

The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use

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ABSTRACT

Background: The 5-Phase theory of Traditional Chinese Medicine has been an integral part of medical acupuncture for 2000 years. The research of John R. Cross PhD, PhDac, has resulted in a further evolution of the 5-Phase theory to include the Ayurvedic chakra energy centers. By using chakras, a clinician can appreciate the integration of human organ systems, the neuroendocrine system, and personality attributes (both positive and negative) associated with each chakra.

Objective: To create personality archetypes from chakras that have practical clinical value.

Design: By assigning chakras to the 5-Phase elements on a pentagon per Dr. Cross, it was possible to connect a series of negative or positive emotions, from one to another, using the familiar *Ko* cycles and *Shen* cycles, to form theoretical personality archetypes and then to demonstrate archetype usefulness in a sample clinical case. The patient was being treated with Japanese acupuncture. The main outcome sought was to determine the personality types according to the 5-Phase theory with chakra energy centers included and to demonstrate the application of this system in the clinical case.

Results: Fourteen personality archetypes—seven composed of positive emotions and seven composed of negative emotions—were identified. Easy-to-remember names and familiar patterns of emotion that are mapped to the nodes of a pentagon (adapted to chakra acupuncture) were produced. The clinical case showed that the patient's work life conflicts resulted in negative archetype emotional patterns (anger, scarcity, lack of self-esteem) consistent with the presentation of irritable bowel syndrome, insomnia, liver illness, and osteoarthritis.

Conclusions: Personality archetypes have clinical value for understanding the emotions associated with illness.

Keywords: chakra, chakra acupuncture, 5-Phase theory, irritable bowel syndrome, personality archetypes, chakra archetypes, archetypes

INTRODUCTION

A BASIC INTRODUCTION to the theories and methods of medical acupuncture always includes an introduction to 5-Phase theory of Traditional Chinese Medicine (TCM).^{1,2} 5-Phase theory defines the interrelationships between the meridians and within the meridians, using the concept that they are organized according to the observed natural phases (or elements) of matter: Water, Wood, Fire, Earth, and

Metal.^{1–4} From that fundamental beginning, the phases and key emotional attributes (fear, anger, joy, pensive thought, and grief) were assigned to the vertices of a pentagon. Each phase² was aligned further with specific colors, seasons, flavors, senses, and external influences (Cold, Wind, Heat, Dampness, and Dryness), and, of course, the meridians. The meridians were then organized further into recognizable biopsychotypes, as termed by Helms.² These 12 TCM archetypes include familiar names, such as

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Tai Yin and *Yang Ming*, which are based on combinations of meridians.

This article proposes an alternative derivation of personality archetypes—chakra archetypes (CATs)—using the 7 Ayurvedic chakras of the human body and assigning them to the 5 Phases. This is not the first attempt at alternatives or extensions to the classic 5-Phase personality archetypes. Worsley developed personality archetypes, using TCM 5-Phase theory.¹ In this article, the 5-Phase assignments of the chakras, as developed by John R. Cross, PhD, PhDAC, are used as a basis for defining CATs.^{3,4}

BACKGROUND

According to Ayurvedic medicine, the chakras are spinning energy vortices, which are shown in Figure 1.³⁻¹⁴ When a patient is treated, Dr. Cross first identifies the chakras and the phases that are imbalanced from an assessment of the patient's medical history, emotions, and the patient's physical findings. Chakra-specific treatments follow, for either pain or chronic medical conditions. What is presented in this article is an introduction to the chakras, themselves, and Dr. Cross' 5-Phase assignments of them.⁴

Dr. Cross quotes the Buddhist philosopher, Michio Kushi, who offers an explanation for the formation of the chakras:³

Heaven's [energy] Force tends to charge the right side of the brain, whilst the Earth's [energy] Force [charges] the left side. The parts of the body where these forces collide and form a union are called *the chakras*. These places are each generating [an] electro-magnetic flow towards the outside and at the same time are receiving invisible force from the surrounding atmosphere to charge the internal function.

Ayurvedic writings state that the chakra points are where the energy channels of the *Pingala Nadi* and the *Ida Nadi* intersect.⁴

Each one of the 7 chakras originates from acupoints on the physical body, as shown in Figure 1.³⁻¹⁴ The chakras are cone-shaped, and the complexity and the energy levels of the chakras increase at each ascending level. The complexity increases, because of the number of smaller spinning vortices that lie within the larger cone increase in number (Table 1). It is important to note that the chakras penetrate the 7 auric (energy) layers of the human biofield.^{5,15-17} Each auric layer is an electromagnetic layer that surrounds the physical form of the human body, much like the lines of force that surround a magnet.^{3,4}

