YOUR CHAKRAS AREN'T PROBLEMS TO SOLVE.
THEY'RE POWERS TO AWAKEN.

CHAKRA WISE

A New Way to Live the Seven Chakras and Discover Your True Potential

ANCIENT YOGIC WISDOM FOR A MORE FULFILLED, AUTHENTIC AND PURPOSEFUL LIFE

ANDREW WELLS & CHANDRA GOSWAMI
DRU

This book is dedicated to you

As you sit here holding this book, in print, or on your device, you have within you a presence of the highest humanity, a light described by mystics and yogis across the centuries.

Before we go any further, please take a moment to wonder about that presence within you. And perhaps aspire to discover more of its gifts.

We thank you for your journey towards unveiling your highest within.

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FOREWORD

For as long as I have been teaching yoga, since the early 1990s, I have worked to widen society's embrace of it, and of yoga therapy in particular.

In that time I have seen, over and over, what a difference yoga makes to people's health. It reaches well beyond the physical level, across the whole spectrum of the human psyche. I have seen for myself that the wisdom of yoga, as written down through the centuries, works as well today as it has through the millennia.

The chakras are a key part of that wisdom. They help us understand our lives deeply, and they give us a ladder of steps to climb: to heal the body, to bring our energy system into something more connected and complete, to let our emotions and our mind work with us rather than against us, and so to contribute more to the world around us.

Much of my working life has been sent in education, designing the pathways that help people learn and grow. As a mother, I know how much of what a person can become is already there, waiting for the right conditions. Yoga and its sister disciplines of meditation, Ayurveda and Vedic astrology create those conditions. Time after time, I have watched people use them to clear away what has been holding them back. What emerges is a newer, stronger, brighter version of themselves, and they go on to make great contributions to their communities.

Dru's approach to the chakras is inherently pragmatic. In this book you learn that they are parts of your own consciousness, and that they shape the everyday experiences you have. They help you uncover your strengths and let go of your self-limitations. You can draw on the wisdom in these pages in the most ordinary moments: cooking a meal, driving a car, talking with friends, cradling a child, teaching a seminar, carrying out research, or imagining a new way forward for a movement for social change.

As someone who designs learning for a living, I also admire how the book is built. It invites you to try each idea out for yourself and to trust your own experience.

Dru's founding philosophy is to transform the world by giving people the tools to transform themselves. The book you hold in your hands is a precious gift. It has the power to unlock potentials you may never have guessed at, and it gives you the chance to experience the strong, vibrant parts of your character in a way that lets them infuse your everyday life.

I hope this book will help you reach the hearts of the people close to you and build a brighter future with them. I hope it will help you touch the souls of people you may not have met yet, so that they feel more empowered and able to live a compassionate life for the benefit of everyone on our planet.

Sylvia Barrington
Curriculum Director, Dru UK
British Council of Yoga Therapists, Accreditation Chair

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CHAPTER ONE

THE CHAKRA MAP



THE CHAKRA MAP OF YOUR HIGHEST POTENTIAL

You're as vast as the sky
and as deep as the ocean

Right here, right at the start, we'd like to invite you to pause.

Just pause.

It's a thing we're not so used to doing, yet it could be one of the most important skills you ever master in your life.

So, yes, why not take a moment to pause?

Take a couple of fulfilling breaths... scan your life...

... and recall
a moment or two
when you felt
deeply and truly connected.

Connected to yourself, to the universe, to something grander than the everyday. Connected to a feeling of completeness, transfixed for a brief instance at the beauty of life, or simply lost in a golden sense of flow.

We've all had such moments – on a mountain top, holding a baby in our arms, lost in a glorious symphony, quiet beyond quiet in a forest glade or a vast cathedral.

In these moments you might have felt utterly empowered, bathed in love or in light. You might have felt a profound stillness.

These are precious moments.

In these experiences, everything comes together. You're simply present, and at the same time fully complete.

Maybe take a few moments right now to explore your experience of these special instants. Write some words, draw the experience or create a soundscape.

You will probably end up writing words like love, light, oneness or fullness. Or drawing or singing an experience of being fully, quietly or radiantly transfixed in the completeness of the moment.

Your experience of these special moments might include all these qualities, or just some or one of them. Each of us is unique.

In these moments, if you ask, "Do I want anything more?" the answer is almost certainly, "No, there isn't anything more I could want."

In these moments, you are complete. There is nothing else to want. Other than perhaps to have the experience more often!

According to the science of yoga, these moments of completeness aren't just a fleeting mood. They are moments in which you touch something very real.

The yogis, and indeed the mystics of every tradition, all say the same thing: you are far more than just a physical being. You are presence of consciousness – a soul as vast as the sky, the heavens, the galaxies, and the whole universe.

And when we move past the surface ups and downs of the mind and emotions, the impermanent fluctuations of life, we come to a state deep within that is abiding, present, and complete.

When you enter these moments of connectedness, you are touching this state.

In these special moments, we are encountering something very profound. It is the outside edges of the state the sages call the Self. It is the beginning of experiencing our essential, inner nature.

