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RELATIONSHIP SECRETS OF THE CHAKRAS

PART 2

Adapted from the forthcoming book, Sex, Love & Dharma

THIRD CHAKRA

This chakra is represented by a downward-pointing triangle, which indicates grace descending to the earth. The desire here is to express your power in the world. It is associated with the Fire element and the outward-moving energy of self-actualisation. After basic survival needs are met and our desires for partnership and sex are satisfied by a stable relationship, we naturally turn our minds to self-fulfilment.

That is why a good marriage (second chakra) is a stepping-stone for success in the outer world (third chakra). Statistics support this, showing that married couples live longer, make more money, and are self-diagnosed as happier than their non-married or divorced counterparts.

The drive to "be somebody" takes precedence here; if it is blocked it can lead to gastric problems like GERD (gastrointestinal reflux disease), Crohn's disease, and sluggish digestion, which itself creates a myriad of health issues, from skin eruptions to compromised immunity. Honour the Fire element and the third chakra by setting good goals and sticking to them. Follow your dharma type, especially its evolution point*, to make the most of yourself in the world. Give yourself time within your relationship to follow your dreams, and talk about this with your partner.

*The 5 Dharma Types and their evolution points are discussed in the July 2015 issue. To take the dharma test and find your type, go to www.spirittype.com or refer to my previous book, *The 5 Dharma Types*, published by Inner Traditions



FOURTH CHAKRA

If the third chakra relates to expressing your identity in the world, the fourth is about balancing that expression with acceptance that others have an equal right to express their own identities. This is symbolised by a Star of David—two triangles, one pointing up, one down. This indicates a balance of grace descending down and aspiration rising up. The fourth chakra is not just about me, but us. Communal and democratic instincts are strong here, as is the desire to preserve life and harmonious relationships. The fourth chakra relates to the Air element, and places that pollute their atmosphere, like large urban centres, also pollute their heart centre, typically making them more cynical places to live.

Problems with the fourth chakra include the inability to express vulnerability, which can doom a relationship to mechanistic levels of existence—having dinner, going to the movies, having sex, and repeating, for years on end. A closed heart leaves a person unable to experience innocence or wonder in life, and can lead to cynicism.

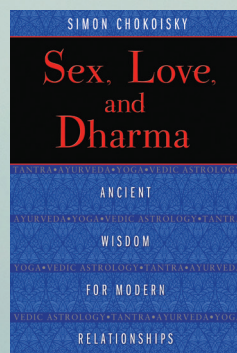
Suggested remedies include travelling and movement to honour the Air element. Travel allows your heart to open up to new cultures, recipes, lifestyles, and vistas, which, in turn, should help you open your heart to your lover. Exposure to Air also means hiking mountains, riding horses, or otherwise exposing yourself to this element. A special, powerful technique is to practise pranayama—yogic breathing.

The fourth chakra is also about clear communication. The Sanskrit word 'anahata' means 'unstruck', which relates to a person's ability to hear another's grievances and not take them personally, to not have their egos bruised because they understand the other person's point of view. This ability to empathise makes those who possess it incredible mediators.

FIFTH CHAKRA

The fifth chakra relates to the throat, the Space element, and also to communication, specifically of higher realities. Space is absolutely pure, a receptacle for whatever it contains. This allows you to be like a mirror and reflect the world around you perfectly. It can also be disorienting, because it loosens the bonds with mundane reality. Disorders of this chakra include speech and hearing loss, as well as loose joints and problems with the spaces of the body, including the synaptic spaces. Dizziness and a lack of groundedness due to an overextended personality are also common—don't lose touch with mundane reality just because you have connection to other realities. Suggested remedies are similar to those for Outsiders: accept responsibility for everything in life (just as space holds everything), and absolutely refuse to blame others for your problems. Learn to understand the laws of karma and dharma and express your unique gift to the world. You have a body for a reason; use it.

Refuse to put impure thoughts, foods, and words in your body and try to maintain your integrity. If you're a Space element person or suffer from misalignment of this chakra, get your bearings by rooting your life in deep philosophical traditions. Study of the Kabbalah, dharma types, Taoism, or your own religion is indispensable to helping you find your fixed star.



Sex, Love and Dharma; Ancient Wisdom for Modern Relationships (Inner Traditions, Bear & Co.) \$19.99. Available from Barnes and Noble and all major retailers. Pre-sale on Amazon.com for \$10

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