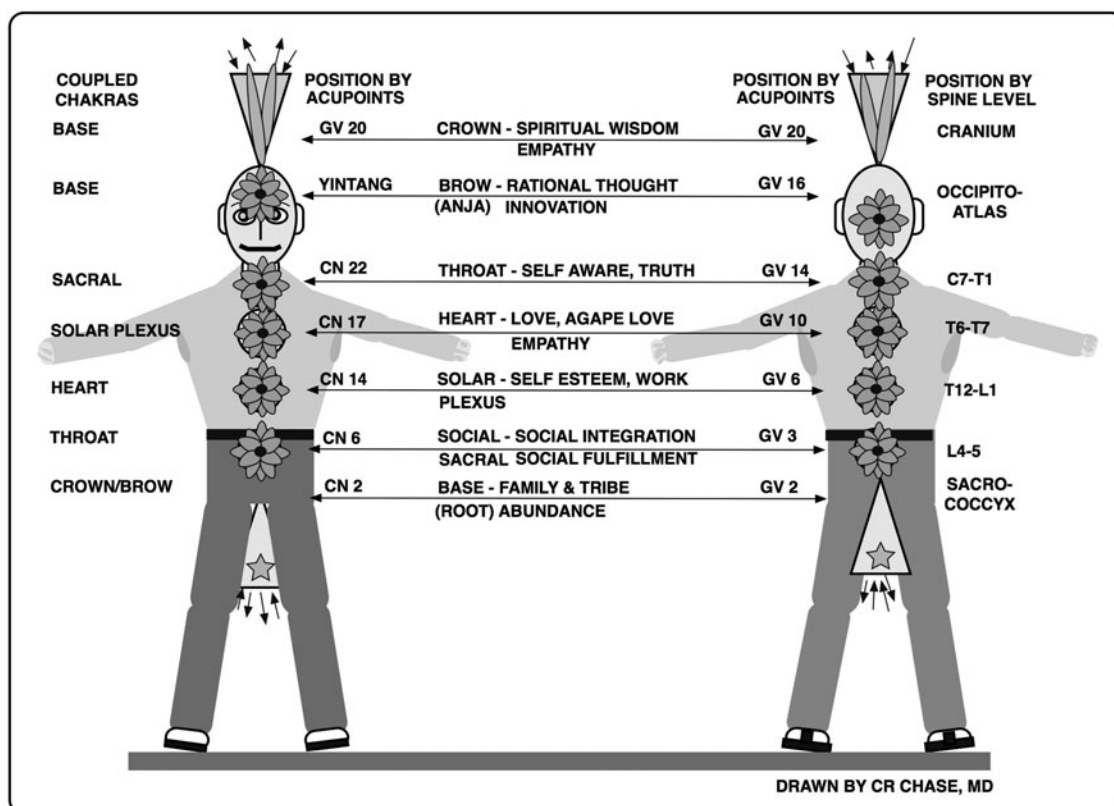


FIG. 1. The position of the chakras on the body with reference to acupuncture points, and spine and cranial landmarks. Chakras are often depicted as blossoms. In addition, the major chakras are listed with their coupled chakras. See text for further details.

Dr. Cross, through his chakra acupuncture methods, assigns the 7 individual chakras to the 5-Phase diagram.^{3,4} This moves the Liver meridian and adds layers of emotions to the diagram.^{3,4} The current author uses Dr. Cross' assignments but renames the traditional phase names for patient education and added clarity that this is chakra acupuncture.^{3,4} The *Base* or *Root* (first) chakra is associated with family, tribe, materialism, and abundance, and is linked with the TCM 5-Phase Water phase, renamed the *DNA–Water* phase for this research. The *Sacral* (second) *chakra* is associated with sexual and social fulfillments, and emotional intelligence and is linked with the *Earth Life* phase. The *Solar Plexus* (third) chakra is associated with career, capabilities, and self-esteem, and is also linked with the *Earth Life* phase.^{4,11} The *Heart* (fourth) chakra is associated with romantic love and *agape* love, and is linked with the *Energy Fire* phase.^{4,11} The *Throat* (fifth) chakra is associated with personal expression, self-awareness, and finding truth, and is linked with the *Crystal Metal* phase.^{4,11} The *Brow* or *Anja* (sixth) chakra is associated with complex rational thought and insight, and is linked with the *Structural (Wood) Thought* phase.^{4,11} The *Crown* (seventh) chakra is associated with intuition and recognition of the common ground of all living beings, and is also linked with the *Energy Fire* phase.^{4,11}

Tables 1–4 provide each chakra's: (1) number; (2) name; (3) emotions/attitudes when balanced (Table 3); (4) emotions/attitudes when imbalanced (Table 4); (5) phase element (Table 1); (6) endocrine connections; (7) neural connections; (8) Yin meridian; (9) Yang meridian; (10) key treatment points to open the chakra; (11) spinal position; (12) acupoint position; (13) related muscles; (14) related organs (Table 1); (15) coupled chakra; and (16) pathologies (Table 2).^{3–10}

Portions of the above information are shown in Figure 2, which is now updated to include the chakra elements, like a traditional 5-Phase figure. Finally, Figure 3 focuses entirely on a subset of the principal negative and positive emotions of each chakra (Tables 3 and 4). Using Figure 3 and Tables 3 and 4, CATs of healthy or destructive emotions can be determined. The specific methods for determining CAT definitions are presented next.

METHODS FOR DETERMINING CAT DEFINITIONS

CATs are defined by three steps:

STEP 1

The first step is to label the CAT as emotionally balanced (positive valence) or emotionally imbalanced (negative valence). See Figure 3 and Tables 3 and 4. According to Dr. Cross and others, energy-balanced chakras produce positive emotions and health, while energy-imbalanced chakras pro-

duce negative destructive emotions and illnesses.^{3–10} Therefore, there will be 14 archetypes (7 chakras \times 2 valences = 14 archetypes).

STEP 2

The second step is to create two unique names for each CAT: (1) its mathematical name or its patient-education name, as shown in Tables 3 and 4. For example, for node 1 (the *DNA–Water* phase) the CAT's mathematical name is Epsilon. A stretched-out epsilon means "to be a part of" in set theory, such as being a part of the tribe, family, or organization, which is the focus of the Base chakra that is assigned to the *DNA–Water* phase by Dr. Cross.^{3,4} The patient-education name is the *Family* CAT. To refer properly to the CAT, one has to include its valence. For example, there is a Positive(+) Epsilon and a Negative(–) Epsilon.

STEP 3

First, the basis for the third step is discussed. Each of the 5 vertices of a pentagon is a node (Fig. 3). The nodes obey the rules of modular arithmetic, which defines the *Shen* and *Ko* cycles. The *Shen* cycle relates a single node to its next adjacent node (clockwise). For example, Node 5 + 1 unit equals node 1, a single *Shen* cycle from node 5 to node 1. The original chakra is the "focus" chakra, which "mothers" its destination, the next adjacent node. Similarly, the destination of a *Ko* cycle, a diagonal line across the interior of the pentagon from the focus node to its diagonal counterpart, is found by adding +2 units to any given node. This also forces clockwise movement for the *Ko* cycle, as well.

