



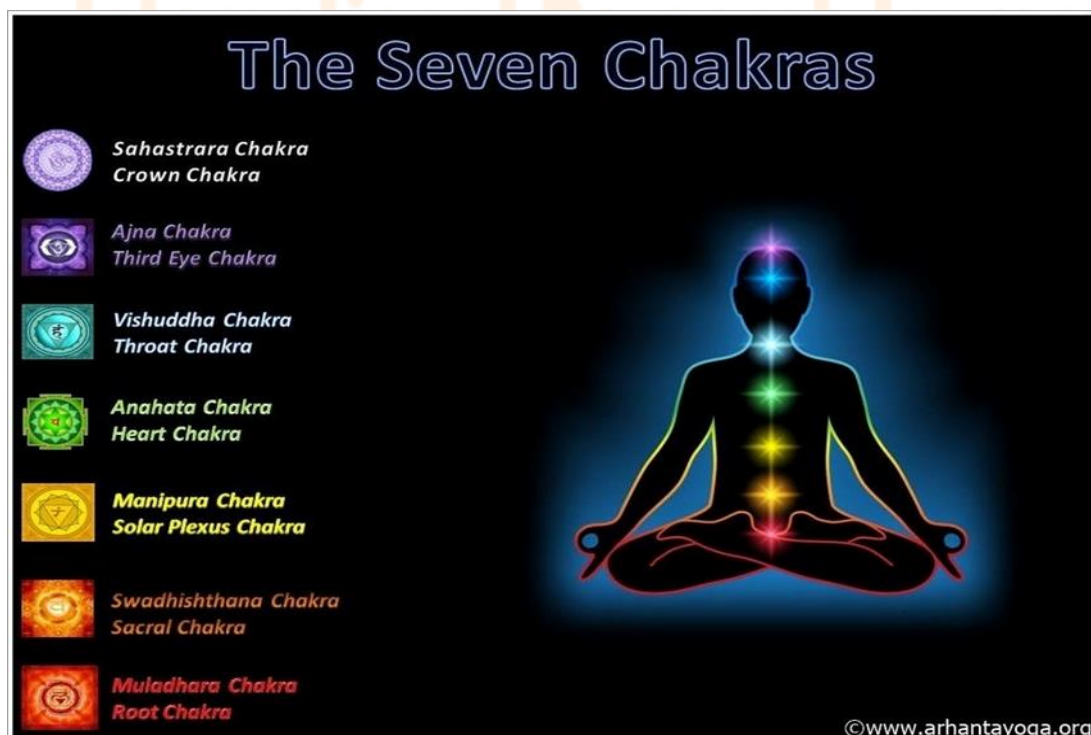
# Relationship between seven chakras of human body with Maslow's need hierarchy and Freud's morality principles

*Prof. Vidya Hattangadi, Babasaheb Gawde Institute of Management Studies, Mumbai Central.*

**Abstract:** Chakra is a Sanskrit word that means wheel or cycle. There are seven main chakras situated along the spine, from the base of our spine to the crown of our head. These are energy centres. This centuries old belief has become integrated into today's belief and lifestyle. I have connected the functions of seven chakras of human body to Abraham Maslow's Need Hierarchy. Maslow organized the different needs from physiological needs to self-actualization as he wanted to understand what stimulates desires in people at different stages in life. He believed that individuals possess a set of motivation systems distinct to rewards. Our diverse needs are connected to physiological, biological, and mind; therefore, I have hypothetically connected 7 chakras to Maslow's need hierarchy and Freud's morality principles.

**KEYWORDS:** Human Chakras, Muladhara Chakra, Swadhisthana Chakra, Manipura Chakra, Anahata Chakra, Visuddha Chakra, Ajna Chakra, Sahasrara Chakra, Abraham Maslow, Need Hierarchy, Sigmund Freud, Morality Principles, id, ego, super ego.

## Introduction:



The human body is a dynamic mechanism. It consists of 7 energy centres; the chakras which look like wheels, spin energy linking to certain nerve bundles and major organs. They provide energy for survival of the body and the mind both. These centres were named as

‘Chakra’ because of the circular shape to the spinning energy centres which exist in our body. They are located parallelly to the spine along the front and back of the body. Each chakra has some specific qualities that correspond to the enhancement of energy from the very basic level such as identity of self to the highest level of spiritual transformation also known as the enlightenment. We must try studying them to master each chakra’s essence in unity of body and mind to lead a brilliant, healthy, and happy life. To be aware of your 7 energy centres/chakras is like having key to do well in life easily.

I connect the functions of the seven chakras to Abraham Maslow’s Need Hierarchy. Maslow wanted to understand what stimulates desires in people. Maslow’s hierarchy of needs is a theory of psychology explaining human motivation based on the pursuit of different levels of needs. The theory states that humans are motivated to fulfil their needs in a hierarchical order.

