



~ Working with First Chakra Energy ~

Learning to Accept Our Limitations

What allows human beings to grow, to think differently; to mature and evolve? What allows us to change our minds, open more in our hearts? What allows us to orient ourselves in new ways to the world we live in; to be contributors to the lives around us? What allows us to be at peace with where we are in our development as people?

Below you will find quotations, in italics, from Anodea Judith in her chapter on the First Chakra, from *Eastern Mind, Western Bodies*. This lecture is intended to expand upon these basic first chakra principles, and help us to understand how vital and integral it is for us to consciously strengthen and develop our first chakra energy capacities, in order to have a solid foundation underneath us for our ongoing development of body, mind and soul consciousness, as part of our PsychoEnergetic Training.

~ The Body as a Root Support ~

To lose our connection to the body is to become spiritually homeless. Without grounding in the body, without anchoring, we float aimlessly, battered by the winds and the waves of life. Without the body as a unifying figure of existence, we become fragmented.

First Chakra Grounding requires something of us that may sound simple, and yet will profoundly challenge us many times throughout an ordinary day – to accept our own self limitations, particularly with our own capacity for embodiment.

~ The Earth as a Root Support ~

The earth is the universal ground for all we do. Without a strong, rooted foundation, little else can be accomplished. Our bodies must be firm enough to provide stability, yet yielding enough to be penetrated by roots, by rooted energy. To build a strong foundation is to gain solidarity, which allows us to be firm and make boundaries for ourselves.

It is hard for the ego to tolerate this experience. We become easily threatened and disturbed by an internal posture of acceptance. We confuse it with a passive kind of resignation, a giving up on life. We quit, and do not accept how to manifest life, on life's terms. We naturally tend to "push past the limit", use a force of will or determination to exert ourselves, often temporarily and severely, past these places of natural limits. It is such a challenge to accept that we are human, we are limited, that we can only do so much, that we only have so much time to do it in. We are challenged to accept that when we commit to one path, we cannot take another at the same time.

Anodea Judith, in her book *Eastern Mind, Western Bodies*, offers a principle worth considering: *In order to grow or manifest, we must be able to accept limitation.* Both in ourselves, and in the world around us. She goes on to say:

A limitation is a boundary, separating something from what is around it, in order to define it. It creates a necessary limitation that allows us to have something whole, something specific.

In my years of doing psychotherapy with others, and in learning to bear witness to my own personal developmental process, I have become clear about this basic tenet. In order to grow or develop ourselves in any significant way – whether in learning a particular skill, or cultivating internal awareness in general – we must contend with a particular type of dynamic tension. We must at once be aware of *where we are* and *where we are not yet*. We have to hold both the practical and tangible limits of what we are capable of in the moment, with the as yet unrealized infinite potential of what is possible.

More from Anodea Judith related to this point: *In order to manifest, we have to be able to **focus** on what we want, to be **specific** about it; and we have to stick with it long enough for it to occur. To become proficient, we have to practice it over and over again, limiting ourselves to that specific activity until we master it.*

Yet when we only hold our focus on *where we are*, we can get easily defeated when confronted by our tangible limits, or grow weary from the ongoingness of our strategic tasks, and the consistency of effort they require. Our will alone cannot sustain us for long periods of time, without becoming wearisome, unless our wholeheartedness is in the effort. Our tasks risk becoming drudgery, our limitations risk being turned into evidence of failure.

Again, Anodea Judith, from the opposing perspective: *There are many talented and intelligent people who have an unrealistic attachment to freedom, an unwillingness to accept limitation long enough to manifest their basic needs, yet alone prosper.*

So when we only hold the imagining, the *where we are not yet*, and place our energy into the dreaming or imagining realm, we risk being seduced by the allure of the fantasy, which can produce good feelings, but no tangible results. In fact, it can become a defensive posture, to help us avoid the harsh realities of our current limitations.

When we become willing to bear the tension of holding both *we where are now as well as where we are not yet* (and desire to move towards), we enter into dynamic and generative process, that produces a “rubber band” effect around both positions, and helps to bring them towards one another, in ways that can be difficult to fathom. It creates an energetic type of container that allows us to fill up, to hold our awareness and desire, which eventually spill over into more decisive and conscious acts that move us gradually towards the manifestation point.

Anodea Judith summarizes it like this: *When we cooperate with limitations, our energy begins to collect and build up, and naturally expands to other levels. We must accept limitation, in order to transcend it!*

I have been paying attention to this dynamic very closely in a daily morning yoga class I have been attending, as part of our PsychoEnergetics Training Program here in Spain. Each morning, as I hold myself in the postures I am guided into by Jan, our wonderful yoga teacher, I immediately feel the tension of my physical limitations. I am confronted by the places of inflexibility (not yet-ness) of my physical body (and also my corresponding mind and spirit). Through my teacher’s modeling of both gentleness and persistence, I hold myself to where I am, at my limits; and then bring my breath, attention, intention and ability to wait to those particular bodily sensations of tension.

I continue to marvel at how inevitable, gradual and wonderful it is to feel the movement, the small shifts, that occur within the containment and acceptance of these limits. Over and over again, so gradually, I see. I see that the more I can pay attention to the shifts that occur within my limits, the *less* limited I feel. There is a great and liberating paradox at work here, one that allows me to feel a sense of wonder and appreciation for how we grow, as we accept our limits. Our friend and teacher *Rumi* speaks about it like this:

I know that God will give me my daily bread...

*When I run after what I think I want,
My days are a furnace of distress and anxiety;
If I sit in my own place of patience,
What I need flows to me,
And without any pain.*

*From this I understand that
What I want also wants me,
Is looking for me
And attracting me;
When it cannot attract me
Any more to go to it,
It has to come to me.*

*There is a great secret
In this for anyone*

Who can grasp it.

- Rumi

Tangible, daily practices reveal to us endlessly our human limitations. The more I can accept myself in those limitations, and stay with my practices anyway, the more I expand my state of consciousness within my limitations. The more I expand my awareness and acceptance within my limits, the more infinity seems to come towards and into me. It comes to me. I don't seem to chase after it, as much. I stop forcing a change. The change seems to happen on its own. This is indeed a great awareness, for anyone who can grasp it. Perhaps it is an open secret.

Michael Mervosh