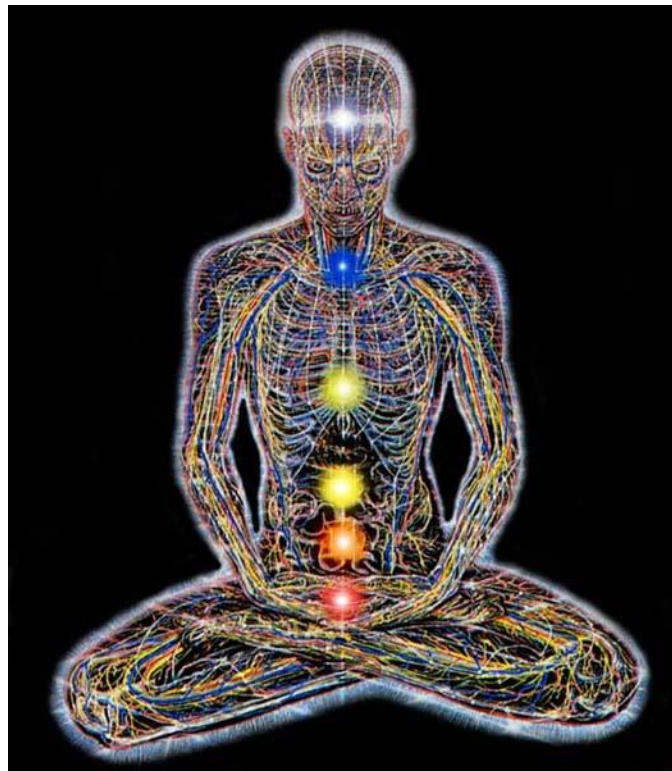


CHAKRAS

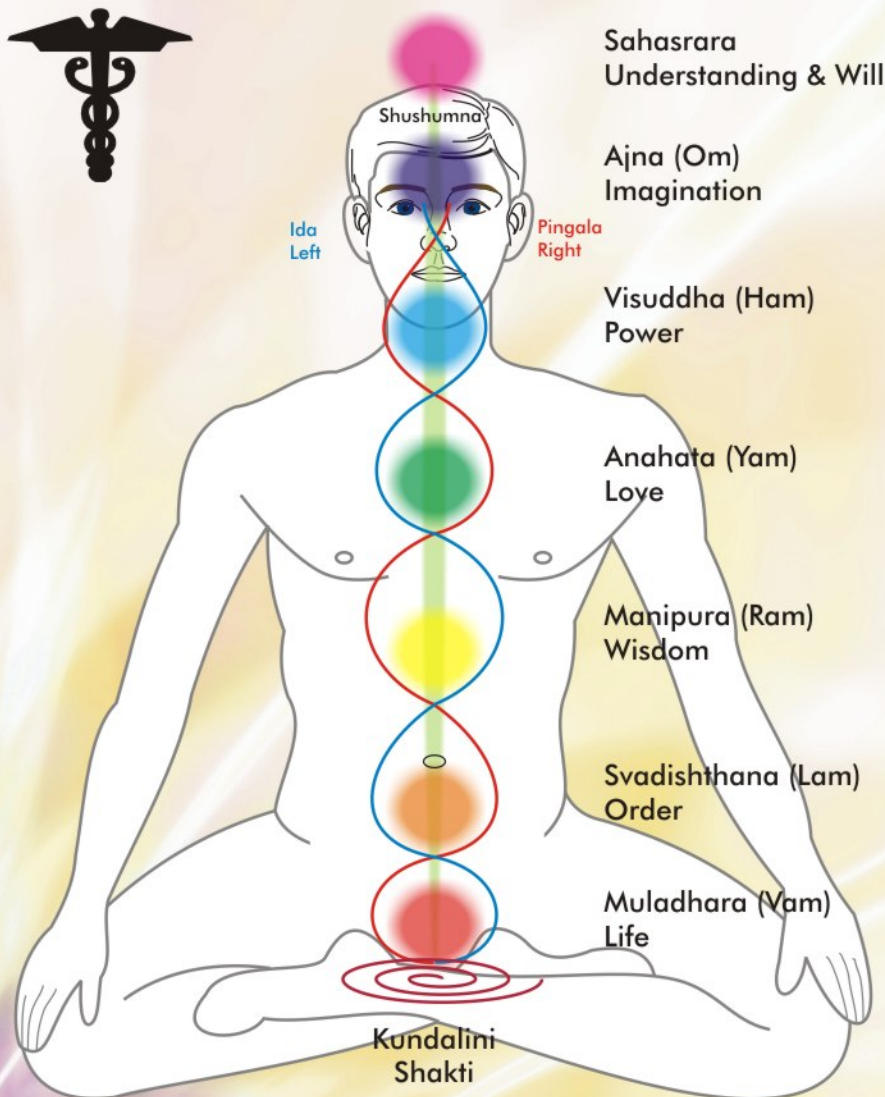






7 CHAKRAS
by Pieter Weltevrede
www.sanatansociety.com

Seven Chakras





The Crown Chakra



The 3rd Eye Chakra



The Throat Chakra



The Heart Chakra



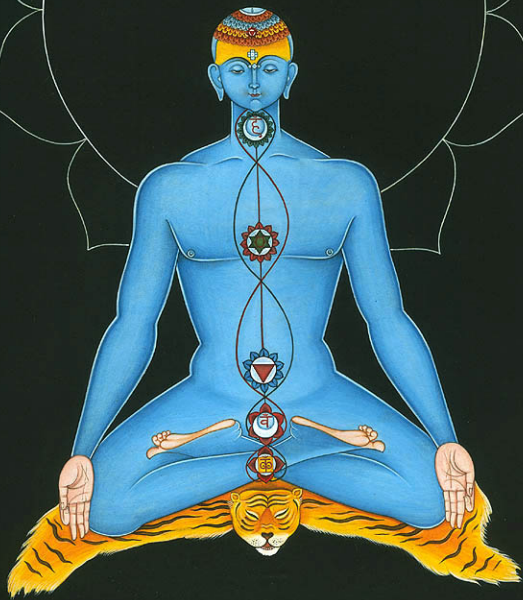
The Solar Plexus Chakra



The Sacral Chakra



The Root Chakra





*Original illustration from The Chakra-Handbook
by Shalila Sharamon and Bodo j. Baginski*

THE HUMAN CHAKRA SYSTEM

*Note: Due to the length of this site, you may want to **BOOKMARK** this page **NOW** and return when you have more time. Please return soon, and often.*

MENU

[INTRODUCTION](#)

WHAT ARE CHAKRAS?

THE SEVEN PRIMARY CHAKRAS

The information contained within this site was derived from copious notes I have collected over the years from a variety of sources long forgotten, and the following texts:

Wisdom of the Mystic Masters by Joseph Weed

The Chakra Handbook by Shalila Sharamon and Bodo J. Baginski

The Chakras by C.W. Leadbeater

Eastern Body Western Mind by Anodea Judith

INTRODUCTION

It is said that when you begin to develop your senses, a new and fascinating world opens before you; the hidden world suddenly unveils itself - your perception heightens and your thoughts and feelings are expressed before your very own eyes in color and form.

There is more to the human body than the physical body. Unfortunately, most people consider the physical body and the material world to be the only reality that exists. They believe this because for them, these are the only things that can be discerned with their own physical senses, and I might add, understood by their rational mind. But there are numerous energy bodies within and around the human body. These energy bodies are:

1. The ethereal body
2. The emotional (astral) body
3. The mental body
4. The spiritual body

Each energy body possesses its own vibrational frequency, from the lowest (ethereal) to the highest (spiritual).

In addition, there is a complex energy system that is at work, which the body could not exist without. This energy system consist of energy bodies, namely:

1. the chakras the (or energy centers)
2. and the nadis (also known as energy channels)

Nadi is a Sanskrit word meaning, "pipe" or "vein." Nadis are akin to a network of

channels or arteries that transport *prana* (vital energy) throughout the human being's energy system.



The above illustration depicts the chakra system and the large number of secondary chakras, including the complex network of nadis. These nadis unite into 14 main channels, which correspond to the main primary and secondary chakras.