I also connect it to Freud’s morality principles theory which segregates the human psyche structured into three parts, the id, ego, and superego, all developing at different stages in our lives.



**Root Chakra or the Muladhar Chakra:** This first Chakra is called Root or Muladhar because it supports the body at the bottom level. It is located at the lowest part of the spine. This energy centre tells us to accept our body, feel it, validate it, and love it. It is related to our “identity” its intent is “I am”. This chakra boosts survival instinct: it consists of masculine energy. It gives us security, vitality, stability, individuality and of course courage. This chakra is associated with our activity to eat, sleep, thirst, and reproduction. Protein is the food of this chakra. When we have a well-balanced diet, our body grows strong and supports the other functions. When the root chakra malfunctions, it manifests into obesity. The root chakra comprises of whatever grounds you to stability in your life. This includes your basic needs such as food, water, shelter, and safety, as well as your emotional needs such as letting go of fear. When these needs are met, you feel grounded and safe, and you tend to worry less day to day.

The color associated with this chakra is RED. I connect the Mooladhar Chakra with Maslow’s Physiological Needs. The basic needs such as food, water, sleep, and sex are the bare necessities for anyone's survival. The Mooladhar chakra is related to the id which is the impulsive part of human personality that is driven by pleasure and revolted by pain. The id is the primitive and primeval part of the mind that contains sexual and aggressive drives and hidden memories defined by Freud.

**Sacral Chakra or the Swadhisthana Chakra:** Its element is water. This chakra is associated with our emotions of sexuality, desires, creation, and procreation. Socialization is also a function of the sacral chakra. The expression associated with this chakra is “I feel” The energy associated with this chakra is both emotional and sensual. The location of this chakra is in the genitals and womb. The second chakra consists of feminine energies. Besides both sexuality and pleasure associated with this chakra, it centres the desire of nurturing, nourishment, warmth, and touch. The malfunctioning of this chakra leads to kidney and bladder disorders. Its colour is ORANGE.

"Swa" means self and "adhishtana" means established, is the second primary chakra. This chakra is said to be blocked by fear, especially the fear of death. Opening this chakra can boost creativity, manifested desire, and confidence. Svadhishthana is located two finger-widths above the Muladhara chakra. Swadhishthana chakra is placed barely below the belly button. It relates to the sense of taste, (the tongue) and with reproduction (the genitals). It is often associated with the testes and ovaries. They produce the hormones testosterone or estrogen, which influence sexual behaviours. They are stored in areas where genetic information lies dormant, in the same way that samskaras (culture) lie dormant within Swadhishthana.

I connect the Swadhishthana Chakra with Maslow's Safety Needs. This need in hierarchy refers to the need for security and protection. When our physiological needs for food and water are met, our safety needs dominate our behavior. These needs have to do with our natural desire for shelter, clothing, protection with a predictable and orderly world that is fairly within our control. Safety needs in today's world can be referred to job security, savings accounts, insurance policies, financial security, health, and well-being. This chakra is also driven by id.

**Solar Plexus or Manipura Chakra:** The third chakra is the Manipura chakra, which means "lustrous gem." It is in the navel near to the solar plexus. Its function is lending willpower. The expression associated with this chakra is "I do." Its element is fire. It is connected to the pancreas, and it affects the pancreas, adrenals, digestive system, and muscles. Its malfunction results into problems related to ulcers, diabetes, and hypoglycaemia. The solar plexus chakra gives us the sense of "belonging." It grounds us firmly in life. Its colour is YELLOW. The solar plexus governs our confidence, our personal power, and all matters of growth, so when we are truly activated in the solar plexus, it gives us confidence to strengthen our identity. It helps us release any worries about what people think of us, and you can focus on growth.

I relate Solar Plexus or Manipura Chakra to Maslow's Social Needs (Love & Belonging). When we begin our career, when we finish our studies, at this stage in our life we like to be identified for our talent, our qualification, our position in career, our associations with various social clubs, name & fame etc. We like to be known for who we are, our relations, our achievements etc.

And as per id, ego, super ego described by Freud, Solar Plexus is ruled by ego. Ego functions are testing reality, judgment, objective conscience, clarity in relationships, rational thought processes, and regulation and control of impulsive drives. Ego rationalises id and super ego.

**The Anahata or the Heart Chakra:** It is located near the heart. Its function is love. Its element is air. The inner layer of this chakra is compassion and love. The expression associated with this chakra is "I love." The gland associated with the heart chakra is the thymus. It influences the body parts such as the lungs, heart, arms, and hands. Malfunctions of this chakra results in physical problems such as asthma, high blood pressure, heart disease and lung disease etc. We love because of the energy of this fourth chakra. The heart chakra allows us joyous acceptance in life. Its proper functioning gives us deep peace and allows us to be in harmony with our self. Its colour is GREEN.

