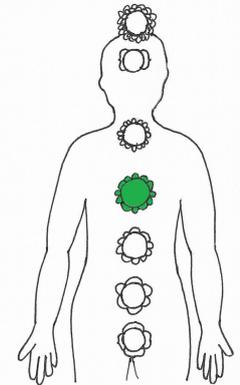


# Giving life a meaning - the *anāhata*-cakra

Manuela Maria Walbrühl, January 2022

In Indian *cakra*-teachings the heart centre, the *anāhata*-cakra, is located near the physical heart. It takes the middle between three upper and three lower centres (*cakra*). In fact the heart centre has much to do with a centre in one's personality. It gives a self-esteem that manifests itself, for example, in an inwardness and centering with simultaneous openness to the outside world.

This centre is not static, but is founded new in every moment. We constantly receive thoughts coming from outside and deliberately or unconsciously impulses from the metabolism. With every confrontation and reconciliation of these two streams of force, we develop our centre new.



Heinz Grill, the founder of the spiritual training path "*Yoga from the Purity of the Soul*", which he now calls "*A New Yoga Will*"/"*A New Yoga Sentience*", shows how the development of soul qualities leads to the development of the heart centre. "*The heart is also the place of shaping with meaning, of the ability to approach life with calmness on the one hand, but on the other hand with high level of activity. The heart centre is the centre of fire and sun, which gives the necessary warmth for existence.*" (1)

"*The heart is also the place of shaping with meaning...*" (1), which is created by the human\* giving a wise meaning into life. He chooses for himself a meaning that he finds valuable and desirable, and which is not yet present in life.

"*The heart is also the place ... of the ability to approach life with calmness on the one hand, but on the other hand with high level of activity.*" (1) A first calm arises when the human develops a clear perception of life and of his fellow humans. He takes the position of a viewer (*sākṣī*) and thus remains freer from external influences. With a healthy distance he recognises more easily things that he would probably not see if he were completely involved in the situation and the emotions. With a calm perception he recognises his fellow humans in their status and their needs. From this perception he can coordinate and further shape his meaning with them.

Calmness also occurs as a result when human succeeds in coordinating, balancing or reconciling the various pairs of opposites in life.

With these activities the human approaches life with activity. The activity of the soul is particularly high when he integrates a new, elevated meaning into life. Suitable meanings are thoughts from wise and spiritual writings, explanations from well-founded technical knowledge or from great thinkers.

From the idea of the meaning people develop concrete and pictorial ideas. This creates mental sentience arise and the external, fleeting emotions solve. Finally the meaning becomes a part of your own personality and soul substance, which radiates outwards even without words.

\* The masculine form is used to facilitate reading. But it always refers to all genders.

*"The heart centre is the centre of fire and sun, which gives the necessary warmth for existence." (1)*  
This warmth doesn't mean the external radiation of the sun, nor the mere physical temperature of the body. The element of warmth in relation to the *anāhata-cakra* is spiritual warmth. In the elemental teachings warmth is referred to by the term fire. Its property is the transformation of one substance into another. For transformation fire needs a substance as a basis.

If a person wants to change something in life, he also will need a kind of substance basis in addition to the activity of his self and consciousness. This is a suitable meaning. A real meaning possesses an idea itself, a spiritual substance and a basis for creation. This differs it from quick information and associations.

If, as described above, a person begins to shape concrete images of the idea, the first things to change are the feelings, and the second things to change with the subsequent implementation steps are the life situations.

A real meaning brings people together and revives their relationships. It connects closer with earthly life without binding them. Furthermore a meaning can also lead to an order and thus calming of life situations.

This ability, to shape life with a meaning, seems to me particularly valuable for our times. It gives us an opportunity to lead our own lives, to help shape future culture and to base ourselves in our self-esteem.

#### References

(1) Heinz Grill, *The Soul Dimension of Yoga*, Lammers-Koll-Verlag GbR, Niefern-Öschelbronn, 2003, page 28

#### Drawing

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