

# SPIRITUAL DEVELOPMENT

## II

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# SPIRITUAL DEVELOPMENT II

## SYLLABUS

WEEK TOPIC

1. **Read Chapters 0, 10, and 11** (Chakra Overview, Yoga Psychology, and Chakra Balancing)
2. **Read Chapters 1 and 8** (First and Eighth Chakras)
3. **Read Chapter 5** (Fifth Chakra)
4. **Read Chapter 4** (Fourth Chakra)
5. **Read Chapter 2** (Second Chakra)
6. **Read Chapter 3** (Third Chakra)
7. **Read Chapter 6** (Sixth Chakra)
8. **Read Chapters 7, 9, 12 and 13** (Seventh and Ninth Chakras, Chakra Sexuality and Planes Of Consciousness)

When You Are Doing The Reading Write Down Any Questions That You Have As Every Question Is Important

This class is a healing class more so than an intellectual class so to evaluate what you have gotten out of this class it is best to keep a journal about your inner state of being, how you responded to relationships and issues during the course of this class to see what changes have taken place within you. Are you more clam, more peaceful, more compassionate, responding to relationships more positive?

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# **SPIRITUAL DEVELOPMENT II**

## **PURPOSE OF CLASS**

1. Developing an **Understanding** of your **Chakras** or Energy Centers and their associated **Level of Consciousness**.
2. A deep level **Healing** of each **Chakra** on multiple levels along with the **Healing** of your **Aura**.
3. Learning to develop these **Consciousness Centers** in a healthy manner.
4. Through the release of old patterns which restricted the functionality of these chakras, you are able to **Communicate** with your **Highest Spiritual Self** with less distortion of your higher truth.
5. Healing is sent throughout the **Week** for the **Chakra** that will be worked on in class.
6. At the end of this class you will receive an **Aura Healing and Chakra Balancing** Tape I have various meditation and healing tapes available. And, custom tapes for specific purposes can be developed.
7. **The ultimate goal of this class is the healing of conscious and unconscious issues in your bodies that are interfering with you merging with your Higher Spiritual Being and accessing all of your resources and wisdom.**

## **STANDARD CLASS FORMAT**

1. Grounding meditation and clearing of the mind of daily issues.
2. Discussion about one's weekly experiences.
3. Short lecture on the weekly topic.
4. Meditation to explore one's chakra that is being worked on that week.
5. Meditation to energize one's chakra that is being worked on that week.
6. Meditation to balance the chakras and give a spiritual blessing and| healing.

## **KOFUTU TOUCH HEALING**

**Kofutu Touch Healing is an excellent way to Open each Chakra (Regular Healing) and Develop each Chakra (Spiritual Development Healing).**

## CHAPTER 0

### CHAKRA OVERVIEW

The word "Chakra" is Sanskrit, and signifies a wheel. Leadbeater uses the word to signify wheel-like vortices which exist in the surface of the etheric double of a person. This etheric body is physical, though invisible, and is the vehicle through which the streams of vitality flow that keeps the body alive. The clairvoyant may see this body as a mass of faintly luminous violet-gray mist, interpenetrating the denser aspect of the body and extending slightly beyond it. This concept of an etheric body is from Theosophy which is based on various Eastern teachings. <sup>1</sup>

The physical body is in perpetual change, and, as such, it needs to be constantly supplied from three distinct sources in order to survive. The body requires food for its digestion, air for its breathing, and vitality for its absorption. The vitality is a force, or energy, that exists on all planes. The chakras, or force centers, are points of connection where energy flows from one body (i.e., etheric) to another (i.e., physical). Although these centers are referred to as corresponding to certain physical organs, in reality, they are located on the surface of the etheric double, which projects slightly beyond the outline of the dense physical body. <sup>2</sup>

A clairvoyant may easily see these vortices or saucer-like depressions in the etheric double. When undeveloped, they appear as small circles about two inches in diameter. When awakened, they are seen as blazing whirlpools giving off bright beams or flashes of light, much increased in size, and resembling miniature suns. These wheels are perpetually rotating, and, into the center of each wheel, a force from the higher world is always flowing. That force is seven fold in nature, and, while each form operates in each center, usually one of them predominates over the other. Since the physical body could not live without this influx of energy, the centers in every person are operating to some degree. In the undeveloped person, they are usually sluggish in motion, just forming a sufficient vortex of energy and no more. A person more evolved may have these centers glowing and pulsating with great amounts of light, with an enormous amount of energy able to pass through them, resulting in additional psychic and spiritual faculties open to them. <sup>3</sup>

The primary force, or life force, is one of many forms of energy that one receives from the creative force of the universe. The life force energy is said to be received from the higher bodies down through the astral and etheric body into the physical body. Other forces are known as vitality (prana), and kundalini. Together, they comprise the three principal forces flowing through the chakras.

The vitality force (prana), according to Leadbeater, comes from the sun, and the kundalini is the serpent-fire dormant in the base of the spine until it is awakened through yoga, or the natural awakening through spiritual development.

The kundalini could be considered the power of creation on its path returning to the creator. <sup>4</sup>

The primary force, or divine energy, that pours into each center, creates secondary forces in the form of waves of circular motion created by the spokes within the chakra center. Each of these centers have a different number of spokes which determine the number of waves or petals each of them exhibit. Each of these secondary forces that move around the saucer-like depression has its own characteristic wave-length. In that these vortexes have wave characteristics that are determined by the number of spokes in the wheel, along with radiating the currents of the primary force, the wave-lengths are infinitesimal in numbers, and are all included within one of the undulations. All of these undulations, or petals, have a shimmering silvery effect like mother-of-pearl, yet each of them usually has its own predominate color. <sup>5</sup>

The colors observed in each chakra are related to the frequency of energy being metabolized at its particular frequency. Each chakra is associated with an endocrine gland and a major nerve plexus. The metabolic path of Incoming Primary Energy is its absorption by the chakra, which breaks it up into component parts and sends it along energy channels, called "nadis", to the nervous system, the endocrine glands, and then to the blood to nourish the body. <sup>6</sup>

Sometimes the chakras are divided into three groups: the lower, the middle, and the higher chakras. They could also be referred to as the physical, the personal, and the spiritual chakras. The lower chakras, i.e., the first and second chakras, have only a few petals, and are principally concerned with receiving into the body the two physical forces, namely the serpent-fire from the earth (kundalini), and the vitality (prana) from the sun. The middle chakras, i.e., the third, fourth, and fifth chakras, are engaged with the forces that reach humankind through one's personality, such as the lower astral in the case of the third, the higher astral in the case of the fourth, and from the lower mind in the case of the fifth. All these centers appear to feed certain ganglia in the body. The higher chakras, i.e., the sixth and seventh chakras are connected to the pituitary and pineal glands respectively, and appear to come into action only after one has experienced some degree of spiritual development. <sup>7</sup>

According to Powell, the chakras serve two distinct functions. The first function is to absorb and distribute prana or vitality to the etheric body, and thus to the physical body, keeping both these bodies alive.

The second function is to bring down into consciousness whatever may be the quality inherent in the corresponding astral center. <sup>8</sup>

Brennan indicates that the chakras have three major functions:

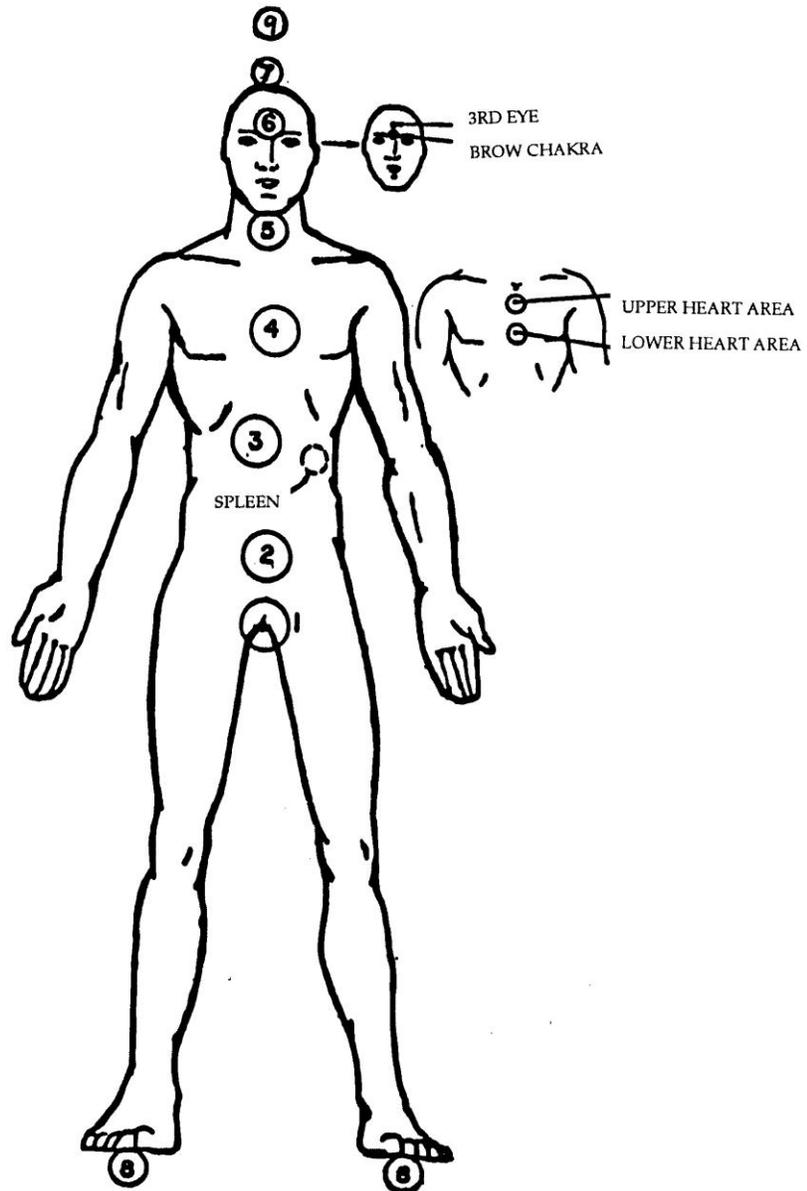
1. To vitalize each of the seven layers of the auric bodies, and thus the physical body.
2. To develop specific levels of consciousness related to each chakra.
3. To transmit energy between each auric layer as well as the seven major chakras on each auric layer. In actuality, each chakra is really seven chakras interpenetrating one another on each of the seven auric layers. <sup>9</sup>

The following table describes the seven major chakras, their location, and the major function of each chakra

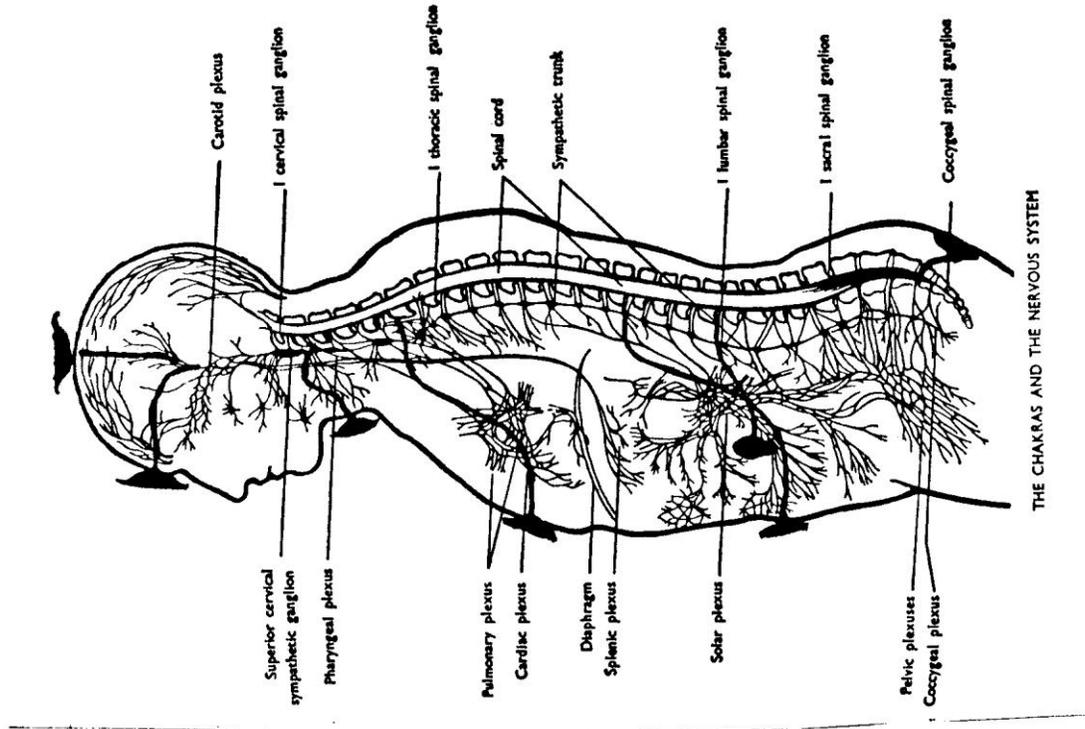
<b><u>Chakra</u></b>	<b><u>Name</u></b>	<b><u>Endocrine Gland</u></b>	<b><u>Purpose</u></b>
First Chakra (Sacral Plexus)	Root (Basic)	Adrenal Medulla	Elimination
Second Chakra (Lumbar Plexus)	Sexual	Gonads	Reproduction
Third Chakra (Solar Plexus)	Egoic (Naval)	Adrenal Cortex	Assimilation
Fourth Chakra (Cardiac Plexus)	Heart	Thymus	Distribution
Fifth Chakra (Carotid Plexus)	Throat	Thyroid, Parathyroid	Regulation
Sixth Chakra (Third Eye)	Brow	Pituitary, Hypothalamus	Transmutation
Seventh Chakra	Crown	Pineal	Integration
Eight Chakra (Foot)	Ground	None	Earth energy transducer, Interconnectedness
Ninth Chakra (Higher Self)	Trans- personal	None	Cosmic energy transducer, Eternal life

This table describes the most accepted descriptions of the seven major chakras in the vast number of writings about chakras. Every culture, or author, has slight variations of the chakra concept, so do not be surprised to find minor differences in the literature. Few books describe the Ground or the Transpersonal chakras, which, in reality, are very important.

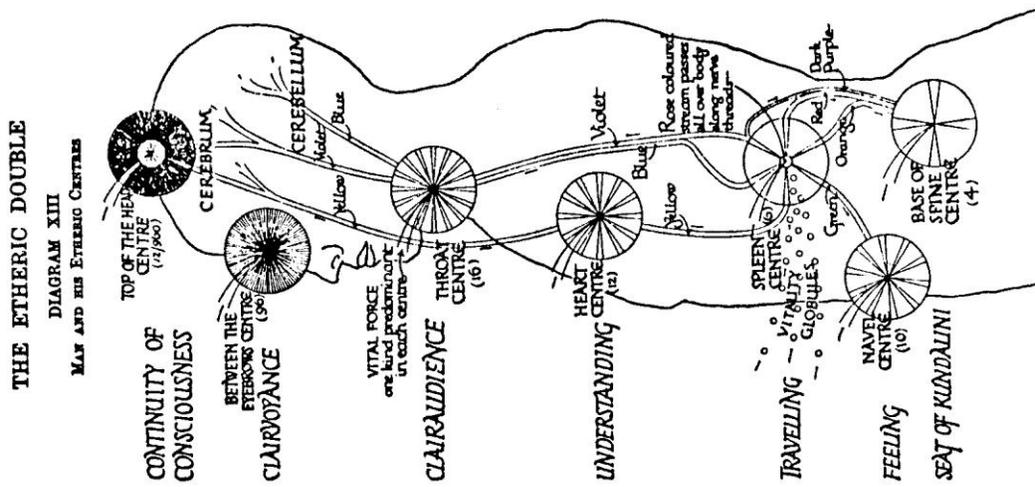
There are many more chakras that are called minor chakras, and these also vary greatly depending upon the system used.



