



Your Chakras & Conflict

Your chakras regulate how you deal with conflict. Watch yourself - it is a great reality check!

1. “When you are dealing with the first chakra, you want to project out all the dirt, the anger, the negativity, the fear, the scare.
2. If it is the second chakra, then the question is control. The quality of the second chakra is not only sex. Sex is a motivating force. And what is the end of sex? Ejaculation, get it out. What is after that? That is it.
3. If you speak from the navel, you may say something that will have either a terrible sting or terrible praise. You say, ‘My lord, you are my love, do whatever, but! . . . You are a bastard.’ There will be a conflict. You may be saying great things, but you will sting terribly.
4. If you talk from the heart, it will be absolutely compassionate, logical, the smallest truth.
5. If you are talking from the kanth chakra, the throat, you will speak the truth. It will be bitter. It will be straight. It will hit hard.
6. If you talk from the ajanaa, the agia chakra, then you will make a very everlasting impact. Your communication will be understood, and there will be a tremendous truth behind it. There will be force behind it. It will make it very easy for another person to know.
7. If it is coming from shashara, you have the acknowledgement already of what another person thinks, says, deals with and understands. You are going to say exactly what another person can understand. It is going to be absolutely easy and harmonious.”

~ Yogi Bhajan, Women-In-Training 1987



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