

PSYCHOLOGY OF THE CHAKRAS: DEFINITIONS

Please note these definitions describe how I use the various terms when presenting the program, other meanings may apply to other contexts and uses of a term.

Breath: For good reason, breath and breathing have been a serious focus of human interest throughout history and across cultures. This is because of the pervasive effect that our pattern of breathing has on our lives; physically, emotionally, mentally and spiritually. At first glance breathing appears to be a simple, every present function of life. While this is true, there is a great deal more to it. Breath is one of the few functions that operate both consciously and unconsciously, thus we can have a fair degree of control over it. Such control allows us to manage our charge, alter our mental/emotional states and increase our vitality. Further our patterns of breathing are also reliable indicators of certain blocks and imbalances in our bodies that point to impediments to physical, emotional health, and our ability to experience pleasure. Therefore the conscious application of breath, or breath-work as it is often called, is a key feature in achieving health, wholeness and successful individuation.

Grounding: to be grounded, or “on one’s ground” is to have the felt sense body experience of being firmly anchored in the physical realm; planted solidly on the Earth. Grounding has a very significant role in the development of character structure and the felt sense of embodiment. By extension it also plays a significant role in many of life’s major issues; prosperity, fear of death, fear of life, attachment and so on. Despite its importance it is for most people an unconscious process altogether.

Charge: available physical energy managed by nervous excitation. Energy in the body is managed both by conscious and unconscious processes. Specifically, charge refers to energetic manifestations in the body that are not initiated or controlled by the conscious mind, nor are these manifestations part of the usual unconscious maintenance of the body (heartbeat, digestion, etc.) In other words we direct a certain amount of our energy from deep emotional drives that we are rarely aware of; this is charge. Certain physical activities and/or mental, emotional or spiritual states increase the charge in the body. With sufficient knowledge and self-awareness charge can be consciously directed.

Discharge: is simply the expenditure or dissipation of available charge. As a conscious process we discharge when we strive energetically to achieve something; an expenditure of energy through use of our desire. On the other hand, we can also discharge in an unconscious manner, dissipating our available charge for some deeply held emotional reason. This is common in cases of trauma, repression or despair; we dissipate the charge we believe is unsafe or too much for us. Discharge is important in the formation character structure as it withholds or starves certain areas and processes of the body, thus causing those areas to be less developed, active or strong.

Boundedness: the habitual presence of unreleased charge in the body binds the tissue with tension creating what we call an over-bound state. Conversely the habitual lack of charge or dissipation of charge, in an area of the body causes an under-bound state. The presence, absence and interplay of these two states create the ‘topography’ of character structure.

Blocks, splits and crumple zones:

Blocks in the body energy field are generally places of where the charge is over-bound, causing an impediment to even energy flow. Blocks can manifest as a physical problems of themselves or as seemingly harmless manifestations of deeper emotional issues. Either way blocks in charge shape the body and character structure of the individual.

Splits are situations where whole zones of the body are exhibiting differing energetic conditions. For instance, when the upper body is highly charged and the lower body poorly charged, or the split can be left/right with one side of the body being much more charged than the other. If such splits can't be attributed to congenital issues or simple physical injury, then it can be assumed that they are an externalization of an internal imbalance.

Crumple zones represent areas of low charge and an unbounded condition in a localized area of the body. These are areas where the flow of energy is so reduced that the normal postural function of muscle in tension with bone fail to operate fully and this area of the body collapses or crumples. Again barring congenital conditions or past injuries crumple zones are an indication of inner imbalance.