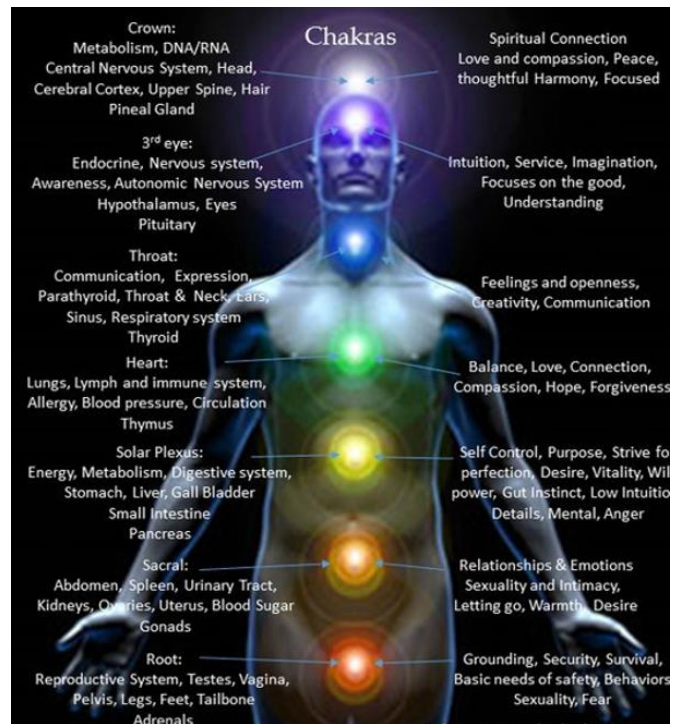
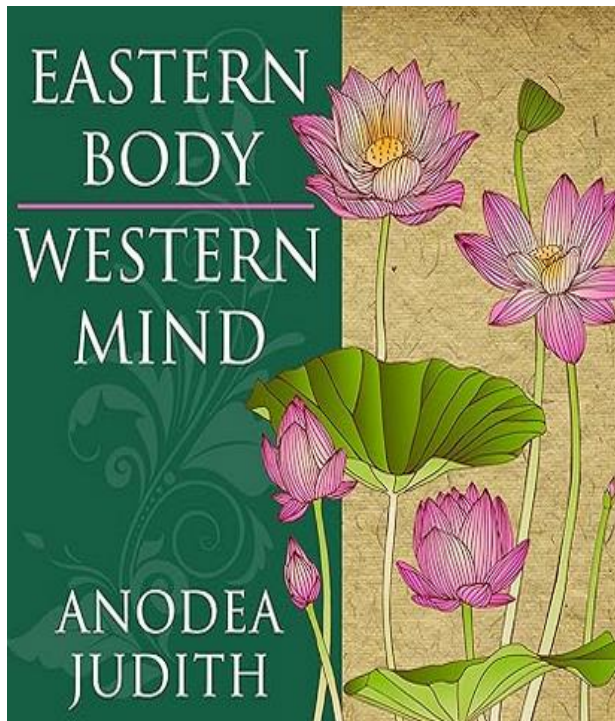


Psychology of the Chakras



Below is a segment from the above book explaining the psychology of the chakras.

Base Chakra – Muladhara



Element: Earth
 Purpose: Foundation
 Colour: RED
 Location: Base of the Spine
 Identity – Physical
 Orientation – Self Preservation
 Demon – Fear
 Basic Rights – To be HERE and to HAVE
 Developmental Stage – 2nd Trimester – 12 months

Issues

Roots
 Grounding
 Nourishment
 Trust
 Health
 Home
 Family
 Prosperity
 Appropriate Boundaries

Developmental Tasks

Physical Growth
 Motor Skills
 Object Performance

Balanced Characteristics

Good Health
 Vitality
 Well Grounded
 Comfortable in the Body
 Sense of trust in the world
 Feelings of safety and security
 Ability to relax and to be still
 Stability
 Prosperity
 Right Livelihood

