

In the first of a series of articles, acclaimed lecturer, teacher, counsellor and healer Lilla Bek gives her fascinating perspective on 21st century life. The articles are timed to coincide with the publication of her latest book, *Chakras and Colours: Using the Potential of Colours in Daily Life*. Currently available in German¹, the English edition is eagerly anticipated by Lilla's thousands of readers. The new book begins with a fascinating account of Lilla's own experiences, and her own lifelong journey of discovery. It then builds on her previous studies, developing her understanding of the importance of colour, and the centrality of the chakra system for health and wellbeing.²

This first article outlines symptoms and effects resulting from blockages in the chakra system. The second article breaks completely new ground, outlining Lilla's exciting new discovery of a vital new element linked to the chakra system. Further articles are planned as Lilla continues to apply her insights to life, challenging preconceptions and providing a fresh perspective on often difficult issues.

Do we need to suffer the anger, frustration, and fear brought about by the present world situation? The anger, frustration and fear highlighted in the media? Or do we already have methods of release within us, built into our subtle energy systems, which allow us to transcend and release the problems? Yes, we do indeed have methods of release which we can use!

In this article, I examine the substructure of tensions carefully. Many of you will already be familiar with my study of the Chakras and their crucial impact on health and healing. You will know that every single Chakra has a way for transmuting its energies, through many different forms and actions. For those of you who are new to the concept of Chakras, I will give you a brief outline, so that you can how crucial this system is to health and wellbeing.

The Chakras

We have an etheric body, which has evolved, and has ways built into it of releasing all negative emotions. In my next article, I will be sharing another insight with you. This exciting insight adds a new dimension to the concept of release through the chakras. First, it is important to look again at the chakras in the light of my continuing research. This will

¹ Chakras und Farben: Die Kraft der Farben im Alltag nutzen by Lilla Bek and Anita Offik

² The Seven Levels of Healing by Lilla Bek and Philippa Pullar, and To The Light by Lilla Bek with Philippa Pullar

necessarily be a brief glimpse, for the main body of my work on chakras is set out in detail in my forthcoming book, *Chakras and Colours*³. I am concentrating on the main chakras of the etheric body here, focusing on how blockages within them present as behaviours and attitudes.

“Within the body the field of energy is divided into two different levels which correspond to frequencies of the colour spectrum. Seven vital centres are situated down the spine from the top of the head to the sacrum and are known as *chakras*. The seven main chakras are attached to the spine by cords which have roots, and the general appearance is that of flowers. Knowledge of this chakra system is essential because it is through this that the healing process operates.”⁴ Each chakra has a male and female energy component, and these components exchange energy within the chakra. The female component provides the energy which the male uses, sending it up the spine.

The Cone and the Cup

Each chakra also has a **Middle Cone** and a **Cup**. Balance between the two is very important. If one is over-energised or under-developed, it will affect the other, and balance will be adversely affected. The **Cup** is predominantly feminine, and its energy is more creative, nourishing, actively enhancing. It is located at the front of the body. The **Cone** is male, and is located at the back of the body. It actively collects energy. The two work together as a single unit, like a team, to absorb, and to condense energy. The distance between the two, which may be widened, allows transmutation of the energy between the cone at the back and the cup at the front. Initially, the energy collected by the cone is too potent, too strong, to be passed directly to the cup. It must be transmuted, three times, before the female can receive it, ready for use, and for transfer up the spine. The energy in the Cone is shaped like a pine-cone, and the energy in the Cup goes round in circles, similar in shape to a doughnut.

The balance between the cup and cone has an important bearing on behaviour and characteristics. It is not simply a question of the male as overtly active and the female as predominantly nourishing. Much depends on the individual, and the strength of the Cone and Cup. For example, men with a particularly strongly-developed Cone, are particularly masculine and strong, without necessarily being aggressive. They have a heavily-built physique which reflects this, and are drawn to jobs which require physical strength. The

³ *Chakras and Colours: Using the Potential of Colour in Daily Life* by Lilla Bek and Anita Offik

⁴ *The Seven Levels of Healing* p 45-46

earth mother stereotype reflects a woman with a particularly strongly-developed Cup. People are drawn to work which enhances and nourishes their energy.

