



Chakras - The Vestigial Organs Left in us by Earlier Races

Tony Crisp

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Many books on Hatha Yoga are written without any reference to the CHAKRAS. From the western writer's point of view this is understandable since at least by western medical standards it is almost impossible to identify exactly what the chakras are. Swami Satyananda refers to them simply as 'psychic centres' but shows how they are linked to the various plexuses and endocrine systems. Swami Yogaswaranand states that they are 'situated in the spinal column'. However all teachers agree that they are amenable to control from the mind. Dr. Reich considered that health was achieved when all of the areas of the body became relaxed. But such terms as chakra are not readily understandable, and the following chapters are a clearer explanation.

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