

# All About The Chakras



## Introduction

Within every living body, although on the subtle rather than the gross or physical level, there are said to be a series of energy fields or centers of consciousness, which in traditional Tantric teachings are called chakras. Also known as "wheels" or padmas ("lotuses"). They are said to be located either along, or just in front of, the backbone, even though they may express themselves externally at points along the front of the body (navel, heart, throat, etc). Associated with the chakras is a latent subtle energy, called kundalini in Shaktism, and tumo in Tibetan Buddhist Tantra.

Speculations and teachings concerning the chakras have occurred independently in the religious, spiritual, yogic, and occult traditions of India, China, and the West. Although having certain basic points in common, these also differ in many details. So we have a number of different chakra-doctrines that have developed in different esoteric traditions to greater or lesser completeness.



***Muladhara ~ Root ~ First Chakra***



***Svadhithana ~ Sacral ~ Second Chakra***



***Manipura ~ Solar Plexus ~ Third Chakra***



***Anadhata ~ Heart ~ Fourth Chakra***



***Visuddha ~ Throat ~ Fifth Chakra***



***Ajna ~ Third Eye ~ Sixth Chakra***



***Sahasrara ~ Crown ~ Seventh Chakra***

## **Individual Chakra Information**



***Muladhara ~ Root ~ First Chakra***

This Chakra is related to instinct, security, survival and also to basic human potentiality. This center is located in the region between the genitals and the anus. Although no endocrine organ is placed here, it is said to relate to the inner adrenal glands, the adrenal medulla, responsible for the fight and flight response when survival is under threat. In this region is located a muscle that controls ejaculation in the sexual act in the human male. A parallel is charted between the sperm cell and the ovum where the genetic code lies coiled and the Kundalini. Symbolized by a lotus with four petals. Located at the base of the spine and

Contains the primary 8 cells that have all of the knowledge of creation and remain the only cells in your body that do not change in your lifetime. It grounds us in the physical world.



### ***Svadhithana ~ Sacral ~ Second Chakra***

This Chakra is located in the sacrum (hence the name) and is related to base emotion, sexuality and creativity. This Chakra is considered to correspond to the testicles or the ovaries that produce the various sex hormones involved in the reproductive cycle, which may cause dramatic mood swings. Symbolized by a lotus with six petals. Located just beneath the navel, and related to our sexual and reproductive capacity. Blockage manifests as emotional problems or sexual guilt.



### ***Manipura ~ Solar Plexus ~ Third Chakra***

This Chakra is related to the transition from simple or base to complex emotion, energy, assimilation and digestion, and is held to correspond to the roles played by the pancreas and the outer adrenal glands, the adrenal cortex. These play a valuable role in digestion, the conversion of food matter into energy for the body. Symbolized by a lotus with ten petals. This is the Seat of our Emotions. It gives us a sense of personal power in the world. A blockage manifests as anger or a sense of victimization.



### ***Anadhata ~ Heart ~ Fourth Chakra***

This Chakra is related to complex emotion, compassion, love, equilibrium and well-being. It is related to the thymus, located in the chest. The thymus is an element of the immune system as well as being part of the endocrine system. It produces T cells responsible for fending off disease and may be adversely

affected by stress. Symbolized by a lotus with twelve petals. A blockage can manifest as immune system or heart problems, or a lack of compassion.



### ***Visuddha ~ Throat ~ Fifth Chakra***

This Chakra may be envisioned as relating to communication and growth, growth being a form of expression. This Chakra is paralleled to the thyroid, a gland that is also in the throat and which produces thyroid hormone, responsible for growth and maturation. Symbolized by a lotus with sixteen petals. It is tied to creativity and communication. Feels pressure when you are not communicating your emotions properly.



### ***Ajna ~ Third Eye ~ Sixth Chakra***

This Chakra is linked to the pineal gland which may inform a model of its envisioning. Ajna is held as the Chakra of time, awareness and of light. The pineal gland is a light sensitive gland that produces the hormone melatonin which regulates sleep and awakening. Symbolized by a lotus with two petals. The Pineal Gland Is a physical eye with the capabilities of looking inwards, outwards and upward.



