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Relationship Secrets Of The Chakras

(Adapted from the forthcoming book, *Sex, Love & Dharma*)

Any relationship has a hierarchy of needs to fulfil in order to make it functional. The chakra system is a body-based, vertical model of human evolution, showing how the building of our life is to be constructed if we are to enjoy a stable, happy, and ultimately enlightening human experience. It works like this:

1. The needs of the previous chakra must be fulfilled before moving on to the next. For example, we need to water the soil of the first chakra before the petals of the second can open to us, which means that we need to have physical security (food, water, shelter) before enjoying sexual satisfaction.
2. The priorities represented by the first three chakras are biological, hardwired drives common to most animals. The next three represent higher human desires, and though not necessary for our survival, they are crucial for our evolution as human beings.
3. The chakra model can be used to represent the needs of a single human being, a relationship between a couple or within a group, or the evolution of an entire country. Over the next two articles we will use it primarily to show how two people can build a solid, fulfilling life together, but the same rules apply for your own personal evolution.

The Chakras

FIRST CHAKRA

The first chakra represents security and survival. It is the instinct for food, air, clothing, and shelter, and, in modern times, the thing that supplies them—money. Money and security are the number one reason couples break up, and the first chakra has primacy because it is the foundation for everything else. Female mammals are attracted to males who can provide for them. Even the most romantic relationships break down if the male is essentially helpless to provide for himself or to secure his environment.

This chakra is represented by a square because squares are the most stable shape in nature. Squares also indicate inclusion and exclusion—this is mine and that is yours. When imbalanced this identification leads to jingoism, patriotism, and racism, because these “isms” are all rooted in the same place, the first chakra need for security. The dominant emotion here is fear, especially fear that we won’t survive. Statements like “My _____ is better than yours” stem from this kind of fear; a person in a position of strength has no need to make these sorts of statements. Therefore, whether we fill in the blank with country, team, or race, the fundamental impetus behind this sentiment is the same.

That does not mean that we cannot take pride in our ancestors, our land, or our sports teams. However, there is a fine line between pride and obsession. If you are ready to pummel someone because he is wearing the other team’s jersey, you’ve probably gone too far!

First-chakra disorders include lower back pain, constipation, stress (especially over bills and money), joint and foot pain, and fanaticism. If you or your partner suffers from these issues, look at your living situation, using the tools of Vastu Shastra. Begin by eliminating clutter and creating space in the centre of your home and every possible room. Unburden the northeast direction and fix leaky taps. Next, do the same for your body by eating every 4-6 hours and eliminating snacking. Also, fast once a week for 24-hours and do this for at least 21-days to see how you feel. It takes 21-days to begin changing old thought patterns and another 42-days for new ones to become embedded in your routine. Finally, while you are doing this, learn about your dharma type and let it help you find your path. Prosperity, Love and God are on your path- find that and you find them all. Follow these recommendations for two months and you will create magic in your life!



SECOND CHAKRA

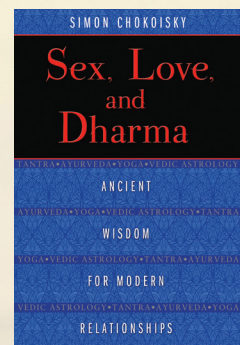
The first chakra relates to the Earth element and fear for survival. Questions of property and ownership are essentially at the root of most wars on this planet. The second-most likely cause of conflict is sex. The second chakra is ruled by Water and this relates to procreation, since all life requires water and at one point originates from water. The symbol here is a crescent moon in the shape of a bowl, filled with creative abundance. If you are experiencing sexual difficulties, hormonal fluctuations, blocked creativity, or reduced pleasure in life, this is the centre to address.

To do this, honouring the Water element is important, first, by drinking enough water and doing it at the right times (see the articles How To Drink Water in the Feb and March 2015 issues), and next by allowing it to flow in your life. Water stagnates when it doesn't move; this means sharing your creativity with the world, whether as a hobby or onstage, will improve your hormone balance and sex life. Not the creative type? Allowing water to flow also means sharing your abundance by giving to charity.

Living near water also helps. Second chakra problems include depression, since our emotions (or lack of them) are largely based on our neurochemistry, and sexual dysfunction. Being by a waterfall or a tropical beach can certainly improve these, at least temporarily.

(See next month's issue for Part 2)

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



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