**The Chakras’ Archetypal Polarities: Jaime’s Lecture Notes**

Within the yoga therapy context, working with the chakras can be profoundly helpful when viewed in terms of the complex of feeling, thinking and behavioral patterns that not only filter our perceptional field, but also influence our responses and behavioral patterning. Refined chakra work aims to understand and unfold behavior themes available to perception. Chakras can function as mapping devices for uncovering impediments in our personality constructs. To this aim, it is helpful to view aspects of our personality construct through this lens. The polarities of the six chakras, as the crown chakra or *Sahasrara* takes us beyond name and form, are outlined below for your convenience. By polarity, I am here referring to the idea of too much or not enough of a particular psycho-physical quality affiliated with each chakra. Polarities are two conjoined yet opposite sides of the same coin. We often find ourselves identified with only one side. Finding a way to develop a synthesis and balance at these energetic centers of consciousness can be a valuable part of our very human journey toward wholeness.

**Muladhara Chakra: Root or Anal Chakra**

1. Victim/ Cowering Prey Archetype: phobias, cowardice, fear, fight flight, paranoia, death.

Shows up sometimes as lack of energy regarding self-preservation, lack of self-care, carelessness regarding income, safety.

1. Predator / Focused Hunter archetype: recklessness, bravado, killing, fighting, illusory omnipotence. Obsessive stock-piling, self-preservation obsession, collecting weapons, crusading against the enemy, seeking guarantees, extreme health regimes.
2. Synthesis = Warrior Archetype. Noble martial arts master. Power used with appropriate dispassion. Fearless, secure, calm bravery, grounded, practical, steadfast, methodical, loyal.

Archetypal polarities in myth and literature at this chakra: St George and the Dragon, Lucifer and St. Michael, Durga and the demon king, Daniel in the lion’s den, Theseus with the Minotaur, Luke and Darth Vadar.

**Svadhisthana Chakra: Genital Chakra**

1. Prude Archetype – repressive, puritan. Denial of sensitives or drives for procreation and sensory enjoyment.
2. Hedonist Archetype- reveler in sensuality with no impulse control. Hunter and prey in mating; eternal mating dance ritual. Harvey Weinstein to some degree reflects our current culture’s lack of balance at this level.
3. Synthesis = healthy orientation to sexuality (in whatever way one identifies): contentment, faithfulness, satisfaction. Skill relating to partner, or in remaining celibate or alone. Committed partners experiencing enjoyment.

Archetypes: Ardhanarishvana. Hermaphrodite (Hermes + Aphrodite). Marriage. Yin-yang in balance. Out of balance polarities in Leda and the swan. The Scarlet Letter. Mrs. Grundy.

**Manipura Chakra: Navel Center Chakra**

1. Powerless Loser or Patsies Archetype: self-blame, guilt, doubt, self-deprecation, placators
2. Self-Proclaimed Winner Archetype - create and seek competition, boastful, bossy, insulting, domineering, ruthless, overly proud, concerned with acquisition.

Out of balance Archetypes: Willie Lowman, indecisive Hamlet, Trump. MacBeth and Lady MacBeth

1. The Hero Archetype: skillfully deals with external challenges while respecting the rights of others.

Balanced Archetype: Tom Hanks (Captain John Miller) in Saving Private Ryan, The Wiley Odysseus, Winston Churchill in WW2: competent, assertive, practical, realistic, fair, works for the greater good of all. Healthy ego, not power hungry.

**Anahata Chakra: Heart Chakra**

1. The under-responsible User: lazy insensitive person who shirks duties. Uncaring of others’ needs. Or callous uninvolved heard-hearted person, stingy and doesn’t care.
2. The over-responsible Martyr: too identified with others, overwhelmed with pity, sentimentality. Bleeding hearts.
3. Human being: truly take care of others and self. Shows warmth, genuine, and empathic with good boundaries so they can serve.

Archetypes: Mother Teresa, Gandhi, Brother Lawrence – all work in service to God.

**Vishuddha Chakra: Throat Chakra**

1. Cynical Skeptic – stubborn refusal to consider anything but the concrete. Believe only in logic and intellect. Uncreative, inhibited, unexpressive, withholding.
2. Starry-eyed Zealot – crushes on hero figures, show-offs, band-wagoners, sage-of-the-moment followers, lack discrimination yet ever-wander, looking for truth.
3. Voices of humanities Soul – artists, visionaries, inspired teachers, playful *and* mature.

Out of Balance Archetypes: Howard Stern, Jane Fonda in Viet Nam.

Balanced Archetypes: Dante and Beatrice. Michelangelo, Da Vinci, Thoreau. Nurturance and guidance at level of Divine. (Old timer 12-step sponsors)

**Ajna Chakra: Brow Chakra**

1. Innocent Fool – no capacity for discernment, deluded by flow of events, not making clear judgements, distracted, not clear decision-making ability, fickle, not learning from experience
2. Evil Genius – cunning, overthinking, intelligence not tempered by heart. Aloof and judgemental, can be prey to power and greed. Trapped in occult endeavors. Rasputin, Darth Vadar. Dr. Evil in Mike Myers *Austin Powers. Goldfinger,* Waco’s David Koresh.
3. Wise seer - Headdress of the Pharaoh. Benevolent visionary.

Balanced Archetypes: Socrates, Thomas Aquinas. The Caduceus of Hermes.