### ***Sahasrara ~ Crown ~ Seventh Chakra***

This Chakra is generally considered to be the Chakra of consciousness. Its role may be envisioned somewhat similarly to that of the pituitary gland, which secretes hormones to communicate to the rest of the endocrine system and also connects to the central nervous system via the hypothalamus. The thalamus is thought to have a key role in the physical basis of consciousness. Symbolized by a lotus with one thousand petals, it is located on the crown of the head. Connects you with messages from higher realms. Can be experienced as a pressure on the top of the head.

# Chakra Chart

Chakra	Color	Primary Functions	Associated Element	Location	Open or Balance	Foods	Symbol
Crown sahasrāra, सहस्रार	white or violet; may assume color of dominant chakra	Union, Bliss, Sense of empathy	space / thought	Top of the head	Meditation, guided visualization, energy work	Air, Incense and Smudging Herbs,	
Third eye ājñā, आज्ञा	indigo	Direct perception, intuition, imagination, visualization, concentration, Self-mastery, Extra Sensory Perception	time / light	Between the eyebrows.	Meditation, guided visualization.	Dark bluish colored fruits, Liquids, Spices	
Throat viśuddha, विशुद्ध	azure blue	Creativity, communication, expression, eloquence, Intuition, synthesis, hearing	life / sound	Base of the throat	Sing, chant, hum, breathe consciously.	Liquids, Tart or tangy fruits, Other tree grown fruits, Spices	
Heart/Lung anāhata, अनाहत	green	Love, wisdom, stability, perseverance, mental patience and equilibrium, or pleasure, Compassion, Touch	air	Center of the chest	Meditating, practising yoga or other bodily techniques, by swimming regularly (because water has healing powers)	Leafy vegetables, Air vegetables, Liquids, Spices	
Solar plexus manipūra, मणिपूर	yellow	Will, determination, assertion, personal power, laughter, joy, anger, sight	fire	Located at the mouth of the stomach	Rub your belly, become aware of the energy radiating from your solar plexus, breathe using your diaphragm.	Granola and Grains, Dairy, Spices	
Sacrum svādhiṣṭhāna, स्वाधिष्ठान	orange	Creativity, sexual energy (for women), desire, pleasure, Stability, self confidence, well-being, taste	Water	The lower belly	Sexual healing, try new ways of expressing yourself creatively, dance, move your hips, practice yoga.	Sweet fruits, honey, nuts, spices	
Root mūlādhāra, मूलाधार	red or coral red (shown)	Survival, grounding, sexuality (for men), stability, smell	Earth	The base of the spine	Spend some time each day sitting directly on the earth. Dance!	Root vegetables, Protein-rich foods, Spices	

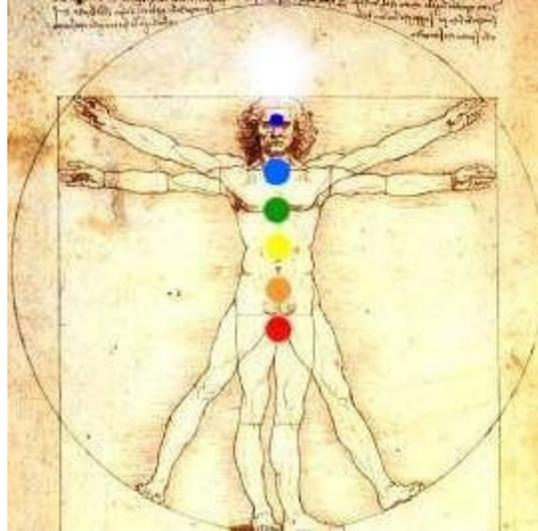
## Early Doctrines Regarding The Chakras

The idea of the subtle vital force (prana) and the channels along which it flows (nadis) appear in the earliest Upanishads (7th-8th century b.c.e.). The heart was said to be the center of the 72,000 nadis or subtle channels, and the place into which the senses are withdrawn during sleep. As with many ancient civilizations (e.g. Egypt, Homeric Greece), the heart was also considered the seat of waking consciousness.

It was only in the later Upanishads - the earlier of which were composed somewhere between the 2nd century b.c.e. and the 2nd century c.e. - reference is first made to basic Tantric concepts such as chakras, mantras, and so on.

