

EASTERN BODY, WESTERN MIND

**PSYCHOLOGY AND THE CHAKRA SYSTEM
AS A PATH TO THE SELF**

REVISED

BY ANODEA JUDITH

Figure 0.1: Chakra Locations in the Body



Figure 0.2: Basic Issues and Elements of the Chakras


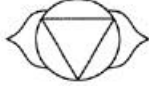





		BASIC ISSUES	ELEMENTS
7		COGNITION	THOUGHT <i>Consciousness</i>
6		INTUITION	LIGHT <i>Luminescence</i>
5		COMMUNICATION	SOUND <i>Vibration</i>
4		LOVE	AIR <i>Equilibrium</i>
3		POWER	FIRE <i>Combustion</i>
2		SEXUALITY	WATER <i>Polarity</i>
1		SURVIVAL	EARTH <i>Gravitation</i>

Figure 0.3: Table of Correspondences

	CHAKRA ONE	CHAKRA TWO	CHAKRA THREE
SANSKRIT NAME (MEANING)	<i>Muladhara</i> (root)	<i>Svadhithana</i> (sweetness)	<i>Manipura</i> (lustrous gem)
LOCATION	Base of spine, coccygeal plexus	Abdomen, genitals, low back, hips	Solar plexus
CENTRAL ISSUE	Survival	Sexuality, emotions	Power, will
ORIENTATION TO SELF	Self-preservation	Self-gratification	Self-definition
GOALS	Stability, grounding, physical health, prosperity, trust	Fluidity, pleasure, healthy sexuality, feeling	Vitality, spontaneity, strength of will, purpose, self-esteem
RIGHTS	To be here, to have	To feel, to want	To act
DEVELOPMENTAL STAGE	Womb to 12 months	6 months to 2 years	18 months to 4 years
IDENTITY	Physical identity	Emotional identity	Ego identity
DEMON	Fear	Guilt	Shame
ELEMENT	Earth	Water	Fire
EXCESSIVE CHARACTERISTICS	Heaviness, sluggish, monotony, obesity, hoarding, materialism, greed	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Dominating, controlling, aggressive, scattered, constantly active
DEFICIENT CHARACTERISTICS	Fearful, undisciplined, restless, underweight, spacey	Frigid, impotent, rigid, emotionally numb, fearful of pleasure	Weak will, poor self-esteem, passive, sluggish, fearful

Figure 0.3 (continued)

CHAKRA FOUR	CHAKRA FIVE	CHAKRA SIX	CHAKRA SEVEN
<i>Anahata</i> (unstruck)	<i>Vissudha</i> (purification)	<i>Ajna</i> (to perceive)	<i>Sahasrara</i> (thousandfold)
Heart area	Throat	Brow	Top of head, cerebral cortex
Love, relationships	Communication	Intuition, imagination	Awareness
Self-acceptance	Self-expression	Self-reflection	Self-knowledge
Balance, compassion, self-acceptance, good relationships	Clear communication, creativity, resonance	Psychic perception, accurate interpretation, imagination, clear seeing	Wisdom, knowledge, consciousness, spiritual connection
To love and be loved	To speak and to be heard	To see	To know
4 to 7 years	7 to 12 years	Adolescence	Throughout life
Social identity	Creative identity	Archetypal identity	Universal identity
Grief	Lies	Illusion	Attachment
Air	Sound	Light	Thought
Codependency, poor boundaries, possessive, jealous	Excessive talking, inability to listen, stuttering	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Overly intellectual, spiritual addiction, confusion, dissociation
Shy, lonely, isolated, lack of empathy, bitter, critical	Fear of speaking, poor rhythm, aphasia	Poor memory, poor vision, unimaginative, denial	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy

