazing at it. Feel the vibration at the heart.