

Balance by Gary Bate

Many talk about the importance of balance and I agree that we should strive for 'balance'; but are we all talking from the same perspective?

There's the balance of trying to give equal attention to every area of your life, for instance, work, play, spiritual, family etc.

There's the balance of yin and yang and do people really know what that means?

There's the balance of homeostasis, which is bringing one's body into balance (yin/yang?).

There's the balance of being able to weigh your Soul against a Feather.

There's this idea of chakra balance, where people think they can move their kundalini energy up and down like a yoyo!

Chakra balance, bodily balance and Soul balance are all the same thing. It's not you trying to apportion your life in order to try and keep everyone happy :)

Consciousness is everything and every chakra is a level of mind, which kundalini energy can and does get stuck in. Closing off one level of mind moves one to a higher chakra. For instance, closing off the base chakra move one to the second chakra at the level of the sacral plexus.

The first chakra interacts with the body at the level of the gonads. This is where a man's 'energy' usually sits. A woman's energy usually sits in her emotional body (the second chakra). Women anchor down to meet men and for survival reasons. Survival energy is the same level of mind as sexual energy.

As men and women mature (but not always) their kundalini energy ascends and sits in the third chakra. This is the place of power, but it's all about power over others and about being in control. So here you find tyrants and victims and the subtleties of these seeming opposites with amaze you. Here you will also find the most powerful people in this World.

Yin and yang balance and body homeostasis does not occur in the 'power plays' of the third chakra.

This balance occurs in the fourth chakra, which is located at the level of your heart. To achieve it, you have to move your kundalini energy into it, which means you have to move your mind out of the lower 3 chakras – completely!

Sex is not love. Survival is not love. Emotions are not love. Raw power and control are not love...

You can argue as much as you like for your status quo, but you will not experience the fourth chakra mind whilst you are still emotional and still working your body sexually. What moves energy is the mind you get to occupy (you changing your mind).

Now obviously I could go on and talk about the higher energy centres found at the levels of the thyroid, pineal and pituitary glands, and of course about Soul Completion (balancing against the feather); but I've already done that in my books...

We all need to achieve 'balance' but firstly we all need to understand what that is ~ Gary Bate.