Figure 0.4: Energetic Currents

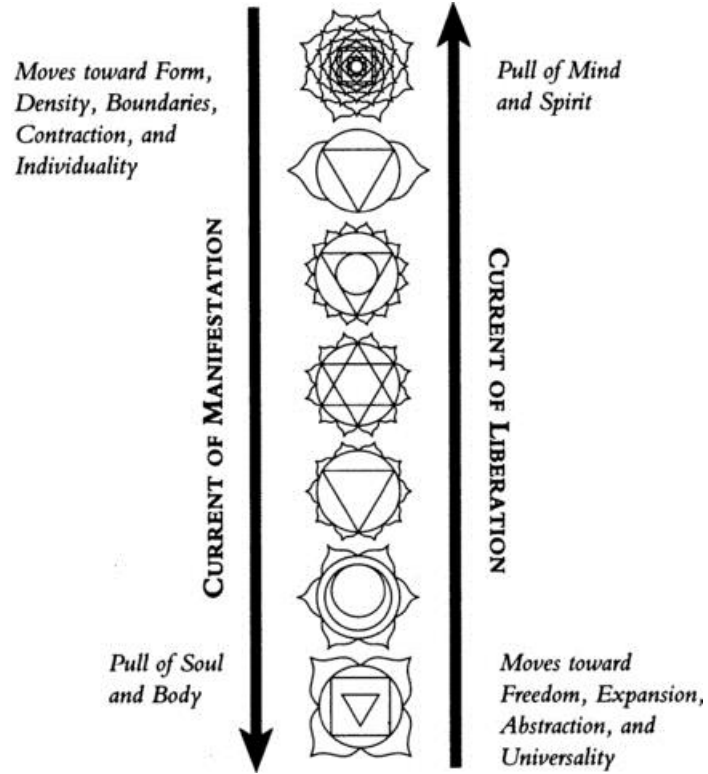


Figure 0.5: Types of Body Armor



A. SCHIZOID CHARACTER



B. ORAL CHARACTER



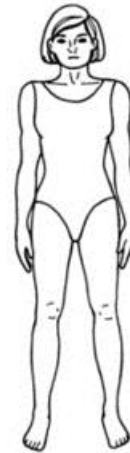
C. ENDURER CHARACTER



D. RIGID CHARACTER



E. HYSTERIC CHARACTER



F. CHALLENGER-DEFENDER CHARACTER

Figure 0.6: Five Character Structures

LOWEN'S TERMS	SCHIZOID	ORAL
ALTERNATE TERMS	Creative	Lover
AGE OF DEPRIVATION	Utero to 6 months	6 months to 2½ years
HOLDING PATTERN	Holding together	Holding on (clinging)
FEAR	Falling apart, going crazy	Abandonment, rejection
DOUBTS	Right to exist	Right to have
ILLUSION	My mind is my body.	I can't do it alone. Love will solve everything.
PARENT	Angry, frightened	Depriving
PERSONALITY SYMPTOMS	Lacks sense of self	Depressed, needy, dependent
EYES	Vacant, fixed, scared	Pleading, puppy dog
POSITIVE ASPECTS	Highly creative	Loving
BODY SIGNS	Tension in joints, constricted, jumpy	Sunken chest, too fat or thin, pale, soft
CHAKRAS MOST AFFECTED	Deficient 1st	Excessive 2nd, excessive 4th

Figure 0.6 (continued)

MASOCHIST	RIGID	PSYCHOPATHIC
Endurer	Achiever	Challenger-Defender
1½ to 3 years	3½ to 5 years	2½ to 4 years
Holding in	Holding back	Holding up
Humiliation, exposure	Surrender (to feelings)	Submission (to another)
Right to act (autonomy)	Right to want, right to feel	Right to be free, right to love
I'm trying to please you.	Performance is everything.	It's all a matter of will.
Intrusive, authoritarian	Sexually rejecting, cold	One parent seductive, one authoritarian
Feels stuck, moody	Agressive, proud, competitive	Power hungry, obstinate, contrary
Suffering, confused	Sparkling, bright, present	Compelling
Steady, patient, diplomatic	Good achiever, highly functional	Keep their heads, kind to underdogs
Compressed, ass held tightly, jerky movement	High head, closed heart, active pelvis, blocked middle	Attractive, upwardly displaced, loose pelvis
Blocked 3rd	Deficient 4th	Excessive 3rd, strong 5th