And this need not just be a state that happens in isolation from the rest of your life. Learning to begin to live from it turns out to be entirely possible.

While complete immersion in it is the definition of enlightenment, regularly touching it is accessible to us all, and a single experience of it can keep us going for days, weeks, or months. This is why meditation and yoga are so powerful. They help us connect to this state, regularly across the weeks and months, even if only for an instant every now and then.

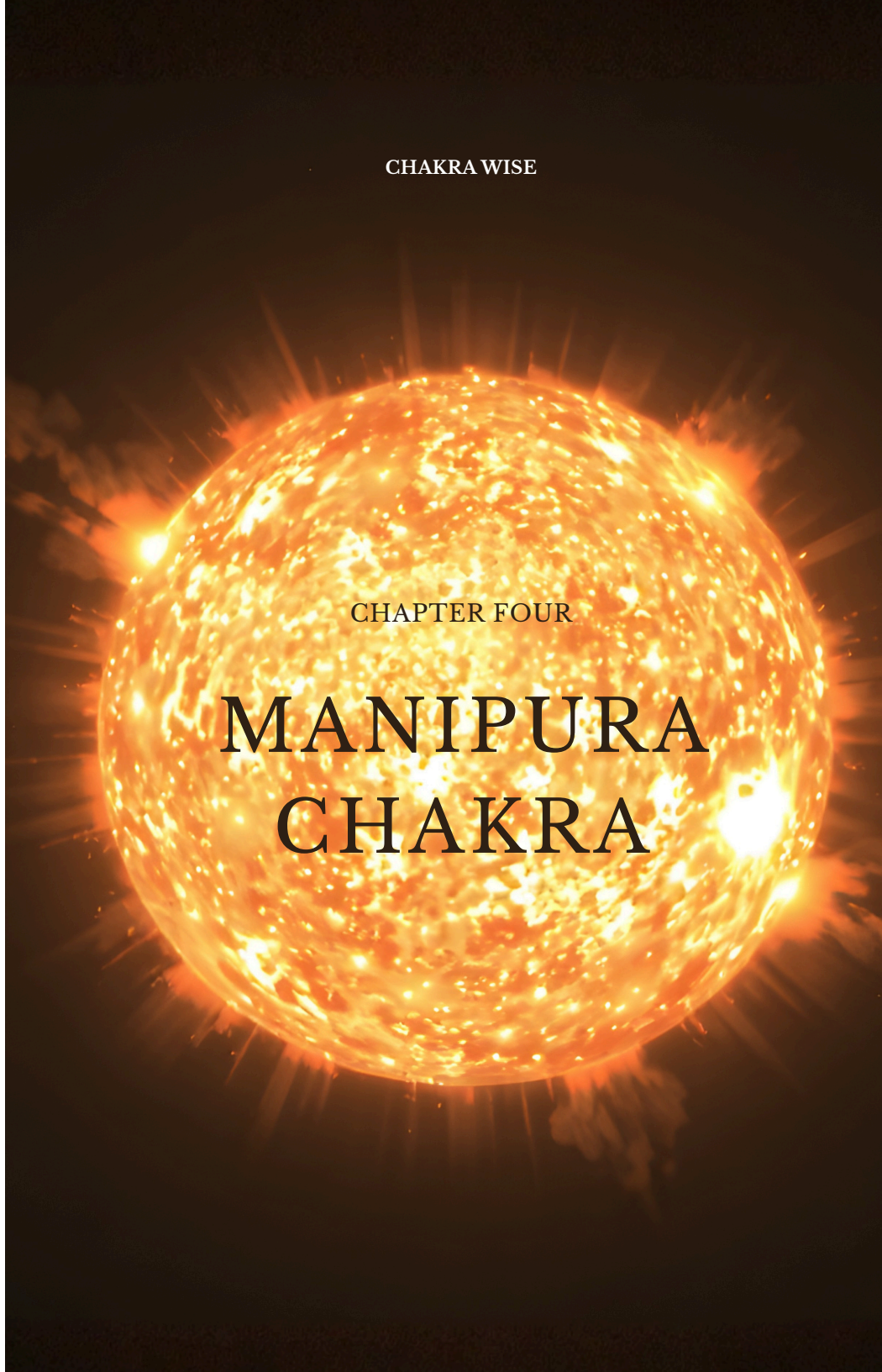
The Human Qualities of the Soul
Take a moment to think about the qualities you experience when you're really connected. It could be some of these:

- **Completeness**: A feeling of wholeness, so complete that you can't think of anything more you could have.
- **Joy/Happiness**: A deep, abiding sense of joy that transcends whatever else is going on in life.
- **Stillness/Peace**: A quiet, inner calm that remains undisturbed by the storms of life.
- **Love**: A deep, unconditional love that radiates from within, connecting you to others and to life itself.
- **Unity**: A sense of oneness, where there is no separation between you and the world around you.
- **Connection to Dharma**: A profound understanding of your life purpose and how you contribute to the world.
- **Effortlessness/Complete Flow**: A sense of being in the right place at the right time, with everything flowing effortlessly.
- **Abundance**: A sense of having all that you could ever need – enough resources to support you and yours and to share freely.
- **Empowerment**: A sense of your own strength and agency, able to act with clarity and purpose.
- **Knowledge of all things**: A wisdom that sees the interconnectedness of all things.