In the third step, CATs are defined from the original focus point chakra and 2 expression chakras, linked by *Ko* cycles. Because the CATs have a valence, each chakra produces 2 CATs. One CAT will be from all positive emotional attributes, and 1 CAT will be from all negative emotional attributes. In each case, these are extremes. In reality, individuals are mixes of the extremes. For example, Node 4 + 2 units equals Node 1, which means the *Ko* cycle's diagonal line connects the focus chakra located at Node 4 to the *expression* chakra at Node 1, which serves to modify the emotional expression of the focus chakra. If, yet again, one adds +2 units to Node 1, one arrives at Node 3, the second expression of the initial focus chakra. A single *Shen* cycle (adding +1 unit) will return one to Node 4, which completes the CAT.

Finally, for any two adjacent *Ko* cycles (*Ko* cycles from adjacent vertices); the first diagonal line intersects the second diagonal to form 2 line segments in the second diagonal whose ratio is 1.618 to each other. This is the repeating number of biologic patterns called the Golden Ratio, which helps explain the pentagon's utility for displaying

TABLE 1. THE CHAKRAS AND THEIR BASIC PARAMETERS

Node marks	Chakra names (#) ^a	Element labels	Endocrine connections	Nerve plexus ganglia	Yin/Yang meridians	Key points	Organs	Muscles	Color # Vs sound pitches	Spinal levels ACU levels	Extraordinary meridians
1	Base or Root (# 1)	DNA–Water	Adrenal	Pelvic nerve plexus	KI BL	LR 8 CV 22	Spine, Kidneys Bladder, Large Intestine	Psoas, Iliacus, Soleus, Gastrocnemius, Foot muscle	Red 4 C	Sacrocoecyx GV 2 CV 2	CV, GV & Chongmai
2	Brow or Anja (# 6)	Structural (Wood) Thought	Pituitary & pineal glands, Thalamus, hypothalamus	Superior Cervical Ganglion	GB	SP 6 GV 4	Left Brain, Lower Brain, Ears, Nose, Left Eye	Anterior and Posterior neck muscles	Indigo 96 A	Occipitalis GV 16 Yin Tang	Yangweimai
3	Heart (# 4)	Energy Fire	Thymus	Celiac plexus	HT SI	HT 1 GV 7	Heart, Circulation, Vagus Nerve	Erector spinae	Green 12 B	T-6 to T-7 GV 10 & GV 17	Yinweima
3	Crown (# 7)	Energy Fire	Pineal gland	Pineal gland	PC TE	TE 5 CV 4	Right Brain, Upper Brain	Facial muscles, Trapezius, Supraspinalis	Violet 972 B	Cranium GV 22	TE meridian
4	Social Sacral (# 2)	Earth Life	Testes, ovaries	Inferior mesenteric ganglion	SP ST	PC 3 GV 12	Ileum, Organs of Reproduction	Anterior and Posterior tibials	Orange 6 D	L-4 to L-5 GV 3 CV 6	Yinqiaomi
4	Solar Plexus (# 3)	Earth Life	Pancreas	Celiac plexus ganglion	SP & LR ST	TE 4 CV 17	Liver, Gall Bladder, Stomach, Spleen, Duodenum, Pancreas	Abdominal quadriceps	Yellow 8 E	T-12 to L-1 GV 6 CV 14	Daimai
5	Throat (# 5)	Crystal Metal	Thyroid, parathyroid gland	Inferior cervical ganglion	LU LI	LR 5 CV 6	Lungs & Bronchus; Larynx & Pharynx, Vagus Nerve	Pectorals, triceps, forearms, (when in emotion), Latissimus dorsi	Blue 16 G	C-7 to T-1 GV 14 CV 22	Yangqiaomai

^aPentagon nodes are numbered sequentially starting with the DNA water phase and moving clockwise around the pentagon.
V, vortex; ACU, acupuncture.

TABLE 2. PATHOLOGIC DISORDERS ASSOCIATED WITH IMBALANCED CHAKRAS

<i>Node marks</i>	<i>Chakra names (#)</i>	<i>Element labels</i>	<i>Coupled major/minor chakras</i>	<i>Pathologic disorders</i>
1	Base or Root (# 1)	DNA–Water	Crown & Brow	Allergies, eczema, addictions, gambling, immune-system issues, nephritis cystitis, lower-spine problems, lethargy, fatigue, depression stiff joints & osteoarthritis, lumbar–sacral arthritis, irritable bowel syndrome, disorders of the bowel, anus & large intestine
2	Brow or <i>Anja</i> (# 6)	Structural (Wood) Thought	Base	Cataracts, headaches, migraine headaches, left eye problems, brain diseases, deafness, dizziness, dyslexia, cervical spinal arthritis, infectious diseases
3	Heart (# 4)	Energy Fire	Solar Plexus	Heart and circulatory disorders of all kinds, nervous breakdowns, hypertension, angina, sleeping disorders, tremors, postsurgical cardiovascular issues, breast cancer, shortness of breath, tachycardia, scoliosis
3	Crown (# 7)	Energy Fire	Base	Epilepsy, headaches, insomnia, migraine headaches, multiple sclerosis, right eye problems, dementias, melancholy & depression
4	Sacral (# 2)	Earth Life	Throat & Minor Spleen	Prostatitis, testicular and uterine diseases, impotence, ovarian & bladder problems, bed wetting, uterine fibroids, lumbar pain, arthritis & all menstrual issues
4	Solar Plexus (# 3)	Earth Life	Heart	Pancreatitis, stomach ulcers, hepatitis, cancer of liver, gall bladder disorders, diabetes, digestive disorders, liver problems, chronic fatigue, lower thoracic spine pain; all gastrointestinal organs
5	Throat (# 5)	Crystal Metal	Sacral	Asthma, bronchitis, sore throats, chronic & acute colitis, irritable bowel syndrome, diarrhea, laryngitis, thyroid diseases, parathyroid diseases, temporomandibular joint disorder, hoarseness, respiratory issues & loss of taste