In psychology, if the mother within a family is not good at mothering, the male may become over-aggressive or, alternatively, not strong enough. Our mother and father give us the potential as to what our masculinity is like and also what our femininity is like. If you do not have a maternal or a paternal model in your formative years, giving you information on femininity or masculinity, you have to develop and change by yourself.

The importance of balance between the cone and the cup can be seen clearly in the effect on the **Heart Chakra**. The Heart Chakra is an amazing place. It is located where two triangles in the body meet. This creates a combination of the top and the bottom chakras, which are to do with the soul being in charge of the heart. The heart needs both the **cup** and the **cone** to function effectively, and to be balanced. This balance enables the heart to function effectively, and this is crucial. The middle cone supplies the element of balance, strong but gentle. If the **cup** is under-developed, the individual seems heartless, and there is the likelihood of a heart attack. In a warm, loving, caring person, the **cup** and **cone** are balanced, and the Heart Chakra is working well.

Harnessing the energy of the chakra system

In this article, we will also be examining ways of harnessing the energy of the chakra system. It is possible to transform negative, destructive energy by channelling it through the chakras, creating a positive outcome. Youngsters with difficult or aggressive behaviour who have joined the armed forces are a good example of this. Their destructive energy is channelled by military life. They use their energy to create a career in the army, rather than in aggressive and destructive attitudes and actions. Channelling negative energy for a positive outcome creates balance.

It is also possible to enhance or develop a weak Cone or Cup by choosing an activity which enhances the energy of that particular area. We will look at the effect of Sport on the chakras. We will also see how movement is a powerful agent of release and transformation, enabling the chakras to function more effectively. All these elements are crucial to our understanding of the transforming power of the chakra system. Each chakra is a centre of transformation. Understanding the chakra system enables us to gain insights into how we are affected by the world around us, as well as how we ourselves affect others. This is important, because if we are not transmuting negative energy effectively through our etheric system, we have a negative impact on the world around us. This negative impact is seen in the behaviour and events documented by the media.

The Cone energy is particularly associated with movement. However, people may also be drawn to activities which supplement their smaller Cone or Cup. For example, men with a smaller Cone may be drawn to sport. The camaraderie of team sports, or participation in group sporting activities can mend the energy in the Cone, increasing energy and confidence to men with a smaller cone. Sport can also help to overcome difficulties in the chakras. Movement, especially in the coccygeal area, is beneficial. It acts as a release from the body. Frustration, anger, and fear may be released through movement, creating positive energy and a feeling of wellbeing.

Effective Earthing

The lowest chakra is to do with the base and the square. This is the Base Chakra, associated with red energy. In psychology, the square represents how you feel about life and yourself. It is linked with the ability to earth energy. Earthing is our inner fuse mechanism. It ensures we do not have too much energy over our heads, making us accident-prone, over-sensitive and fearful. It also ensures we do not have too much energy in our feet, causing over-heaviness, over-indulgence, and becoming too absorbed in our own lives. The Base Chakra also reveals how much you do to use that energy below to earth. This Chakra is linked with bowel movements and the releasing of energy from the bladder. It is cleansing, because it releases toxins and waste matter. People who suffer from constipation, apart from the effects of poor diet, are not using this area effectively. This area is blocked. The Base Chakra does not operate in isolation. It is part of an entire system. When the Base Chakra area becomes angry or frustrated, it affects and activates other Chakras above it. This also affects the way each Chakra performs its transmutation process. If a person has a lot of energy in the Base Chakra which is not used for anything worthwhile, it can lead to aggression in a variety of forms: men and women who beat their partners; people who create problems with their kids.

Focus on the possibilities of the energy up the spine which we use for releasing. This is very important. What do we do to release? What do you do if you are angry or frustrated, or if things are not going right? Certain activities can help us to release this anger and frustration. For example, gardening can be beneficial. Growing your own vegetables and flowers, or digging in the garden are great ways to relax energy and release everything as much as possible from the Base Chakra area. However, people who live in flats don't have anywhere to do that, but have every opportunity to make sure they are physically not constipated but release every time they open their bowels or go to the toilet.