Your free sample now pauses...

...and continues with Chapter 4

Manipura Chakra



CHAPTER FOUR

MANIPURA CHAKRA

Before you begin

Let's touch on the light
of the solar chakra:

Manipura.

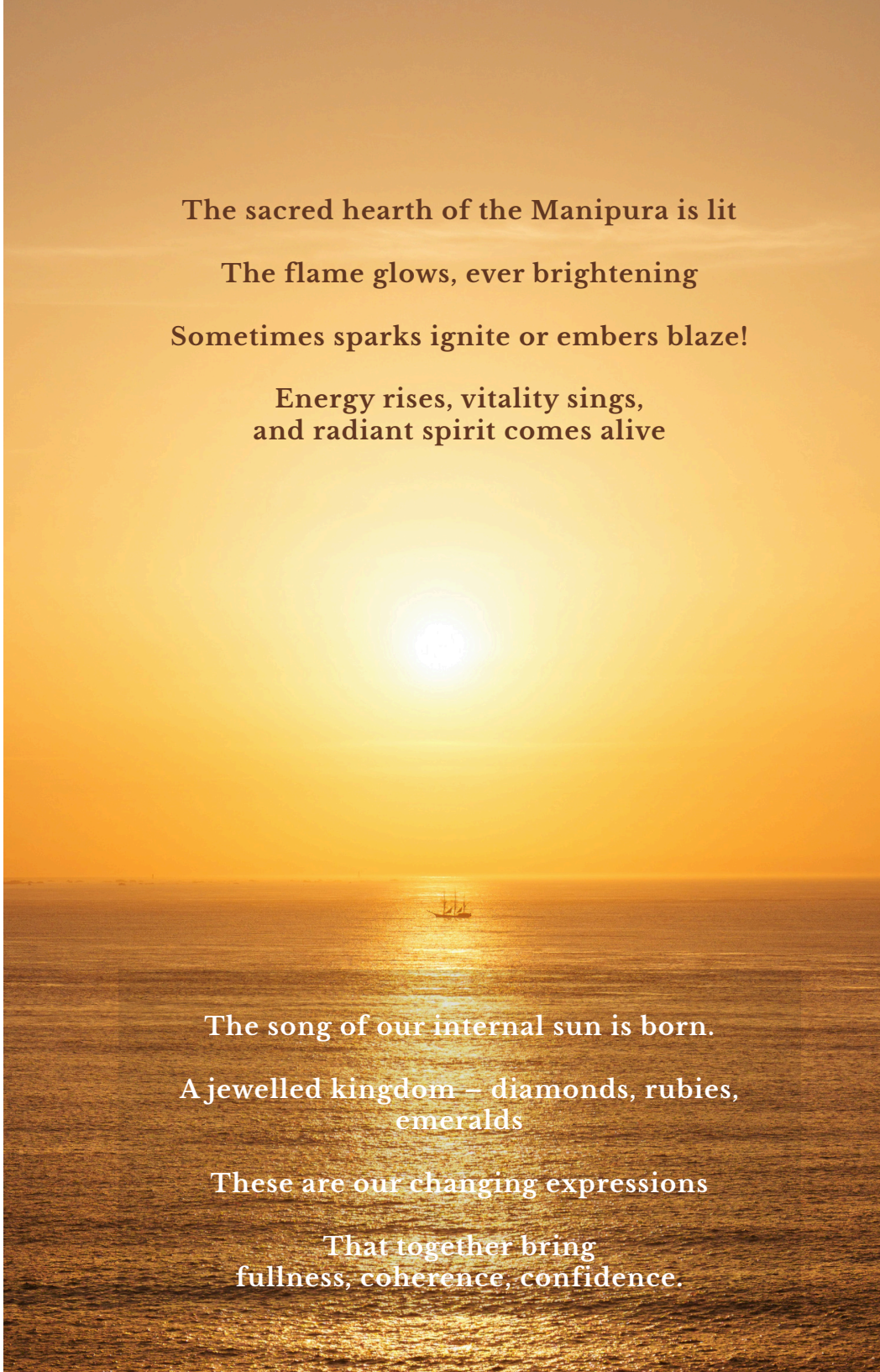
City of a thousand lights, the realm of your will to do, your ability to make, create and accomplish.

You might like to explore the short contemplation opposite.

Explore the words, let them find their own meaning within your awareness.

For a short time,
pause, and be.

Then turn the page and begin.



The sacred hearth of the Manipura is lit

The flame glows, ever brightening

Sometimes sparks ignite or embers blaze!

Energy rises, vitality sings,
and radiant spirit comes alive

The song of our internal sun is born.

