



Dan Tien Chakra: the Warrior

Integrity, Power & Truth

Located in the physical body two to five inches below the belly button toward the spine, the major dan tien chakra is all about personal power. Seizing control of your life starts by returning presence to the gut where the seat of your personal power resides.

Location:

The dan tien chakra is positioned in the physical body 2 to 5 inches below the belly button, toward the back, suspended in the gut in the second octave of the spine.

Connectors:

A chakra connector is rooted into the left and the right ovaries of women and into both testes for men. If ovaries or testes are removed, the chakra connector will anchor into the echo of the organ that remains in the abdomen or scrotum.

What It Does:

This chakra holds the potential of your personal power. How this power and the magnetism of the force of this power move into the world depend to a large degree on your ability to access chi. The dan tien is the power bank for will and the drive to see things through to completion. Manifesting anything in physical reality requires some measure of dan tien gumption. Intangible spiritual belief can also be inspired through the currents of the dan tien. The unfiltered assimilation of raw input of energy from others, inanimate objects and places is processed through this chakra. An ability to work harmoniously and creatively with others, to create community and family or tribal connections is also a function of the dan tien, as is grounding into individual power.



Function Current:

Bringing forth your will, your personal power to produce a desired result is a primary job. But sometimes just raw untamed power can surge through this current. When blocked, there will be great difficulty dealing with energy and getting what you truly want accomplished.

With a compromised function current, it will be hard simply bringing your will power into the room. This is the leader who cannot take control, the teacher losing her students to spit wads and note passing, and the mother who is simply unable to discipline her children or remember to make dinner.

Purpose Current:

The purpose of the dan tien chakra is to impress determination or action upon the world. It is the generating center for will power and for implementing aspiration or desire for money, sex, and control --- anything. Intention is felt in the gut. It's where we feel acceptance or opposition to our desires, our plans, our needs and our instinctive reactions or hidden agendas. Knowing your power makes a difference.

When blocked, it puts the individual into a state of confusion about what kind of difference he or she can make in the world.

Wisdom Current:

The wisdom current of the dan tien holds the capacity for remembering the accomplishments and the acquired knowledge of the chakra. It contains memories of all the ways this chakra wisdom has made a difference and can help a person remember their own innate power. You do not really know the way your actions or reactions are going to matter in the midst of action. It is not until after the fact that the real impact of the will and the wisdom current of the dan tien can be seen and felt by you. The



wisdom current can help bring the inimitably human capacity for sense of self and personal power into focus and apply remembered knowledge from the accumulated experiences of the lifetime of the soul, making a big concrete difference in the present.