TABLE 3. CHAKRA FOCI AND EXPRESSIONS OF THE 7 POSITIVE ARCHETYPES

<i>Nodes^a</i>	<i>Chakra foci</i>	<i>Element labels</i>	<i>(+)Archetype name (math/education^a)</i>	<i>(+)Node pattern, foci & expressions</i>	<i>Emotions in health</i>	<i>Emotions in health</i>	<i>Nodes^a</i>
1	Base or Root	DNA–Water	(+)Epsilon(Family)	Focus N1: EN3: EN5 Return to node 1	Materialism, willpower & abundance	Grounded to tribe & grounded to family	1
2	Brow or <i>Anja</i>	Structural (Wood) Thought	(+)Alpha	Focus N2: EN4: EN1 Return to node 2	Capable of change & keeps to core positions & beliefs in times of stress	Brings new ideas to reality, innovative & is Capable of complex thought & decisions	2
3	Heart	Energy Fire	(+)Beta1(Heart)	Focus N3: EN5: EN2 Return to node 3	Romantic love; <i>agape</i> love & understanding	Insight, empathy & sympathy	3
3	Crown	Energy Fire	(+)Beta2(Spirit)	Focus N3: EN5: EN2 Return to node 3	Agape Love Connects to all & open-minded	Spiritually connected, empathy, understands & has wisdom	3
4	Sacral	Earth Life	(+)Theta1(Social)	Focus N4: EN1: EN3 Return to node 4	Social pleasure & sexual pleasure	Healthy boundaries & emotional intelligence	4
4	Solar Plexus	Earth Life	(+)Theta2(Work)	Focus N4: EN1: EN3 Return to node 4	Control, stability, Self-disciplined, confidence	Capable, self-esteem, centeredness, & well-integrated	4
5	Throat	Crystal Metal	(+)Delta(Self Aware)	Focus N5: EN2: EN4 Return to node 5	Ability to process emotions to change & ability to release emotions	Force for networking & force for conduction Self-aware state & truth-seeking	5

^aEach archetype is associated with a node of the pentagon. Nodes of the pentagon are numbered sequentially beginning with the DNA-Water element (node 1) of the pentagon, which is the first focus node. An archetype results from the focus of the archetype that is then expressed to successive nodes that are reached by the *Ko* cycle. A single *Shen* cycle returns to the focus node. Figure 3 shows that the pattern formed is a triangle. Emotions included in the archetype can be concatenated from the table.

N, node; E, expression.

TABLE 4. CHAKRA FOCI AND EXPRESSIONS OF THE 7 NEGATIVE ARCHETYPES

<i>Nodes^a</i>	<i>Chakra names</i>	<i>Element labels</i>	<i>(-) Archetype name (math/education^a)</i>	<i>(-) Node pattern foci & expressions</i>	<i>Emotions when not energy balanced</i>	<i>Emotions when not energy balanced</i>	<i>Nodes^a</i>
1	Base or Root	DNA–Water	(-)Epsilon/Family	Focus N1: EN3: EN5 Return to node 1	Insecurity, doubt, fear of change, scarcity & anxiety	Loneliness, ungrounded to family & orphan-like	1
2	Brow or <i>Anja</i>	Structural (Wood) Thought	(-)Alpha	Focus N2: EN4: EN1 Return to node 2	Anger & rage, chronic stress, indecision & irrationality	Indifference, anxiety, changeable, no moral courage, indifferent & discontent	2
3	Heart	Energy Fire	(-)Beta1/Heart	Focus N3: EN5: EN2 Return to node 3	Tearfulness, anxiety & self-pity	Depressed; Detached Inability to give or receive the gift of love	3
3	Crown	Energy Fire	(-)Beta2/Spirit	FocusN3: EN5: EN2 Return to node 3	Melancholy, delusions & phobias/illusions	Arrogance & pride, hallucinations, apathy & not giving	3
4	Sacral	Earth Life	(-)Theta1/Social	Focus N4: EN1: EN3 Return to node 4	Envy, lust, jealousy, promiscuity & lack of desire	Excessive boundaries. poor communication & overly sensitive	4
4	Solar Plexus	Earth Life	(-)Theta2/Work	Focus N4: EN1: EN3 Return to node 4	Depression, claustrophobia, low energy & low self-esteem	Rigid thoughts and beliefs, stubborn, Type A & resistant to change Arrogant & power-hungry	4
5	Throat	Crystal Metal	(-)Delta/Aware	Focus N5: EN2: EN4 Return to node 5	Paranoid & shy, overly introverted, overly insecure & agoraphobia	Lack of expression, suppressed emotions & inability to change direction in life	5

^aEach archetype is associated with a node of the pentagon. Nodes of the pentagon are numbered sequentially beginning with the DNA–Water element (node 1) of the pentagon, which is the first focus node. An archetype results from the focus of the archetype that is then expressed to successive nodes that are reached by the *Ko* cycle. A single *Shen* cycle returns to the focus node. Figure 3 shows that the pattern formed is a triangle. Emotions included in the archetype can be concatenated from the table, but, in this case, they are all negative destructive emotions for the archetype.

N, node; E, expression.

patterns in both classic TCM 5-Phase theory and this adaptation for CATs.¹⁸

RESULTS

Figure 3, and Tables 3 and 4 can be referred to when reading the sections below, where the different CATs are discussed.

The Positive(+)Alpha CAT

The core focus is at node 2 (Structural or [Wood] Thought phase) and the Brow chakra, with positive emotions of a rational, perceptive, innovative, intuitive, insightful individual capable of complex thought and change while remaining true to core values. The first expression *Ko* cycle (+2 units) intersects node 4 (the Earth Life phase) and expresses the (+) Alpha further as a personality that is confident, capable, controlled, stable, emotionally intelligent,

socially skilled, and marked by good self-esteem. Add 2 units to node 4, and this second *Ko* cycle intersects node 1 (Base chakra) that helps this individual see life as abundant and full of possibilities, and have strong willpower that is marked by family, organizational, and tribal ties. One returns to node 2, using a single *Shen* cycle. Alphas are the true leaders in society, such as presidents, generals, and chief executive officers who lead whole teams, whether they be male or female. It is already known that the word *alpha* refers to societal leaders and the dominant members of animal packs.

