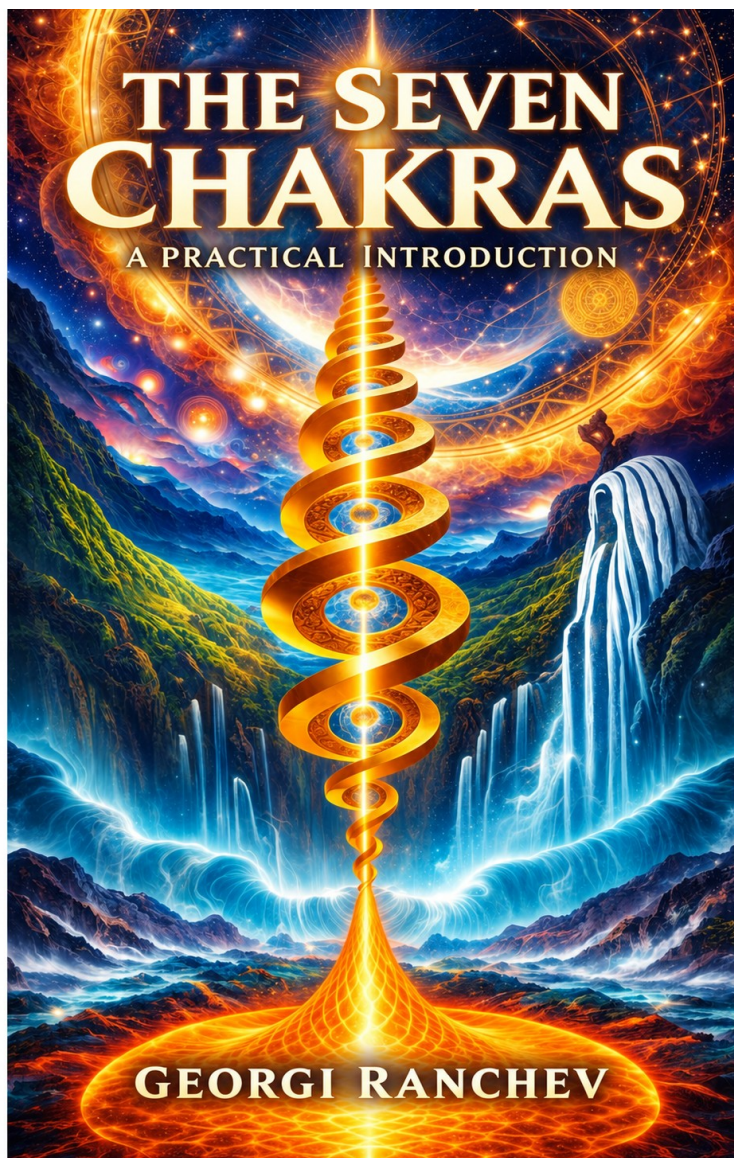




GEORGI RANCHEV · THE SEVEN CHAKRAS

The Seven Chakras: Four Forms of Expression

An English translation of the Bulgarian mini-guide by Georgi Ranchev.

Contents

Introduction — What is a chakra? The forms of its expression

Suppressed, aggressive and elevated forms; Siddhi

1. Muladhara — Root Chakra

2. Svadhishtana — Sacral Chakra

3. Manipura — Solar Plexus Chakra

4. Anahata — Heart Chakra

5. Vishuddha — Throat Chakra

6. Ajna — Third Eye Chakra

7. Sahasrara — Crown Chakra

Final Reflections

Introduction

What Is a Chakra, and What Forms Can Its Expression Take?

In esoteric and yogic traditions, the term “chakra” (from Sanskrit, meaning “wheel”) describes subtle energy centres

arranged along the human body. They are regarded as important to the relationship between our physical, emotional, mental and spiritual aspects. They can be viewed as gateways opening towards higher levels of consciousness while also influencing everyday behaviour and our sense of well-being.

According to some psychological models (such as Maslow's hierarchy), chakras correspond to fundamental human needs: survival, security, creativity, love, self-expression, intuition and spiritual elevation. When energy in a chakra does not flow freely, the tradition interprets this as potentially appearing in the body or psyche as tension, anxiety or inner conflict. Conversely, balanced energy is associated with calm, strength and inspiration.

In work with chakras, several characteristic patterns of distorted or balanced expression are described: a suppressed form, an aggressive form and an elevated form (also called enlightened or harmonious). There is also the concept of siddhi: subtle, exceptional abilities believed to develop when the potential of a given chakra is fully mastered.