The next two figures depict the traditional seven chakra locations. The figures of the human body depicting the chakras come from the book *Joy's Way*.<sup>10</sup>



THE CHAKRAS AND THE NERVOUS SYSTEM



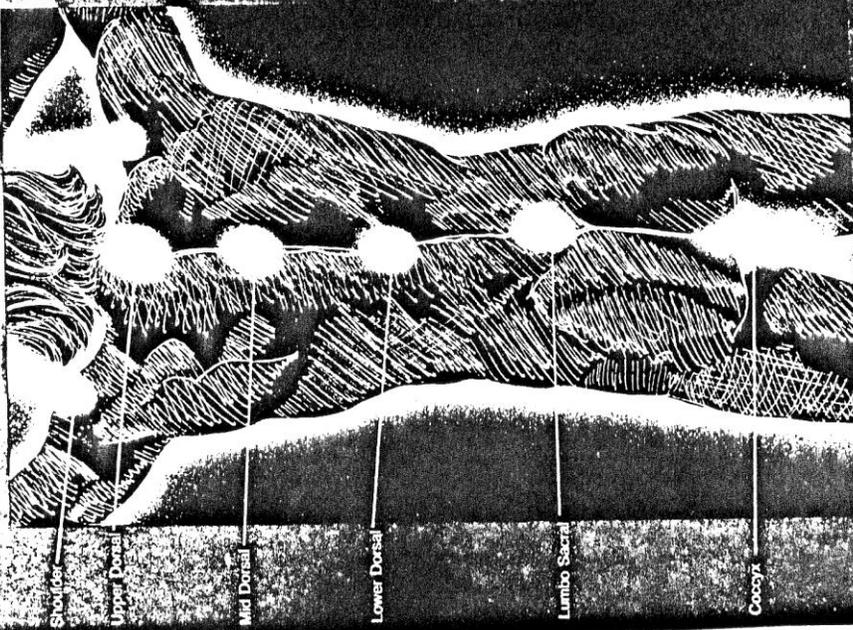


Fig. 10.20  
The Major Posterior Chakra Fields  
(See p. 264 for reference)

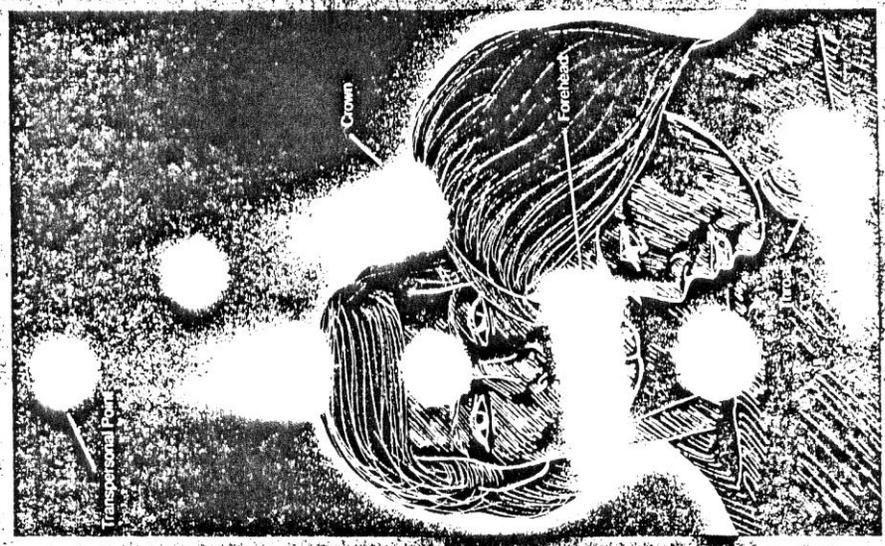


Fig. 10.21  
The Major Anterior Chakra Fields  
(See p. 264 for reference)





FIG. 75  
Hand, Elbow, Chakras and Foot



FIG. 76  
Right Knee and Foot Chakras and Foot

Dr. Joy describes sixteen chakras in his book *Joy's Way*, which is an excellent resource for additional information regarding chakras, the body energies, and healing. The following is a description of the location of the major and major-minor chakras from *Joy's Way* by Brough Joy, M.D. The figures on the previous pages are taken from the book *Joy's Way* to provide the anatomical location of the chakras and fields. <sup>11</sup>

0. Transpersonal point, a small ball of energy 12 to 24 inches above the center of the top of the head, the **ninth chakra**, not designated in most books.
1. Crown center, an area 2 to 3 inches in diameter around the top of the head, **the seventh chakra**.
2. Brow or forehead center, an area 1 to 2 inches in diameter around the center of the forehead, just above the line of the eyebrows, the **sixth chakra**.
3. Throat center, an area 1 to 3 inches in diameter just above the junction of the collarbones, the **fifth chakra**.
4. Upper midchest center, an area 1 to 2 inches in diameter around the junction of the manubrium and sternum, not designated in most books.
5. Heart center, an area 1 to 4 inches in diameter centered about 1 inch above the place where the ribs come together on the lower front part of the chest, the **fourth chakra**.
6. Solar-plexus center, an area 1 to 4 inches in diameter centered in the pit of the stomach approximately 2 inches below where the ribs come together, the **third chakra**.
7. Splenic center, an area 2 to 4 inches in diameter centered over the splenic area at the edge of the lower left ribs, not usually designated with a number and often not designated at all in texts.
8. Sexual center, an area 2 to 4 inches in diameter centered in the lower abdomen above the pubic bone but below the navel, the **second chakra**.
9. Root center or basic center, an area 1 to 3 inches in diameter centered in the perineum, the **first chakra**.
10. Hip centers, 1 to 1 1/2 inches in diameter centered anteriorly over both hip joints, not usually designated in texts.

11. Knee centers, variable in diameter and located over both knees, not designated in most texts. These chakras act as a transducer regulating the amount of current to enter the body.
12. Foot centers, several in each foot, not designated in most texts. Its function is to absorb the energy of the earth (from the eighth chakra into the human body).
13. Shoulder centers, an area 1 to 2 inches in diameter centered over the tips of the shoulders, not designated in most books.
14. Elbow centers, over the elbows, not designated in most texts.
15. Hand centers, several in the fingers and the palms, not usually designated in texts. These chakras also act as senders and receivers of energy.
16. Ear centers, both ears together equate to one chakra, not usually mentioned in texts.
17. Base of the neck, not usually mentioned in texts.
18. Ground center, variable in diameter and the largest of all the centers, and is located 12 to 24 inches below the feet, the **eight chakra**, not designated in most books.

In order to fully understand the concepts of the chakras, one also needs to understand the concept of the multiple bodies that comprise the total person. In metaphysics, it is taught that there are four bodies: the physical, the vital or etheric, the astral, and the mental. In modern yoga, there are seven bodies: physical body, etheric body, astral body (emotional body with the blueprint of the physical body), the mind (instinctive or lower mind), the conscious analytical mind (ego), the buddhi (superconscious with access to the universe), and the atman (one's inner God), which has no form.

There are other concepts of the multiple bodies, such as those defined by Barbara Brennan in her book *Hands of Light* in which she describes the seven layers of the auric body as: 1) Etheric body, 2) Emotional body, 3) Mental body, 4) Astral body, 5) Etheric template, 6) Celestial body, 7) Ketheric body. There are also levels above these seven that relate to the cosmic plane, about which little is known. <sup>12</sup>

The concept of chakras, from both a metaphysical and a yoga point of view, indicates that the chakras can be thought of as energy transducers from these higher bodies, i.e., through the etheric body to the physical body. Energy can be thought of as color, as sound, as vital force, etc. So each of these chakras has a number of functions that they perform, most of which having not been rediscovered since the fall of the higher civilizations in the past. Each of these bodies interacts with the other bodies, and the point where they relate to one another is called a chakra.

This interactive relationship applies to all the major and minor chakras stated earlier, and any energy interaction will affect each of the bodies with the spiritual body, or atman, resonating first, with the physical body resonating last.

The seven major chakras, as noted earlier, are associated with certain ductless glands which comprise the endocrine system in the human body. Science seems to know very little about the endocrine system. In esoteric teachings, it is said that one's entire life of the body is controlled by secretions of one or more of the ductless glands. The esoteric teachings also indicate that while these glands are in the physical body, they are also the terminal points of the chakras. The degree of development of the chakras determines the health, strength, and vitality of the gland(s) to which it is associated with.

In Spiritual Development, when the individual has learned how to touch into the superconscious, then one begins to learn how to draw that higher energy down through the physical body and distribute it throughout the body. There are many techniques used to open each chakra which will not be discussed here. It is very important that when one is opening a chakra that one always flows the energy throughout the entire physical body, otherwise one can cause great discomfort and actual sickness within one's self. The opening of the chakras is of great importance for two reasons. The first reason is to produce increased vitality and a resistance to disease in the physical body. The second reason is of a spiritual nature. It is nearly impossible to control your lower emotions, and totally impossible to sense higher emotions, if the chakra through which that emotion is affected is not functioning properly. Therefore, one should realize the importance of the development of the chakras and, consequently, the endocrine system in the human body, and their interrelationship to both physical and spiritual well-being.

In healing, the chakras provide a theory of the healing process. The condition of the chakras, according to Barbara Brennan and others, has a direct relationship with one's physical and psychological health.

The energy vortices in a healthy chakra rotate in a clockwise true circular movement, whereas a counterclockwise rotation indicates a psychodynamically closed chakra as well as a corresponding psychological imbalance. Any clockwise rotation that is not circular also indicates some imbalance, but the overall effect is still positive in nature. Such imbalances should be corrected. <sup>13</sup>

According to Alice Bailey in her book *Esoteric Healing*, the etheric body is described as a body composed entirely of lines of force, and the points where these lines of force cross each other form centers of energy. In Sanskrit, these lines of force are called nadis, and the centers are called chakras. Where only a few lines of force intersect, only a minor chakra is formed. Where a great number of lines or streams of energy cross each other, then a major chakra is formed. <sup>14</sup>

The development of the chakras can be completed in several different ways. The first method is where one focuses on evolving the causal body, or soul, and the individual does not focus any attention on the chakras or the etheric web that separates each chakra from the one lower than it. In focusing on soul development, one practices meditation and follows the guidance of their spiritual will, gaining wisdom from one's experiences, and thereby purifying one's physical, emotional, and mental bodies. This leads to evolution of the casual body (soul), and the resulting shifts of energy in the etheric body automatically causes the etheric webs, which isolates the etheric chakras, to be worn away, one by one.

The second method is where the individual has the goal of deliberately tearing away these etheric webs, thereby opening the chakras. This can be accomplished by certain breathing techniques and physical exercises, through meditation and visualization techniques, and a variety of other methods.

A third method incorporates certain aspects of the first and second methods. Working with a teacher, or individually, one could use certain techniques that would stimulate the soul's remembrance of its Divinity, and, in doing so, release mental, emotion, and physical restrictions that were limiting the amount of Essence that the individual allowed to be in their personal reality. This is the method utilized in this class.

### **MEDITATION TECHNIQUES TO OPEN CHAKRAS**

One method is to open the crown chakra as much as one can, and then focus that energy in a particular chakra center until it is activated. One would need the guidance of a master (either a physical master or an inner master) to define the proper order of opening the chakras according to your physical make up. This technique is not recommended.

One can develop one's chakras by raising one's consciousness through meditation. A person who regularly practices some form of meditation will increase the activity in an undeveloped chakra. But only a fully developed chakra can be active enough to enable its associated qualities to be expressed continually. One who does not meditate in some form will still experience glimpses of the qualities associated with higher states of consciousness, but the purpose of meditation is to prolong and enhance those glimpses. <sup>15</sup>

In order to develop the chakras by raising one's state of consciousness, Dr. Zachary Lansdowne recommends the following active meditation. <sup>16</sup>

<b>State of Consciousness</b>	<b>Developed Chakra</b>	<b>Recommended Meditation</b>
Sensual	Sacral	Following the guidance Of conscience (moral good)
Aesthetic	Solar Plexus	Radiating positive regard as a service; consideration of a seed thought
Compassionate	Heart	Consideration of a seed thought, practicing self-awareness
Creative	Throat	Consideration of a seed thought, practicing self-awareness
Intuitive	Brow	Practicing self-awareness, selfless service
Self-Consciousness	Crown	Selfless service
Objective	Root	Intense selfless service

The sacral chakra is considered open in Esoteric Theosophy, so, unless one is lacking in moral values, the solar plexus would be the first chakra to develop. A meditations suggested in *A Course of Miracles* is "every thought of love you offer brings you nearer to your wakening to peace eternal and to endless joy." <sup>17</sup>

The concept of seed thoughts is a part of raja yoga and other traditions, whereby one deliberately tries to express the qualities of mental creativity and intuitive wisdom.

There is no mechanical repetition of words as in chanting, or reciting mantras, etc.. This method of meditation has three stages: **concentration**, maintaining one's focus on the seed thought; **meditation**, creative thinking regarding seed thought; and **contemplation**, gaining intuitive understanding regarding the seed thought. <sup>18</sup>

The concept of self-awareness is that state of consciousness whereby one is an observer of every thought, without judgment or feeling, in order to begin to understand the whole movement of thought and feeling whereby one gains silence. Selfless service is the active self-surrender to the Divine. This service must be performed in a truly selfless way without glamor, personal ambition, or illusion. If one has the intention of ending self-centered activity and wants to express the spiritual will, and if one's brow chakra is developed, then one's root chakra will become active and transform the kundalini into "the dragon of living fire." If one has not developed the brow chakra, then perhaps it is best to practice a meditation that is appropriate for one's level of development. Intense selfless service is an effort to directly obtain and express the monadic (Spirit) will qualities. <sup>19</sup>

Spiritual development is the development of one's consciousness into higher states. Psychic development is the improvement of communication on the emotional plane. In essence, there are two types of etheric webs associated with the major etheric chakras: a) a web that blocks the flow of energy between two chakras, which could be called a developmental web; and b) a web that blocks the flow of energy between an etheric chakra and its emotional counterpart, which could be called an opening web. When a developmental web is removed, its associated etheric chakra is said to be developed; and when an opening web is removed, its associated etheric chakra is said to be opened. The purpose of opening an etheric chakra is to improve communication between it and its counterpart on the emotional or astral plane. <sup>20</sup>

The common psychic abilities, such as clairvoyance and clairaudience, occur by opening the solar plexus, which provides access to information in the astral or emotional plane. The opening of the solar plexus also provides access to lower emotions from the emotional plane, such as positive regard, anger, fear, and desire. This opening can also provide for out-of-body experiences, called astral projection, but the traveler generally has no conscious memory of traveling.

The opening of the heart chakra assists in receiving higher emotions from the higher astral plane. Higher emotions can still be positive or negative, and they include compassion, devotion, and sensing the weight of humanities grief.