The Negative(-)Alpha CAT

The core focus is at node 2 (Structural or [Wood] Thought phase) includes chronic discontentment, anger, lack of caring, irrationality, and indecisiveness. This is expressed (+2 units *Ko* cycle to the Earth Life phase, node 4) further as a personality that is pensive, jealous, and filled with envy; with low emotional intelligence, and low self-esteem that is

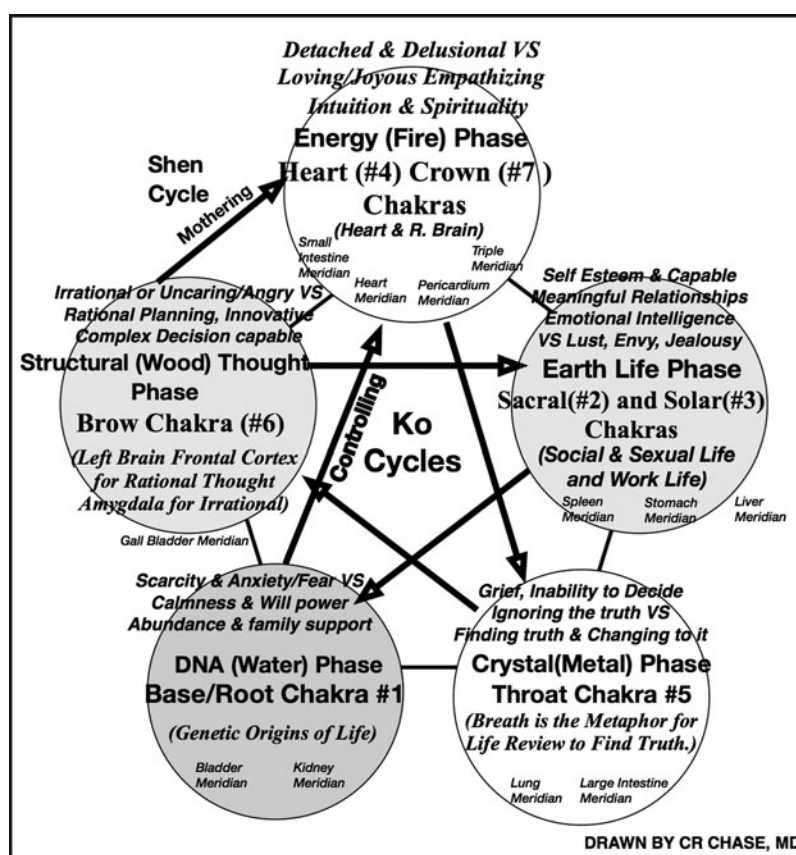


FIG. 2. The 5-Phase elements: Emotions, and settings and chakras in chakra acupuncture. The phase elements are renamed according to the author's convention for patient education and to distinguish this 5-phase treatment from Traditional Chinese Medicine 5-Phase treatments. John R. Cross, PhD, PhD, Ac, moved the Liver Meridian to the Earth Life Phase for chakra acupuncture.^{3,4} VS, versus; R, right.

often marked by significant depression. In the second *Ko* cycle of the (–)Alpha CAT at node 1, such people are burdened by phobias, anxieties, and a sense of scarcity, which leaves these people in a state of chronic doubt, without a sense of belonging to a tribe or family and burdened by a lack of willpower. How many people know individuals who are chronically angry, who feel they have been left out and denied, and who have no real functional families?

The (+)Beta1(Heart) and (+)Beta2 (Spirit) CATs

The core focus is at node 3 (Energy Fire phase) and the Heart and Crown chakras for 2 positive and 2 negative archetypes, each. A (+)Beta1 CAT is focused primarily on love, romances of the heart or *agape* love, with characteristics of empathetic connection, insight, understanding, empathy, and sympathy. The (+)Beta2 CAT is focused on the *agape* love of the universal connection to all living things, open-mindedness, wisdom, and deep spirituality. Either (+)Beta personality has emotional empathy and makes the decisions needed to reinforce these relationships in their Crystal-Metal first expression at node 5 (node 3 + 2 units) and might use their considerable intellect (node 5 + 2 units, Brow chakra) to reinforce these leanings.

Note that the number of (+)Beta2 CATs that we meet are few in number. Their *Ko* cycle for second-node expression bypasses node 1, the family/tribe. It is after influences from the family or tribe that love is usually experienced for most individuals (node 1 + 2 units = node 3).

The (–)Beta1 (Heart) and (–)Beta2 (Spirit) CATs

The core focus is at node 3 (Energy Fire phase) with imbalanced Heart and Crown chakras. (–)Beta personalities are detached, not loving, and are uncaring. They cannot emerge from these negative leanings in the Crystal Metal element in node 5. Their experiences do not teach them the lessons they need at node 5 or node 2, and they are irrational and angry. If excessively delusional and introverted, (–)Beta CATs can be psychotic.

The (+)Theta1 (Social) and (+)Theta2 (Work) CATs

The core focus is at node 4 (Earth Life phase). The (+)Theta1 CAT personality focuses on emotional intelligence, social and sexual integration, and fulfillment. The (+)Theta2 CAT focuses on being capable and stable, and