The Brahma-Upanishad mentions the four "places" occupied by the purusha (soul): the navel, heart, throat, and head. Following common tradition, each place is characterized by a particular state of consciousness: the navel (or the eye) waking consciousness, the heart dreamless sleep, the throat dreaming, and the head the "fourth" or transcendent state. These four states, originally referred to in the Mandukya Upanishad, are identified with the gods Brahma, Vishnu, Rudra (a derivative of Shiva) and Akshara (the indestructible). [Mircea Eliade, *Yoga, Immortality, and Freedom*, p.128]

The Yogatattva Upanishad speaks of the "five parts" of the body corresponding to the five great or cosmic elements - earth, water, fire, air, and space. Each element corresponds to a particular mantra - a "seed-vibration" or mystical syllable - and a particular deity. Emphasis is also given to siddhis (supernormal powers) that can be attained through mastery of yoga and of the different elements.



## To Find A Chakra

Use a gemstone and circle the front of the body (in a large circle) over the area where a Chakra should be.

One can do this without a gemstone after practice but using a gemstone makes it much easier. Black Onyx works well.

Slowly decrease the size of circle following the energy.

With Black Onyx, you can feel where the Chakra is by where you place it on your body. One's body will tingle where Chakras are.

Other gemstones can be more subtle. The gemstone simply feels like it is being lead to the Chakra.

# Three Main Methods

There are three main methods for using crystals and gemstones with your Chakras

**#1:** Placement on a single Chakra at a time

**#2:** Placement on all Chakras at once.

**#3:** Within an Elixir, Tincture or Tisane

One should experiment to see which works best for them.

## Meditating and Balancing The Chakras

Various techniques have been presented on working with the chakras, both optimizing normal chakras to allow more ch'i energy through, and helping or balancing chakras that are not functioning properly (i.e. which may be unbalanced, blocked, or malfunctioning).

I would like to state at the outset that I am no expert, so please do not email me for technical advice! But from what I have read and understood it seems there are several possible techniques.

Activating the chakra through breathing, visualization, movement, and yoga postures.

This is good for all chakras, and for balancing the organism as a whole. It particularly pertains to the Tantric, seven-chakra linear scheme, rather than the Taoist circular scheme of chakras. There are many specific exercises associated with each chakra, and usually different books give different exercises, so it would take too long to go through all the books, chakras, and exercises here. All I can do is recommend that you browse through the books on this subject in a well-stocked esoteric or theosophical bookshop, find one that you feel intuitively attracted to, and go with that.

Projecting love and light into the chakra. This is also good for malfunctioning and blocked chakras, but not overactive ones, which already have enough energy going

through them as it is. Imagine the area of the affected chakra as pervaded by a brilliant white, golden, or other colored light, which is of the complete essence of love. Imagine this light healing the chakra, opening it, and restoring it to its proper functioning. If for example you have difficulty with understanding abstract mental concepts, you would visualize light and love in brow and forehead chakras, allowing them to open harmoniously, and the energy to flow through.

Talking to or meditating on the particular chakra in question. This is the technique recommended by Genevieve Lewis Paulson. Focus on the chakra in question, massage the area of the body it pertains to, and breath into it. Let the energy flow through it, and ask yourself what needs to be done about the particular psychic state in question. If for example you have an overactive heart chakra, ask yourself in what situations are you being too giving and putting the needs of others before your own.

The microcosmic orbit. The microcosmic orbit is the most powerful technique of all, because it involves and includes all the chakras, the front and rear ones as well as the lower and higher ones. It is especially good for balancing the Ch'i energy in all the chakras, and restoring and maintaining equilibrium in your entire being. There is no one technique here, but actually a number of different methods. One involves simply holding one's attention on the particular chakra point, without any visualization or breathing exercises. Alternatively (this is the main method taught by Mantak Chia), you can go through each chakra in turn, visualizing the spiraling energy (24 clockwise and anticlockwise), and/or (where it is accessible to reach) moving the palm of the hand in a spiraling motion over the chakra in question. Various breathing techniques can also be used, such as breathing into each chakra in turn, and. Mantras can be employed, such as saying "chhhiiii", "aaauummmm", or any other mantra at that point. You could also or alternatively try feeling love or smiling energy in each chakra in turn, visualizing white or golden or rainbow-colored light, or doing whatever other techniques one feels comfortable with. The important thing is not to force things