The opening of the crown chakra creates an illumined seer, one who can receive an influx of light, information and inspiration, which is a higher form of clairvoyance and clairaudience. The opened crown chakra can also provide a higher form of out-of-body experience, called Samadhi, which means "self-awareness conscious union with Spirit" in Sanskrit. <sup>21</sup>

Once the solar plexus, heart and crown chakras are open (which can result from awakening the kundalini), one can experience all the psychic abilities described previously, although considerable practice is generally required to use those abilities with skill and accuracy. <sup>22</sup>

Chakras have five stages of development and their associated symbols, according to esoteric concepts. The **circle** signifies the stage when the chakra is inactive and the individual does not express the qualities associated with that given center. The **circle with a dot in its center** signifies the chakra is active but undeveloped, and the point signifies the beginning of activity. The **circle divided into two** signifies that the chakra is both active and developed, and this indicates the stage of etheric radiation. The **circle divided into four** signifies that the chakra is active, developed and opened, and this means that it can receive impressions by its emotional counterpart from the astral (emotional) plane, which is in the fourth dimension. This stage represents the stage of psychic development. The **swastika** signifies the final stage in which the chakra is active, developed, opened and energized by the awakened kundalini energy. The kundalini energy has now fully energized the chakra, so that it's functioning in its most efficient and potent manner. <sup>23</sup>

One must remember is that one does not diminish the size of a larger chakra in order to open a smaller one. The large centers indicate those areas with which you are presently dealing in life. One is to concentrate on opening whichever chakras might be constricted or blocked. Then, as one does overall balancing, the oversized chakras will diminish, on their own accord, to their appropriate size. <sup>24</sup>

According to Dr. Brugh Joy, all chakras have some activity in individuals, alive or dead, as long as the body is maintained in human form. Perhaps this is the reason that cremation is highly suggested for liberation of the soul in the Eastern religions. Brugh suggests that the Egyptian mummies he scanned still had slight chakra fields. An active chakra is not necessarily an awakened or developed chakra. As Dr. Joy indicates, the intensity of a chakra does not indicate that it is developed, but only indicates that it is functioning. It is the quality of energy emerging from the chakra that determines the level of functioning. The quality can be determined by the color and the shape of the field. <sup>25</sup>

When a chakra is properly functioning and balanced the color surrounding it will be very pale, and that will be the pure color of that chakra. The pale color indicates that the energy emitted from the chakra is fine and subtle. A dense, dark color indicates a chakra that is not properly functioning. <sup>26</sup>

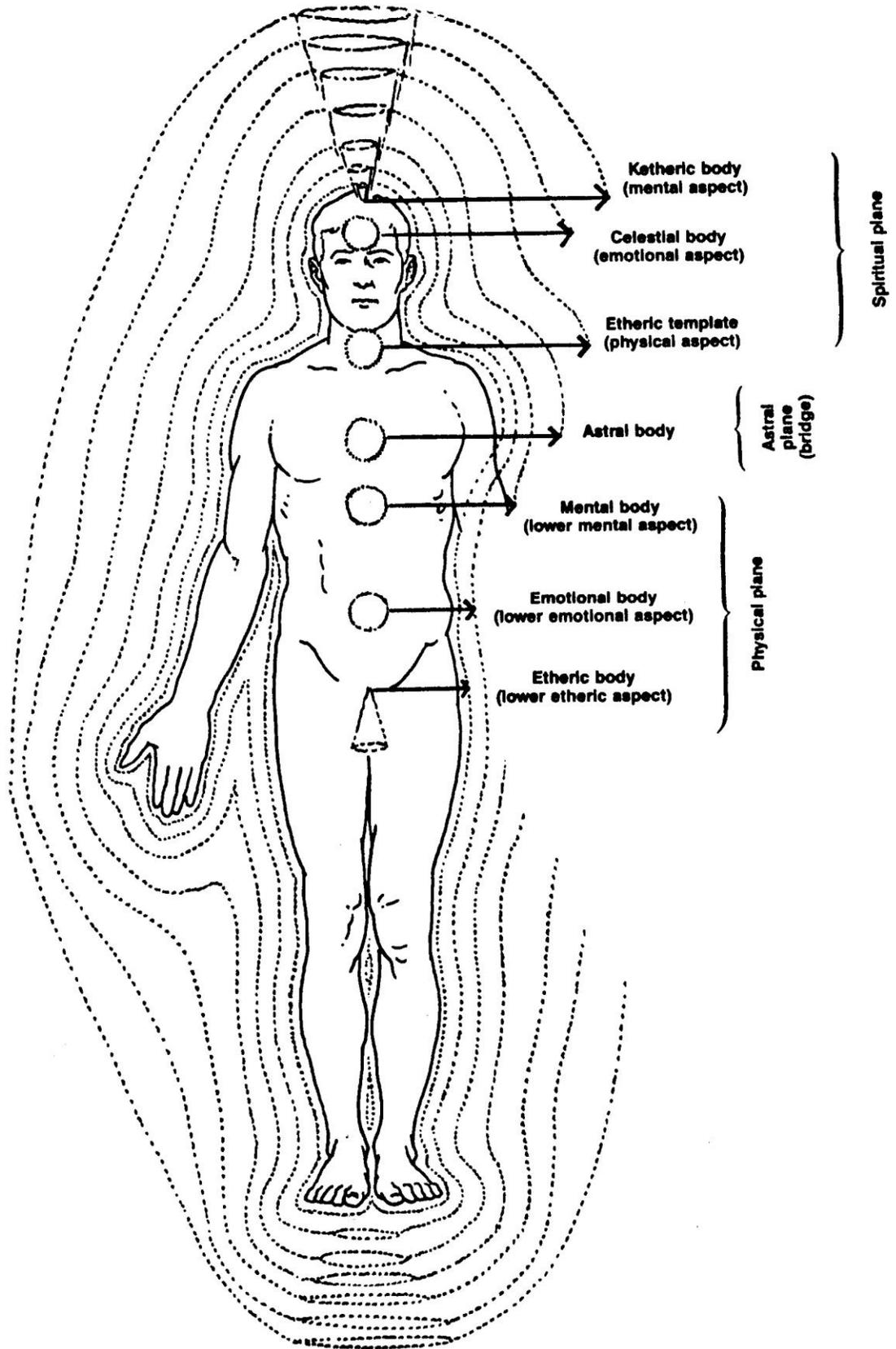
Brennan indicates that each chakra has seven layers, and that each layer corresponds to a layer of the auric field. In order for the energy to flow from one layer to another, according to Brennan, it must first go to the root or the heart of the chakra, where there are seals that control the exchange of energy between the layers of the aura through that chakra. <sup>27</sup>

The major chakras, or consciousness centers, now number 49 -- seven centers in seven bodies. The flow of energy moves within each body between these consciousness centers, and between the different bodies through these consciousness centers. The amount of energy that one is able to have flowing is determined by how open one's channels are. The removal or reduction in composition of the development webs between the chakras within a particular body, and the removal or reduction in composition of the opening webs between bodies determines the amount of energy that can flow within these channels. As one develops spiritually, one's ability to utilize these channels of energy and consciousness are enhanced.

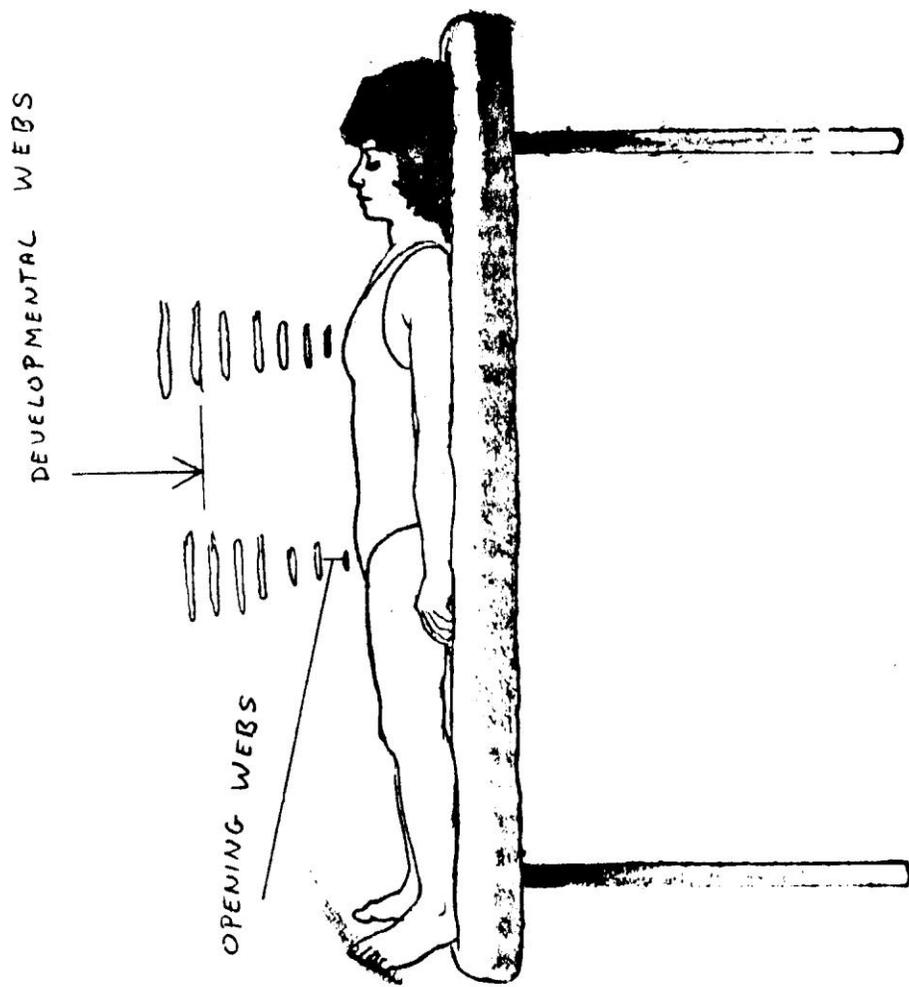
Here is an example of how this can work. Lets say that a person is have much emotional turmoil in one's life. Then, this person opens up their heart center to the consciousness and energy of the Astral and Celestial bodies. This energy and consciousness can now flow down into the emotional body through the heart center. This is like a cleansing action within the emotional heart. The emotionally charged issues, from the emotional body, can now be removed by the cleansing action of the downward flow of love and healing thoughts that come from the higher bodies. The higher emotions and wisdom can now flow into the emotional heart, where it can be utilized by the other consciousness centers according to one's free will.

It seems each author has their own personal method of cleansing and activating the chakras. For methods to activate one's chakras, refer to Jack Schwarz's book *Voluntary Controls*; Laeh Garfield, *Companions in Spirit*; Barbara Brennan, *Hands of Light*; Brugh Joy, *Joy's Way*; Keith Sherwood, *The Art of Spiritual Healing*. Perhaps your inner teacher will provide you with a method of cleansing and activating your chakras most suited for you. Have you asked?

The following sections shall provide specific information regarding each chakra. It is a condensing of many books into a couple of pages. As stated earlier, many writers describe the colors, functions, and names of the chakras differently, so there is no one description that can be considered as correct. All are correct according to the perception of that individual. You also have the opportunity to decide which description is most suited to your perception and truth.



The Seven Layer Auric Body System  
(Diagnostic View)



## CHAPTER 1

**The First Chakra** is called the "Root or Physical Body Chakra" (Sacral Plexus). It provides physical identity and the physical survival functions, a sense of physical security and cellular intelligence. This is also the seat of the primal or primitive brain. One could say that the DNA of the soul can be found in this chakra. When one is lacking in this chakra, it leads to physical insecurity and body fears.

Gland -- Adrenal Medulla	Color -- Orange-Red
Organ Function -- Elimination	Element -- Fire
Sanskrit Name -- Muladhara	Body -- Etheric (lower aspect)
Contains -- Concept, original idea,	Note -- High C
Higher Octave Color & Activity -- White - Cosmic Purity	
Healing Gem-Crystals: Smokey Quartz, Obsidian, Hematite, Black Tourmaline, Bloodstone, and/or Garnet	

Alice Bailey associates the following types of force and physical organs with this chakra: <sup>1</sup>

Types of Force: Will energy; Universal life, Kundalini

Organs: Kidneys and Spinal column

This chakra vitalizes the kidneys, and provides the will to survive to all parts of the physical body. When fully developed, it allows the dedication for selfless service from the Spiritual Will in the crown center.

Leadbeater describes this chakra as having four spokes, thereby arranging its waves, or petals, to give the effect of being divided into quadrants, alternately red and orange in hue. This chakra contains the kundalini. When this chakra is highly charged, it is fiery orange-red in color, corresponding with the type of vitality which is being sent to it. <sup>2</sup>

The root, or basic center on the astral level and the etheric level, is the Seat of Kundalini, and has the appearance of fiery orange-red. The Kundalini, when activated, goes to each center, according to individual design, and vivifies each one. <sup>3</sup>

The first chakra is the only major chakra whose larger opening is in the back of the body, just below the tailbone (coccyx) and above the anus. The smaller opening in the front is located at the base of the pubic bone. <sup>4</sup>

This chakra has to do with one's ability to survive, one's capacity to have and hold, and one's power to attract the abundance of the material world into one's life.

Plutomania (materialistic greed) represents a first chakra that receives, but shares nothing, and lets nothing go. A balanced first chakra is reflected in one who is materially confident and therefore generous. <sup>5</sup>

This chakra connects to the gonads, and infertility and super-fecundity are the result of restrictions in the first chakra energy, relevant to survival of the species. The large intestine is associated with the activities of the first chakra. Constipation (over-attachment, the inability to let go) and diarrhea (compulsion to unload) are the extreme symptoms. This chakra also has one's family scripts and attitudes about life. So, in essence, it has much to do with one's self image. <sup>6</sup>

The diseases and disorders of the blood and liver, and also for febrile diseases, smallpox, boils, ringworm, inflammations, bleeding from any cause, bladder trouble and toothaches are treated at this chakra center. <sup>7</sup>

According to yoga tradition, this chakra is associated with the element "earth", and is connected with feelings of fear, and the instinct for self-preservation with great preoccupation with physical and bodily survival. The focus of energy here is constant fear of being injured, or a strong tendency to hurt and injure others. One feels like the hunter and the hunted. This fear could develop such illnesses as ulcerative colitis or chronic diarrhea. One could also have an undercurrent of paranoid functioning in one's emotional lives. <sup>8</sup>

A baby creates its beliefs about survival while still in the womb. Most of these beliefs that come from the mother are: be good, healthy, sick, etc.. The emotional issues the mother has while carrying the child can also be accepted by the child in the womb. The body's goal is to stay alive and reproduce to keep the species alive. If we are not surviving the way we want, then we change it by adding knowledge and experiences. Dependency is a first chakra survival issue. Emotional survival can be a first chakra issue, but not necessarily. Many times issues in the first and third chakra will match.

## **Polarities and the Chakras**

The chakras when looked at as consciousness centers can become integrated as a result of proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities.

The polarities involved at the Root Chakra (1<sup>st</sup> Chakra) are between "bad" and "good."

Once the polarities have been synthesized at each level one has transcended the polarities of that chakra and moves to the next level for integration.

## **FIRST CHAKRA**

**FORCE** - Will to Live

**QUALITY** - Self Preservation

**CONSCIOUSNESS LEVEL** - Order (Physical/Instinctual)

**BASIC URGE** - Fear

**MASTERY** - Right Action

**PITFALL** - Isolation

**RAY** - Fourth Ray White or Crystalline Color

### **Yoga Philosophy Chakra**

**1 - Muladhara**      Mode of Experience: Struggle for survival  
Archetypal Theme: The Victim  
Polarities Experienced: life / death  
predator / prey  
Examples: Movie monsters and their victim,  
Hitler and the Jews of the Holocaust.

### **A Meditation to Energize the First Chakra.**

This meditation utilizes the color Red/Orange. Breathe in the color Red/Orange for a count of 7, then hold for a count of 7, then exhale for a count of 7. Repeat three or four times or as necessary. Become aware of the color being exhaled and any unusual sensations in your body.

A healthy condition is indicated by a white color on the exhalation which indicates that the chakra is in a balanced condition.

### **FIRST CHAKRA AFFIRMATIONS:** (By Aeoliah)

I AM filled with vitality, and my energy is grounded, centered, and firmly connected to the center of the Earth. I now claim my birthright to maintain a healthy, balanced relationship with my body and the Earth, using my life force creatively to receive all the nourishment and abundance I need. I claim my full power as co-creator of all that I need physically, as well as spiritually, through the purity of my intentions.

**I AM COSMIC PURITY IN THOUGHT, FEELING, AND ACTION.**

## CHAPTER 2

**The Second Chakra** is called the "Sexual or Emotional Chakra" (Lumbar Plexus). It provides sensuality, sexual identity and generative creativity. When properly functioning, it provides positive self-esteem, values of equality, and heroic capabilities. When one is deficient in this chakra, it leads to sexual objective mentality and primitive justice.

Glands -- Gonads

Color -- Orange

Organ Function -- Reproduction

Element -- Water

Sanskrit Name -- Savadhithana

Body -- Emotional

Contains -- Feelings

Higher Octave Color & Activity -- Violet - Transmutation,  
Acceleration, Invocation, and Freedom

Healing Gem-Crystals: Ruby, Carnelian, Citrine, Amber

Alice Bailey associates the following types of force and physical organs with this chakra. <sup>1</sup>

Types of Force: Life force; Physical plane force; Vital energy; Animal life

Organs: Sex organs

This chakra vitalizes one's sexual life and the organs of reproduction.

According to yoga tradition, this chakra is associated with the element "water." This is the center of sexual impulses with lustful feelings, and with one's emphasis on sensory pleasure and with a major concern for the survival of the species (or family name). When one is preoccupied with sensual pleasures and sexual encounters, it indicates a focus of energy in this center. <sup>2</sup>

When this chakra is grounded, it assists in defining space, time, and boundaries for that individual. This is the center for clair-sentience of which you chose how much and when to open. This is one of the chakras that gets confused when one merges with another person(s), whereby personalities get mixed-up. By age 1, one should cease merging with one's mother. Merging throws one out of balance, and one may tend to leave the body. Emotions are seated in the second chakra, and are resolved by moving them to the fourth chakra for observation and removal.

When you are merged with another, you may feel your space infringed upon. To break the patterns of merging in children or adults, stress physical differences, state personality differences, gender differences, etc.. You will be better friends if you do not merge. Note: It takes two to merge! If people tend to linger in your thoughts, you may have merged. Send the energy back to them in a state of neutrality, and, within 72 hours, it will be accepted back into their aura.

Merging can take place on different levels -- ego merging, as described above in minimal detail, and the merging of soul into spirit. There are times when merging, even at the ego level, is appropriate for a specific occasion such as making love. The merging of one's ego, soul and spirit is the desired goal of spiritual development. Most merging in humans is within the ego aspect, and comes from inferior feelings. This is the type of merging that can create much confusion within all individuals concerned.