Figure 0.7: The Seven Rights

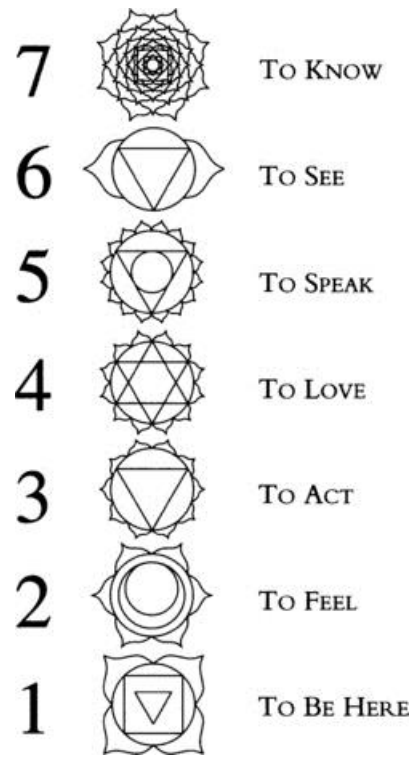


Figure 0.8: Identities

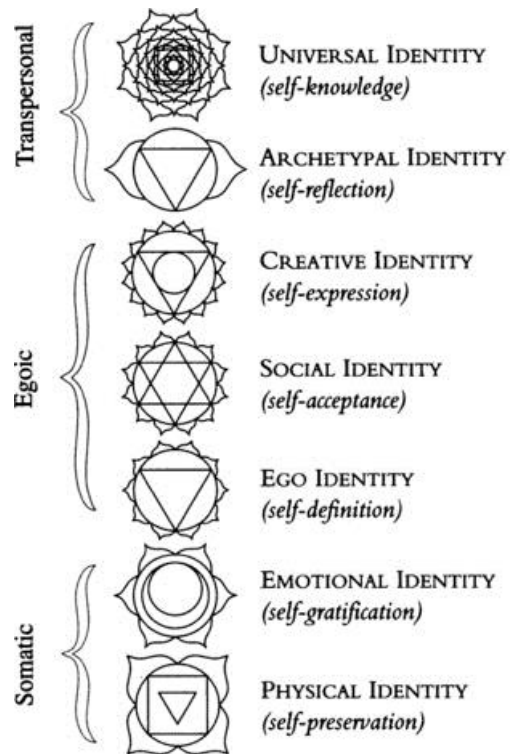


Figure 0.9: Demons of the Chakras



Figure 0.10: Developmental Stages

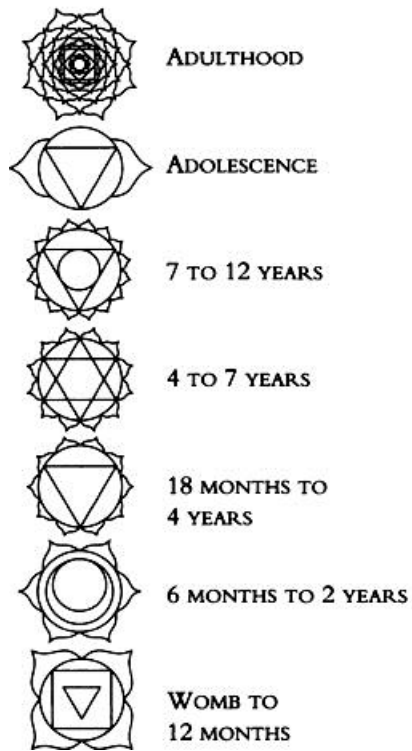


Figure 0.11: Comparative Theories of Development

CHAKRA	1 - <i>Muladhara</i>	2 - <i>Svadhithana</i>	3 - <i>Manipura</i>
IDENTITY	Physical	Emotional	Ego
AGE	Womb to 12 months	6 months to 2 years	18 months to 4 years
FREUD	Oral	Oral	Anal
REICH/ LOWEN	Schizoid (Creative)	Oral (Lover)	Masochist (Endurer) Psychopath Challenger-Defender
PIAGET	Sensory-motor (Stages 1 & 2)	Sensory-motor (Stages 3 to 6)	Preoperational
ERIKSON	Trust vs. mistrust	Trust vs. mistrust*	Autonomy vs. shame and doubt
MASLOW	Physiological	Safety	Belonging**
WILBER	Pleromatic, uroboric	Typhonic (axial, pranic, image-bodies)	Membership self
KOHLBERG	Punishment/ obedience	Instrumental/ hedonism	Good boy/ nice girl
PSYCHO- SYNTHESIS	Lower collective unconscious	Lower personal unconscious	Conscious self

* I would add a stage to Erikson, corresponding to chakra 2, called separation vs. attachment, leaving trust vs. mistrust to chakra 1.

** This is Maslow's order. To more appropriately reflect the chakras, self-esteem would correspond to third chakra and belonging to fourth chakra.

Figure 0.11 (continued)

4 - <i>Anahata</i>	5 - <i>Vissudha</i>	6 - <i>Ajna</i>	7 - <i>Sahasrara</i>
Social	Creative	Archetypal	Universal
3 to 7 years	7 to 12 years	Adolescence	Adulthood
Phallic	Latency	Adolescence	Genital
Rigid (Achiever/Hysteric) Psychopath Challenger/Defender			
Preoperational	Concrete operations	Formal operations	Formal operations
Initiative vs. guilt	Industry vs. inferiority	Identity vs. role confusion	Intimacy vs. isolation, generativity vs. self-absorption, integrity vs. despair
Self-esteem**	Self-actualization	Transcendence	Transcendence
Early egoic personic	Middle egoic personic	Centaur/existential, late egoic, mature ego, low subtle	High subtle, causal, ultimate
Law and order	Social contract	Universalism	Universalism
Conscious self	Conscious self	Higher unconscious, higher collective, unconscious	Transpersonal

Figure 0.12: Combined Currents in Development

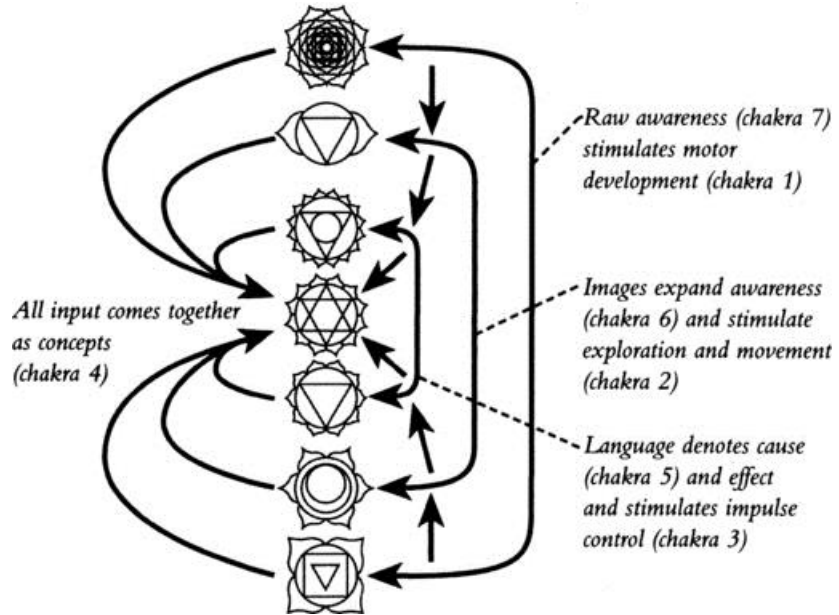


Figure 1.1: Schizoid Character Structure (Creative)