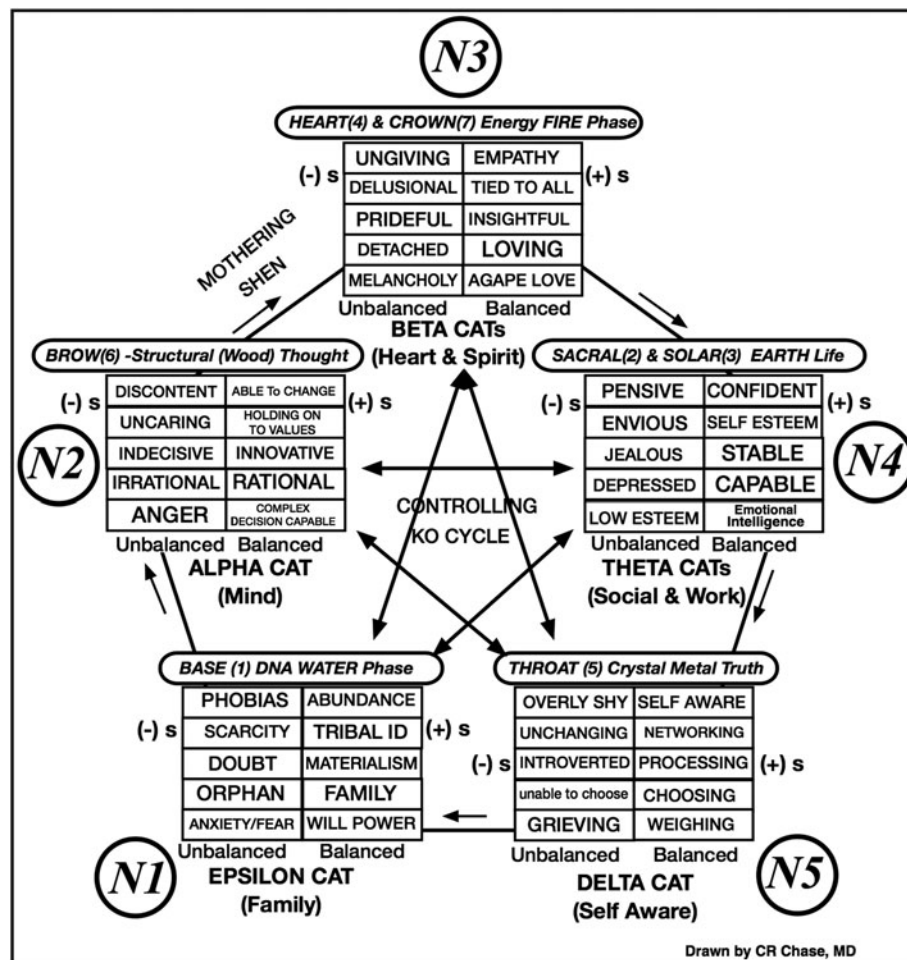


FIG. 3. A chakra archetype (CAT) is formed from two *Ko* cycles and a single *Shen* cycle, using modular arithmetic. For example, a (+)Alpha CAT begins at node 2, which is its focus, then proceeds 2 units (via *Ko* cycle) to node 4, followed by 2 units (second *Ko* cycle) to node 1, followed by a return of 1 unit to node 2 (*Shen* cycle) to complete the expression of the CAT. Emotional attributes of the CAT formed come from the chakras that are connected by this method. The (+)CATs and (-)CATs of a given chakra are the boundaries of a CAT pattern. Individual personalities are a mix of the archetypes. N, node; CAT, chakra archetype.

having high self-esteem, with a “6-pack” physically and emotionally. Good self-esteem is critical for personal achievement and energy balance.¹⁹ The (+) Theta CATs spread their affability and well-being to their friends, family, and tribe at node 1, for their first expression, and are caring, giving and empathizing at node 3, for their second expression. The (+)Thetas enjoy people and the almost uncountable variable examples of them, and they enjoy their work.

The (-)Theta1 (Social) and the (-)Theta2 (Work) CATs

The core focus is at node 4 (Earth Life phase). A (-)Theta1 personality has an outlook of jealousy, envy, and lust for people or things that they lack, which adds to their first expression insecurities, anxieties, and fears in any role they play as part of a family or tribe at node 1 (node 4 + 2 units, Base chakra). For their node 3 expressions (node 1 + 2 units), these

negative Thetas lack caring or empathy, and might even be delusional. (-)Social (Theta 1) CATs can be sociopaths, psychopaths, or sexual predators. A (-)Theta 2 (Work) CAT suffers from a lack of self-esteem. In consequence, this person can offer little help to the family/tribe (node 1) and has trouble being there for others (node 3). This person often tries to hide that deficiency.¹⁹ He or she desperately wants to be liked.¹⁹

The (+)Delta (Self Aware) CATs

The core focus is at node 5 (Crystal Metal phase). The (+)Delta CAT focuses on finding truth and essence and becoming self-aware. Delta is the mathematical symbol of change. Delta is used for this CAT, because change is often required to fulfill the personal quest for truth. (+)Delta CATs network and experiment, until they find the truth and change to align with it. Whether it is about science or life, these people can build their conclusions into an intellectual framework at node 2 (node 5 + 2 units = node 2). They

have the likeability, affability, and self-esteem to put it all together and lead whole teams in this pursuit of truth at node 4 (node 2+2 units). Their calling is to learn from their experiences to find the truth. Deltas can bypass family and love for this pursuit. The brilliant Isaac Newton is an example.

The (–)Delta (Self Aware) CAT

The core focus is at node 5 (Crystal Metal phase). The (–)Delta CAT personality finds networking, and life choices very painful. Hence, such individuals are “locked in grief,” unable to find truth, which is later expressed as anger and irrationality in node 2, and a lack of likeability, poor self-esteem, and poor social integration in node 4. This *Ko* cycle circuitry reinforces these individuals’ (–)Delta leanings toward antisocial personality disorders, because they bypass family supports.

The (+)Epsilon (Family) CAT

The core focus is at node 1 (DNA–Water phase). The (+)Epsilon CAT personality sees life as abundant and full of possibilities, emphasized by the strong family and tribal ties and willpower. Inheritance matters much here. Hence, the home of this CAT is the DNA–Water Phase. Their family loyalty is expressed as romantic love, *agape* love, empathy, and insight into family matters at node 3 (node 1+2 units), as well as making choices that support their families, tribes, or teams at node 5 (node 3+2 units). This reinforces their positive family and tribal orientation further on return to node 1. Most individuals experience the characteristics of *agape* and romantic love as (+)Epsilon CAT’s with family or team loyalties.

The (–)Epsilon (Family) CAT

The core focus is at node 1 (DNA–Water phase). The (–)Epsilon CAT personality is focused on doubt, scarcity, anxieties, fear, and a lack of family in node 1, which leads to the individual being uncaring, detached, and having even delusional thoughts in node 3 (node 1+2 units). This is a person incapable of choosing the right course in node 5. He or she is unable to change when it is required to benefit the team or family, is perhaps introverted, and stuck in grief at node 5 (node 3+2 units). This reinforces the sense of loss and lack of family for this negative Epsilon (family) archetype. Dr. Cross emphasizes how important the Base chakra imbalance in life is.^{3,4} It is from this imbalance that anger is mothered in the Brow chakra, or disturbances in interpersonal relationships and the inability to empathize in node 3 are initiated. From those disturbances, all kinds of cardiovascular imbalances, excess sympathetic tone, and clinical heart disease can erupt.