Two points should be adhered to however. The first is to always begin and finish at either the Navel or the Sea of Ch'i center. This is to be done even if you only meditate or focus on one or two other chakras. Due to the proximity of the Navel and Sea of Chi chakras with the Lower Tan Tien, the ch'i energy is balanced and grounded after each meditation

The second important point is to always progress down the front of the body, and up the back. This is the natural direction of flow of ch'i energy in the human body. I emphasise this point because it is so important yet so little known. I once attended a guided meditation where everyone was told to meditate on the chakras at the front of body from the lowest to the highest. This is the exact opposite of the true direction of flow, and it was obvious that the people running the show didn't have the faintest idea what they were doing. Such ignorance is all too widespread in the New Age movement nowadays, for the simple reason that the New Age is a movement without a strict teachings or dogmas, so people are free both to arrive at the truth unhindered, and to make blunders without any safeguards. Thus, whilst one should follow one's own truth, one should also be extremely careful to ensure that one's psycho-spiritual practices are authentic ones

For those who are interested in exploring the practice of the microcosmic orbit beyond the basic introduction provided here, I would strongly recommend a perusal of the works of Mantak Chia, especially *Awaken Healing Energy of the Tao*.

For opening the specifically Tantric ("primary" or archetypal) chakras, Harish Johari some time back released a cassette tape giving the correct mantric sounds for each chakra and petal. This is still available and is very powerful.

In meditating on each chakra, you may want to use some of the correspondences listed in these web pages. Alternatively, you may want to choose your own correspondences, or not use any at all. The important thing is to let oneself be guided by what intuitively feels right, rather than slavishly follow what some book or guru or teaching says. This so in all aspects of life and with all psycho-spiritual practices, not just those techniques given here. The intention of this coverage is to encourage and stimulate your own exploration in these matters, not to add one more dogma to a world that is already too full of dogmas as it is.

## *The Chakra of Mother Earth*

Ancient people knew that wherever the earth's energy gathered into a vortex, there existed a sacred place. These strongly charged areas of the globe have also been the places where people have chosen to build their Holy Places and their centers of Spirit and Learning. Places like Stonehenge, the Pyramids of Egypt, Easter Island, and so on are well known as vortex spots. There are three main types of vortexes - all three are replenishing and supercharged with high quality energy. The three vortex types are:

- Electric - stimulates and energizes, activates
- Magnetic - attracts energy to the area
- Electromagnetic - both activates and attracts energy

There are powerful vortexes scattered around the globe that are, in essence, the

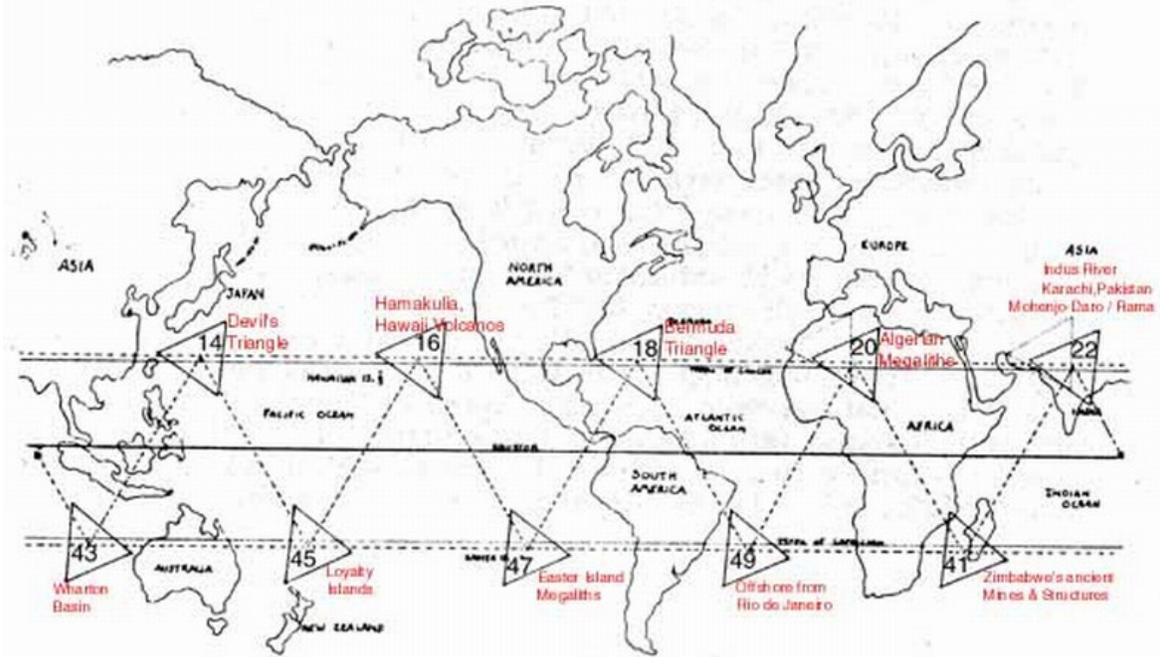
Earth's Chakra system. Mother Earth has both a major and a minor Chakra system, just as people do. With the advent of modern life and wide spread pollution, Mother Earth's Chakras have become contaminated - and in need of clearing. Ancient mystics such as the Cherokee, Druids, Huichol, Mayan and Toltec all had techniques and procedures to heal Mother Earth. These Ancient Shaman, Wise Man/Woman used song, sounds, and ceremonies to keep a Chakra open, cleaned, and in proper working order. More and more people in the 21st century are remembering these old ways and are once again paying homage in ritual to our Great Mother. People are relearning the ancient shamanic and medicine way knowledge, centered on a relationship with Mother Earth. This not only helps heal Mother Earth, but affects the person strongly as well. Again, the relationship between our Mother Earth and us is reciprocal. We affect each other in direct and subtle ways.