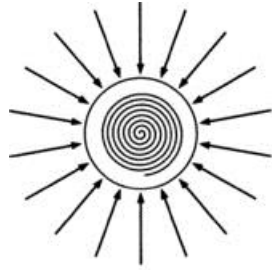
The Unwanted Child

FIRST CHAKRA Highly deficient	SECOND CHAKRA Deficient	THIRD CHAKRA Paradoxical (excessive and deficient)	FOURTH CHAKRA Deficient
Trauma in utero, early life	Out of touch with feelings, sensation of body	Upward current strong, giving impression of lots of energy	Fears intimacy, isolates
Doubts right to be here, right to exist	Feelings are intellectualized, may be distorted, irregular	Downward current weak, little focus	Aloof, distant
Energy pulled upward toward head	Lacks trust in relationships, especially physically	Scattered, irregular bursts of energy, highly nervous, excitable, intense	Armored against dependency
Body contracted and compressed	Poor physical bonding	Functions poorly under pressure	Lack of self-love
Body parts feel separate	Poor sense of nurturing	Feels powerless	Not demonstrative or affectionate, fear of reaching out
Movement mechanical	Movements may be jerky, not fluid	Poor self-esteem	Paradoxical breathing (e.g., pulling stomach in while inhaling)
Tendency toward paranoia			
Fears disintegration			
Distrusts own body			

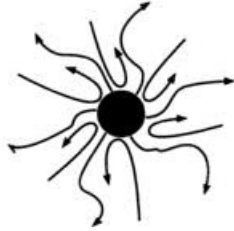
Figure 1.1 (continued)

FIFTH CHAKRA Excessive	SIXTH CHAKRA Highly developed (may be excessive)	SEVENTH CHAKRA Highly developed (may be excessive)
Highly talkative but chaotic; may jump from topic to topic	Imaginative	Withdraws to spirit world, may be highly spiritual
Voice mechanical	Psychic	Strongly intellectual
Keeps speech going to feel safe	Intuitive	Highly intelligent
Energy discharged through throat	Able to think in archetypes and symbols, loves the abstract	Brilliant, innovative thinkers, not bound to old forms
May interrupt	Visually aware (hypervigilant), active fantasy life	
Difficulty listening, incorporating new information	Perceptive	
Highly creative, artistic		

Figure 1.2: First Chakra Excess and Deficiency



An excessive first chakra draws so much energy that it cannot move the energy downward to ground, or upward to the rest of the body. This creates excess solidity that has trouble embracing change.



A deficient first chakra is so contracted that energy moving inward is deflected and dispersed randomly throughout the body, without grounding. This creates chaotic movement with little consistency.

Figure 2.1: Oral Character Structure (The Lover)

The Undernourished Child

FIRST CHAKRA Deficient	SECOND CHAKRA Excessive	THIRD CHAKRA Deficient	FOURTH CHAKRA Excessive
Feeling of emptiness, abandonment	Dependent, clingy	Undercharged, lethargic	Believes that love will solve everything
Difficulty forming oneself, body appears collapsed	Needy	Lack of aggression, fear of anger	Very attached in relationships, loyal
Legs don't support; can't stand on own two feet; knees locked	Craves touch, nurturance, sex	Poor muscle tone	Very loving, kind, compassionate, understanding
Scarcity—there's never enough	Emotionally responsive	Doesn't recognize power options	Codependent
Fear of letting go	Wants to merge	Debases oneself, especially in relationships	Feels rejected easily
	Feels deprived	Poor self-esteem	
		Easily discouraged, demands feel impossible	

Figure 2.1 (continued)

FIFTH CHAKRA Excessive	SIXTH CHAKRA May be balanced	SEVENTH CHAKRA Deficient
Fills emptiness with oral activity, such as talking	Can manifest in either direction	Spiritual connection about seeking union, more to heal heart wound
Engages people through conversation and uses it to hold their attention (get love)	Focus on others makes for highly sensitive intuition	Spirituality may mirror parent-child relationship (i.e., infantile), wants to get taken care of
Immature communication— doesn't ask directly for needs	Lack of energy from the ground may not make it to the upper chakras	Intelligence is calculating— fixated on meeting needs
Voice may be childlike or sad	Daydreams to fill emptiness	

Figure 2.2: Second Chakra Excess and Deficiency

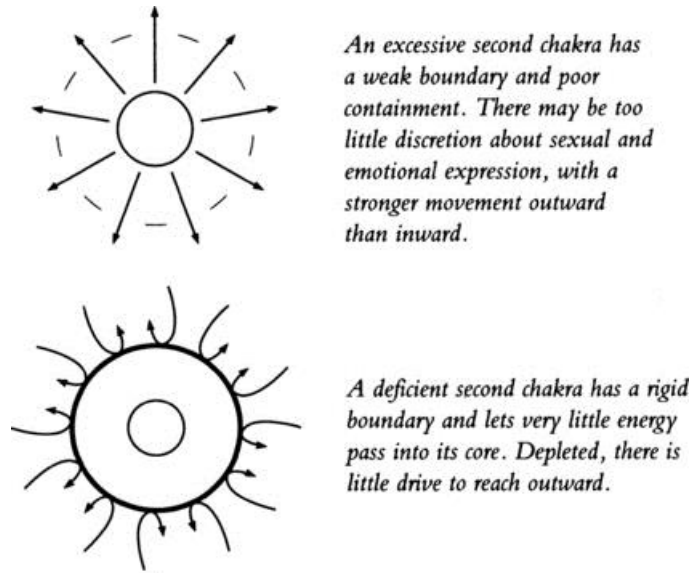


Figure 2.3: Addictions and Related Chakras

7		RELIGION, SPIRITUAL PRACTICES
6		HALLUCINOGENS, MARIJUANA
5		OPIATES, MARIJUANA
4		TOBACCO (SMOKING), SUGAR, LOVE, MARIJUANA
3		AMPHETAMINES, COCAINE, CAFFEINE, WORK, ANGER
2		ALCOHOL, SEX, HEROIN
1		FOOD, GAMBLING, SHOPPING, WORK