Traumas and Abuses

Birth Trauma
 Abandonment, physical neglect
 Poor physical bonding with Mother

Malnourishment, feeding difficulties
 Major illness or surgery
 Physical abuse or violent environment
 Enema abuse
 Inherited traumas – parents
 Survival Fears (e.g. holocaust survivors, war veterans, poverty conditions)

Deficiency

Disconnection from body
 Notably underweight
 Fearful, anxious, restless, can't settle
 Poor focus and discipline
 Financial difficulty
 Poor Boundaries
 Chronic disorganization

Excess

Obesity, overeating
 Hoarding, material fixation, greed
 Sluggish, lazy, tired
 Fear of change, addiction to security
 Rigid Boundaries

Physical Malfunction

Disorders of the bowel, anus or Large Intestine
 Disorders of solid parts of the body, bones, teeth
 Issues with legs, feet, base of spine, buttocks
 Eating Disorders
 Frequent illness
 (can be deficient or excess)

Healing Practices

Reconnect with the body
 Physical activity (aerobics, weights, running, dance)
 Lots of touch, massage
 Bio-energetic grounding
 Hatha yoga
 Look at earliest childhood relationship to mother
 Reclaim the Right to be here

Affirmations

It is safe for me to be here
 The earth supports me and meets my needs
 I love my body and trust its wisdom
 I am immersed in abundance
 I am here and I am real

Spleen Chakra - Svadisthana (sweetness)



Element – Water
 Purpose – Movement and connection
 Color – Orange
 Location – Lower Abdomen/Sacral

Plexus
 Identify – Emotional
 Orientation – Self Gratification
 Demon – Guilt
 Basic Rights – To feel and have pleasure
 Developmental Stage - 6 months to 2 years

Developmental Tasks

Sensate exploration of the world
 Locomotion

Issues

Movement
 Sensation
 Emotions
 Sexuality
 Desire
 Need
 Pleasure

Balanced Characteristics

Graceful movement
 Emotional intelligence
 Ability to experience pleasure
 Nurturance of self and others
 Ability to change
 Healthy Boundaries

Traumas and Abuses

Sexual abuse (covert or overt)
 Emotional abuse
 Volatile situations
 Neglect, coldness, rejection
 Denial of child's feelings states
 Lack of mirroring
 Enmeshment
 Emotional manipulation
 Overuse of playpen or restricting normal movement
 Religious or moral severity (anti-pleasure)
 Physical abuse
 Alcoholic families
 Inherited issues – parents who have not

Worked out their own issues around their own security, untreated incest cases

Deficiency

Rigidity in body and attitudes
 Frigidity, fear of sex
 Poor social skills
 Denial of Pleasure
 Excessive boundaries
 Fear of change
 Lack of desire, passion, excitement

Excess

Sexual acting out, sexual addiction
 Excessively strong emotions, ruled by emotions (hysteria, bipolar mood swings, crisis junkies)
 Oversensitive
 Poor boundaries, invasion of others
 Emotional dependency
 Obsessive attachment

Healing Practices

Movement therapy
 Emotional release or containment as appropriate
 Inner child work
 Boundary work
 12-step for addictions
 Assign healthy pleasures
 Develop sensory intelligence

Affirmations

I deserve pleasure in my life
 I absorb information from my feelings
 I embrace and celebrate my sexuality
 My sexuality is sacred
 I move easily and effortlessly
 Life is pleasurable

Stomach Chakra – Manipura



Element – Fire
 Purpose -Transformation
 Color – Yellow
 Location – Solar Plexus

Identity – Ego Identity
 Orientation – Self Definition
 Demon – Shame
 Basic Rights - To act and be an individual
 Developmental State – 18 months – 4 years

Developmental Tasks

Realization of separateness
 Establishment of Autonomy

Balanced Characteristics

Responsible, reliable
 Balanced, effective will
 Good self-esteem
 Balanced ego-strength
 Warmth in personality
 Confidence
 Spontaneity, playfulness
 Sense of humor
 Appropriate self-discipline
 Able to meet challenges