**While the Second Chakra is most accepted as being the Sexual Chakra** , in some literature, is referred to as the **Splenic Chakra**. It is purported to actually be composed of secondary chakras that are important for the secretion of the ductless glands and organs, such as the stomach, liver and gall bladder. <sup>3</sup>

Glands -- Spleen, Pancreas, Liver

Organ Function – Assimilation

Color -- Orange

Element -- Water

Note -- Within the C range

This chakra has the function of drawing in the vital force energy or physical prana. It is composed of a vitality globule formed in sunlight and ultraviolet light. It is discharged along the nervous system, flowing along the myelin sheath of the nerve rather than through the fibers, and is discharged to all parts of the body. The surplus and used particles then flow out through the skin and help form the emanation. This emanation is the aura, which is around all living and nonliving things. Prana is not received through the lungs, although its intake is closely associated with breathing. A faster breathing rhythm induces greater activity of this chakra, since the second chakra directs the intake and distribution of physical prana or vitality.

This chakra is treated for healing diseases or disorders dealing with the bladder, mental illness, fever, polyurea, tuberculosis, diarrhea, edema, colic, colitis, eyes, anemia, diabetes, and cancer. <sup>4</sup>

Leadbeater, in the Theosophical concepts of chakras, considers the spleen chakra as the second center. In either case, the second chakra has six petals, and each petal shows predominantly one of the vital force colors -- red, orange, yellow, green, blue, and violet. <sup>5</sup>

The spleen center is described in some books as the second chakra on the astral level, vitalizing the astral body and providing the power to travel consciously. At the etheric level, this center vitalizes the physical body by assimilating prana, or energy, from the atmosphere, thereby vitalizing all the major and minor chakras. It also provides memory of astral travel. <sup>6</sup>

This center is the focus of one's earliest and most fundamental emotions. One's basic sense of acceptance or rejection, and one's sense of belonging or not belonging, etc., all relate to the functionality of this chakra. A healthy second chakra person has emotional integrity and security. They feel optimistic, friendly, courageous, and sensitive to the needs of others. <sup>7</sup>

This chakra affects the functioning of the kidneys, which absorb and detoxify fear, and the spleen, which contains and processes worry. It also affects the uterus in women. The condition of one's skin is also a second chakra indicator. The skin should be elastic--not puffy, or dry and scaly. When the second chakra is fully functioning and discriminating, one's clairvoyance faculty is awakened. This chakra deals with emotions, and so it is essential that one distinguishes between one's feelings and those that belong to other people. Failure to deal with these emotional energies invites paranoia and high blood pressure. Pancreatic ailments also indicate an underdeveloped second. Diabetes begins as fear of emotional neglect, ultimately escalating into fear of abandonment. <sup>8</sup>

### **Polarities and the Chakras**

The chakras when looked at as consciousness centers can become integrated as a result of proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities.

The polarity between male and female resides in the Sexual Chakra (2<sup>nd</sup> Chakra).

Once the polarities have been synthesized at each level one has transcended the polarities of that chakra and moves to the next level for integration.

### **SECOND CHAKRA**

**FORCE** - The Will To Feel

**QUALITY** - Self-Gratification

**CONSCIOUSNESS** - Pleasure/Devotion  
**LEVEL** (Sensual/Emotional)

**BASIC URGE** - Passion

**MASTERY** - Right Feeling

**PITFALL** - (Duality)

**RAY** - Seventh Ray Violet (Purple and Red) Color Spiritual/Passion

## **Yoga Philosophy Chakra**

### **2 - Svadhisthana**

Mode of Experience: Sensory pleasure

Archetypal Theme: The Hedonist

Polarities Experienced: pleasure / pain  
male / female

Examples: Salome, King Henry VIII, Eros.

### **Meditation to Energize the Second Chakra.**

Imagine yourself within a pyramid just large enough for you to feel comfortable in.

Now fill the pyramid with a orange substance.

Then breathe in the orange substance through your mouth and allow it to completely fill your insides down to the base of your spine.

Now sense the orange rising up to your hip bones and your waist.

Become aware of the feelings or perceptions you have within your body.

When you exhale, blow the orange all around you, into each corner of the pyramid. On the third exhalation, blow the orange up and out of the pyramid.

Be aware of the color or colors within the body and the color or colors you are exhaling, and also any unusual sensations in your body.

### **SECOND CHAKRA (Sexual Chakra) AFFIRMATION: (By Aeoliah)**

I AM the harmonizing presence, balancing my creative male aspect with my feminine, receptive aspect, as I allow myself to experience the balanced union of these poles within me as an unfolding Cosmic Dance of Creation. I AM whole and complete within my sexuality. I AM self-fulfilled. I love and embrace all the feelings and emotions that surface from loving and accepting my sexuality as a healing tool for harmonic union between Heaven and Earth.

**I AM A BEING OF VIOLET FIRE, TRANSMUTING INTO GOD'S DESIRE.**

## CHAPTER 3

**The Third Chakra** is called the "Navel or Egoic Chakra" (Solar Plexus). It provides personal power and mastery. It is the seat of the emotional brain. It provides selfless service, self-mastery, and mental-emotional balance. When one is lacking in this chakra, one yields to the ego-centered power drive and one's need for immortality. It also creates alienation and anxiety.

Gland -- Adrenal Cortex

Color -- Green

Organ Function -- Assimilation

Element -- Air

Sanskrit Name -- Manipura

Body -- Mental

Contains -- Opinions

Note -- F

Higher Octave Color & Activity -- Ruby-Violet Gold - Peace,

Ministration and Service to Humanity, Love of Nature and the Elements

Alice Bailey associates the following types of force and physical organs with this chakra. <sup>1</sup>

Types of Force: Astral force; Emotion; Desire; Touch;

Organs: Stomach; Liver; Gallbladder; Nervous system

This chakra vitalizes the sympathetic nervous system, that part of the autonomic nervous system which activates involuntary muscles for body action.

This chakra, according to Leadbeater, receives a primary force with ten radiations, and, as such, it divides itself into ten petals. Its predominant color is a blending of various shades of red, with a great deal of green. The divisions are chiefly red and green. <sup>2</sup>

The navel chakra on the astral level provides feeling and general sensitiveness. At the etheric level, one feels astral influences. This center enlivens the liver, kidneys, intestines, and the digestive system in general. This chakra is closely associated with feelings and emotions of various kinds. <sup>3</sup>

According to yoga tradition, this chakra is associated with the element "fire." This center creates energy through the chemical process of digestion, that creates an inner fire that provides energy for maintaining life. When this inner flame is not properly regulated, it can lead to many disease states such as peptic ulcers. The psychological issues of this center, when not effectively resolved, become one of domination versus submission. One may often take on a dominate controlling aspect, although underneath, they basically have a tendency to be passive, dependent and submissive. The first three chakras relate to one's basic instinctual urges and needs for biological survival. <sup>4</sup>

The Third Chakra is the energy distribution center for the body and aura. The emotions (energy) of the body are the body's way of responding to the pictures and beliefs in one's mind. Emotional patterns and habits (other than conscious patterns) can be anchored in the body. This chakra is considered a body chakra, and it allows the healing to take place at its own speed, as the body tends to go slower than the mind.

Human nature involves the use of patterns and habits -- that is how we function. One makes changes within themselves by replacing patterns and habits that are no longer useful with new ones more suited to one's new reality. Much of this change takes place in the third chakra. Look at your emotional blocks and power issues in the third chakra. Make a list of your habits. We have negative and positive processes behind these habits, so learn to be aware of these processes. Be conscious, be aware, have fun, and stay out of judgment. This is the chakra where one brings in one's goals, and makes plans to achieve these goals.

The third chakra has the games one plays, positive and negative. Amusement can be used to break them up. Laugh at the patterns or games that you are playing, and then change the ones you don't want. What was okay to do at age two may not be okay now. Use discrimination to weaken the negative games and strengthen the positive ones. One's games relate to one's goals.

Astral travel is seated in the third chakra, more on the left side of the body. Program your astral travel prior to going to sleep. Quite often, one works on an issue on the astral plane the day before we do it in the conscious mind. Full conscious memory of astral travel comes out of the third chakra. You are conscious, yet you are asleep.

Creative activity starts in the second chakra, then moves into the third chakra for energy. Structure develops in the third chakra, thereby allowing creativity to develop. The creative activity then moves to the heart chakra where unconditional love is added to insure that what is being created is appropriate for everyone concerned. Next, the creative activity moves to the throat chakra where it is expressed, and unites with the higher form of creative action from the sixth and seventh chakras and is manifested in the physical. This describes the ideal way to use your creativity in a spiritual way.

The diseases and disorders associated with this chakra are circulatory, heart, all osseous ailments, facial paralysis, gout and headaches. <sup>5</sup>

When this chakra is well developed, one has plenty of physical stamina and resilience, with a great amount of self-control and self-respect. This chakra affects the adrenals, liver, gall bladder, stomach, blood, and lymph. The liver is where one stores one's anger, the gall bladder relates to one's decision-making ability, and the stomach mirrors one's ability to digest experiences (new ideas and beliefs). The ability of these organs to be functioning properly depends upon a well-regulated third chakra. Gallstones indicate a chronic denial of one's own best interest in order to please another. A healthy third chakra indicates self-respect, and the ability to utilize one's personal power, loyalty, and positive self-worth. <sup>6</sup>

The common psychic abilities, such as clairvoyance and clairaudience, occur by opening the solar plexus, which provides access to information in the astral or emotional plane. The opening of the solar plexus also provides access to lower emotions from the emotional plane, such as positive regard, anger, fear, and desire. This opening can also provide for out-of-body experiences, called astral projection, but the traveler generally has no conscious memory of traveling.

### **Energy Cords, What Are They And How Do You Remove Them?**

Cords are emotional or psychic energy connections between two people or a person and an object (i.e., home) and can be created consciously or unconsciously. This energy connection, in reality, means some other person's energy is in you, and some of your energy is in them.

Cords can be attached to any part of the body. It takes two people to cord, so anyone that has energy cords from or to another person wanted to be corded at some level of consciousness. When attached to a chakra, these cords could relate to the following issues: First chakra cords, take care of me; second chakra cords, emotional; third chakra cords, feed me; fourth chakra cords, love me; fifth chakra cords, talk to me; sixth and seventh chakra cords, own me.

Stated in another way:

- 1<sup>st</sup> Help me survive; baby merges with any female
- 2<sup>nd</sup> Feel me, minor relationship chakra, clairsentience cording
- 3<sup>rd</sup> Give me your energy
- 4<sup>th</sup> Love me, friendship
- 5<sup>th</sup> Communicate with me
- 6<sup>th</sup> See me, pay attention
- 7<sup>th</sup> Ownership, interferes with your knowingness

## **HOW TO REMOVE CORDS?**

Let the cords go – by gently pulling them out of you the gentler the better. Do not yank, on them and **definitely never cut them**. Send them back in a state of neutrality. If you send the cord back in a state of love the recipient needs to be in a loving state to receive the cord. Whereas, when sent in a state of neutrality the recipient can receive the cord in any state of consciousness. Also, you can follow the cords to the individual with whom you are corded and tell them that you are going to remove the cord. It makes no difference whether you corded them or they corded you. What is important is that you want to remove the cords. If you don't want to release the cord, ask what are you gaining by keeping the cords. What would change if you were not corded? When you don't cord, you need to talk more! You need to verbally convey the message that you were doing with the cords! Ask the person to pay attention to you rather than cord their sixth chakra.

If a person continually sends cords to you, just pull it through your aura with your hands until they get tired of cording. This pulls on their energy, and then they will stop cording. Or, just gently pull it out, and send it back to them in neutrality. One generally sends cords because they do not want to communicate outright! Telling the person nonverbally not to cord you may also work.

## **Polarities and the Chakras**

The chakras when looked at as consciousness centers can become integrated as a result of proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities.

The polarity of the Naval Chakra (3<sup>rd</sup> Chakra) or the Solar Plexus has to do with activity and passivity in the sense of domination and submission.

Once the polarities have been synthesized at each level one has transcended the polarities of that chakra and moves to the next level for integration.

## **THIRD CHAKRA**

**FORCE** - The Will To Know

**QUALITY** - Self-Definition

**CONSCIOUSNESS LEVEL** - Analysis/Comparison (Concrete Mind)

**BASIC URGE** - Identity Seeking

**MASTERY** - Right Thought

**PITFALL** – Fragmentation

**RAY** - Sixth Ray Gold

### **Yoga Philosophy Chakra**

#### **3 - Manipura**

Mode of Experience: Mastery, domination, conquest, competition, inadequacy, inferiority, pride

Archetypal Theme: The Hero

Polarities Experienced: gain / loss  
success / failure dominance / submission  
blame / praise

Examples: Alexander, Napoleon, Superman, sports hero's, corporate executives.

#### **Meditation to Energize the Third Chakra.**

Imagine yourself in the middle of a lush green field. Above the field is a light green mist, which you gently breathe in.

As you breathe in this green mist it gently flows down into the base of your spine and then rises back up to the area of the solar plexus (2 - 3" above the naval).

Be aware of any colors you sense, or any sensations anywhere on or in your body.

When you exhale, blow the color out of your mouth over the green field.

On the last exhalation, blow the color up towards the sky. Be aware of the color or colors that is directed towards the sky. (Yellow or Gold most common).

Check to make sure all the green is removed from the solar plexus and upper passage way, such as the chest, neck or forehead. If you sense a restriction draw in the color most appropriate for you to use to heal that area.

#### **THIRD CHAKRA AFFIRMATIONS:** (By Aeoliah)

I AM at peace with myself and the world around me. I AM radiating solar energy from the peaceful center of my being, harmonizing and healing all my emotions, and embracing all my feelings with loving acceptance. I AM recharged in the loving embrace of Nature and Her healing elements.

**I AM THE PRESENCE HOLDING DIVINE PEACE IN MY HEART, MIND, AND ACTIONS.**

## CHAPTER 4

**The Fourth Chakra** is called the "Heart or Universal Connection Chakra" (Cardiac Plexus). It provides unconditional love, compassion, devotion, and cosmic power. When fully functioning, its qualities are selfless love, courage, independence, and one's natural healing abilities. When one is lacking in this chakra, one yields to hyperemotionality, imbalance, amorality, and cowardice.

Gland -- Thymus

Color -- Yellow

Organ Function – Distribution

Element -- Earth

Sanskrit Name -- Anahata

Body -- Astral

Note -- High E

Contains-- The second or true feeling underneath the first feeling

Higher Octave Color & Activity -- Pink - All Embracing Love, Compassion, Mercy, Forgiveness and Acceptance, Love for All Life and Creation

Healing Gem-Crystals: Aventurine, Rose Quartz, Kunzite, Pink & Green Tourmaline.

Alice Bailey associates the following types of force and physical organs with this chakra. <sup>1</sup>

Types of Force: Life force; Group consciousness

Organs: Heart; Circulatory system; Blood, Vagus nerve

This chakra anchors the life stream from the Spirit, whereby this stream then controls the circulation of blood, which feeds the individual cells of one's body. This center also vitalizes and controls the vagus nerve, which is the largest nerve in the parasympathetic nervous system, which controls the involuntary muscles that restore the body's energy system. When fully developed, it expresses compassion from the spiritual love, and is experienced as a sense of oneness with others.

Leadbeater describes the heart center as a glowing golden color, with each of its quadrants divided into three parts, thereby giving it twelve petals. <sup>2</sup>

The heart center, on the astral level, assists in the comprehension of astral vibrations. At the etheric level, this center enhances the consciousness of feelings of others. This center utilizes the yellow ray, and, when fully developed, it produces strength and regularity in the functioning of the heart. This yellow ray also interpenetrates the blood, and is then carried throughout the body. In the crown center, this yellow ray confers the power of high philosophical and metaphysical thought. <sup>3</sup>

According to yoga tradition, this chakra is associated with the element "air." This chakra is the transition between the biological needs of the lower three chakras and the upper chakras associated with a more evolved consciousness. This is the chakra that relates to the dawning of consciousness, which is reflected in feelings and compassion felt and expressed within this center. This is the center for integration of one's basic impulses and one's more evolved aspirations.

This chakra, in yoga theory, is the meeting point of two separate polarities in the body field -- the fields above and below this chakra and the polarity that exists between the right and left sides (right being male, and left being female). As the center for integration of these polarities, the interaction organized around this center potentially involves the whole person.