A jewelled kingdom – diamonds, rubies, emeralds

These are our changing expressions

That together bring
fullness, coherence, confidence.

THE CITY OF A THOUSAND JEWELS: YOUR POWER TO CREATE

Imagine walking into a sacred cathedral space or a vast clearing in nature and finding yourself surrounded by countless sparks of jewel-like light, each one resting quietly in space.

Each of those jewels represents an action you have taken that led to greater harmony on the planet. And they are amazing.

This is the inner landscape of Manipura chakra. The name itself means 'city of jewels', mani meaning jewel, pura meaning city. It is sometimes described as the place of a thousand jewels. It is, in every sense, a treasury of your accomplishments, your courage, and your creative power. In the base chakra, you assembled life force. You established the certainty that you exist and that the universe supports your being. In the sacral chakra, you discovered your own abode – your sense of self, your ability to relate, your place in the web of connection.

Now comes the question that Manipura asks: What are you going to do with all of that?

Manipura is the part of your consciousness where you discover the power to create. This is where you accomplish your aims, your goals, your purposes, your dreams. Not the shaping of the goal itself, that comes from the higher chakras, from vision, intuition, and

purpose. Rather, the ability to take action, to step forward and arrive at completion – that is Manipura.

This is the realm of willpower. The self-confidence to step forward and shape your destiny.

In the yogic tradition, this is known as iccha shakti – the power of will or motivation that enables you to accomplish the task you set yourself.

It is also the realm of the sunshine that creates life. The energy the yogis call tejas – a life force like a flame that creates growth, induces activity, brings life into being, adds harmony to the world, and brings creation into existence. Manipura is the realm of the light that creates, invigorates, and accomplishes.

THE CORE QUESTION

Do You Believe You Can Accomplish What You Set Out to Do?

The fundamental question at Manipura is deceptively simple:

> Do I, or do I not, believe that it is possible to accomplish the task I set myself?

When Manipura is strong, the answer is clear. You are absolutely certain – not arrogantly, but deeply, at a

cellular level – that you will create the circumstances that make it possible for your task to come to fruition.

When Manipura is less strong, you walk forward with doubts and confusion. Obstacles manifest themselves and begin to feel insurmountable. Not because they are, but because the inner fire that would burn through those obstacles is dim.

For someone whose Manipura is alive to their innermost soul-force, they are completely sure that whatever task they set themselves can be accomplished. Further, the tasks themselves are chosen – guided by the higher chakras – to be in line with dharma. And the experience of accomplishing them will be one of glide.

That doesn't mean it will be easy or without challenge.

There are many forces at work that are more complicated than "I see it, I feel it, therefore I create it." There is karma. There is the unfolding of shared dharma. There is the effect that comes when you begin to move faster than your current speed – like a sailing dinghy that must first plough through its own bow wave before it can skip across the top of the waves.

It is not always simple or effortless to bring things into being through Manipura. However, when Manipura is strong, you will be able to dance and glide and create in such a way that whatever task you set yourself will be accomplished – or something better will arrive.

That is the power of Manipura. It allows you to take actions and create results that lead you along the golden path of soulful purpose in life.

The Alchemy of Morning Practice

Chandra

When I was facing high levels of stress and mounting responsibility at work, I decided to commit to a dedicated two-hour yoga practice every morning. It required deep discipline, but the effect on my Manipura chakra, my inner solar fire, was extraordinary.

Rather than feeling drained by the demands of the day, I was filled with a steady, vibrant energy. My mind became exceptionally sharp, and my decision-making grew clear and effortless. Tasks that used to feel overwhelming were now straightforward, and I could lead with calm authority.

It was during this period of intense morning practice and heightened mental clarity that I was promoted to Deputy Head of our school. The practice proved to me that when you systematically fuel your inner fire, you don't just survive difficult seasons, you build the energy and confidence to step fully into your leadership and purpose.

A Story of Inner Fire: Choosing the Path That Fear Would Block

Andrew

In my twenties I had lived for a year in Harrisonburg, Virginia, helping to create a community mediation centre at a time when these were just beginning to take off. The year was drawing to a close and I was working out what to do next.

Two opportunities appeared. One was to go to New York City and work with the Quakers for a year at their United Nations office. The other was to go to Dublin and help set up the first community mediation centre in Ireland.

I couldn't tell which way to go. Both were deeply attractive. Each seemed perfectly balanced in my psyche. But I knew something wasn't quite right. I sensed there were unconscious forces shaping one direction and not the other, and I didn't want to make a decision based on uncertainty or reactivity. I'd already learnt that paths chosen like this rarely lead to fulfilment!

To add to my dilemma, my partner lived in the UK, so if I went to Dublin, I'd be closer. Yet my career would be more advanced if I went to New York. And then, I really didn't like the crime, the danger, and the noise of New York City.