Figure 3.1: Combination of Vertical Currents and Third Chakra Level

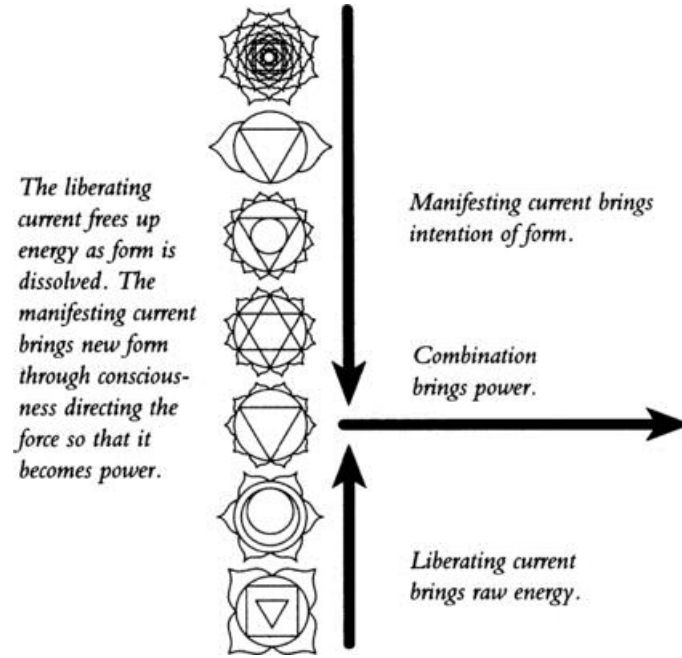


Figure 3.2: Masochistic Character Structure (The Endurer)

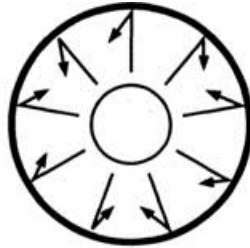
The Overmanaged Child

FIRST CHAKRA Excessive	SECOND CHAKRA Deficient	THIRD CHAKRA Split	FOURTH CHAKRA Deficient
Draws inward, "holding in"	Emotional numbness (feelings held in, blocked)	Energy bound at will	Autonomy needs seen as antithetical to love
Tends toward density or obesity in body	May avoid pleasure or feel guilty about it	Passive-aggressive manipulation of others	Critical, negative
Excessive boundaries	Experiences sex as work	Inner rage blocked	Isolates
Resistant, stubborn	Afraid to get intimate, to let go	Tries to please while inwardly resisting	Develops lots of grief
Feels stuck, unmoving	May feel inadequate emotionally and sexually	Whines instead of taking action	Afraid to reach out because it risks autonomy
		Stubborn	Sees love as conditional
		Low self-esteem, shame-based	Remains submissive to get love, so simultaneously resists closeness
		Feels like a victim	
		Intense focus of energy	
		Good discipline	

Figure 3.2 (continued)

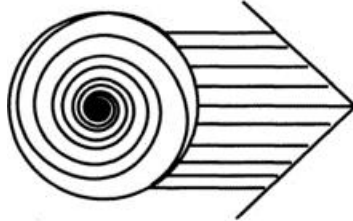
FIFTH CHAKRA Deficient	SIXTH CHAKRA Split	SEVENTH CHAKRA Deficient
Excessive shyness	Locked in self-scrutiny due to shame base	Usually not strongly spiritual due to fear of losing autonomy
Whining and complaining	Hypervigilant	Often intelligent and capable
Energy choked in throat area	Fantasizes rather than takes action	Skeptical
Difficulty putting feelings into words		Pragmatic—likes facts better than abstract ideas

Figure 3.3: Third Chakra Excess and Deficiency



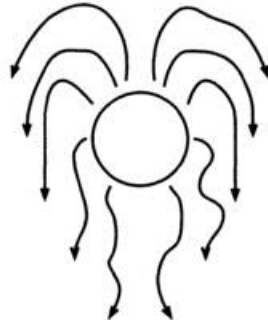
EXCESS 1: BLOCKED

Excessive energy builds up if blocked from expression and may turn against the Self.



EXCESS 2: ACTIVE

When the third chakra is open, it is focused and directed. If excessive, this expression can be dominating or obsessive.



DEFICIENCY

A deficient third chakra is depleted. Energy flowing outward is weak and aimless.

