

# The Heart

*“In love, your kindness and compassion have no limits.”*

*Yogi Bhajan*

The fourth chakra is one of the most powerful centers of the body and is found in the heart and lungs. This is known as the Heart Chakra. It is the place of compassion and is associated with the colour green. All the various expressions of love pass through this chakra and give life its richness, depth and meaning.

Self- acceptance is a key ingredient in love. As the expression goes, “if you aren’t loving yourself, you won’t be able to love others.” Kundalini yoga offers a practical and easy way to love yourself. It can begin with something as simple as allowing yourself one complete, deep breath.

Gratitude is another key component. When we adopt an attitude of gratitude, we naturally become more compassionate towards ourselves and others.

The next time you feel annoyed towards someone or something, try this simple breath meditation to turn negative emotions into compassion instead.



## **The Gratitude Exercise:**

1. Inhale through the nose.
2. Exhale completely through the mouth.
3. Inhale deeply and smoothly through the mouth.
4. Exhale completely through the nose.
5. Continue, inhaling the mantra “Sat” and exhaling the mantra “Nam” (Sat Nam means true self).

(Source: The 8 Human Talents by Gurmukh)