

THE CHAKRA MODEL AND MASLOW'S HIERARCHY OF NEEDS

The Chakra model is an excellent road map that shows us which parts of our personalities are underdeveloped, and which ones are overdeveloped. It closely corresponds with Maslow's "Theory of Human Motivation" (also known as "hierarchy of needs"), which has been very influential in Western psychology since the 1940s.

MASLOW'S HIERARCHY OF NEEDS

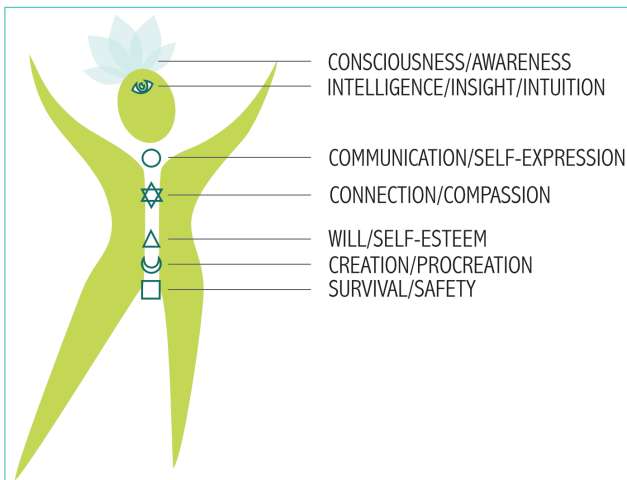
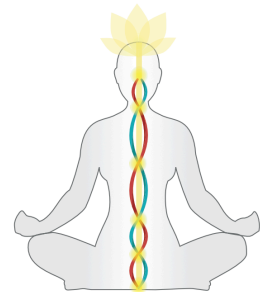
In 1943 Abraham Maslow proposed "A Theory of Human Motivation", where he attempted to explain why humans do the things that they do. He suggested that human beings are arranged like a ladder, with certain needs defining every step of it. You would need to fulfill the needs of each step to be able to climb onto the next one. If the needs lower on the ladder remain unfulfilled it would inhibit the person from climbing to the next step.



Later it was theorized that the order of those needs can vary from culture to culture, from person to person, and can depend on circumstance, or age.

THE CHAKRA MODEL

The Chakra model draws from the yogic idea of the nadis (energy channels). Yogis say that our energy balance is affected by the flow of energy along three major channels: ida, pingala and sushumna nadis, that run vertically along the spine. The Chakra model views the meeting places of all three channels as points of high energy concentration that form seven main chakras (the word *chakra* means "wheel" or "disk"). Similarly to computer CDs, chakras store certain kinds of information –all the ideas, experiences (pleasant and unpleasant), memories, associations, etc. - that you have on a specific topic.



The Chakra model gives us a map that we can use to analyze what kind of baggage we have associated with each key area of our lives. It is very similar to Maslow's hierarchy of needs, except for two major differences:

1. The Chakra system is NOT arranged as a ladder. According to the Chakra model, our energy moves up and down our central channels, and if some chakras are blocked or malfunctioning, it will affect the energy supply to the entire system. All needs we have MATTER AT THE SAME TIME.
2. The Chakra model is proactive. It not only gives us an idea of the parts of our lives that are important, but it also gives us tools to investigate the imbalances and correct them.