When this chakra is restricted, one will appear emotionless and cold. If a person is ruthless and "walks all over people" in his or her way, he or she are referred to as "psychopathic" or "sociopathic." This indicates that their energy is directed, through the lower chakras, with no concern or awareness of others. The aggressive and egotistical person has some heart energy that tempers their behavior with some consideration for others. Pure compassion, or selfless love, is the potential in this chakra when it is fully evolved with non-attachments. This condition is not to be confused with the blissful state of oneness that one would experience in higher states of consciousness. <sup>4</sup>

The heart center is the chakra center that controls the body. The emotions are the language of the heart, and the heart is a body chakra. The body only reacts to what is happening. The heart and crown chakras must be open in order to receive good clear information. The infinity layer of the heart is "allowance to be". It is a conscious state of non-judgment, a state of neutrality, which allows others to be as they choose to be. We bring in more of our own strengths and spiritual goals in this chakra. This is the chakra of giving and receiving. The body is more honest than the intellect. The body always "runs its stuff". Emotions are body energy. The infinity layer is your energy, your Higher Self.

The diseases and disorders treated at this center are diseases of the nervous system, skin, hysteria, deafness, joints and constipation. <sup>5</sup>

The heart center is the seat of personal love and universal compassion. The glands associated with this center are the thymus, heart, lungs, and shoulders. When this center is open, and of adequate size, one is able to laugh and cry. Deep laughter and deep crying are both expressions of compassion.

With an open fourth chakra you appreciate life, and have access to profound serenity regardless what is happening around you. A know-it-all attitude, undependability, and conditional loving are signs of a restricted heart center. <sup>6</sup>

Shoulder pains on the right side, in the back, indicate difficulty with accepting love; if the pain is on the left, difficulty in receiving it, or an emotional separation that has a deep wound. If the front left side of the shoulder hurts, it indicates difficulty in receiving; right side problems, difficulty with giving. The right-side problems may also reflect one's competitive nature that is not in balance.

The thymus gland is the key to one's immune system, and reflects the openness or closedness in which one meets the world through the fourth chakra. The first and fourth chakras seem to work together. The ability to share and be generous without giving up all that you have indicates a good balance between these chakras. The goal of the fourth chakra is unconditional love. <sup>7</sup>

The fourth chakra is the bridge between the three higher chakras, which identify with higher consciousness, and the three lower chakras, which are more identified with the body. All chakras work together, but it is the function of the fourth chakra to be the bridge between the first and the seventh, the second and the sixth, and the third and the fifth.

The opening of the heart chakra assists in receiving higher emotions from the higher astral plane. Higher emotions can still be positive or negative, and they include compassion, devotion, and sensing the weight of humanities grief.

## **Polarities and the Chakras**

The chakras when looked at as consciousness centers can become integrated as a result of proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities.

Polarities of the Heart Chakra (4<sup>th</sup> Chakra) that are synthesized have to do with the upper and lower halves of the body, and the positive and negative energies that they symbolize. Once the polarities have been synthesized at each level one has transcended the polarities of that chakra and moves to the next level for integration.

## **FOURTH CHAKRA**

**FORCE** - Awakening

**QUALITY** - Harmonizing Higher with Lower Nature

**CONSCIOUSNESS LEVEL** - Harmony Through Conflict

**BASIC URGE** - Acceptance/Harmonizing

**MASTERY** - Self-Creation

**PITFALL** - Attachment to Conflict

**RAY** - Third Ray Pink Color

### **Yoga Philosophy Chakra**

#### **4 - Anahata**

Mode of Experience: Compassion, generosity, selfless loving, service

Archetypal Theme: The mother; The savior

Polarities Experienced: rescuer / rescued  
liberator / liberated

Examples: Blessed Virgin Mary, Jesus, Gandhi, Mother Teresa of Calcutta

### **Meditation to Energize the Fourth Chakra.**

This meditation utilizes the color Pink. Breathe in a light pink color preferably through the mouth and imagine it descending all the way down to the base of the spine and then rising up into the heart center.

Then exhale the color allowing it to rise back up through your throat and out the mouth. Repeat this three times. Now become aware of the color or colors you are exhaling, and also any unusual sensations in your body.

### **FOURTH CHAKRA AFFIRMATIONS:** (By Aeoliah)

I AM filled with love, mercy, compassion, and forgiveness for humanity and life. I AM loving self-acceptance of all my human qualities, as well as my Higher Self. I love the Earth for the opportunity to learn, serve, and master all forces of illusion. I love and accept the Master in me, as I open myself farther each day, knowing the Light and Love within me is always expanding, as I express more love to myself and the world around me.

**I AM THE PRESENCE QUALIFYING ALL MY THOUGHTS,  
FEELING, AND ACTIONS WITH DIVINE LOVE.**

## CHAPTER 5

**The Fifth Chakra** is called the "Throat Chakra" (Carotid Plexus). It provides knowing, creation, non-discrimination, psychic knowing, and creation by the word. When one is lacking in this chakra, one yields to controlling through knowledge, with a sense of impotence in manifesting what they want.

Gland -- Thyroid, Parathyroid

Color -- Sky Blue

Organ Function -- Regulation

Element -- Ether

Contains -- Expression

Body -- Etheric

Sanskrit Name -- Vishuddha

Note -- G

Higher Octave Color & Activity -- Electric-Cobalt-Royal Blue -

Manifestation of Divine Will, Expression into Form, Protection, Leadership Qualities

Healing Gem-Crystals: Celestite, Turquoise, Aquamarine, Gem Silica, Chrysocholla, Amazonite

Alice Bailey associates the following types of force and physical organs with this chakra. <sup>1</sup>

Types of Force: Creative energy; Sound

Organs: Heart; Breathing apparatus; Alimentary canal

This chakra vitalizes the one's lungs and vocal apparatus. It also receives concrete thoughts through the solar plexus chakra from the mental body. When developed, the throat chakra becomes the expression of creativity in thought, speech, and writing from the causal body, or soul, via the brow chakra.

The throat chakra, as described by Leadbeater, has sixteen spokes and, therefore, sixteen petals. Blue and green predominate alternately in its sections. The blue predominates this center, but it has a silvery and gleaming effect. <sup>2</sup>

The throat center, on the astral level, provides hearing. At the etheric level, it provides etheric and astral hearing. This means that one may, in their physical consciousness, hear voices, music, or other sounds. When fully developed, one is clairaudient so far as the etheric and astral planes are concerned. On the physical level, this center can give strength and elasticity to the vocal cords. <sup>3</sup>

According to yoga tradition, this chakra is associated with the element "ether." This is the nurturing chakra where one receives nurturance in the form of food and air being taken into the body. It is related to the act of receiving. Trust and devotion are characteristics of the throat chakra, which is searching for nurturance from above, i.e., a higher potential.

A paranoid person fears the ego will be lost in a regression to a more primitive undifferentiated stage of development. The throat center is first focused on receiving "grace", which is a step above the capacity of the heart where one is limited to being compassionate. As one evolves in this center, one is able to accept from an inner, unlimited source. As one receives this grace, one becomes prepared for the next center (brow) where the experience of giving and receiving are one and the same. <sup>4</sup>

This chakra relates to one's communication ability, i.e., to say what we mean and mean what we say. You are responsible for your words. Let your pictures match your words. Gossip is dishonest. It is not communication, and it is in judgment. One can gossip to oneself also. Gossip clouds your own inner voice. Eustachian tubes open up to actually hear voices. You are responsible for anything that comes out of this chakra center -- your message, a guide, spirit helpers, angels and the like. Ask your guides to speak straight to you with no metaphors. Guides, etc., do not have emotions and do not have bodies, and they forget at times what it is like to have emotions or a body. A discouraged person could be asking for a negative guide, so suggest that they ask for a positive guide or helper to find new direction.

This chakra is associated with broadband telepathy. Groups need to disband their energies when away from the group. One needs to break the group energy so they draw only one's own energies. If necessary, pull your energy out of the group.

When this chakra is healthy and developed, all your senses are sharp. One thinks clearly, and speaks accurately and effectively. You say what you mean with sincerity, and in a manner that seldom threatens or hurts another person. The fifth chakra will close down if you don't speak up. A developed fifth chakra provides one with clairaudience, the intuitive ability to hear astral voices and music. This chakra is associated with the thyroid gland, brain, eyes, ears, nose, mouth, bronchial tubes, and esophagus. Sound is the key to opening this center. If one shuts down one's emotions, quite often, they fog their vision, shut off their hearing, or develop speech problems. The shutting down of the emotions in the second chakra creates blocks in the fifth chakra as well. <sup>5</sup>

Balance of your inner ear determines physical balance. To clear out the inner ears, stand on the left foot and hold your right foot with the right hand, then reverse the order for the left foot. If the inner ear is tilted, the aura will be tilted and you will have a harder time getting into the body. If you get a pain in the back of the neck, generally someone is trying to control you.

The diseases and disorders of the gonads, lymph, skin, senility, diabetes, infections, and low blood pressure are treated at this chakra center. <sup>6</sup>

## **Polarities and the Chakras**

The chakras when looked at as consciousness centers can become integrated as a result of proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities.

The polarities of the Throat Chakra (5<sup>th</sup> Chakra) is that of giving and receiving.

Once the polarities have been synthesized at each level one has transcended the polarities of that chakra and moves to the next level for integration.

### **FIFTH CHAKRA**

**FORCE** - Love of Truth

**QUALITY** - Comprehension/Authentic Expression

**CONSCIOUSNESS LEVEL** - Higher Mind

**BASIC URGE** - Understanding

**MASTERY** - Illumination

**PITFALL** - Abstraction

**RAY** - First Ray Blue Color

#### **Yoga Philosophy Chakra**

##### **5 - Vishuddha**

Mode of Experience: Devotion, receiving, nurturance and unconditional love, surrender, trust, creativity, grace, majesty, romance

Archetypal Theme: The child

Polarities Experienced: mother / child  
object of devotion / devotee  
trust / distrust, found / lost

Examples: Christ Child with Madonna,  
Don Quixote, St. Teresa of Avila  
Sri Ramakrishna

## **A Meditation to Energize the Fifth Chakra.**

This meditation utilizes the color Royal Blue. Breathe in a Royal Blue color preferably through the mouth and imagine it descending all the way down to the base of the spine and then rising up to the throat. Then exhale the color out the mouth. Repeat this three times. Now become aware of the color or colors you are exhaling, and also any unusual sensations in your body.

A healthy condition is indicated by a pale blue exhalation. (A dark blue turning to dark purple indicates a brow chakra interaction which is not unusual.)

### **FIFTH CHAKRA AFFIRMATIONS:** (By Aeoliah)

I AM expressing the full potential of my creative being by allowing myself to flow as freely as a river by learning to communicate my ideas. I align myself with Divine Will, knowing that I can trust myself to project all that 'I AM' into the world of manifestation which allows my ideas to come into form. I claim all the power of the being that I AM to fully serve Humanity and me in alignment with Divine Will.

**I AM COSMIC VICTORY AND MASTER OVER ALL SITUATIONS  
IN MY LIFE.**

## CHAPTER 6

**The Sixth Chakra** is called the "Brow Chakra or Third Eye." It provides intuition and cosmic seeing. When properly functioning, one will experience clairvoyance, see clearly the multiple aspects of reality, express artistic creativity, and awareness of archetypal connections. When one is lacking in this chakra, one yields to the inability to recognize the multiple aspects of things, being manipulative, and the lack of intuition.

Gland -- Pituitary

Color -- Indigo, Dark Blue

Organ Function – Transmutation

Element -- None

Contains -- Inspiration, Insight

Body -- Celestial

Sanskrit Name -- Ajana

Note -- A

Higher Octave Color & Activity -- Emerald Green - Advanced Healing, Consecration, Visionary Powers of One-Pointedness, Precipitation, Psychic Development

Healing Gem-Crystals: Sugelite, Fluorite, Amethyst, Lapis, Sodalite, Azurite, Emerald, Clear Quartz

Alice Bailey associates the following types of force and physical organs with this chakra. <sup>1</sup>

Types of Force: Soul force; Vision; Magnetic; Light; Intuition

Organs: Lower brain; Left eye, Nose, Nervous system

This chakra provides vitality to the cerebellum (lower brain) as well as the central nervous system consisting of the nerve fibers within the brain stem and the spinal cord. When fully developed this chakra is focused on wisdom, insights and selfless service (as guided by the crown chakra), which brings forth the real personality of the soul, or Higher Self, over the ego personality. The brow center is the expression of one's intention to create that lies behind active creativity.

Leadbeater describes this chakra as having the appearance of being divided into halves, one which is mostly rose-colored yet with a great deal of yellow in it, and the other predominantly a purplish-blue color. This center has forty-eight petals in each subdivision, making a total of ninety-six petals in all. <sup>2</sup>

The brow center, on the astral level, provides sight, so one can definitely perceive the nature and shape of astral objects, rather than vaguely sensing their presence. At the etheric level, the center provides clairvoyance and magnification of vision. Etheric sight makes visible many entities. One can see through physical matter, see the etheric body of a person, and see a whole new spectrum of colors, etc. <sup>3</sup>

According to yoga tradition, there is no element associated with this chakra. This center is the seat of introspection, or the ability to look within. Introspection is a function of this center. This is a stable, reliable function of the higher levels of consciousness and awareness, for a wider range of information is accessible without the contamination and confusion with information from one's personal unconscious (the latter being hunches). The one pointed inward focusing of awareness of this developed center leads to a point from which the multiplicity of phenomena and events can be seen as one interrelated whole. This point of consciousness is beyond verbal description. <sup>4</sup>

The brow chakra is one's seat of reason and wisdom. This is where one's decisions originate. Wisdom is in the heart, but decisions are from the head. The heart and head need to be working together so the wisdom is utilized. Intellect is free thinking and this is where clairvoyance is located. The pineal gland is the optic nerve of the third eye. This is the seat of astral seeing. Open the chakra slowly. Spirit helpers will come to assist in this opening.

Thought is the communication mode of the sixth chakra. We each learn differently. We each have our own system of logic, so learn your code language and work with your pictures. Start with ages 3-4, 4-11 and 22 to present time.

The diseases and disorders of the throat, emotions, paralysis, liver, obesity, vomiting, colds, and tumors are treated at this chakra center. <sup>5</sup>

This chakra relates to the comprehension of knowledge that transcends intellectual knowledge, namely intuition and inspiration. This is a main channel for creative energy from higher consciousness. When opened and balanced, clairvoyance results. It is necessary for this chakra to be open to some degree in order to receive information from your guides and teachers. A restricted sixth chakra can lead to an ultra-rational attitude. If this chakra is imbalanced one may exhibit symptoms of hallucinations and spiritual exhibitionism. <sup>6</sup>

## **Polarities and the Chakras**

The chakras when looked at as consciousness centers can become integrated as a result of proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities.

The polarities synthesized at the Ajna or Brow Chakra (6<sup>th</sup> Chakra) is that of the right and left aspect of the personality.

Once the polarities have been synthesized at each level one has transcended the polarities of that chakra and moves to the next level for integration.

## **SIXTH CHAKRA**

**FORCE** - The Love of Life

**QUALITY** - Intuition/Altruism

**CONSCIOUSNESS** - Love/Wisdom

**LEVEL** (Higher Emotions)

**BASIC URGE** - Compassion

**MASTERY** - Revelation

**PITFALL** - Over Identification with Humanity's Suffering

**RAY** - Fifth Ray Green Color Omniscience and Precipitation

### **Yoga Philosophy Chakra**

#### **6 - Ajna**

Mode of Experience: Insight, witnessing

Archetypal Theme: The sage

Polarities Experienced: sage / fool  
objective observer / deleted participant

Examples: Socrates, Lao-tsu, Delphic Oracle,  
Immanuel Kant, Merlin

### **Meditation to Energize the Sixth Chakra.**

Imagine yourself in the center of a tall room with no roof on it.

This room is filled with an indigo color (red + blue = purple + green = indigo).

Now start to inhale this indigo color through your mouth, rotating your head one revolution in a circular pattern as you inhaling.

Letting the indigo color settle in the base of your spine. Then raising it up the spine and into the brow center.

Then exhale the indigo color rotating your head in the opposite direction and blowing the color into all the corners of the room.

On the third inhalation rotating your head as you breathe and feeling the indigo color settling at the base of your spine. Hold your breath for a count of three (3) and the allow that color to rise up to the brow.

Now exhale with the head rotating in the opposite direction and direct the color out the open ceiling of the room.

Be aware of the color or colors that you are exhaling through the open ceiling and any psychological responses you may be experiencing.

**SIXTH CHAKRA AFFIRMATIONS:** (By Aeoliah)

I open myself as a Visionary, and from the stillness of my being, I journey into inner realms discovering the hidden mysteries of life. Through focusing my energy on a one-pointed endeavor, I unleash all the mystic powers of my being, opening my ability to see and hear the power and energy behind all creation. I open myself to the ability to heal, by accepting the Christ within every cell, atom, and organ of my body.