Figure 4.1: Chakra Four—Interpenetrating Triangle



Figure 4.2: Rigid Character Structure (The Achiever)

The Hurried Child

FIRST CHAKRA Solid, balanced	SECOND CHAKRA Deficient	THIRD CHAKRA Excessive	FOURTH CHAKRA Deficient
Usually has good body tone and weight balance	Fears surrendering to emotions	Child given premature responsibility, high expectations	Feels unaccepted
Good contact with reality	Unaware of own needs	Strives for perfection	Needs achievement to feel deserving of love
Hardworking	Fears intimacy	Competitive	Longs for tenderness, but has difficulty admitting it
Often prosperous	Holds back impulses to reach out	Agressive, easily angered	Needs father approval
	Difficulty relaxing	Controlled, disciplined, proud	Approval equated with love
	Unanswered wanting as a child	Takes refuge in work	Heart opens and closes rapidly
		High ego needs	Afraid of involvement, commitment
		Defensive, on guard	
		Feels opposed and challenged	

Figure 4.2 (continued)

FIFTH CHAKRA Balanced	SIXTH CHAKRA May be either	SEVENTH CHAKRA Balanced overall
Strong verbally	Sixth chakra is often irrelevant, interest is in pragmatic accomplishments	More pragmatic than spiritually inclined, but longs for spiritual connection
Voice may be thin or controlled	May delight in logical abstractions, symbols, dreams, but not think of them on their own	Intelligent
Defensive verbally		Rational
Expressive, but not of inner emotions		Logical

Figure 4.3: Hysteric Character Structure (Expressive)

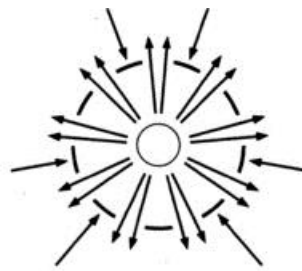
The Hurried Child

FIRST CHAKRA Solid, balanced	SECOND CHAKRA Excessive	THIRD CHAKRA Excessive	FOURTH CHAKRA Deficient
Usually has good body tone and weight balance	Ruled by emotions	Child given premature responsibility, high expectations	Feels unaccepted
Childlike—wants to be taken care of	Strong emotional outbursts	Strives for perfection	Needs achievement to feel deserving of love
	Ignores needs until they get big	Competitive	Longs for tenderness, but has difficulty admitting it
	Fears intimacy	Agressive, easily angered	Needs father approval
	Difficulty relaxing	High ego needs	Approval equated with love
	Unanswered wanting as a child	Defensive, on guard	Heart opens and closes rapidly
		Feels opposed and challenged	Afraid of involvement, commitment

Figure 4.3 (continued)

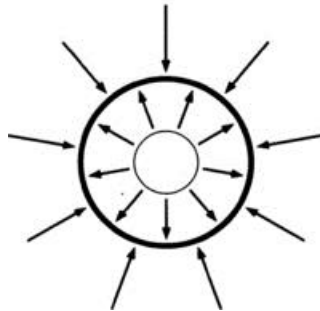
FIFTH CHAKRA Balanced	SIXTH CHAKRA May be either	SEVENTH CHAKRA Balanced overall
Strong verbally	Sixth chakra is often irrelevant, interest is in pragmatic accomplishments	More pragmatic than spiritually inclined, but longs for spiritual connection
Voice may be thin or controlled	May delight in logical abstractions, symbols, dreams, but not think of them on their own	Intelligent
Defensive verbally		Rational
Expressive		Logical

Figure 4.4: Fourth Chakra Excess and Deficiency



EXCESS

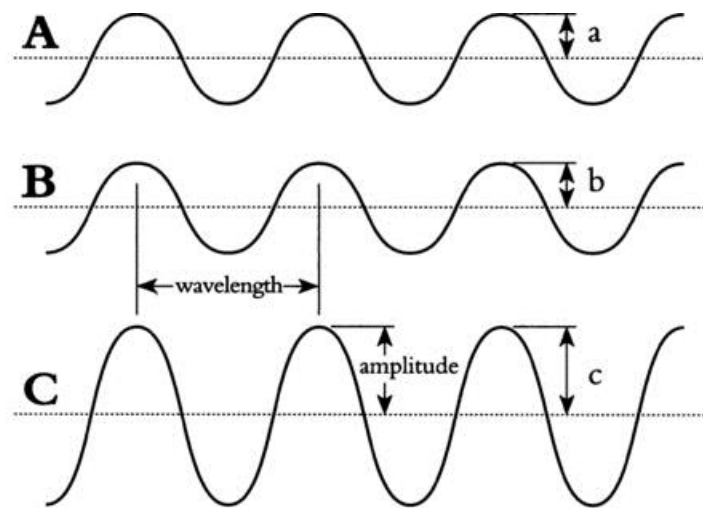
An excessive fourth chakra has such strong movement outward that very little energy can get in. This eventually depletes the core, which tries to replenish itself by connecting with others in the same excessive manner that caused the depletion.



DEFICIENCY

Rigid boundaries keep the inside from coming out and the outside from coming in, resulting in isolation, which perpetuates deficiency.

Figure 5.1: Example of Sine Waves in Resonance



$$a + b = c$$

Sound waves A and B vibrate at the same frequency. When added together, the frequency stays the same while the amplitude is doubled. This maintains the same pitch but gives us increased volume.