I wrestled with it. I meditated for a day and a half. I had a weekend to make the decision. Eventually, I resorted to a simple list of pros and cons. As I wrote, one sentence

appeared on the page: "I am afraid to live in New York because I might lose my spirituality." The moment I wrote those words, a mighty force arose within me. It said: That is the single reason you don't want to go. All other reasons point forward. And swiftly on the back of that recognition, an even greater force rose up – a force of certainty, commitment, and courage, and it said:

I am not going to be held back on my spiritual path because of a fear!
If my spirituality is not strong enough to handle the ups and downs of a big city, what kind of limited spirituality is that? I am not going to allow my life to be limited by this!

In that moment, everything became clear. The decision was New York. Every cell in my body knew it.

Within a week, my partner rang to say she had been offered a scholarship to live in Philadelphia.

The experience of living and working in New York City turned out to be among the most transformative of my life. It helped me understand the world order and brought me into relationship with people from the world's main cultures. It deepened my ability to bring the highest degree of peace and kindness into complex, real-world situations. That mighty force, the certainty, the commitment, the refusal to be limited – that was Manipura coming alive.

MANIPURA THROUGH THE FIVE KOSHAS

Let's explore how this chakra of creation and accomplishment expresses itself through all five layers of your being.

ANNAMAYA KOSHA – PHYSICAL LAYER

Physically, Manipura inhabits the region of the solar plexus, the abdomen, the lumbar spine, and the belly in general.

When In Balance: Your digestion works well. Your core muscles are toned – not rigid, but alive and active. There is a fire in them that gives strength. The transversus abdominis, the upper part of the iliopsoas, the erector spinae between the sacrum and thoracic spine – all these muscles are toned, strong, alive, active, and free.

You feel you have control over your diet. You neither eat too much nor too little. Your gut biome is thriving – a community of organisms working together in harmony. Your liver is a happy place. Your gallbladder provides exactly the potency you need.

When you walk and stand, there is a quiet, almost unconscious awareness of your centre of gravity. You stand upright naturally. There is a sense of being a pillar of strength.

When Out of Balance: Digestion may be sluggish or erratic. Core muscles may be weak or chronically tight. There may be lower back tension, bloating, or a sense of

heaviness in the belly. Posture may slump. There is a physical sense of lacking a centre.

Experience / Reflection: Bring your awareness now into your belly, your solar plexus, your lower back. Does this region feel alive and warm – or heavy and dim? Can you sense a centre of gravity in your body? Can you feel any flame of vitality here, however small?

PRANAMAYA KOSHA – ENERGY / BREATH LAYER

At the pranic level, Manipura radiates.

When In Balance: When you explore the area around the solar plexus, the kshetram of Manipura, you find a feeling of light and stillness. At the same time, there is the subtle energy of a flame that transforms. The digestive fire feels active, alert, and nourishing to the whole body. There is a sense of light, luminosity, warm and uplifting vitality in the energy system. A sense of strength.

At the breath level, samana vayu, the assimilating breath, is in brilliant shape. You can effortlessly send away emotions or ideas that are not for you and take on what feels right. If someone comes towards you with a ball of energy, you can calmly decide what to do with it.

Just as the digestive fire assimilates what nourishes and releases what doesn't, so does your pranic system.

When Out of Balance: The energy around the solar plexus may feel dull, cold, or agitated. Breath may be

shallow or held. There is a sense of energetic depletion, as if the flame has gone out or is guttering.

Experience / Reflection: If you were to scan the area around your solar plexus right now, what would you find? Is there warmth, light, radiance? Or heaviness, coldness, constriction? There is no wrong answer. Simply notice and try to articulate your experience.

MANOMAYA KOSHA – EMOTIONAL / MENTAL LAYER

Emotionally, Manipura is the seat of motivation, passion, and the certainty of success.

When In Balance: You feel highly attuned to accomplish something. There is motivation, passion and excitement. You begin things with a joyful sense that accomplishment is going to happen. An inner commitment to purpose that nothing can shake.

You have a deep cellular certainty that nothing can stop the steps you are planning. You trust that the universe will support you (base chakra), that the people around you will support you (sacral chakra), and your consciousness weaves all of this into a tapestry of creation.

This is the emotional and motivational power of Manipura. A successful person has a certain radiance – a light and confidence.

There is an alluring presence of confidence and vivacity around them. Others see it as a shining presence of vitality where everything gets done, and success and accomplishment are simply a natural way of being.

Naturally, few of us will live with all these qualities! At the same time, all of us will have a few of them. Our task, perhaps, is to explore what our life would be like if we focused upon and broadened the strengths we do have.

When Out of Balance: There is self-doubt. Confusion about direction. Procrastination. A sense that "I can't do this" or "Who am I to try?" There may be people-pleasing, giving your power away to others, or alternatively, an aggressive overcompensation that masks inner uncertainty.

Experience / Reflection: Ask yourself honestly:

- When I set myself a goal, do I believe, in my cells, not just in my mind – that I can accomplish it?
- What is my relationship with success? Do I feel I deserve it?

When obstacles arise, do I see them as signs to stop, or as part of the journey?

Practice: Your Manipura Voice

1. Write down one goal that matters deeply to you right now. Beneath it, write the inner commentary

that arises. Is it the voice of certainty or the voice of doubt?