**I AM THE SPIRIT OF CONSECRATION, BLESSING EVERYTHING THAT I WISH TO BRING INTO MANIFESTATION.**

## CHAPTER 7

**The Seventh Chakra** is called the "Crown Chakra." It is the spiritual and master level of being. It is the release, or surrender, to the universe, or God within. When one is lacking in this chakra, one yields to control and lacks a sense of essential goodness.

Gland -- Pineal

Color -- Violet

Organ Function -- Integration

Element -- None

Contains -- Spirit

Body -- Ketheric

Sanskrit Name -- Sahasrara

Note -- B

Higher Octave Color & Activity -- Golden-Yellow - Integration of All the Seven Energy Centers, Divine Wisdom, Illumination, Enlightenment, Conscious Understanding of the Laws of the Universe and Creation

Healing Gem-Crystals: Heliodore, Clear Quartz, Diamond, Selenite, Golden Topaz

Alice Bailey associates the following types of force and physical organs with this chakra. <sup>1</sup>

Types of Force: Spiritual will; Synthetic; Dynamic

Organs: Upper brain; Right eye

This chakra vitalizes the cerebrum (upper brain) and anchors the consciousness stream from the causal body (soul). When developed it receives wisdom from the causal body, insights from the spiritual mind, and dedicated selfless service from the spiritual will.

The crown center, when fully activated, is full of indescribable chromatic effects, and vibrates at an extremely high rate. This center has, according to Leadbeater, nine hundred and sixty petals in the outer circle, and an inner central whirlpool of gleaming white petals with a gold center. This inner part has twelve petals, giving a total of nine-hundred and seventy two (972) total petals for this chakra. While this chakra is the same size as the others, in the beginning, it steadily increases in size as one progresses on one's spiritual path, until it covers almost the entire head. At the stage of full development, this chakra reverses itself from being a depression in the etheric body to being a channel of radiation, a veritable crown of glory. <sup>2</sup>

The crown center, on the astral level, provides one with perfect and complete use of one's faculties. At the etheric level, it provides continuity of consciousness. In other words, one can leave the physical body in full consciousness, and also return to it without the usual lapse in consciousness, so one's consciousness will be continuous through night and day. <sup>3</sup>

According to yoga tradition, there is no element associated with this chakra. The full development of this consciousness center dissolves all distinctions of ordinary consciousness. Awareness is expanded beyond the point that can be explained in this dimension's verbal terms. There is a vast awareness that knows no limits. <sup>4</sup>

This is the chakra where you access your own answers. One needs to feel their feet when working on the sixth or seventh chakra. One needs to be well grounded. Bring in your knowledge and your goals from the crown center. Above the head is your knowingness; and above that, your equations.

Treat diseases and disorders of the emotions, vision, and ulcers at this chakra center. <sup>5</sup>

The seventh chakra is your instrument of direct communication with the Divine, which stimulates your evolution towards oneness with the Creator. To take the first steps towards opening this chakra requires great courage, for once the process has begun, one is not satisfied with traditional goals again. One's focus becomes enlightenment, cosmic consciousness, etc.. When one lives their life according to seventh chakra consciousness, one enters into the realm of unconditional love -- unconditional love within self, with other human beings, with all of creation, and in relation to the Creator. <sup>6</sup>

The opening of the crown chakra creates an illumined seer, one who can receive an influx of light, information and inspiration, which is a higher form of clairvoyance and clairaudience. The opened crown chakra can also provide a higher form of out-of-body experience, called Samadhi, which means "self-awareness conscious union with Spirit" in Sanskrit. <sup>21</sup>

## **Polarities and the Chakras**

The chakras when looked at as consciousness centers can become integrated as a result of proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities.

The consciousness of the Crown Center 7<sup>th</sup> Chakra is non-duality hence there are no polarities.

## **SEVENTH CHAKRA**

**FORCE** - The Love of God (Self)

**QUALITY** - Self-Mastery

**CONSCIOUSNESS LEVEL** - Love/Will (Being)

**BASIC URGE** - Unity

**MASTERY** - Transformation

**PITFALL** - Indiscriminate use of Will

**RAY** - Second Ray Yellow Color

### **Yoga Philosophy Chakra**

**7 - Sahasrara**      Mode of Experience: Unitary consciousness  
Archetypal Theme: None; beyond form  
Polarities Experienced: none  
Examples: Shankara, Mister Eckhart, Shiva in  
Meditation

### **Meditation to Energize the Seventh Chakra.**

Imagine yourself as the lotus flower floating on top of the water.

Inhale through the mouth while imagining that you are breathing in through the top of your head.

Drawing in the rich purple color of an orchid, of the lotus flower, and having it descend down through the spine to the base of the spine, and then into the earth beneath your feet.

Fill your whole insides with the rich purple color, having it rise up to the middle of your forehead.

Then, exhale, blowing the purple out into the atmosphere.

On the third (3) breath, twirl the purple color as it descends to the base of your spine, and as it rises. Then exhale the color with a brisk action (much like a deep sigh).

Become aware of the flowers shape and the color or colors of the final exhalation.

### **SEVENTH CHAKRA AFFIRMATIONS:** (By Aeoliah)

I AM the illumination and understanding of the universal laws of creation. I AM the discerning presence of my Higher Self, manifesting the right choices in my life in all situations for my highest good and for the enlightenment of the planet.

**I AM GOD'S WISDOM IN ACTION.**

**I AM THE SPIRIT OF ENLIGHTENMENT.**

## CHAPTER 8

**The Eighth Chakra** is called the "Grounding Chakra." It provides one's connection to Earth, the world, and ordinary reality. When properly functioning, one exhibits common sense, realness, solidity, and stability. This is the main chakra to provide the life energy to the physical body via the earth energy, which is sometimes called the mother energy, or the female polarity. When one is lacking in this chakra, one yields to the ethereal, unreal, and being flighty. When this chakra is closed down completely, the flow of vital energy to the physical body stops and the body dies.

This chakra is located about two to three feet beneath the feet, and it is the largest of all the chakras. It acts as a filter for earth energy, allowing only as much earth energy as you want or feel you can safely handle. It's best to check and heal your own eighth chakra whenever you want. The health, or condition, of this chakra determines how long you will live in your physical body. You are not to heal another's eighth chakra. They are to heal their own chakra. This chakra also siphons off emotional energy. This center is the Earth energy transducer -- Interconnectedness.

This chakra distributes the earth energy to the foot chakras located in the arch of the foot. To open the foot chakras, they need to be kept warm by such means as soaking them in warm water, walking in the sand, etc.. One can open the foot chakra by massage as well as by stroking the arch of the foot with the fingers in a wiping action. The thumb is used to close the chakra. The knee chakras are opened the same way as the foot chakras are opened.

The foot and knee chakras are energy transducers, or transformer, that steps down the incoming energy to an energy level that can be utilized by the body without harm. Much like the power transformer that steps down the power companies voltage level to 240 and 120 volts before entering your home.

When it is time for you to **die** (drop your physical body) this is what you are to do. **First**, close down completely your **Eight Chakra** then draw all of your energy up from your body to your **Crown Chakra**, then gently slide out your **Crown Chakra** to your **Ninth Chakra** and then off you go to the **Higher Realms**.

## CHAPTER 9

**The Ninth Chakra** is called the "Transpersonal Point or Chakra." It provides the connection to the sky, cosmos, and non-ordinary reality. It is the complex cosmic connections, the God within and without. This is the chakra that provides life or nourishment to the soul. There is to be a balance of energy flow from the Eighth and Ninth chakras to keep one balanced. When one is lacking in this chakra, one has lack of abundance and experiences spiritual poverty. This chakra is located about a foot above the top of the head.

Cosmic energy transducer -- Eternal life

The ninth chakra is the Higher Self. It is the zenith of the aura. It has all your cumulative knowledge over eons of time. This is a circular chakra, and the color of the underside is the color of the being. Dark spots represent the mental beliefs that need work. This chakra is generally always white in color. Feeder lines bring down the problems and solutions and brings them into consciousness. A great healing chakra.

All of the issues that you came to work on in human form are recorded in your 9<sup>th</sup> Chakra along with the wisdom to master these issues.

## CHAPTER 10

### YOGA PSYCHOLOGY AND ENERGY CENTERS

Many psychologists now state that psychology is the science of consciousness. While this is only a very recent conclusion on the part of some Western psychology models, it has been the basis of Yoga psychology for the past 4000 years or so. The direction of Western psychology has been pathology directed. These psychology models are focused on explaining and providing intervention techniques to deal with dysfunctional thinking and behaviors. Yoga psychology is based on the concept that there are various levels of functioning. In yoga psychology, this idea of different levels of being, each able to observe and control the one below, is central. The systematic exploration, development and experimentation with these higher levels is the purpose of meditation and yoga.

There are five principle levels, or sheaths, described in the ancient writings, and the more evolved levels are conceptualized as existing within oneself. Each sheath covers and obscures the more subtle awareness that is interior to it. These five levels, or sheaths, span the whole spectrum of human nature, and provide a continuum for the basis of all growth and evolution. This concept provides a framework for development theory, the therapeutic process, and all the aspects of philosophy and religion that focus on the unfoldment of one's higher potentials. Yoga psychology is, then, a psychology of spiritual evolution.

The journey is a unitary process: biological evolution of humankind, psychological evolution from child to adult, therapeutic evolution from mental illness to health, and the development of unity consciousness -- Nirvana, Satori, Samadhi, or whatever one wants to call it. What is often called "higher states of consciousness" and mystical is simply a completion of human development. <sup>1</sup>

The body composed of the essence of food is the physical sheath of the self. One is to learn mastery over the body. By learning to discipline one's body, one becomes physically supple, healthy and relaxed, so that they can comfortably pursue the main aspects of yoga which involve mental and introspection processes. Cultivating a relaxed and tension-free posture facilitates introspection. Freud discovered that having the client in a reclining position promoted relaxation, allowing the stream of free associations to flow more freely. The use of introspection is the tool to become aware of one's internal states. One tunes-in to the internal situations of the body, so that changes can be made in one's thoughts and habits to provide a healthy environment. One can learn to control the inside of the body, as demonstrated by yogis and people trained in biofeedback. <sup>2</sup>

In Neuro-Linguistic-Programming, one learns the importance of physiology in relationship to internal states. It is nearly impossible to be sad, with your eyes looking up and to the right (visual construct). To be sad, the eyes are usually looking down and to the right (kinesthetic or feelings). If you feel sad, change your body position by sitting or standing with your back straight, and then look up and to the right with your eyes and start creating new pictures of how you want to feel. You will no longer be feeling sad.

The sheath interior to the physical sheath is the energy sheath which consists of breath. The energy sheath, encased in the physical sheath, has the same form as the physical sheath. The mastery of breath is the key to mastering the mind and passing beyond the mind into other realms of consciousness. The breath reflects a fundamental relationship with spirit. To inhale is to become filled with creative energy or spirit. To exhale is the elimination of that which is no longer is needed. It is a purification of the living temple within one's self. Breathing is the only physiological function which is both voluntary and involuntary. Either the mind or the body can regulate it. Breathing is the key to the interaction of body and mind. The breath also serves as a link between a person and the surrounding environment. The act of breathing unites one with the greater ecological system and pool of energy that integrates us into the greater context of nature. <sup>3</sup>

In the annals of history, there are many references to body energy. The Chinese called the energy Chi; the Hindus, Prana; the Polynesians, Mana; Wilhelm Reich, Orgone and the Russians called it bioplasma. Modern investigations of contemporary neuropsychiatrists have found a vital energy body, or field, which interpenetrates the dense physical body like a web of light beams. <sup>4</sup>

The concept of energy is fundamental in yoga psychology. The yogic notion of energy is unitary, and it includes both physical energy and mental energy. The term for this energy is "prana," which is the energy that underlies all activity -- physical and mental. The pranic level, or sheath, might be called the level of pure energy. This pure energy manifests itself in both the mental and physical levels, though their basic nature is different. At the physical level, the basic state is matter; and at the mental level, thoughts. Within yogic theory, there is a hierarchy of such levels which forms a continuum. At each level, there is a higher degree of consciousness than in the previous level. Each level has what is called an energy center, or chakra, which is located along the axis of the body. Within the body are a great number of pathways, or channels, for the energy to move. This movement of energy can be controlled through certain breathing patterns. Also, different states of consciousness can be obtained by using certain breathing patterns. So one can see, then, that prana serves as an intermediary between the body and the mind. <sup>5</sup>

The next sheath interior to the breath is the sheath that consists of the mind. The mental body is studied through introspection and meditation. The mind is not the brain. The brain is part of the physical aspect of one's self, like a computer, whereas the mind is like the program that runs the computer. One observes the functioning of the mind without being swayed or overwhelmed by thoughts. To the yogi, the mind is both an obstacle to higher consciousness and a bridge over which one may reach higher consciousness. So, development of control over the mind is deemed an important step in yoga psychology. A disciplined mind can be used as a development tool for spiritual development. <sup>6</sup>

In the higher realms of consciousness, one becomes aware of an even more subtle sheath, the intellectual or intuitive sheath, which is called the buddhi sheath. This buddhi is a structure that grows in strength with the unfoldment of the personality of self. This higher mind can discriminate the tendencies of the lower mind that lead to anxiety and mental anguish. This buddhi is both a part of the lower mind and the higher mind. Through discernment and detachment from the activities of the lower mind, it eventually emerges to a vantage point that exists above the normal activity of the train of thoughts. The realm of pure buddhi is conceptualized in yoga as the fourth sheath, which lies beyond the body, the energy and the mind. <sup>7</sup>

The most subtle sheath is attained as the buddhi eventually gives way to a more reflective state. When integration is complete, consciousness is expanded to the point where judgments are no longer necessary. One has global awareness, yet all is regarded dispassionately with no need to classify the phenomena of the world into "good" or "bad" categories. This global "witness" consciousness is called the "blissful sheath." Even beyond this global awareness, is consciousness without an object. In yoga, this is called the Self, or Purusha. Consciousness resides in the Self rather than in the mind. The Ultimate Self uses the mind as an instrument of knowing. According to yoga psychology, the difficulties one has in living is created by being identified with those lower aspects of the mind and body. <sup>8</sup>

Yoga psychology is a development process by which one identifies with each more subtle sheath until one develops the discrimination and distance to observe it. To discover that the "I" is not the mind, that the "I" is a center of pure consciousness. The buddhi and blissful sheaths do not identify themselves with the other sheaths, and do not yield to the passions of the body. In this manner they provide detached wisdom that guides one into liberation from that which one identifies with. <sup>9</sup>

Yoga science is very complex and extensive. It include a science of the body, an understanding of energy levels which govern the body's function, a study of the mind and higher states of consciousness, and a cosmology of the nature and structure of the universe. One of the aspects of yoga philosophy is the world of inner experiences, where one explores one's emotions and learns about oneself. The framework to understand these inner experiences from different perspectives is provided with the concept of centers of consciousness, which are also called chakras. <sup>10</sup>

Chakra is a term that comes from Sanskrit and is a word which means center or circle. Within the body, one has seven major chakras or energy centers. There are many minor chakras throughout the body. In acupuncture, one talks about meridians and pressure points which are also associated with these energy centers. In Western medicine, one has the endocrine glands and the nervous systems which correlate with these energy centers and their associated distribution systems.

The following table describes the seven major chakras and their respective locations as well as major functions.

<b>Chakra</b>	<b>Name</b>	<b>Endocrine Gland</b>	<b>Purpose</b>
First Chakra (Sacral Plexus)	Root (Basic)	Adrenal Medulla	Elimination
Second Chakra (Lumbar Plexus)	Sexual	Gonads	Reproduction
Third Chakra (Solar Plexus)	Egoic (Navel)	Adrenal Cortex	Assimilation
Fourth Chakra (Cardiac Plexus)	Heart	Thymus	Distribution
Fifth Chakra (Carotid Plexus)	Throat	Thyroid, Parathyroid	Regulation
Sixth Chakra (Third Eye)	Brow	Pituitary, Hypothalamus	Transmutation
Seventh Chakra	Crown	Pineal	Integration
Eight Chakra (Foot)	Ground	None	Earth energy transducer, Interconnectedness
Ninth Chakra (Higher Self)	Transpersonal	None	Cosmic energy transducer, Eternal life

Each of these energy centers has a level of consciousness associated with it. As one becomes more aware of the nature of these centers and their interrelationship, the more one understands the differences between the various psychologies and therapeutic viewpoints. In essence, the concept of therapy models based on levels of consciousness connects all the models together. Each model of psychology is patterned according to the needs of that level of consciousness. Basically, each model deals with life situations at the present or lower level. It could not effectively handle situations at the higher levels of consciousness, as it would not understand the concepts at those higher levels.