Reproductive Energy

The area above the Base Chakra is to do with the moon, and is the reproductive area. This is the Reproductive Area. This area is a good release mechanism for tension, and is also the base for a spiritual journey. As with each Chakra, if the **cup** is not full and the energy generated not being enough, this will not be a loving, caring area. If the **middle cone** is much more active than the **cup**, this leads to the problem of sexual aggression, which can take many different forms. For example, an obsession can build up there, if the negative energy is held and stored, rather than be transmuted and released. There are alternatives to transmutation and release through the chakra system. Release can be achieved through physical activity, as we have seen by channelling the energy into sport, or gardening, or dancing. It is also possible to channel the energy up through the chakra system. Over-energy in the reproductive area can be harnessed as a result, and trained. It is possible to escape from the obsession with sex and the reproductive area, and train this over-energy, turning into positive action.

Linking red energy with reproductive energy and orange energy.

I have observed that a significant number of people, especially men, take the reproductive energy and the energy in the Base Chakra, and link to the orange energies. This transition from red to orange, and the link with the reproductive energies, forms an active triangle. There is an active triangle from the hips, pointing down to coccygeal area. Orange comes from adding yellow to the red of the Base chakra. The presence of yellow in this energetic triangle adds an element of the brain to the red energy of the Base and the reproductive energy. This provides thought, and gives the opportunity to focus the energy towards activity, and therefore release. Without this, the red Base energy will overwhelm the reproductive energy, resulting in destructive behaviour linked with sexual obsession.

The orange Chakra has a link with early man and intuition. It can be trained in wonderful ways, and it has a sense of release. This release system is linked with the legs. Anyone who goes jogging or country dancing is using this as a release. Throughout history, society has used dance, the movement of dance, as a release. Ours is a relatively static society, removing the opportunities for physical release. Animals still have this sense of release through movement of the legs. Horses stamp their feet to release tension. Small children, before they have learnt to swear and curse, instinctively stamp their feet or bang their fists to express and release anger. Once they learn from to swear from the adults around them, they no longer release properly, using the mouth for verbal release rather than the body to

release through movement. The bottom part of the body is also concerned with keeping a person safe, by removing them from dangerous situations. This is the instinctive Flight response. In order to win an Olympic medal, the energy of the triangle is eaten up by the athlete. The combination of Base energy, reproductive energy, and an effective release system is essential for success.

Harnessing the power of orange energy and the reproductive energy

Athletes trained in the Soviet Union during the 1960s and 1970s clearly demonstrate the effects of harnessing reproductive energy to achieve a specific goal. Girls who started training before the onset of puberty were using their sexual energy to develop as an athlete. As a result of the training regime, and this diversion of reproductive energy into athletic prowess, girls experienced delays in the onset of menstruation. They were using up sexual energy and altering their biological state.

Soldiers, away from home on combat duty for long periods of time, transfer the orange energy associated with the sexual area to their fighting duties. They are away from their wives and girlfriends, fighting an enemy, and are not using this energy as they would when they are with the ones they love. Instead, this energy is used for war. Orange energy belongs to aggression. It provides the red and the sun energy in order to fight. It is associated with the **Hara**, located two fingers below the belly button.

Militant people access and use this energy when necessary. It can also be used for all kinds of dangerous activity such as mountain-climbing or bungee-jumping. This area is used for anything which is dangerous or difficult, creating an adrenal rush of excitement, and fuelling the emotions. It is an active energy, a great energy for all martial arts.

There is a further point about this type of person. They tend to have a focus. If you have a life filled with adventure, or you are in the army, or you are involved in sport, you have release systems and organising systems as part of this focus. This means that, instead of sitting and just worrying about what is going on in the world, you have methods to think everything through with your goal in mind. For example, your focus is on winning a sporting medal, or doing something for your country. The danger or adventure element triggers adrenalin.

Changing Patterns in a Chakra through channelling the energy

We have seen how channelling the energy in a chakra can transform negative energy or an imbalance between the cone and the cup into positive, beneficial action. We have also seen

how physical activities such as sport can act as a release for trapped energy, or as a positive outlet for over-energy in a chakra. The process of channelling energy can also change patterns within a particular chakra. It is important to realise that changing patterns through channelling has the potential to be either positive or negative. Let us focus on the specific chakras to explore this concept.