Figure 5.2: Psychopathic Structure (Challenger-Defender)

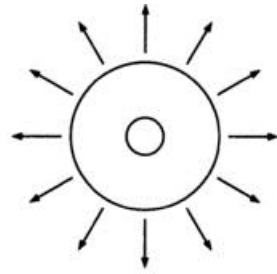
The Betrayed Child

FIRST CHAKRA May be either	SECOND CHAKRA Excessive	THIRD CHAKRA Excessive	FOURTH CHAKRA Deficient
Usually not interested in body, taking it for granted. Some, however, become body-builders as a way of becoming powerful	Very loose pelvis	Very oriented to power, dominating yet feels powerless and victimized	Fears submission too much to trust intimacy
Unreliable	Seductive	Hyperactive followed by collapse	Views intimacy as weakness
Paranoid	Needy underneath defense	Prone to rage	Can't form equal relationships, needs to dominate and control
Self-centered	Emotional, volatile	Fears submission, so ready for a fight; must win	Can be close when needed by someone, defensive when challenged
	Childhood needs exploited	Thinks any difficulty is a matter of will	Good champion of the underdog
		Needs to be right	Soft and loving when they feel safe

Figure 5.2 (continued)

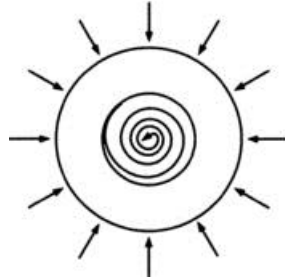
FIFTH CHAKRA Excessive	SIXTH CHAKRA Deficient	SEVENTH CHAKRA Balance to excess
Engaging, entertaining, charismatic	May appear to be insensitive of others' needs	Highly intelligent
Strong verbally, strong in arguments	Fixates on image instead of reality	Knowledgable
Prone to exaggeration	Can be monopolized (one right way)	Difficulty surrendering to higher power
Discharges tension through talking	Especially prone to denial	Energy held high in body; strong, large head and shoulders
Dominates through talking	Difficulty seeing alternatives	
May be deceitful or secretive		

Figure 5.3: Fifth Chakra Excess and Deficiency



EXCESS

Removed from the core and the grounding influence of the lower chakras, an excessive fifth chakra expresses randomly from the surface personality.



DEFICIENCY

Attempts to move outward with communication swirl backward, into the core. Outside communication coming in bombards the chakra, which retreats in fear.