The following table is taken from the book *Psychotherapy East and West* by Swami Ajaya, formerly known as Dr. Allan Weinstock, a noted psychologist trained in the Western tradition. This is a representation which explains the relationship between psychological models and levels of consciousness. <sup>11</sup>

<b>Chakra</b>	<b>Mode of Experience</b>	<b>Psychological Theorists or Models</b>
1- Muladhara (Root)	Struggle for survival	Primal scream therapy
2- Savdhisthana (Sexual)	Sensory pleasure	Psychoanalysis, Reich, Bioenergetics
3- Manipura (Solar Plexus)	Mastery, domination, conquest, competition, inadequacy, inferiority pride	Adler, Ego psychology
4- Anahata (Heart)	Compassion, generosity, selfless loving, service	Rogers, Fromm
5- Vishuddha (Throat)	Devotion, receiving nurturance and unconditional love, surrender, trust, creativity, grace, romance	Jung
6- Ajna (Brow)	Insight, witnessing	Yoga, Buddhist Psychology
7- Sahasrara (Crown)	Unitary consciousness	Advaita Vendanta

This concept of conscious centers in the chakras is very beneficial in the therapeutic process.

Of the Seven Major Chakras, only the lower five are bound by time and space. C.G. Jung was the first Western psychiatrist to bring attention to the Eastern (Yoga) concept of chakras. The classic literature on yoga describes in great detail the psychodynamic field of these chakras, the kundalini, and the yoga practices that affect these fields. Kundalini is believed to be the cohesive power of matter, an aspect of forces deep within the earth.

The Kundalini, according to classic literature, lies dormant at the base of the spine, or root chakra, and blocks access to the main pranic circuit, or nadi, called sushumna. The sushumna flows up a lumen, which is hollowed through the center of the spinal cord. The sushumna nadi is accompanied by the ida and pinagala nadi, which relate to the lunar and solar energies respectively. These spiral upwards in opposite directions, entwining sushumna as they ascend the spinal cord, and finally joining the sushumna in a "triple knot" at the site of the third eye. The three nadis then exit the human field through the field counterpart of the nostrils. (Reference figure 1 on page 65, and figure 2 on page 66.)

As one ascends from the base of the spine to the top of the head, there is an increasing differentiation in the vibratory rate and in the functioning of the chakras. As one gains successive control of the higher chakras, one has more subtle awareness being brought into consciousness. Swami Ajaya depicts the Chakras and Archetypal themes in the following manner: <sup>12</sup>

## **Chakra**

- |                         |   |
|-------------------------|---|
| <b>1 - Muladhara</b>    | Mode of Experience: Struggle for survival<br>Archetypal Theme: The Victim<br>Polarities Experienced: life / death<br>predator / prey<br>Examples: Movie monsters and their victim,<br>Hitler and the Jews of the Holocaust. |
| <b>2 - Svadhisthana</b> | Mode of Experience: Sensory pleasure<br>Archetypal Theme: The Hedonist<br>Polarities Experienced: pleasure / pain<br>male / female<br>Examples: Salome, King Henry VIII, Eros.  |

- 3 - Manipura** Mode of Experience: Mastery, domination, conquest, competition, inadequacy, inferiority, pride  
 Archetypal Theme: The Hero  
 Polarities Experienced: gain / loss  
 success / failure dominance / submission  
 blame / praise  
 Examples: Alexander, Napoleon, Superman, sports hero's, corporate executives.
- 4 - Anahata** Mode of Experience: Compassion, generosity, selfless loving, service  
 Archetypal Theme: The mother; The savior  
 Polarities Experienced: rescuer / rescued  
 liberator / liberated  
 Examples: Blessed Virgin Mary, Jesus, Gandhi, Mother Teresa of Calcutta
- 5 - Vishuddha** Mode of Experience: Devotion, receiving, nurturance and unconditional love, surrender, trust, creativity, grace, majesty, romance  
 Archetypal Theme: The child  
 Polarities Experienced: mother / child  
 object of devotion / devotee  
 trust / distrust, found / lost  
 Examples: Christ Child with Madonna, Don Quixote, St. Teresa of Avila, Sri Ramakrishna
- 6 - Ajna** Mode of Experience: Insight, witnessing  
 Archetypal Theme: The sage  
 Polarities Experienced: sage / fool  
 objective observer / deleted participant  
 Examples: Socrates, Lao-tsu, Delphic Oracle, Immanuel Kant, Merlin
- 7 - Sahasrara** Mode of Experience: Unitary consciousness  
 Archetypal Theme: None; beyond form  
 Polarities Experienced: none  
 Examples: Shankara, Mister Eckhart, Shiva in Meditation

Swami Ajaya, a student of Swami Rama and noted psychotherapist, developed a comprehensive psychotherapeutic paradigm based on the teachings of yoga and Jung's archetypal themes. He describes emotional conflicts in one's identification and absorption in the emotional dynamism of a particular chakra. These conflicts can be transcended if the therapist assists the client to evolve to the consciousness of a higher chakra.

In therapy, you strengthen the ego, if needed, then integrate the ego into the heart so it can move up the spiritual path and be a part of the person's spirituality. This is the path to becoming healthy and fully alive, for you now have found a purpose in life that is meaningful to you. You also know everyone else has their purpose in life, and that no two people have the same purpose. So, you are not trying to change others, only developing your own self.

In the First Three Chakras, the two sides of a polarity are experienced as being distinct from, or in opposition, to another. In the fourth chakra, one begins to understand the complementary relationships between both sides of a polarity. This duality is present in the fifth and the sixth chakra, and converges in oneness at the seventh chakra when universal consciousness is attained.

In the Fourth Chakra, you leave behind distrust, desire, pride of the lower chakras, and you begin to experience a greater sense of unity with others. This center is the heart center, where one moves from preoccupation with one's body senses and material possessions, to a new focus on that which transcends the individual.

In the Fifth Chakra, the ego surrenders its authority to a universal nurturing center of love and wisdom. The person remains identified with the more encompassing ego, but the center of their interest is now moving closer to universal consciousness, which becomes the objective of growth. The person realizes the grandeur in all manifestation, from the largest to the smallest. The person becomes aware of the divinity present in and sustaining all existence. The stream of unlimited love from the Mother and Father of this universe are experienced, as well as the realization that they are loved unconditionally, and then they begin to accept themselves unconditionally.

At the Sixth Chakra, further dis-involvement with the limited perspective of the ego takes place. One becomes a neutral observer of the melodramas of life, experiencing an underlying unity of being. Finally, at the seventh chakra one passes beyond all involvement with form and archetypes and realizes the highest form of nondual consciousness.

Chakras can be looked upon as consciousness centers that may become integrated by proper meditation or through psychotherapy. Each level of integration is a result of a synthesis that occurs between two polarities. The polarities synthesized at the Ajna or Brow chakra is that of the right and left aspect of the personality. The polarity of the throat chakra involves giving and receiving. Giving and receiving are to be in balance. Some people tend to be givers, other receivers. The goal is giving and receiving as one action. Breathing is symbolic of giving and receiving as one action.

Polarities of the heart chakra that are synthesized have to do with the upper and lower halves of the body as well as the positive and negative energies that they symbolize. The polarities of the naval chakra or the solar plexus involves activity and passivity in the sense of domination and submission. The polarity between male and female resides in the gentile or sexual chakra. The polarities involved at the first chakra are between "bad" and "good."

Once the polarities have been synthesized at each level, one has transcended the polarities of that chakra and moves to the next level for integration. The higher chakras generally are beyond the perspective of most modern psychology models with, perhaps, the exception of transpersonal psychology. <sup>13</sup>

Another aspect of the chakras as energy centers needs to be expanded. The energy chakras are, in reality, located in the energy sheath or, what the West has called the etheric body. The chakras act as energy transducers to the associated endocrine glands. Through the use of meditation or other altered states of consciousness, one can redirect energy from one energy center to another to assist in facilitating the function of that center. In the same manner, mental energy can be converted to physical energy, and vice versa. In the process of healing, the healer can also direct, consciously or unconsciously, the healing energy that they are sending to certain energy centers to facilitate the processes of that energy center.

In Yoga Psychology, the Energy Centers, called Chakras, have an important role in one's mental development. In traditional yoga, there are two separate schools of thought about the use of Meditation on the Chakras in order to develop them. One school advocates that one begin with the lowest chakra (root) until one has a thorough understanding of the energies and emotions that are involved there. Then, after one synthesizes the polarities existing on that level, one moves to the next higher chakra and so on. This process is very difficult and time consuming.

The other tradition, which perhaps is more common, is when the individual focuses on a selected conscious center selected by a Master Teacher (Guru) based on the person's pathology and one's strengths. For example, those who are emotionally unstable and immature would be guided to focus on the heart chakra to gradually develop emotional control. A highly intellectual and emotionally insensitive person would be guided to focus on the brow chakra in their meditation to develop emotional self-awareness and sensitivity towards others. <sup>14</sup>

The traditional yoga practices for awakening the chakras follow a pattern. The yogi first engages in pranayamas, which are specific breathing patterns, in order to stimulate pranic flow throughout her or his field. Then the chakras themselves are stimulated through the use of asanas and mudras, which are certain body and hand positions. Lastly, through the act of concentration and active imaging, the pranic energy flow is directed in a manner that activates the chakras. <sup>15</sup>

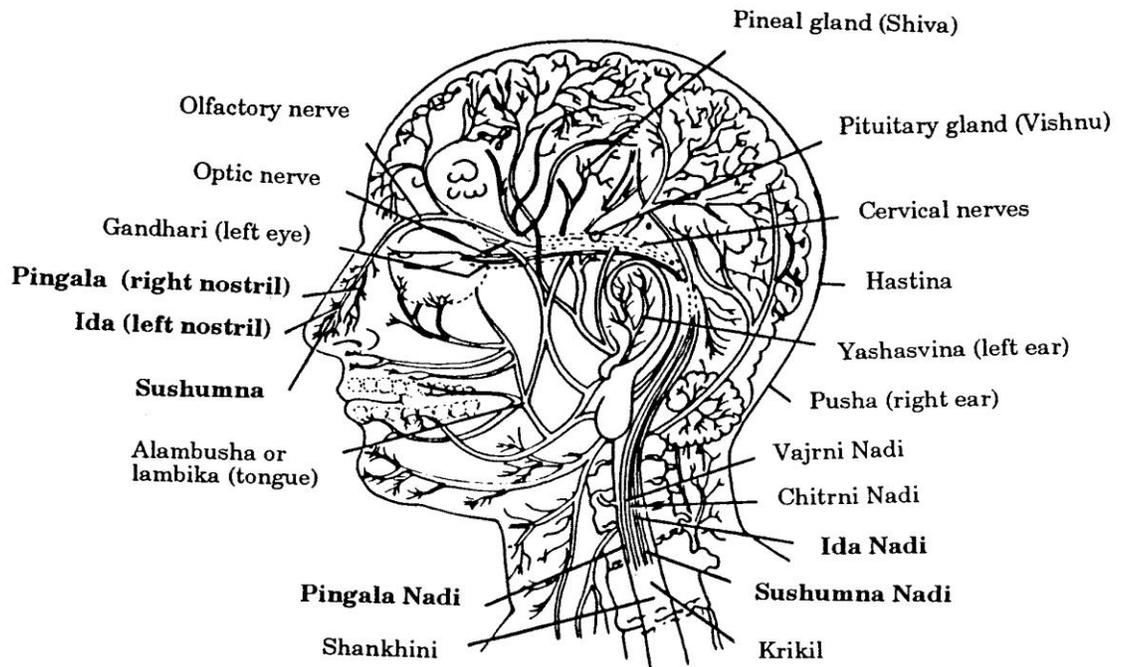
In these modern times, there are other ways of awakening these consciousness centers that utilize knowledge that has been gained in recent times about human consciousness, altered states, body/mind integration processes, etc.. These new techniques are being utilized more and more by a number of individuals. Yet, there is still a need to insure that the individual is ready psychologically for the experiences that one may encounter.

As a **Kofutu Formula Grandmaster** I have learned that **Kofutu Touch Healing** includes a method of **Spiritual Development** that involved **Opening and Developing the Major Chakras** and some of the **Minor Chakras** in a very safe way. **Kofutu Touch Healing** also has a **Symbol for Maximum Spiritual Growth in this Lifetime**.

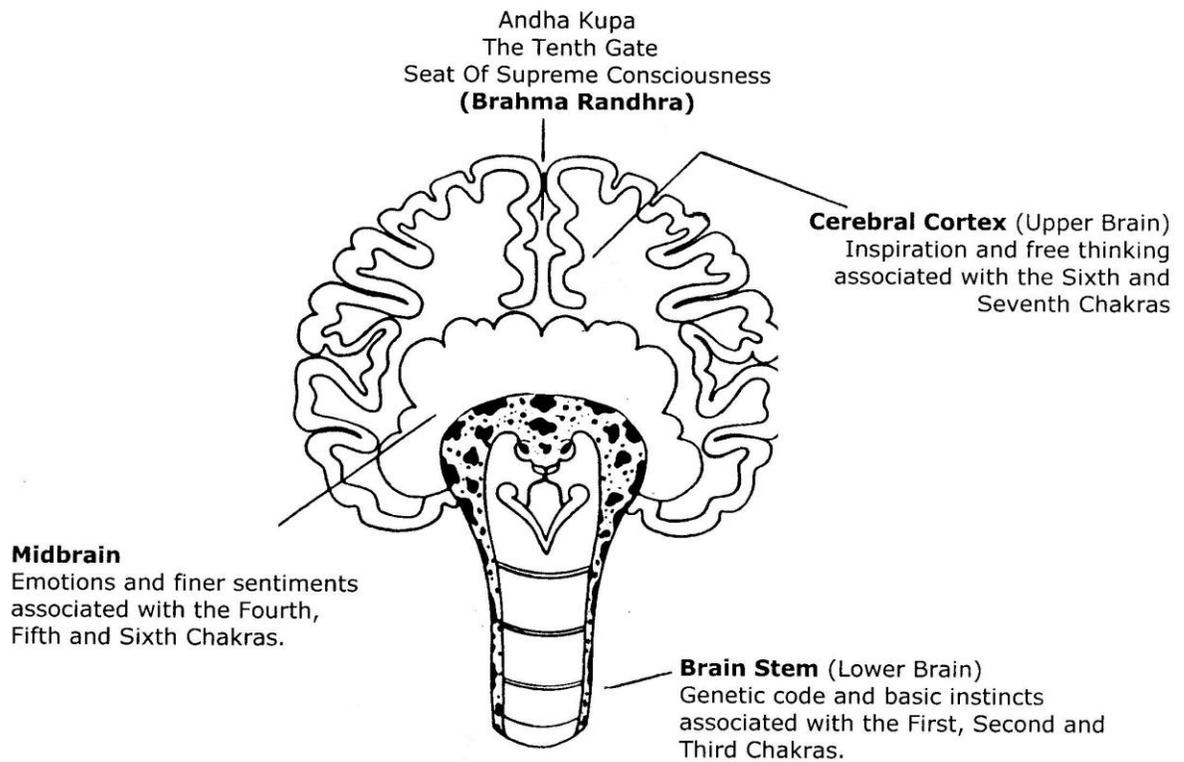
Also, in **Kofutu Formula Healing Level 7** there are Healing Scripts to **Open and Develop each of the Major Chakras**. I have also learned is there is a Proper Order to doing these Chakra Openings. The First Chakra to Open is the 5<sup>th</sup> Chakra, then the 4<sup>th</sup> Chakra, then the 3<sup>rd</sup> Chakra, then the 2<sup>nd</sup> Chakra and then the 1<sup>st</sup> Chakra. After these Chakras are Opened then we Open the 6<sup>th</sup> Chakra and the 7<sup>th</sup> Chakra.

It is very important to **Open the Fifth Chakra first** so that the issues a person has in the First, Second, and Third Chakras have a Path Out so they can be expressed and released from the Bodies. Many of us were raised with the notion that "**Children are to be seen and not heard**" which was taken as don't speak about things. So we tended to Close the Throat Chakra and keep things inside of us.