There are numerous ways of changing negative patterns linked to the **Base Chakra**. The more beautifully and constructively you use the energy from this area of the body, the more the area is transmuted. There is a sense of rightness, easily recognised the more often it is used. For example, there are wonderful people who use this energy to play football with children. Missionaries who go out into danger zones are harnessing the energy from this area. If you activate this area for sport, you are bound to be a great sportsman or sportswoman.

Equally, it is possible to identify people who use this energy negatively. Aggressive people who want to ruin the lives of others are harnessing this energy in a destructive, rather than a constructive, way. Unregulated and unchecked, fed through indulgence in all kinds of things which are not calculated by the brain, capacity in this area is increased. This increased capacity removes the power of self-control, because it often activates the *kundalini*, which is an energy in the base of the body. Increased capacity without the regulation of the brain, may result in sexual deviation, which demonstrates the loss of self-control and over-energy in this area. It is important to activate this energy consciously and constructively, thinking about what you are doing.

The effect of the Solar Plexus on energy

The **Solar Plexus Chakra** is linked with the sun, especially with the front chakras. It is also associated with the colour yellow. In the red-orange-yellow triangle, the Solar Plexus brings intuition and the effect of the brain to the energy. In a war situation, the energy from the Solar Plexus enables the soldier to think, to be aware of potential threats, and to take action. No chakra operates in isolation, and if there is an imbalance in the Base and Sacral Chakras, the Solar Plexus Chakra will be affected. If the Solar Plexus Chakra has an inadequate **cup** to it – in other words, if the more female, gentle, caring, loving aspect is not working properly – then the thinking will be wrong. If the thinking here is wrong, coupled with imbalance in the Base Chakra, the impact is increased. Effectively, it's a double whammy! The middle **cone** in the Solar Plexus Chakra has the capacity to prompt the individual to think about their actions, to reflect on what they are about to do. When it is functioning

effectively, the cone allows them to think their action through, and to realise if it is a wrong course to take.

If the Solar Plexus is blocked or functioning ineffectively, the individual may have a tendency to spend money endlessly to no benefit for themselves. The individual becomes corrupted by their personal needs instead of considering other people, or what could happen in the future. Instead of thinking things through, the left brain produces excuses for behaviour, trying to turn a wrong into a right. If the Solar Plexus is out of balance, and the right brain is not having an effect, you may be receiving unhelpful messages from it. These messages tell you to think of yourself, rather than to be useful to others. The right brain provides the collective element – the importance of thinking of the collective whole, rather than just oneself as an individual. I have already described the aggression which can result from an imbalance in the orange energy of this Chakra, and the negative effect which problems in the reproductive area and Base Chakra can also cause for the Solar Plexus. In spite of this, the Solar Plexus Chakra works in unison to harmonise and balance out the problems.

Confusion over the Throat Chakra

We have seen how energy from one chakra can be harnessed and sent to another chakra to focus on a particular goal or activity. This provides a release, and an outlet for that energy. As we move higher, up through the chakras and the corresponding areas of the body, we can see the effects of blockages in the lower chakras. Chakra functions become confused, and higher chakras seem to be releasing in a way which is appropriate to a lower chakra. This is clearly demonstrated when we move to the important area at the tip of the upper triangle in the body, the area of the throat.

Throat energy has so much to do with the mouth as a cave. When beautiful singing comes out of the mouth, it is absolutely fantastic; when beautiful poetry comes out, it is sublime. So many beautiful things can come from the energy of the throat, voice and mouth. There is another side to the mouth, however. When I am sick, if I do not release with the usual bowel movement, I vomit through my mouth. In a similar way, if the lower chakras are clogged and stuck, if they are not functioning effectively, and are slightly out of control, the mouth is used as a release system. Instead of using the mouth for beautiful self-expression, people use obscenities, sick jokes or vulgarity to release what should be released through the lower chakras.