2. Now write what the voice of your Manipura in full flame would say about this goal. Let it be bold. Let it be certain. Let it be unapologetic.
3. Read it aloud. Feel it in your belly. Return to it when doubt arises.

VIJNANAMAYA KOSHA – WISDOM LAYER
At the deepest attitudinal level, Manipura in full health carries a sense of mastery.

When In Balance: "I am the captain of my own vessel." The direction comes from the higher chakras, from vision, intuition, and purpose. But alongside that is a deep, soulful certainty: I can accomplish this. It is a cellular knowing. A quiet, unshakeable strength.

This is not arrogance. It is not bravado. It is the same force that drives a seed to become a tree, that propels water over a waterfall, that enables a mother to lift impossible weight to protect her child.

It is the deep conviction that this shall be accomplished, one way or another. You will be like Gandhi, someone who can befriend all, and at the same time deliver potency and never be walked over. You will not be a pushover. You will be an upright pillar of strength.

When Out of Balance: You may feel that success is for other people and that you don't have what it takes. That

the world is too difficult, too competitive, too hostile for your dreams to survive. You may have given up on goals that once mattered deeply or never allowed yourself to form them in the first place.

Experience / Reflection: Think of a time when you accomplished something you once thought impossible. What rose up within you that made it happen? Was it willpower alone, or something deeper? Can you feel that force now, even faintly?

Practice: Sit quietly and ask yourself: From the most certain, radiant version of me – what is the one thing I know I am here to accomplish, even if I don't yet know how?

Listen. Trust what arises. Write it down. Hold it as a jewel in your city of a thousand jewels.

ANANDAMAYA KOSHA – BLISS / CONNECTION LAYER
At the bliss level, Manipura is the experience of creation as sacred service.

Every action taken in alignment with dharma adds a jewel to the cathedral of your inner life. Every step forward in courage and purpose contributes not just to your own fulfilment, but to the harmony of the whole.

At this level, accomplishment is not driven by ego or ambition. It arises naturally from the overflow of your connection to the Self. You create because creation is

your nature. You act because action is the expression of your soul-force in the world.

Experience / Reflection: Imagine yourself standing inside that sacred cathedral space – surrounded by countless sparks of jewel-like light.

Each one a moment when you chose courage over fear.

Each one a time you acted from your highest self. How does it feel to be in this space? How does it feel to know that every aligned action you take adds another jewel?

PRACTICES FOR THE SOLAR PLEXUS

The Navel Mudra (Gesture of Tolerance)
A powerful, discreet tool to soothe digestive or emotional turbulence, ideal during times of personal upheaval:

1. Bring all ten fingertips to touch softly in front of your navel.
2. Touch the tips of your thumbs together, and the tips of your pinkie fingers together, forming a diamond shape with the outline of your hands.
3. Allow your forefingers, middle fingers, and ring fingers to point straight outward (perpendicular to your body), while placing the thumb-and-pinkie diamond against your abdomen, framing your navel.
4. Hold this gesture while breathing deeply into your belly. Feel a cooling, soothing warmth spreading

across your digestive centre, transforming inner turbulence into steady tolerance.

Dru Rotating Triangle for Radiant Energy
By adding a gentle spinal rotation to the classic Triangle posture, we open the heart space first, then ground that energy into Manipura. This ensures your personal power remains rooted in compassion and in *we* rather than *me*.

BRINGING IT TOGETHER

Your Manipura Gives You Your Power
A thriving Manipura consciousness gives you the power and the will to act, to create, to accomplish and succeed.

The direction you choose to take – the formation of the goal itself – comes from the higher chakras: from vision, intuition, purpose, and the quiet voice of dharma. But Manipura is the force that allows you to manifest that direction in every action.

When you work with this chakra through all five koshas – strengthening your body, stoking your inner fire, cultivating emotions of certainty and motivation, anchoring attitudes of brilliant competence, and touching the bliss of sacred action – you become someone who can glide through life's challenges with an unshakeable sense of purpose.

