



**CONVERSATION: "The places we need - a new language of localism"**

**5.30pm to 7.30pm Thursday 3 March 2011,**

in the Members' Study at the  
Royal Commonwealth Society,

25 Northumberland Avenue, London WC2N 5AP Tel: 020 7930 6733

A period of change creates the opportunity for a different approach to planning's role in supporting well-being. A device for doing this is to consider the impact of different kinds of places and physical settings on well-being. The eastern physiological system of chakras identifies eight energy centres within the body, each having differing characteristics, the effective functioning of which is supported by different physical settings.

Traditional Indian concept		Types of places that might help to support well-being expression
Bodily position	Human expression	
Crown of head	The sense of the spirit and of being at one with the evolving cosmos.	Views to sky - sun, moon, stars and sunrise, sunset. In nature - the beauty of the natural world, mountain tops, views. Some man-made landscapes, including ancient sites, churches and temples.
Brow	The capacity to mediate between the left and right hand functions of the brain using intuition and imagination.	Quiet, contemplative, reflective places, places 'to one side' inside and outside, by rivers, under trees, a corner in a city park, some places of learning and religion, a garden.
Throat	The capacity for creative expression through speech and manual activity.	The workplace, Community halls Garden Shed/Sewing Room/Garage/Study Play area
Heart	The expression of love and care for oneself and others.	Clinics and hospitals, Old Peoples Homes Local Government, Religious buildings Neighbourhood facilities
Solar plexus	The ego at its best - I enjoy being in this world	Concert halls, physical exercise: Dance Halls and Discos, Sports halls, Clubs
Sacrum Belly	Resolution of emotions, Sexuality	Intimate places: warm private and safe - in home and elsewhere
Root: base of Spine	Sense of connection with the earth and of co-existence with the fruitfulness of physical world.	A rightful place on the earth that is particular to the individual and is recognisably distinctive. Shelter - dry, warm. Evidence of nature's capacity to provide food, clothing and shelter.

 <p>RETHINKING CITIES Ltd.</p>	<p><b>CONVERSATION: "The places we need - a new language of localism"</b></p> <p><b>5.30pm to 7.30pm Thursday 3 March 2011,</b> in the Members' Study at the Royal Commonwealth Society, 25 Northumberland Avenue, London WC2N 5AP Tel: 020 7930 6733</p>
---	---

By creating a matrix of chakras and corresponding physical settings it is possible to create a toolkit that could be used when working with local communities on the types of local facilities and settings that would best support their capacity for well-being.

### Questions to explore

1. I am interested in initial gut reactions. I am conscious that referring to chakras will be a turn-off for some. Does it any way ring true?
2. Does it provide a more complete framework for considering human well-being needs than we currently use?
3. What would you change or add?
4. How do you suggest that I/we further explore this idea? Who else might be receptive?

**Eiluned Morgan, February 2011**