According to Tantra Yoga, there are fourteen principle nadis. Of these, Ida, Pingala and Sushumna are considered the most important; all nadis are subordinate to Sushumna. The three main nadi meet at the Muladhara Chakra (Root Chakra). Prana travels through Sushumna from the Root Chakra to Brahma Randhra, the hollow space between the two hemispheres of the brain, which is situated in the interior of the cerebrospinal axis. <sup>16</sup>



**Figure 1**  
**Major Nadis In The Head**



**Figure 2**  
**Diagram Of The Brain, Its Functions,**  
**And Its Relationship To The Chakras.**

## **SOME FOOD FOR THOUGHT**

There always seems to be people on this earth that have great abilities that transcend common belief. These are two such people who really lived **"In the Light."**

### **THERESE NEUMANN MYSTIC AND STIGMATIST**

By Adalbert Albert Vogl.

These are the personal memories of a life-time family friend who was also an official witness in the process leading to the Cause for Therese Neumann's beatification. Here Mr. Vogl describes Therese's Passion ecstasies, her stigmata, miraculous receptions of Holy Communion, her abstinence from 1923 to 1962 from all food and drink except the Eucharistic Host, her living without sleep, her visions and the language phenomenon, her mystical recognition of priests and relics, her cures and prophecies, and her bilocation and other mystical gifts.

\* Therese Neuman of Konnersreuth was visited by Paramahansa Yogananda in 1935 in Bavaria. Born on Good Friday in 1898 from 1923 onward, Therese abstained completely from food and drink, except for the daily swallowing of one consecrated wafer. Yogananda asked her "Don't you eat anything? Her reply was "No, except a Host" at six o'clock each morning. Certainly you could not live on that...? Therese response was "I live by God's light." I see you realize that energy flows to your body from the ether, sun and air. A swift smile broke over her face. "I am so happy to know you understand how I live."

\* Autobiography of a Yogi by Paramahansa Yogananda 1983 Self-Realization Fellowship Publishers Los Angeles, Ca pages 419-422

### **GIRI BALA**

Born in 1868 this great woman yogi has not taken food or drink since 1880. Her non-eating state has been rigorously investigated by the Maharaja of Burdwan. She employs a certain yoga technique to recharge her body with cosmic energy from the ether, sun, and air. Quote from "Autobiography of a Yogi by Paramhansa Yogananda" The story of Giri Bala was told to Yogananda when he met with her when she was 68. At that time she had not eaten nor taken fluids for over 56 years. Still living the life of a humble and simple villager, she had in her early years as rumor spread, been taken to the palace of the leader of her province. There she was kept under strict observation and eventually 'released' with the sanction that yes she did exist purely on Light.

With Yogananda she shared how as a child she enjoyed a voracious appetite for which she was often chided and teased. At age nine she was betrothed and was soon ensconced in her husband's family abode. One day Giri suffered so greatly at her mother-in-law's tongue and teasing at her gluttony that she exclaimed "I shall soon prove to you that I shall never touch food again as long as I live". Teased further she then fled the village.

In great despair she cried from her very soul for God to send a Guru who could teach her to live by God's Light alone. At this time her Guru materialized in front of her and she was initiated into the art of a specific Kriya Yoga technique to free the body of the need for physical sustenance.

The Guru shared 'Dear little one, I am the guru sent here by God to fulfill your urgent prayer. He was deeply touched by its very unusual nature. From today you shall live by the astral light. Your bodily atoms shall be recharged by the infinite current.'" Since that day she has neither eaten nor taken fluids and has no bodily excretions. Yogananda shared that "she is setting this example to prove that man is spirit in truth, and also to prove that man can live by the Eternal Light of God."

Quote from Dr. Joshua David Stone's work "Forty of the Worlds Great Saints and Spiritual Masters".

\* Autobiography of a Yogi by Paramahansa Yogananda 1983 Self-Realization Fellowship Publishers Los Angeles, Ca pages 527-540

### **What are we to gain from these people?**

I don't think that we are to focus on not needing to eat. I do know that for me I learned that I only need to eat when I want to. I also know that it makes no difference what I eat as I can change the food into whatever my body needs at that time. I also know that I can live off the flow of consciousness and energy that comes into me through my Crown Chakra.

This was never a goal of mine, but an evolution of Living in the Light. When you are ready the changes will happen naturally as a process of your spiritual evolution if this happens to be one of your spiritual gifts.

## CHAPTER 11

### CHAKRA BALANCING

There will be times when you will need to balance your chakras, such as when there is excessive energy activity in one or more of them. If a chakra has excessive energy, it can be very uncomfortable -- physically, emotionally, or mentally. You can ask your Higher Self if you need to balance your chakras or slow down the flow of energy. Sometimes all that you need to do is speed up some of the other chakra centers so that they are balanced with each other.

There are many ways to adjust the flow of energy. Using your mind is one way. Visualize the chakra as a flower, or the lens of a camera, and see it becoming smaller, or larger, until it is just right for you. You can also ask for the psychic facilities of any center to be turned on or off. The psychic gifts are controlled by personal will.

Balancing and cleansing of the chakras can also be accomplished with the use of breath and color. Breathe in for a count of 7, hold your breath for a count of 1, then exhale for a count of 7, then hold for a count of 1. You can substitute any number count that is most comfortable for you. Now, start visualizing or sensing a color as you breathe. Start with the color Blue. Breathe in the color Blue, filling every part of your body with the Blue color. Then exhale. Keep doing this until it feels like it is time to switch to the next color. After the color Blue, continue this process with the colors Yellow, Pink, Crystal, Green, Gold, and Purple or Violet, and do so in that order. Generally, three or four inhalations and exhalations of each color is sufficient for cleansing and balancing, but follow your inner guidance.

If you are using your hands as a tool to adjust the energy flow of a chakra, a clockwise movement (as the recipient would view it) above the chakra will stimulate more energy in that chakra. Likewise, a counterclockwise movement slows the energy flow in that chakra. You can also visualize spinning your chakras clockwise to cleanse and revitalize the energy in them.

A very active chakra may mean that you are processing issues in that chakra, in which case slowing it down may not be in your highest and best interest. You need to ask your Higher Self for guidance about adjusting the energy flow, and on how to resolve any issues surrounding any particular chakra.

## **STEPS FOR CHAKRA BALANCING**

1. Inhale, filling all space with universal energy -- Facilitate by tongue in cheek if necessary.
2. Exhale, releasing tensions in body and negativity -- Facilitate by silent "L" if necessary.
3. Hold breath and let it expand beyond the body.
4. Repeat Steps 1-3 seven times.
5. Center self in the middle of egg of energy surrounding self.
6. Bring male-female, right-left into balance. Enter witness state.
7. Bring energy from Ground through the legs to Third Chakra.
8. Bring energy from the Transpersonal Point to Fifth Chakra.
9. Allow energies to mix at Fourth Chakra. Relax, allow the flow throughout the whole body.
10. Center self again and expand your egg of energy beyond yourself.
11. See, Feel, and Know your chakras are balanced.
12. Balance your chakras through your preferred technique. First and Seventh, Second and Sixth, Third and Fifth, Then balance them all with the Fourth.
13. Mentally release your focus on your heart center, and come back to normal reality, awake and alert.

## CHAPTER 12

### CHAKRAS AND SEXUALITY

#### CHAKRAS AS CONSCIOUSNESS CENTERS

*Describing the Sexual Consciousness associated with the First, Second, Third and Fourth Chakras is very easy. When it comes to describing the Sexual Consciousness associated with the Fifth, Sixth and Seventh Chakras this is much more difficult. What I can share is what I have experienced when being in these Higher Chakra Consciousness while "making love" and what women have told me about their experience "making love" while in these Higher Chakra Centers.*

#### **The First Chakra [Root Charka] Consciousness**

The purpose for sex is primarily for **Preservation of the Race, or Preservation of the Family Name**. The participant is not connected to anything but their own ego with no emotional or mental connection to the other person. The climax is created by focusing on them-self. Getting pregnant or getting the other person pregnant is the primary goal.

#### **The Second Chakra [Sexual Charka] Consciousness**

The purpose for sex is primarily for **Self-Sexual Pleasure**. The participant is not connected to anything but their own ego with no emotional or mental connection to the other person. The climax is created by focusing on them-self. Release of sexual tension or energy is the primary goal.

#### **The Third Chakra [Solar-Plexus Charka] Consciousness**

The purpose for sex is primarily for **Dominance or Submission** by the participant. The participant is not connected to anything but their own ego with no emotional or mental connection to the other person. The climax is created by focusing on them-self. Release of sexual tension or energy is the primary goal.

#### **The Fourth Chakra [Heart Charka] Consciousness**

The purpose for sex is primarily for mutual sexual pleasure. The participant is opening their Heart Center and connecting Mentally and Emotionally with their partner. Mutual sexual satisfaction is the goal rather than personal climax. The experience is mostly focused on intimacy, sensuality, and less effort on climaxes, also nurturing and intimacy after sex is very important. Making Love is a more accurate term than having sex with the Heart Chakra Sexual Experience. Connecting their Heart Chakra with their partner's Heart Chakra and Making Love is the primary goal.

### **The Fifth Chakra [Throat Charka] Consciousness**

The purpose for sex is primarily to connect with the Spiritual Essence of their Lover. The Spiritual Bodies of each person sharing Spiritual Connectedness and Intimacy.

Once this Spiritual Connection is made then there is a merging of their Spiritual Bodies in Consciousness, and with Touch, Caressing, and Making Love for Mutual Sexual Pleasure with their Lover via their Heart Center and connecting Mentally and Emotionally with their Lover. The experience is mostly focused on expanded consciousness, intimacy, sensuality, and less effort on climaxes, also nurturing and intimacy after sex is very important. Mutual Merging of their Spirit is the goal rather than person climax.

### **The Sixth Chakra [Brow Charka] Consciousness**

The purpose for sex is primarily connecting with the Male and Female Spiritual Essence of you and the Male and Female Spiritual Essence your Lover. The Male and Female Spiritual Bodies of each person sharing Spiritual Connectedness and Intimacy. Once this Spiritual Connection is made then there is a merging of the Spiritual Bodies in Consciousness, and with Touch, Caressing, and Sexual Encounter for Mutual Sexual Pleasure via their Brow Center, Throat Center and Heart Center and connecting Spiritually, Mentally, Feeling and Emotionally with their Lover. The experience is mostly focused on expanded consciousness, intimacy, sensuality, and less effort on climaxes, also nurturing and intimacy after sex is very important. The Merging with one's Male and Female Spiritual Essence and the Male and Female Essence of their partner is the goal rather than person climax.

### **The Seventh Chakra [Crown Charka] Consciousness**

The purpose for sex is primarily connecting with Source or God and Being in a "State of Divine Oneness" where you and your Lover are One Essence. The Divine Oneness of each person is in Oneness with the other person. The Eternity of one's Soul and Spirit is manifested in the intimacy of the Sexual Oneness. The Spiritual, Mental, Emotional, Feeling and Physical bodies become ONE ESSENCE during this sexual experience.

This type of sexual encounter can last for hours in the Bliss of Oneness and Connectedness. Once this Spiritual Connection is made then there is a merging of the Spiritual Bodies in Consciousness, and with Touch, Caressing, and Sexual Encounter for Mutual Sexual Pleasure via their Crown Center, Brow Center, Throat Center and Heart Center and connecting Spiritually, Mentally and Emotionally with their Lover. The Merging with one's Male and Female Spiritual Essence and the Male and Female Essence of the partner is the goal rather than person climax.

The experience is mostly focused on Divine Oneness, intimacy, sensuality, and less focus about climaxes, also nurturing and intimacy after sex is very important. Climax can be achieved with or without penetration. The focus of the sexual experience, if there is such a focus in Divine Enlightenment.

## CHAPTER 13

### PLANES OF CONSCIOUSNESS

#### *COSMIC PLANES AND BEYOND*

- ? **BEYOND** (UNKNOWN) Beyond Earthly Experience
- 10 **NIRVANA** And Other States Of Consciousness
- 9 **THE VOID**, Or Pure Consciousness (Non-Vibratory)
- 8 **END OF MANIFESTED CREATION** (Vibratory)
- 7 **COSMIC** OR UNIVERSAL SPHERE OF AT-ONENESS,  
THE GODHEAD AND OTHER LEVELS OF REALITY  
(LAST PLANE IN OUR SOLAR SYSTEM)

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#### 6 **CELESTIAL PLANES**

The nature of these planes of consciousness (as well as those still higher -- Galactic, Universal, and Cosmic levels 7, 8, 9 and 10) are largely beyond the comprehension of persons now living on the planet earth. The celestial planes are the location of the Christian God, Buddha, and all Gods of other religions on the earth plane.

Biblically referred to as "The Third Heaven." Preliminary contact with the universal Godhead. Understanding of the universal life and energy systems of which our solar system is composed. The tapping of such levels of consciousness enabled the Nazarene to perform "miracles." This path is open, to each of us. This is what He meant when He said, "These things I do, you will do also, and greater things than these will ye do."

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#### 5 **MENTAL AND CAUSAL PLANES**

Levels which offer unlimited scope for further development of the individual mind and soul. Access to all of the accumulated wisdom of the ages on the earth plane and throughout other parts of our solar system. No jealousy, judgment, or selfishness, only complete brotherhood. Most of man's inventions, scientific advances, poetry, inspired prose, art and music, originate here, and are passed down to receptive minds on the earth plane through the process called intuition.

---

#### **4 HIGHEST ASTRAL PLANES**

This wonderful realm of existence is generally what the Christians call heaven. An apt term might be "The Summerland." No pain or suffering. There are happy meetings with those for whom a bond of love is felt, or groups formed of like-minded persons. There is unlimited opportunities and encouragement for each soul to grow in mental and spiritual consciousness. Interest in activities on the planet decreases. You will have encounters with angels. You will have wider perspectives, greater vistas, magnificent panoramas! But eventually the soul must decide whether to return to the earth plane for more experience or to accept the "second death". In the latter case, the mind and soul may shed its astral body and be re-born onto that mental or causal level for which it has become qualified. When re-born, the soul will function in its mental or causal body.

Note: The **"first death"** refers to the physical death of the body, and your consciousness alive in the one of astral planes. **The "second death" refers to the souls decision not to incarnate anymore into the physical plane, instead choosing to move to the higher planes.**

---

#### **3 INTERMEDIATE ASTRAL PLANES**

Here the person "Awakes" minutes, days, or weeks after departing the physical body. This is primarily a rest and rehabilitation region complete with hospitals and their staffs and institutions of learning with teachers. Help is given to persons who are dis-eased; persons who had traumatic experiences and sudden death; persons with mental, emotional or religious hang-ups. This body is still "material", but of a finer substance and at a higher vibratory rate. Its appearance is a matter of each individual's personal preference. Communication is by both thought and spoken word. Each person is encouraged to continue mental and spiritual growth. By such growth, one progresses to the higher astral and mental planes or is re-embodied for further growth on the earth plane.

---

## **2 *LOWEST ASTRAL PLANES***

This dark, dismal, dangerous and often frightening world, which the Bible describes as "outer darkness, weeping, wailing, and gnashing of teeth ..." is peopled with greedy, self-centered, unloving resentful persons. It is traditionally referred to as hell, Hades, or purgatory. It is the human's and non-human's astral bodies on this plane that attach themselves to the magnetic auras or astral bodies of persons living on the earth plane (an act of "obsession"). Such a "possessed" person may act abnormally, be judged insane and institutionalized, or commit suicide.

---

## **1 *EARTH OR PHYSICAL PLANE***

Here, on the surface of the earth, you now live in your physical body, and also in your interpenetrating etheric and astral "bodies." The etheric and astral bodies are considered non-physical. They are a finer form of matter involving higher vibrating energy fields. They interpenetrate the physical body, just as hundreds of radio and T.V. waves are doing at this instant. Your soul, personality, emotions, memories, and mental and causal body are contained in your astral body. When your physical and etheric bodies die (here called the "first death"), the "real you" is still fully alive in your astral body. Usually, within minutes to a few days, you will find yourself functioning on that particular plane to which your life on earth has entitled you.

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## **FOOTNOTES**

### **CHAPTER 0**

1. Leadbeater, 1980, pp. 1-3.
2. Leadbeater, 1980, pp. 3-4.
3. Leadbeater, 1980, pp. 4-5.
4. Leadbeater, 1980, pp. 23-27.
5. Leadbeater, 1980, pp. 5-8.
6. Brennan, 1987, p. 48.
7. Leadbeater, 1980, pp. 9-10.
8. Powell, 1969, p. 22.
9. Brennan, 1987, pp. 45-48.
10. Powell, 1969, p. 56; Leadbeater, 1980, p. 41.
11. Joy, 1979, pp. 165-171, 276
12. Brennan, 1987, p. 47.
13. Brennan, 1987, p. 85.
14. Lansdowne, 1986, p. 13.
15. Lansdowne, 1986, p. 39.
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