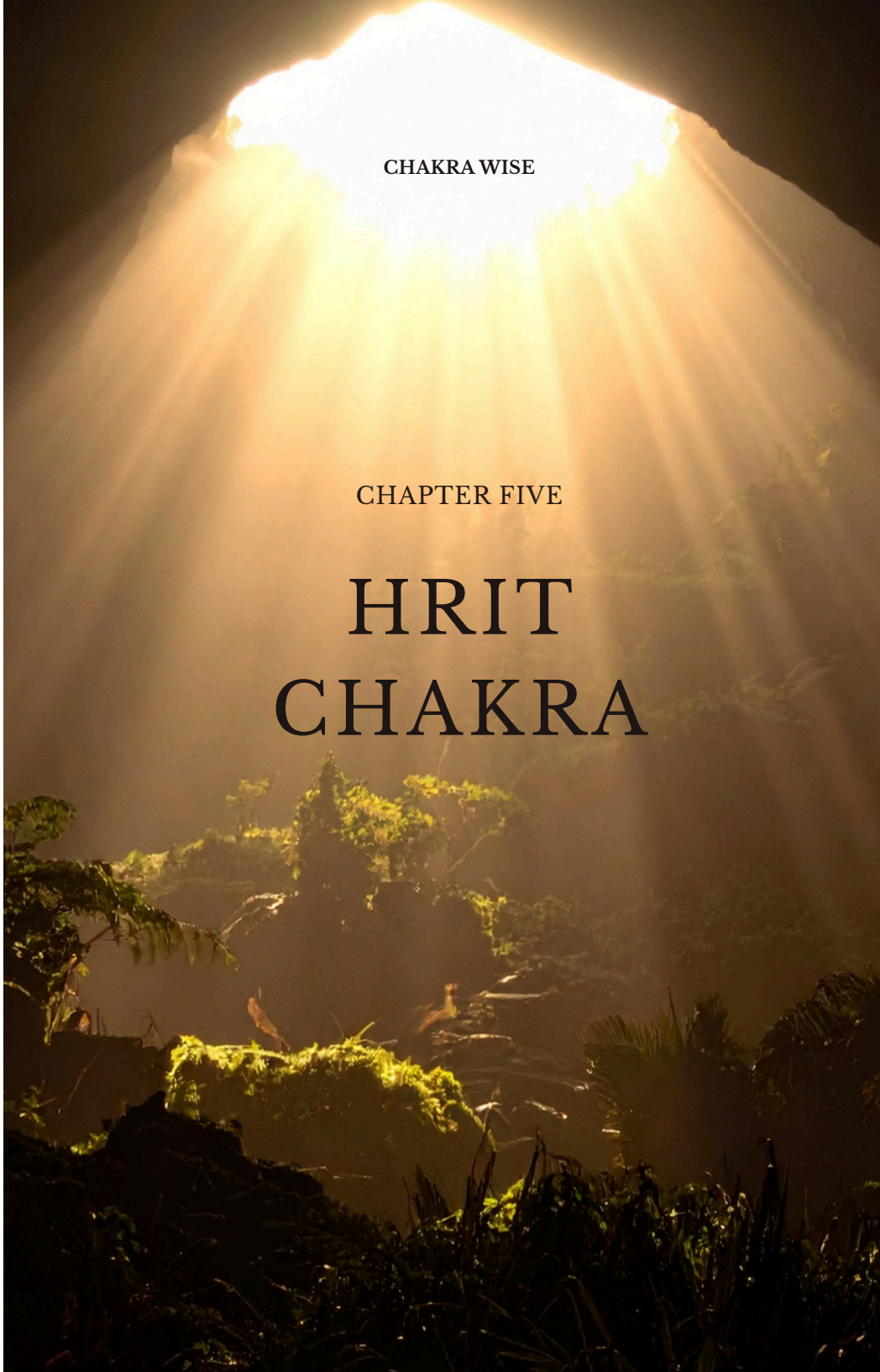
Not because life becomes easy. But because you know, in every cell of your being, that whatever you set yourself to do will be accomplished – or something better will arrive.

That is the promise of Manipura.

Tracking Your Progress:
Return to your Wheel of Empowerment. Rate your solar plexus chakra. Notice what has shifted since you began this journey.

Journal about your relationship with success, power, and accomplishment. What beliefs are softening? What new certainties are emerging?

An Invitation:
Come back to Manipura often. Not as a place of striving, but as a place of remembering. You are the captain of your vessel. The fire is already within you. Every action taken in alignment with your purpose adds another jewel to your sacred city.



Before you begin

Will you walk into
the Cave of the Heart with us?

The Hrit Chakra.

