

CHAKRAS, NEEDS AND BELIEFS

For the ancient yogis chakras were potent energy centers along the main energetic channel of the body (*sushumna nadi*). This is where the secondary energetic channels (*ida* and *pingala*) are said to cross. The intersection of all three major channels creates energy concentrations that affect our functioning. When the energy is flowing freely, the chakra wheels are said to be spinning smoothly much like water wheels under the smooth flow of water. When the energy becomes clogged, the functioning of the chakras is affected and all sorts of problems sprout in the affected area.



You can think of chakras as clusters of beliefs around specific needs we all have (like safety, procreation, achievement, love, self-expression, meaning and inspiration). Each one of us has a wide variety of beliefs about those needs that affect our perceptions and actions. When those beliefs get us what we need, then those beliefs are effective. But if we keep struggling with the same issue over and over, then something in that cluster of beliefs is sabotaging our best efforts. And if we want to get those needs met, then we need to reevaluate those beliefs. Chakra work allows us to do that. It serves as a map to help us figure out where we are on the spectrum between function and dysfunction on the level of each need. Chakra work is meant to anchor your attention in a specific body area and use it as a focusing device to work out the issues that you are dealing with on the level of each chakra. And you can use symbols associated with each chakra to unearth your beliefs and potentially change them.

CHAKRAS AND THE NEEDS THAT THEY ARE ASSOCIATED WITH