As people meditate and send energy to Mother Earth while close to a vortex point, most come to a common realization. That these vortexes serve as portals - ones that humans can tap to touch their own higher dimensional selves. All of us have at least 12 layers of subtle bodies coupled with our current physical one. Mother Earth has these layers as well. When we are close to an active Chakra of Mother Earth, it energizes us to "see" things the way they really are: multi-dimensional and ever evolving.

Although some may think vortexes and energy grids are pure fantasy, science is beginning to prove that this ancient teaching is actual fact.

As can be found in Joseph Jochman's book "Earth, the Crystal Planet" In 1973, three Russians--historian Nikolai Goncharov, construction engineer Vyacheslav Morozov. and electronics specialist Valery Makarov--announced in the science journal for the Soviet Academy of Science, Chemistry and Life, their discovery of a geometric grid pattern which appears to interlink a wide number of natural phenomena into a single planetary system. Their work was based on the findings of American researcher Ivan T. Sanderson who identified what he called ten vile vortexes or electromagnetic energy disturbances located equidistant over the surface of the globe, the so-called Bermuda Triangle near the Caribbean and the Devil's Sea off Japan being two of these. What the three Russians found was an underlying framework linking these centers into a dual crystal structure, a combination between an icosahedron and a dodecahedron. Not surprisingly, these happen to be the Fourth and Fifth Solids in the Platonic series, which were projected outward by the Earth for over the last million years or so."

## 10 Vile Vortices around the World



*If you ever get a chance to rest and meditate at one of the Major Earth Vortexes, do not pass up that opportunity.*

*It is commonly accepted that there is at least one Major Chakra on each continent.*