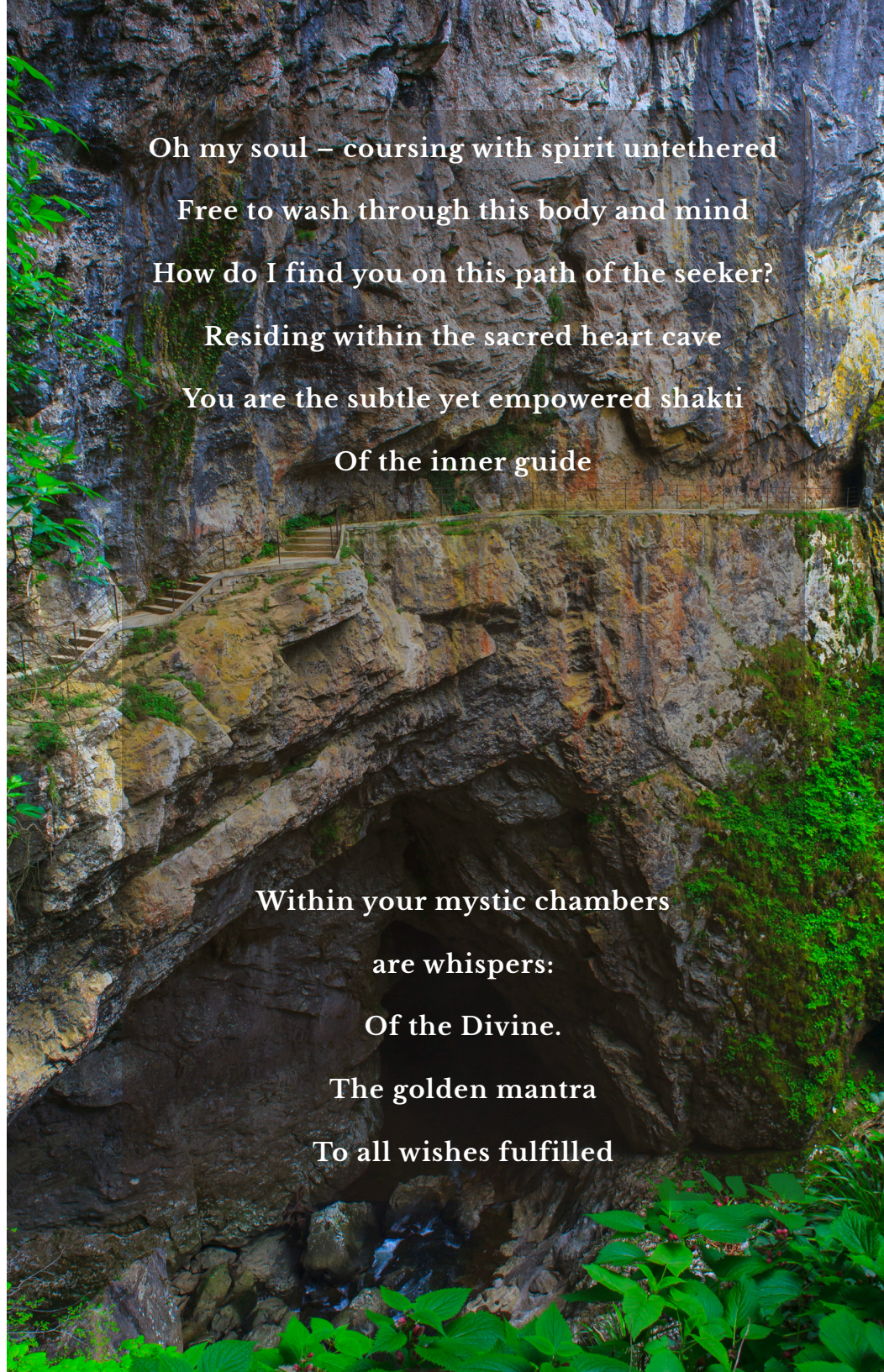
Home of your Inner Teacher, seat of your
intuitive wisdom.

Seek a place of rest...
in the short contemplation opposite.

This is a time for being,
For listening,

Within.

And then,
turn the page and begin.



THE HEART GATE: FROM ME TO WE

Imagine you have mastered the Art of Success. At Manipura, you have discovered the beauty of acting and creating; you have realised you are completely capable of manifesting your dreams. You are living in a 'golden flow' of productivity and willpower.

But here is the catch: that power is a double-edged sword. It will go well if you act in alignment with the overall dharma of the universe, but it can go quite wrong if you don't. Without a higher direction, your willpower is subject only to your own personal ego, and history, as well as our personal lives, is full of the suffering that follows that path. Between the fiery powerhouse of the solar plexus and the expansive love of the heart lies a gateway. This is Hrit, often called the 'Heart Gate.'

It is the underpinning of the soul. If Manipura gives you the confidence to accomplish things, Hrit gives you the direction. It is the meeting point where the wisdom and love of the higher chakras pour down to illuminate your conscious actions. It is the gate that allows the love and practical harmony of the Divine to inform your personal will.

The journey from the bottom three chakras to the heart is often described as the longest journey in the world – a mere 10 to 15 centimetres that represents the shift from "Me" to "We."

THE CORE QUESTION – AM I LISTENING TO THE WE?

The transition at Hrit is defined by a shift in listening.

- Base: I Exist
- Second: I Relate
- Third: I Create
- Hrit: I Listen

The fundamental question of Hrit is:

Am I listening to the needs of the "We"?
Am I acting to uphold the greater whole?
Am I listening to the inner teacher to ensure my success achieves our shared dharma?

You can see the state of a person's Heart Gate by looking at their success. There are many successful businesspeople with bright Base, Sacral, and Manipura chakras, yet their lives feel like a 'mess.' This is often because their Heart Gate is closed; they aren't listening to the needs of the world around them.

Conversely, we see celebrities or leaders who have achieved fame and wealth and use it dharmically to lift the consciousness of the planet. Their Heart Gate is open. They have made the journey from "Me" to "We."

End of Free Sample

Thank you for reading this far!

**If you want to read more,
please visit us here.**

PRACTICES IN THIS BOOK

We've listed all the practices we've mentioned in the book. We described some in the text, and referred to many more.

Downloads, videos and more
We've given you a map to where you can find each of the techniques in this book at: **druyoga.com/chakra-wise**

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CHAKRA WISE

Andrew Wells and Chandra Goswami

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