I associate the Anahata Chakra or the Heart Chakra to Maslow's Love & Belonging Need. Loving others and being loved by others are the biggest motivators in life. Love is the biggest inspirer in our life. We work harder to have nicer things for us and our family and friends. Love makes us givers. Love makes us stronger mentally. At a later stage in life, we realise that we can't take anything from this world when we pass away, that's the reason many people become generous in older age.

My experience is that at times love is driven by id and other wise by super ego. The superego is the ethical component of the personality and provides the moral standards by which the ego operates.

**Visuddha or Throat Chakra:** Visuddha means "purified." It is in the throat. Its function is related to communication and creativity. It acts as the body's communication hub. You find your voice in Visuddha chakra, the chakra gets activated when we speak the truth, and when we find good in others and praise them. This chakra is associated with speaking up and expressing yourself, but also it gets activated when you feel heartening and being heard. The glands related to this chakra are thyroid and parathyroid. The other body parts related to the fifth chakra are the neck, shoulders, arms, and hands. The expression related to this chakra is "I speak". The sense associated with it is listening and talking. When this chakra malfunctions, we encounter physical problems such as sore throat, stiff neck, colds, thyroid problems, and hearing problems. Its colour is BLUE.

Maslow believed that self-esteem is based on higher-level needs of self-respect and competence. Higher-level esteem needs are based on knowing your life's purpose, knowing your strengths and weaknesses, deep inside us are so many experiences buried from our childhood, our life's journey, internal feelings of accomplishment. Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which are at times difficult to change. We might also think of this as self-confidence. Your self-esteem can affect whether you like and value yourself as a person.

I connect Visuddha chakra to ego. It is responsible for organising what is real; It helps us make sense of our thoughts and the world around us. It is the component of our personality we are aware of the most. Our ego controls our consciousness.

**Ajna or Third eye chakra:** In Sanskrit 'Ajana' means to know. It also means "to perceive" or "to command." It is in the brain. The element associated with Ajna is light. Its function is seeing and understanding events before they happen, which is intuition. The

expression related with this chakra is “I see” The body parts affected by the sixth chakra are the pineal gland and the eyes. Malfunction of the sixth chakra can manifest in blindness, headaches, nightmares, eyestrain, and blurred vision. This chakra is related to the mental state. One finds inner vision as part of this chakra, as well as actual seeing and outer vision. Therefore, mystical, magical, and clairvoyant abilities are also associated with this sixth chakra. The colour of sixth chakra is INDIGO.

I associate Ajna Chakra to self-esteem need. According to Maslow, when people reach this stage, they understand what they are “meant” for and who they are. The need for self-esteem is present in all of us but can only be met once all the lower needs are sufficiently satisfied. There is no age, religion, gender for experiencing self-esteem need. Some people at very young age understand the purpose of their life while some don’t understand even during their later years of life.

I connect the Ajna Chakra to the superego. It is the ethical component of the personality that provides the moral standards by which the ego operates. The superego's criticisms, prohibitions, and inhibitions form a person's conscience, and its positive aspirations and ideals represent a person’s ideal self-image.

**The Crown or the Sahasrara chakra:** In Sanskrit Sahasrara means “thousand-fold.” It is located right in the central of the top of the head. The seventh chakra represents thought, and its materialization. Its function is to understand, and the psychological state that it creates is bliss. It is associated with the expression of “I understand” and its color is VIOLET. This energy centre controls our connection to spirituality, and our sense of universal consciousness, wisdom, unity, and self-knowledge. The Sahasrara chakra corresponds to the goal of Yoga, Self-Realisation, and existence of God in our life, where the individual soul unites with Universal Energy. It is believed that one who gains this is liberated from all Karmas and achieves Moksha - complete liberation from the cycle of rebirth and death.

Activated Sahasrara allows forgiveness and fills the heart with gratitude. It helps to release the negative feelings we hold on to from the past and shift our focus to what we have and to be grateful for it. It helps one to become grateful for the present. When we confront challenges in life, if we surrender our thoughts to God, it gives us strength to face challenges.

I connect this chakra to Maslow’s self-actualization/enlightenment. An enlightened person can live well with the few needs at the bottom two levels in the need pyramid of Maslow. The higher-level needs include realizing our potential, self-fulfilment, self-development, and peak experiences of life. Its full of gratitude towards the God for the life’s experience.

This chakra also connects to super ego. The superego tries to perfect and civilize our behavior. It suppresses all id's unacceptable urges and struggles to make the ego act upon principled standards. The superego is present in the conscious, preconscious, and unconscious mind.

**Conclusion:** Every person is capable and has the desire to move up the hierarchy towards a level of self-actualization. Unfortunately, progress is often disturbed by failure to meet lower-level needs. Our constant struggle to earn name, wealth, fame; this causes us to swing between levels of the hierarchy at lower levels. Our needs are never ending.

Most significant point to note is that Maslow estimated that only two percent of people in the world would reach the state of self-actualization.

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