Traumas & Abuses

Shaming
 Authoritarianism
 Volatile Situations
 Domination of Will
 Physical abuse, dangerous environment
 Fear of punishment
 Enmeshment
 Age inappropriate responsibilities
 (parentified child)
 Inherited shame from parent

Deficiency

Low Energy
 Weak will, easily manipulated
 Poor self-discipline and follow through
 Low self esteem
 Cold, emotionally and/or physically
 Poor digestion, collapsed middle
 Attraction to stimulants

Victim mentality, blaming of others
 Passive, unreliable

Excess

Overly aggressive, dominating, controlling
 Need to be right, have last word
 Manipulative, power hungry, deceitful
 Attraction to sedatives
 Temper tantrums, violent outbursts
 Stubbornness, driving ambition (type A personality)
 Competitive, arrogant, hyperactive

Physical Malfunctions

Eating disorders
 Digestive disorders, ulcers
 Hypoglycemia, diabetes
 Muscle spasms, muscular disorders
 Chronic Fatigue
 Hypertension
 Disorders of the stomach, pancreas, gall bladder, liver

Healing Practices

Risk Taking (deficiency)
 Grounding and emotional contact
 Deep relaxation, stress control (excess)
 Vigorous exercise (running, aerobics, etc)
 Martial arts, sit ups
 Psychotherapy: build ego strength
 Release or contain anger
 Work on shame issues
 Strengthen the will
 Encourage autonomy

Affirmations

I honor the power within me
 I accomplish tasks easily and effortlessly
 The fire within me burns through all blocks and fears
 I can do whatever I will do

Heart Chakra – Anahata (unstruck)



Element – Air
 Purpose – Love and Balance
 Color – Emerald Green
 Location – Chest, Heart, cardiac,

plexus

Identity – Social

Orientation – Self Acceptance

Demon – Grief

Basic Rights – To love and be loved

Developmental Stages – 4-7 years

Developmental Tasks

Forming peer and family relationships

Developing personality

Issues

Love

Balance

Self Love

Relationship

Intimacy

Anima/animus

Devotion

Reaching out and taking in

Balanced Characteristics

Compassionate

Loving

Empathetic

Self-loving

Altruistic

Peaceful and balanced

Good Immune System

Traumas & Abuses

Rejections, abandonment, loss

Shaming, constant criticism

Abuses to any other chakras, especially lower chakras

Unacknowledged grief, including parents grief

Divorce, death of a loved one

Loveless, cold environment

Conditional love

Sexual or physical abuse

Betrayal

Deficiency

Antisocial, withdrawn, cold

Critical, judgemental, intolerant of self or others

Loneliness, isolation

Depression

Fear of intimacy, fear of relationships

Lack of empathy

Narcissism

Excess

Codependency

Poor Boundaries

Demanding

Clinging

Jealousy

Overly sacrificing

Physical Malfunctions

Disorders of the heart, lungs, thymus, breasts, arms

Shortness of breath

Sunken chest

Circulation problems

Asthma

Immune system deficiency

Tension between shoulder blades, pain in chest

Healing Practices

Breathing exercises, pranayama

Work with arms, reaching out ,taking in

Journaling, self discovery

Psychotherapy: examine assumptions about relationships

Emotional release of grief

Forgiveness when appropriate; inner child work

Codependency work; self acceptance

Anima-animus integration

Affirmations

I am worthy of love

I am loving to myself and others

There is an infinite supply of love

I live in balance with others

Throat Chakra – Vissudha (purification)



Element – Sound
 Purpose – Communication and creativity
 Color – Bright Blue
 Location – Throat, pharyngeal plexus

Identity – Creativity
 Orientation – self expression
 Demon – Lies
 Basic Rights – to speak and be heard
 Developmental Stage – 7 to 12 years

Developmental Tasks

Creative Expression
 Communication Skills
 Symbolic Thinking

Balanced Characteristics

Resonant Voice
 Good listener
 Good sense of timing and rhythm
 Clear communication
 Lives creatively