A PATIENT WITH IRRITABLE BOWEL SYNDROME

Now that the CATs have been defined, how might they apply in the case of a patient that came to the current author’s research clinic? A previous article in *Medical Acupuncture* described this clinic and the method of Japanese acupuncture used.²⁰ This case record is used to illustrate the utility of CATs for case analysis. A 69-year-old male with both (+)Alpha and (–)Alpha emotions came to the clinic in February 2008. Prior to his work life, he was an athlete with leadership skills. He believed in a team and family approach to living, which typifies a (+)Alpha. At work, he became the manager of a high-intensity, super-secret production facility.

As a manager, he was forced to terminate individuals whom he genuinely liked. He became self-critical as a result of this experience, which is a (–)Alpha orientation (anger at the self) and (–)Epsilon (Family) orientation. Unable to resolve his Epsilon imbalance (nodes 1, 3, and 5), he developed irritable bowel syndrome (IBS). He presented with a chief complaint of IBS that had lasted for 10 years. IBS is a diagnosis of imbalanced first and fifth chakras, which identifies a (–)Epsilon personality. The patient also presented with hypertension, and cold feet and ankles (node 3). He also complained of muscle cramps, especially in his forearms, that would bother him when he drove his car, which is a fifth chakra (node 5) imbalance.

His self-disapproval (anger), depression, and insomnia, reflect his (–)Alpha tendencies of nodes 2, 4, and 1. This patient had additional muscle cramps in his hamstrings and hands (second and first chakras, nodes 4 and 1). His previous surgeries included a right, total hip replacement and a left, total knee replacement to address conditions resulting from osteoarthritis (first chakra, node 1).

A physical examination revealed that he was 6’ 1” and 215 lbs, with a blood pressure of 176/75 mm Hg and a pulse rate of 86 beats per minute (bpm) on a first measurement, and 182/83 mm Hg and 80 bpm, respectively on a second measurement. His O₂ saturation was 99%.

The initial acupuncture evaluation covered his work history, pulse, and *Hara* evaluations. The approach taken emphasized the *Hara* examination and bodily acupuncture reflexes, as part of the Japanese acupuncture approach.²⁰ The acupuncture needles used were Seirin® No. 2, 0.18 mm × 30–mm needles, placed at variable depths and always <2 cm, rotated clockwise × 3 revolutions for Yin points and counter-clockwise for Yang points, after alcohol preparation was completed. Ear acupuncture points were not rotated. All needles were placed by the investigator or a trained medical student, anesthesia resident, or student nurse anesthetist, working under the investigator at the patient’s bedside.

This patient had positive discomfort at PC 8, and release at PC 3 and PC 5. His radial pulse upstroke was augmented. Associated with the pulse findings, the acupuncture points

ST 36–ST 41 were tender and needled. GB 26 was tender bilaterally (*Dai Mai*) and was relieved with KI 7 and KI 27 on both sides. Left ST 26 and ST 27 were positive for discomfort (*Oketsu*) and were relieved by treating left LV 4 and left LU 5.²⁰ Left and right ST 21 (Pancreatic) were tender and released with SP 5 and SP 9, bilaterally. CV 12 was positive for discomfort and treated with SP 4 on both feet. He was also given LI 4 both sides. *Yin Tang* was often used to calm his anxiety. During later visits, examinations showed positive discomfort at CV 15 and CV 16, and he was treated with SP 6 and SP 9 on both sides to obtain relief. GB 41 and TE 5 were used frequently to address the muscle cramps in his legs; this treatment worked successfully. He also had positive reflexes at the Adrenal point (KI 16), which was released at KI 6, and at the Foot Fire point (KI 2), which was released at KI 7 and KI 10.

For an 18-month period, the patient's IBS was controlled for the first time. His cold feet continued to be a problem. He complained of intermittent insomnia, which was treated with ear acupuncture (*Shen Men*, Zero point, Stress point), *Yin Tang*, and KI meridian points with modest success. He reported that, prior to acupuncture, he had spent \$25,000 out-of-pocket on trying to get his IBS problem resolved but got no relief. Now, he was delighted to be asymptomatic.

This patient had two medical events of significance. First, based on an abnormal liver panel, the patient had a liver biopsy by his gastrointestinal physicians. The procedure resulted in sustained abnormal liver function tests for weeks, but he recovered gradually as did his liver function tests. Tests for ascites also proved negative. From a chakra point of view, this is the negative side of the Solar Plexus chakra, included in the expression of his (–)Alpha CAT. Conveniently, Dr. Cross had moved the Liver meridian to the Solar Plexus chakra.^{3,4}

At his 24th acupuncture appointment, this patient complained of sudden weakness in his grip and difficulty with walking. After acupuncture, he was sent to an emergency room. X-rays showed cervical spine stenosis and compression of the cervical spinal cord. He was admitted to the intensive-care unit and underwent an emergency cervical laminectomy and fusion at C3–C4 in February of 2009, 1 year after his first evaluation. He recovered rapidly with total relief of his hands and legs weakness. In Table 2, note that cervical spine arthritis is part of an imbalance of the Brow chakra, consistent with this patient's (–)Alpha CAT (nodes 2, 4, and 1).

DISCUSSION

Reflecting on this case, one might ask what would Dr. Cross have used from the perspective of chakra acupuncture?^{3,4} Dr. Cross would likely have recommended treatment of: (1) the Brow chakra of the patient's (–)Alpha CAT for his anger at himself, which led to a measure of insomnia, poor self-esteem, and depression; (2) the Throat

chakra of his (–)Epsilon CAT for this patient's IBS and aching forearms; and (3) the Base chakra of his (–)Epsilon CAT for his chronic fatigue, osteoarthritis, stiff joints, and IBS.

