

## BioBites: Addressing Root Causes of ADHD & Anxiety

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### Discussion

**The chakra system and Creative Lives.** The chakra system is part of the etheric body. Ellen Tadd's [\*Wisdom of the Chakras\*](#) conveys her insights about the chakra system and its role in human development. Maureen Burford and [\*Creative Lives\*](#) offer training in Ellen's *Framework for Wise Education*, which applies Ellen's insights into the chakra system to teaching and learning. This framework is universally applicable and natural; offers a 'how to' that provides agency to youth and adults; helps provide root-cause solutions to stress, anxiety, ADHD, and more; and is fundamental to realizing human potential.

**What is the chakra system?** Chakra means "wheel" in sanskrit. There are seven major chakras aligned from the top of the head to the base of the spine. These chakras are located in an energy body that is blended with the physical body. Each chakra represents a different part of human nature, and it is through the chakra system that we receive, emanate, and process our life experiences.

The seven chakras include the crown chakra, third eye chakra, throat chakra, heart chakra, solar plexus chakra, identity chakra, and base chakra. Each chakra is multi-faceted but has its own emphasis: inspiration, focus, self-esteem, good intentions, emotional well-being, persona in the world, and discipline.

Ellen Tadd's *Framework for Wise Education* adapts understandings about the chakra system into a form suited for teaching and learning. The Framework supports the healthy development and maturation of the whole person.

While the chakras touch on all facets of our nature, they also play very specific roles in mitigating stress and anxiety.

**The chakras and ADHD & Anxiety.** The third eye chakra is the center associated with discernment, wise decision-making, and focus. The third eye is a kingpin in the chakra system, supporting the healthy development and function of all chakras. Someone with a well-functioning heart chakra, for instance, may be loving; yet knowing how to convey love appropriately relies on the discernment of the third eye. Third eye focus and discernment can also help us stay inspired, feeling value in self, and know the loving thing to do.

The solar plexus is associated with our feelings. When it is not paired with discernment in the third eye, feelings can run amok and we may experience emotional overwhelm, stress, and anxiety. With discernment, we are more likely to experience emotional stability.

The base chakra is associated with discipline, and discipline touches on all areas of life, including our health, maintaining order, spiritual discipline, and intellectual discipline. A strong base chakra well-functioning and alignment of the other chakras.

Focus and discipline are pivotal to the healthy functioning and alignment of the other five chakras.

## Q&A Synopsis

**What happens when children grow into adults who have not addressed their ADHD or anxiety and who then have children of their own?** Ideally, we address this and empower children to learn how to manage their focus or their stress and anxieties through the discernment of the third eye. If anxiety, stress, or lack of focus go unaddressed, they carry on into adulthood and can manifest as poor decision-making, lower self-esteem, and greater feelings of stress and anxiety - of living life from feelings and thinking without access to our intrinsic navigating equipment. Many adults struggle with making wise decisions, as we see; and these tools can help.

This Framework applies to anyone, at any age or stage, and it is never too late to learn skills to address stress and anxiety or ADHD through the chakra system. The analogy: "It is never too late to learn how to play our instrument well".

**Is there a specific way to activate each of the chakras?** The Framework for Wise Education offers specific tools to develop the strength of each chakra within the system.

Each chakra can have a different pattern: well-functioning, diminished, or dominant. Framework tools encourage a well-functioning pattern across each chakra.

With respect to focus, one of the key tools for activating the third eye is [the Tadd Technique](#). The Tadd Technique asks us to imagine traveling from the solar plexus in the abdomen to the third eye, in the center of the forehead, where we then view the world in tandem with the focus and wisdom of the third eye. With the third eye engaged, we are likely to experience less fear, greater creativity, a blend of innate wisdom with the help of the intellect - a strengthening of each of the chakras.

**Who does the Framework help?** The Framework helps any individual, young to old. It's not just about learning tools to help kids, it's about understanding how you function which then translates to many creative ways to work with kids. Creative Lives works with individuals who play a variety of roles, supporting kids in in-school or after-school settings and beyond. In their training programs, Creative Lives helps people evaluate their own chakra system and then practice applying learning to young people and their families.

**I have a son who has ADD and a dominant pattern. He's quite bright but stuck. Other therapies have not really worked. I'm looking for options that will address his issues and help him develop. What do you suggest?** The key here is to bring in the base chakra. Sustaining focus and bringing focus into implementation is a very critical step. Project-based learning, slowing down, helping a young person really 'feel it' when they're all the way engaged with the third eye - these are strategies that can support the integration of the base chakra with the third eye chakra. With the young person's third eye open, we ask them "What is it you see that is yours to do?" As a child's guide, we can help them practice the technique of exerting discipline and activating the third eye.

Sometimes it's very helpful to find where a person both focuses and follows through. Once a young person is experiencing the integration of the base with the third eye, we can help by naming this state and asking the young person to recognize what it is like to be in the third eye.

**Does ADHD stem from an imbalance in one chakra or several chakras?** ADHD can result from imbalance in the third eye chakra or in multiple chakras, including the third eye and the base chakra. As we evaluate the base chakra, which is the center of discipline, we may find that there are areas of life that are contributing to disrupted focus. These include, for example, poor quality sleep, a diet ill-suited to individual needs, or a deep-seeded fear or trauma. If we can identify other factors that may be undermining focus, we can then address them.

**How can I support someone to learn the Tadd Technique who struggles with this practice?**

Young people can have varying degrees of stubbornness or trauma that can make it difficult to focus. The key, as an adult, is to first learn to access the third eye for yourself, then to ask, “What is mine to do?” If we can learn to get into our wise view (third eye) and tune into the young people we are supporting, we are more likely to find targeted strategies well suited to that individual. It is important to have patience and to learn to become centered enough to ask the right questions.

It is also often helpful to ask the young person to show you where they focus or to observe for this. When is this person focused? For example, do they focus well as they’re playing a musical instrument, playing LEGOs, or practicing a certain sport? If they can identify one area of focus, they can better learn to extend that into new areas and/or to recognize whether or not they are activating the third eye.

**Can you apply this Framework to groups as opposed to just individuals?** Absolutely. Envision a group performance; the group might collectively ask “What’s mind to do?” in order to deduce the roles individuals may take. In a classroom, we might undertake decision making as a group while engaging with the third eye chakra.

Supporting the well-functioning of the chakras in a group context can be accomplished through various means. Creative Lives’ trainings offer strategies for activating and supporting the well-functioning of all of the chakras in a group setting with tools well-aligned to classroom learning routines and content.

**What can I do to support the well-functioning of my own chakra system?** Ellen Tadd’s *Wisdom of the Chakras* offers guidance for each of the chakra systems. Additionally, Creative Lives offers training sessions for adults that take a community approach to supporting individuals’ practice. For more on upcoming programs, including Creative Lives’ Training Program for MA & RI educators, beginning July 6th online, visit <https://www.creativelives.org>.