Symbolically, each chakra is associated with an element (earth, water, fire, air, ether, light or cosmic consciousness). Different traditions also refer to mythological figures: gods and goddesses, fairies, dragons and guardian beings at the gates of higher dimensions. These folkloric images help us consider the psychological processes within the different "levels" of human nature. Two main aspects of chakra expression also deserve mention: feminine and masculine. The feminine aspect represents softness, intuition and creative power that builds and unites. The masculine aspect expresses decisiveness,

initiative and clarity — the power to uphold ideals and boundaries, while the feminine aspect is the power to accept and nurture. Ideally, both are integrated into a whole person capable of giving and receiving.

We will examine each chakra through its location, traditional symbols, element, psychological parallels and mythological associations; its suppressed form in everyday situations; its aggressive form and behavioural patterns; its elevated form and most constructive qualities; and siddhi, the special skills or subtle gifts believed to awaken through sustained spiritual and mental work.

What Does the Suppressed Form Mean?

- Underexpressed energy: insufficient “nourishment” to unfold a chakra’s positive qualities.
- Passivity in behaviour: withdrawal, avoidance of opportunities for self-expression and hesitation to act.
- Blocked emotions: especially in centres associated with feelings and intimacy (Svadhishthana and Anahata), this may take the form of withdrawal, distrust or a persistent sense of emptiness.
- Interaction with others: difficulty expressing an opinion, believing in one’s qualities or pursuing what one wants.

This model represents a perceived shortage of energy. The centre seems to be “asleep”, leading to stagnation, lack of initiative and the inability to express one’s abilities fully.

What Does the Aggressive Form Mean?

- Overactive energy: an overflow expressed as dominating or even violent behaviour within a chakra's associated sphere.
- Violated boundaries: conflict, manipulation, explosive emotions and controlling conduct.
- An expression of tension: rather than creating, this energy destroys, turning into anger, jealousy, despotism or obsession.

The aggressive form represents excessive force without a constructive outlet. Often the same fears or pain present in the suppressed form lie beneath it, but here they are expressed as a drive for control, superiority or imposition.

What Is the Elevated Form (Harmonious Expression)?

Here the chakra's energy is fully integrated and expresses its finest qualities. A person acts confidently without crossing others' boundaries; loves and rejoices without possessiveness; and creates expansively without destruction. This level brings a sense of inner peace, nobility and genuine warmth towards others. Every chakra has its own "blossoming" potential, bringing deep fulfilment and a positive contribution to its surroundings.

What Is Siddhi?

In yoga and tantra, siddhi refers to "extraordinary abilities" or "spiritual gifts" said to arise through complete mastery of the energy of each chakra. These are usually described as subtle expressions of human potential, such as telepathy, healing qualities or an emotionally uplifting presence. It is believed

that an elevated chakra becomes a source of inspiring strength benefiting oneself and others. Yet tradition warns: “Do not pursue siddhis for their own sake,” since the pursuit of extraordinary powers may feed egocentrism. Genuine talent unfolds naturally when the focus is on integration and overall development.

1. Muladhara — Root Chakra

Located at the base of the spine, Muladhara is associated with security, survival and material stability. Its red colour symbolises vitality, connection with the Earth and primordial energy.

- Psychological parallels (Maslow): the needs for survival, security, food and shelter; basic trust or fear.
- Mythological associations: the Great Mother Earth, guardian dragons or serpents sleeping in the caves of the unconscious, symbolising hidden primal energy.

Suppressed Form

In its suppressed form, Muladhara appears as profound insecurity and a lack of inner support. A person may avoid confrontation, fear new experiences and feel that life offers no protection. They may avoid challenges, distrust their own capabilities and harbour the belief that they do not deserve more.

Example: an employee repeatedly hesitates to request a pay rise because they do not believe they deserve it. Another

person may fear leaving home, experiencing anxiety about the outside world without an obvious reason.

Aggressive Form

When Muladhara's energy is excessive or "overheated", it is expressed as rough assertiveness, a thirst for material control and clinging to security at any cost. This can include relentless accumulation of resources and a tendency to dominate family life or the workplace.

Example: someone insists on controlling every detail at home or work, becomes furious when events do not follow the plan and constantly seeks to accumulate money, objects and power.

Elevated Form

Here Muladhara is harmonised: a person feels stable, vital and capable of meeting challenges calmly. The connection to Earth is almost sacred, like an unshakeable root nourishing the whole being. It represents deep resilience and peace, confidence in the present moment and natural grounding that can make the person a pillar of stability for others.

Mythic image: a giant or titan hero standing firmly on the earth and drawing strength directly from it, protecting it from harm.

Siddhi

- Intuitive survival: sensing possible danger and responding promptly and appropriately.
- Stabilising presence: the ability to calm others and impart a sense of security.

Original Illustration