Figure 6.1: Archetypes of the Chakras

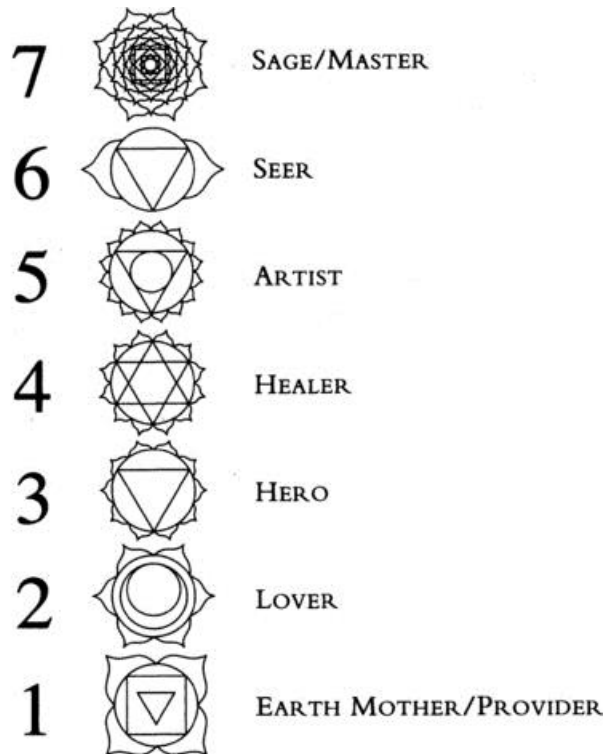


Figure 6.2: The Chakras and Their Major Nadis: Ida, Pingala, and Sushumna

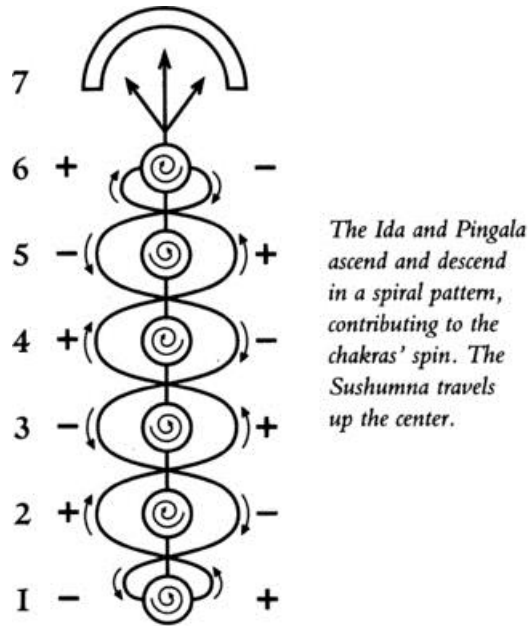


Figure 6.3: Sixth Chakra Excess and Deficiency

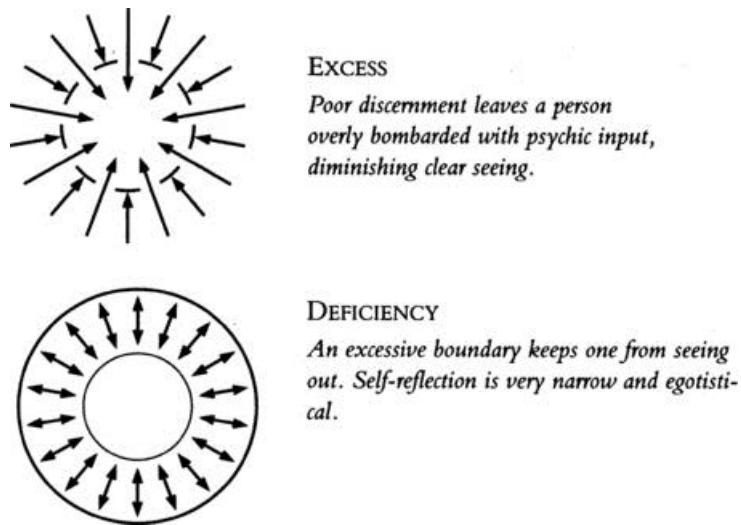


Figure 7.1: Seventh Chakra Excess and Deficiency

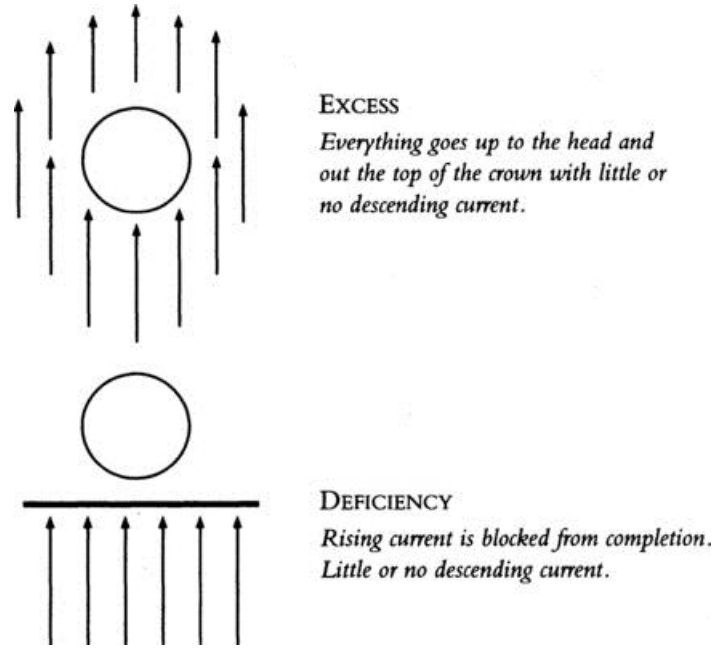


Figure 8.1: The Complete Journey

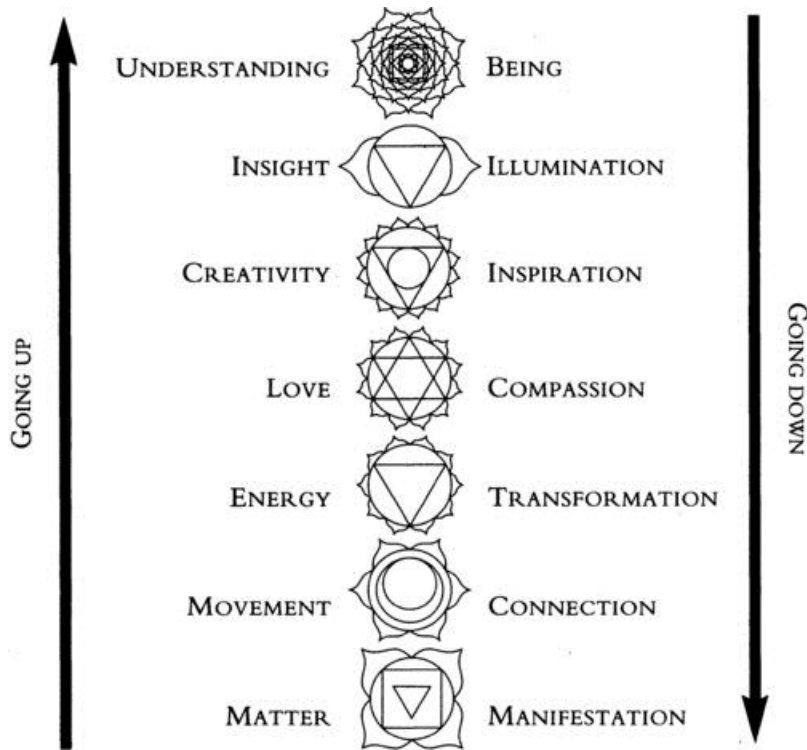


Figure 8.2: Assessment Example

CHAKRA	ISSUES	STRENGTHS	EXCESS	DEFICIENCY
SEVEN	None	Good belief system		Overly intellectual
	Love immanence and transcendence	Possibly delusional		
	Love the beyond, through the stargate			
	Presence of Divinity			
SIX	Not remembering dreams	My best chakra!		Nearsighted
	Imaginative	Intuitive		Memory?
	Can think symbolically	Perceptive		
	Fair memory			
	Good at visualization			
FIVE	Finding my own voice	Good listener	Talk too much	Fear of speaking?
	Neck hurts	Good singer	Interrupting	
		Can write well	Too loud	
FOUR	ALL!	Devotion	Codependency	Isolation
	Relationships	Love and trust	Poor boundaries	Narcissism
	Intimacy	The heart	Clinging	
	Self-love	Empathetic	Jealousy	
	Caring		Overly sacrificing	
THREE	Self-esteem	Responsible	Need to be right	Passive
	Power/ego	Reliable		
TWO	Need	Good social skills	Emotional	Fear of sex
	Movement	Emotions as allies		Dependency?
	Clumsy			
ONE	Trust	Good health	Hoarding (pack rat)	Manifesting
	Family	Practical		Focus and discipline?
	Boundaries	Grounded		Disorganized