## The 7 Cardinal Chakras are:



*1st Chakra - Mt. Shasta, California*



*2nd Chakra - Lake Titicaca, South America.*



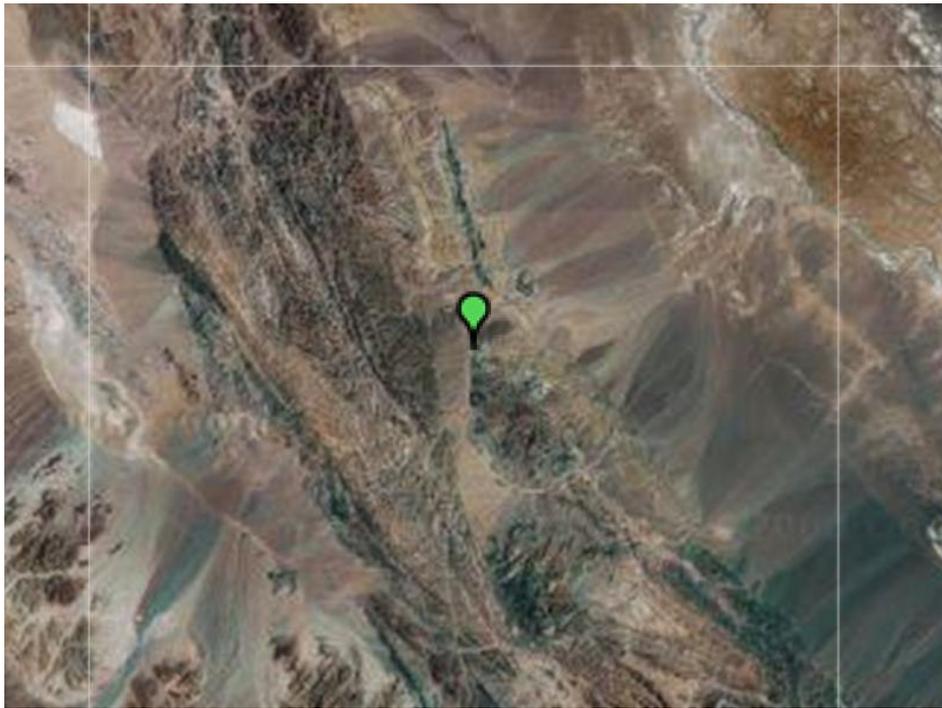
*3rd Chakra - Uluru-Katatjuta, Australia.*



*4th Chakra - Glastonbury-Shaftesbury, England.*



*5th Chakra - Great Pyramid.*



*6th Chakra - Kuh-e Malek Siah, Iran.*

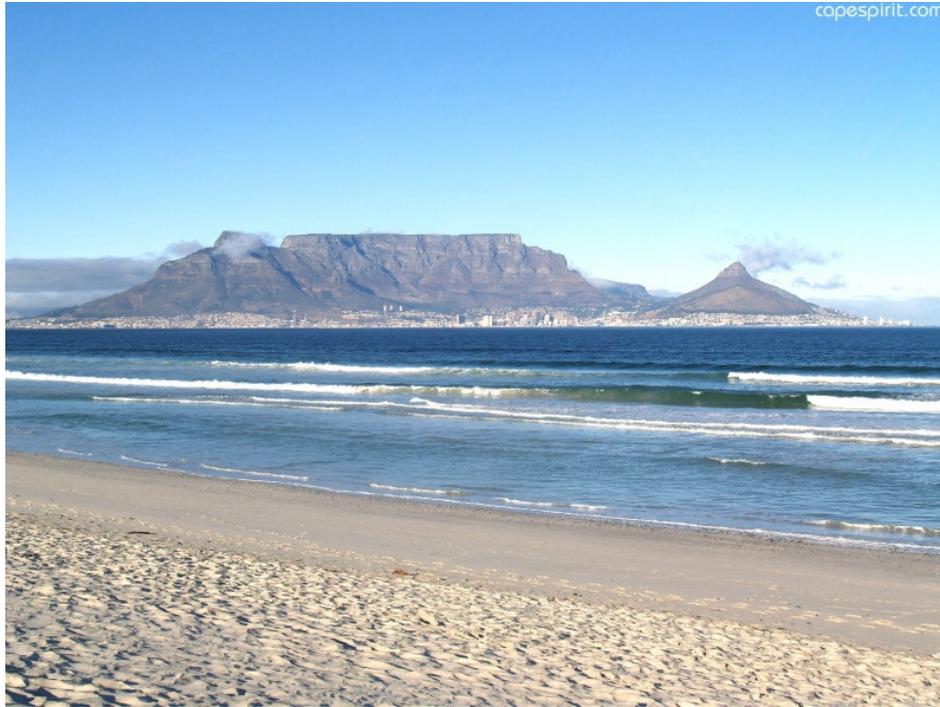


*7th Chakra - Mt. Kailas, Tibet.*

There are also four Vortexes that govern the four Elements.

These are spinning energy portals where rituals done while in a circle, can open and heal the Earth, plus the participants and the people at large.

These four vortexes are situated at:



*Earth - Table Mountain, Cape Town, South Africa...*



*Water - Lake Rotopounamu, North Island, New Zealand...*



*Air - Mount of Olives...*



*Fire - Haleakala Crater, Hawaii...*

## **Metaphysical and Healing Lore**

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