Traumas & Abuses

Lies, mixed messages
 Verbal abuse, constant yelling
 Excessive criticism (blocks creativity)
 Secrets (threats for telling)
 Authoritarian parents (don't talk back)
 Alcoholic, chemical dependent family
 (don't talk don't trust don't feel)

Deficiency

Fear of speaking
 Small, weak voice
 Difficulty putting feelings into words
 Introversion, shyness
 Tone Deaf
 Poor rhythm

Excess

Too much talking, talking as a defence
 Inability to listen, poor auditory comprehension
 Gossiping
 Dominating voice, interruptions

Physical malfunctions

Disorders of the throat, ears, voice, neck
 Tightness of the jaw
 Toxicity (due to chakra's name, which means purification)

Healing Practices

Loosen neck and shoulders
 Release Voice
 Singing, chanting, toning
 Storytelling
 Journal writing
 Automatic writing
 Practice silence (excess)
 Non goal-oriented creativity
 Psychotherapy: learn communication skills
 Complete communications
 Letter writing
 Inner child communication
 Voice Dialog

Affirmations

I hear and speak the truth
 I express myself with clear intent
 Creativity flows in and through me
 My voice is necessary

Third Eye Chakra – Ajna (to perceive and command)



Purpose – Pattern Recognition

Color – Indigo

Location – Forehead, brow, carotid plexus, third eye

Identity – Archtypal

Orientation – Self reflection

Demon – Illusion

Basic Rights – to See

Developmental stage – Adolescence

Developmental Tasks

Establishment of personal identity

Ability to perceive patterns

Balanced Characteristics

Intuitive

Perceptive

Imaginative

Good Memory

Good dream recall

Able to think symbolically

Able to visualize

Traumas and abuses

What you see doesn't go with what you're told

Invalidation of intuition and psychic occurrences

Ugly or frightening environment (war zone, violence)

Deficiency

Insensitivity

Poor vision

Difficulty seeing future

Lack of imagination

Difficulty visualizing

Poor dream recall

Denial (can't see what is going on)

Monopolarized (one true right and only way)

Excess

Hallucinations

Delusions

Obsessions

Difficulty concentrating

Nightmares

Physical Malfunctions

Headaches

Vision problems

Healing Practices

Create visual art

Visual stimulation

Meditation

Psychotherapy: coloring and drawing

Art therapy

Working with memory

Connecting image with feeling

Dreamwork

Hypnosis

Guided visualizations

Past life regression therapy

Affirmations

I see all things clearly

I am open to the wisdom within

I can manifest my vision

Crown Chakra – Sahasrara (thousandfold)



Element – Thought
 Purpose – Understanding
 Color – Violet
 Location – Cerebral Cortex
 Identity – Universal
 Orientation – Self Knowledge
 Demon – Attachment
 Basic Rights – To know and to learn
 Developmental stage - Early adulthood and after

Developmental Tasks

Assimilation of knowledge
 Development of wisdom

Balanced Characteristics

Ability to perceive, analyze and assimilate information
 Intelligent, thoughtful, aware
 Open minded, able to question
 Spiritually connected
 Wisdom and mastery
 Broad understanding

Traumas and abuses

Withheld information
 Education that thwarts curiosity
 Forced religiosity
 Invalidation of one's beliefs
 Blind obedience (no right to question or to think for oneself)
 Misinformation, lies
 Spiritual abuse

Deficiency

Spiritual cynicism
 Learning difficulties
 Rigid belief systems
 Apathy
 Excess in lower chakras – materialism, greed
 Domination of others

Excess

Over intellectualization
 Spiritual addiction
 Confusion
 Dissociation from body
 Physical Malfunctions
 Coma
 Migraines
 Brain Rumors
 Amnesia
 Cognitive delusions

Healing Practices

Re-establish physical, emotional connection (excess)
 Re-establish spirit connection (deficiency)
 Learning and study
 Spiritual discipline
 Meditation
 Psychotherapy: examine belief systems
 Develop inner witness
 Work with higher power

Affirmations

Divinity resides within
 I am open to new ideas
 Information I need comes to me
 The world is my teacher
 I am guided by higher power
 I am guided by inner wisdom