Dr. Cross specifies the order: first, stimulate the key points; second, sedate the chakra points; third, sedate the coupled (with clockwise rotation) major chakra; fourth, reinforce the treatment by stimulating (with counterclockwise rotation) the Source points. As an example, for the Base chakra: CV 22 and LR 8 are the key points; GV 2 and CV 2 are the chakra points; GV 20 and *Yintang* are the coupled chakra points; and KI 3 and BL 64 are the coupled Source points. Further details are in Dr. Cross' texts.^{3,4}

Readers may ask if this investigation is attempting to discount classic TCM 5-Phase theory? This is not the goal of this research at all. The goal is to show that Ayurvedic thought is compatible with TCM thought. This article will allow other readers to experiment with this model.^{3,4} The investigator is unable to find other researchers using the pentagon model with *Ko* and *Shen* cycles to create complex chakra archetypes.

There are other investigators of chakras. Dr. Cross uses chakra assignments to 5-Phase theory without developing CATs.^{3,4} Ms. Elaine Dale McKusick, MS, uses tuning forks to heal chakra imbalances.⁵ Former National Aeronautics and Space Administration physicist Dr. Barbara Brennan, PhD, sees and heals the chakras.^{6,7} Dr. Alberto Villoldo, PhD, sees and heals chakras with shamanic methods.⁸ Caroline Myss, PhD, did original research work with presidential scholar and neurosurgeon C. Norman Shealy, MD, PhD. Dr. Myss and Dr. Shealy both wrote detailed discussions of the chakras and their diagnostic significance.^{9,10} Ambika Wauters wrote about archetypes for chakras.¹³ Russian scientist Dr. Konstatin Kortkov, PhD, and colleagues developed a biofield imaging technique that could be used to estimate chakra and body energy balances.^{15–17} Anodea Judith, MS, wrote about the Eastern body and the Western mind, including psychology and the chakra system.¹¹

It is the opinion of the current investigator that allopathic patients and physicians, in general, fail to realize how damaging emotional conflicts are to their lives. There are documented findings on the effects of negative emotional traumas in childhood in the Adverse Childhood Experiences (ACE) study.²¹ Patient ACE scores were examined for their predictive power. For example,

the number of adverse childhood experiences an individual had predicted the amount of medical care she'd require as an adult, with surprising accuracy:

- Individuals who had faced 4 or more categories of ACEs were twice as likely to be diagnosed with cancer as individuals who hadn't experienced childhood adversity.
- For each integer increase in ACE score, a woman's risk of hospitalization with an autoimmune disease rises by 20 percent.

- Someone with an ACE score of 4 was 460 percent more likely to suffer from depression than someone with an ACE score of 0.
- An ACE score greater than or equal to 6 shortened an individual's lifespan by almost 20 years!^{21,22}

What had been found in these individuals is that they undergo chronic central nervous system inflammation, which reduces the size of their brains and the numbers of neural synapses, which, in turn, decreases neural connectivity between critical brain regions that process emotion.^{23,24} The effects even include the size of the brain's hippocampus structure, which is a vital structure for assimilating facts into long-term memory.²¹

In short, these individuals' intelligence, adaptability, and future success are all affected negatively. Surely, these kinds of emotional catastrophes affect every chakra. As Nakawaza noted, portions of the ACE work were performed by Dr. Ryan Herringa, MD, a neuropsychiatrist at the University of Wisconsin.²¹ Dr. Herringa stated: "If you are a girl who has had adverse childhood experiences and *these brain connections* are weaker, you might expect that in just about any stressful situation you encounter as life goes on, you may experience a greater level of fear and anxiety."

Dr. Herringa was referring to the brain's emotional memory centers (left and right amygdala) taking control away from the higher cortical centers that give us analytical judgments (left brain) and empathy (right brain).^{25,26} The CATs, as defined above, are consistent with this advanced understanding of left and right brain functions.^{25,26} With respect to the case presentation, Dr. Goleman stated that there "are 5 top amygdala triggers in the workplace: (1) condescension and lack of respect; (2) being treated unfairly; (3) being unappreciated; (4) feeling that you're not being listened to or heard; and (5) being held to unrealistic deadlines."²⁶

At Yale University, it was discovered that chronic emotional stresses result in changes in gene functions absent changes (epigenetics) that enhance the risk of physical illness across a broad spectrum of conditions and augmented responses to stressors, leading to lives filled with chronic fear, anxiety, even severe psychiatric disorders.^{21,23,24}

Therefore, maintaining the CATs in balance is a rational health goal. While many patients might recognize the dangers of emotional distress, fewer number of patients recognize that medical acupuncture can help them, as this case demonstrated. The work of Dr. David Feinstein, PhD, with Emotional Freedom Techniques shows remarkable promise for this form of meditation, acumassage, and healing in patients suffering from post-traumatic stress disorder resulting from emotional traumas.¹²

In the case presented, the patient blamed himself for what he had to do as a manager. Is it fair to say that he lived chronically with unrealistic expectations and self-criticism? The direct effect was anger at himself and loss

of self-esteem, according to our CAT model. This example is very typical of Westerners, according to Dr. Daniel Goleman, PhD, and the Dalai Lama.²⁵

Dr. Goleman stated that, in Western society, we do not practice the art of self-compassion when we encounter difficulties and failures.^{25,26} Ayurvedic thought recognizes and recommends self-compassion, even to the point that the Tibetan word, *tsewa*, means *compassion for others and self*. English has no analogous word for self-compassion.^{25,27} Instead, we practice self-criticism.

It is hoped that, patients treated with acupuncture might be taught to recognize these CATs and the benefits medical acupuncture and self-compassion can provide.

CONCLUSIONS

This article reviewed the concept of chakra energy centers and their integration into 5-Phase theory. Using that theory, personality archetypes were developed. To explore these CATs further, a clinical case history that focused on the chakras was described. The discussion emphasized the impact that destructive emotions can have on physical health. The importance of helping allopathic physicians and their patients recognize the linkage between energy imbalance and illness was emphasized.

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