








Writing Chakras

My dissertation advisor is an interpreter and purveyor of Indian philosophy to the West. I once asked him about chakras, energy centers in the body that have some relation to values and wellness. He said that some people get too caught up in them, and this is ironic when the basic purpose seems to be freeing oneself. The chakras point out some very basic, relatable ideas.

Almost anyone can appreciate lessons about human development presented by the chakras. For instance, in the popular children’s show, “Avatar, the Last Airbender,” Aang begins as a child full of fear, guilt, and doubt, but faces his weaknesses with virtue in order to find his purpose. The chakras can teach us some important things about writing and education, too.

Location	Weak + Virtue → Strong	Deep Question	Discipline	In Writing
Crown 	Pride + Faith → Humility	What is my destiny?	Divinity	Purpose
Forehead 	Discord + Love → Harmony	What is my nature?	Psychology	Voice
Throat 	Deception + Courage → Truth	What is true?	Epistemology	Evidence
Heart 	Desire + Restraint → Respect	What is beautiful?	Aesthetics	Audience
Stomach 	Doubt + Reason → Surety	What is reasonable?	Logic	Claim
Bowels 	Guilt + Mercy → Trust	What is right?	Ethics	Author
Sacrum 	Fear + Wisdom → Hope	What is real?	Metaphysics	Source