We do have ways of letting go using the mouth. When something awful happens, if someone dies, those affected howl through the mouth. Screams come from the mouth in times of danger, often resulting in help, and relief from that danger. The mouth also expresses the

pain of injury and hurt. These are all very important noises which come from the mouth. The eyes also have a release mechanism, working with the mouth. The act of crying through the eyes releases tension. Sighing and yawning are also release mechanisms, which help the heart.

It seems to me that, somehow or other, we have confused the base of the body with the mouth. Swearing is some form of release, but it is incompatible with how the body is meant to be. The emotions behind swearing are negative: frustration, aggression, anger. This can have a detrimental effect on the heart. Instead of using the mouth to vent this, it is far more positive, far more beneficial, to use the mouth for something which is pure, which is beautiful, which is musical. The mouth can be used for prayer. Instead of releasing through the mouth with obscenity, the mouth can be used to bring about changes through prayer. Christ is part of this. This is the origin of the phrase “turn the other cheek”, praying for the person rather than cursing them.⁵ We can bemoan the state of the country, and what a terrible situation has been created, blaming those involved. We need to remember that these people need our prayers, and even perhaps our love. They need to be forgiven, and we need to be able to say that, perhaps, we might have done the same if we had been put into that situation.

Release through the top chakras

I feel that sometimes we forget that the top chakras can function beautifully as part of the release system. The top of the body has the back, the arms and the fingers. These are all areas which can produce movement and change, and these enable us to release. The top chakras can produce great creativity as part of this process. The top chakras correspond with physical areas which allow you to conduct an orchestra; to express dance movements; to play a musical instrument; to engage in crafts such as woodwork or pottery; to capture the words of a poem in writing or type.

The nose is also an important area for transforming energy through breath. We can achieve great things through correct breathing. This breathing is crucial for health, relaxation and well-being. Observe yourself when you are angry or frustrated, when everything about you is negative. You will not be breathing properly. You will certainly not be smiling! You will not feel benign and relaxed, and this has an impact on your health. The heart needs breathing, because breathing is linked with Spirit. The entire area between the nose and the heart can take care of all the things that happen in the base.

⁵ The Bible, the Gospels of Matthew chapter 5 v 33-45, and Luke chapter 6 v 27-29

The benefits and importance of our release mechanisms

We are so fortunate to have these in-built release mechanisms. We have an energetic system which enables us to release in so many different ways. We have the capacity to release through the bottom and the top chakras. The upper chakras can over-rule the lower ones. Once we are aware of them, and of their potential, we can begin to use them. In addition to the chakras, we have the power of the left and the right brain, and also of the over brain. The over brain, located on top of our heads, is always at peace, ready to transform and to help us make changes in any way we choose. In the next article, I will explore an additional mechanism available to us, the Transformer. This is an amazingly powerful tool. In conjunction with the over brain, the Transformer will go on working, no matter how desperate you are feeling, no matter how destructive. These benign energies will always be with you, for the rest of your life. They bring guidship, and with it comes love from many areas, and changes which will bring you peace.

So, take time to sit and breathe quietly. Concentrate on the overbrain in the top of the head, and the base. Sit quietly, and ponder which part of the release mechanism you will use. There are millions of activities available to you, and so many ways of being useful to others. Everyone carries their own help within themselves. No matter where we go, or what we do, everyone with whom we come into contact also has this inner help, ready and waiting to assist them. Everyone has these tools, available for use. If we do not use them, we are like someone who owns a house packed with useful gadgets – washing machine, fridge, vacuum cleaner, cooker, dishwasher – but who never uses them.

When something does trigger a change in all those chakras, the cups become bigger; the individual feels nourished; the negative begins to move, and it transmutes itself. We all have this capacity within us. We only have to become aware of its potential, and begin to use it. Why deny yourself the opportunity to make the energy exceptional, and to use its many different ways of release? This is similar to the anorexic, denying themselves food, and therefore denying themselves life. If we use this release system, if we allow all the areas of the body to function effectively, and use them correctly without any negative ideas or thoughts creeping in, we would be able to bless each other and bless this country. We would be able to live lives which emphasise the epitome of what a human being should truly, truly be.