Ancient Indian texts say there are 72,000 nadis in the human body, whereas other archaic texts speak of 350,000 nadis. The most important nadis are called the (1) sushumna (2) ida, and (3) pigala. The nadis of one energy body are connected to the nadis of the neighboring energy body via the chakras.

WHAT IS PRANA?

Prana is the primal source of all forms of energy and manifests itself in various frequencies. Your level of consciousness (**awareness**) determines the frequencies of prana you are capable of receiving and storing. **One form of prana exists in the air, and one way we can retrieve it is through proper breathing (exercises).**

Prana is equivalent to the force of "vitality." Vitality is radiated on all levels and manifests itself in the physical, emotional and mental realms. This force is NOT electricity, albeit in some ways it represents it.

One common description of the "vital force" (field) or "etheric body" is a silvery haze that extends a few inches beyond the skin. You can see this field under special conditions using ultra-violet light or your own eyes.

IS IT POSSIBLE TO SEE THIS "ETHERIC" ENERGY FIELD?

Yes. Here's a technique that works for me: Under low light conditions, preferably at night, extend your hand in front of you then unfocus your eyesight so that the outer parts of the retina come into play. You will see a vague undifferentiated field that outlines your hand. This field is your etheric body. All you need to do is learn how to SEE in the dark - to SEE the AIR. With practice, you will catch on and learn how to focus your eyesight so that you can SEE this vital or etheric field, which is associated with the dense physical body.

There is an aura associated with the "mental body," which is where "thought" takes place, and there is an aura associated with the "astral body," where the "feeling" processes are, but our attention within this site will focus primarily on the "etheric" field.

HOW IS PRANA DISTRIBUTED IN THE BODY?

In the dense, physical body, the blood carries chemical material in a liquid solution; the red corpuscles taking oxygen to the tissue and bring back carbon dioxide from these and disposing of it. Well, the radiations in the "vital field" or "etheric body" absorb and carry "vitality" or "prana" from the other atmosphere and dispose of subtle waste matter in a similar manner.

Vitality action differs from electricity, light and heat. Vitality causes oscillation of the atoms as a whole, which is enormous compared to that of the atom. The "vitality force" comes to the atom from WITHIN, NOT from without. It enters the

atom along with the force that holds the atom together. When this "vitality force" wells up within an atom, it gives it a power of attraction which immediately draws six (6) other atoms around it, thus creating a sub-atomic element called, "globules."

So "globules" are charged with the force of "prana." Globules are very good for you, btw. Under certain conditions, they can be seen dancing in the air as tiny points of brilliant light. They are also sunshine dependent for their power of manifestation. You won't see many under cloudy days. Perhaps this is why people are not as jovial or in a depressed or sluggish mood after being exposed to many cloudy and/or rainy days in a row.

WHAT ARE CHAKRAS ?

Chakras are energy centers. They function like receivers and transformers of the various forms of prana. Through the nadis, the chakras take in the vital energy and transform it into the frequencies needed by the various areas of the physical bodies for sustenance and development.

Each chakra is connected with one of the elements of earth, water, air ether and mind - mind being an instrument of consciousness. These elements are states of matter and NOT elements as we understand them in modern chemistry. They are equivalent to the terms: solid, liquid, fiery or gaseous, airy, and etheric - which are somewhat analogous to the physical, astral and mental planes and sub-planes.

Chakra is a Sanskrit word, meaning, "wheel." The human chakras are "wheel-like" vortices, or saucer-shaped depressions that exist on the surface of the *etheric* human body.

Traditional writings say there are 88,000 chakras in the human body. Most are extremely small and play a minor role in your energy system. However, there are approximately 40 secondary chakras that are of significance; these are located in your spleen, the back of your neck, the palms of your hands and the soles of your feet. But for brevity purposes, we will only explore the seven (7) primary chakras here.



If we look down into the bell of a convoluted-type flower, we would get the general appearance of a chakra.

The seven primary chakras are located along a central vertical axis of our spine and open toward the front of the body like a blossom (see Figure 2 below). These circular energy centers are in constant motion, rotating, attracting energy - receiving or radiating.

At the center of each chakra, in its deepest point, is a stem-like channel that extends to the spine and merges with it, thus connecting the individual chakra with the sushumna (the most important energy channel) which ascends within the spine to the top of the head. More on that later.

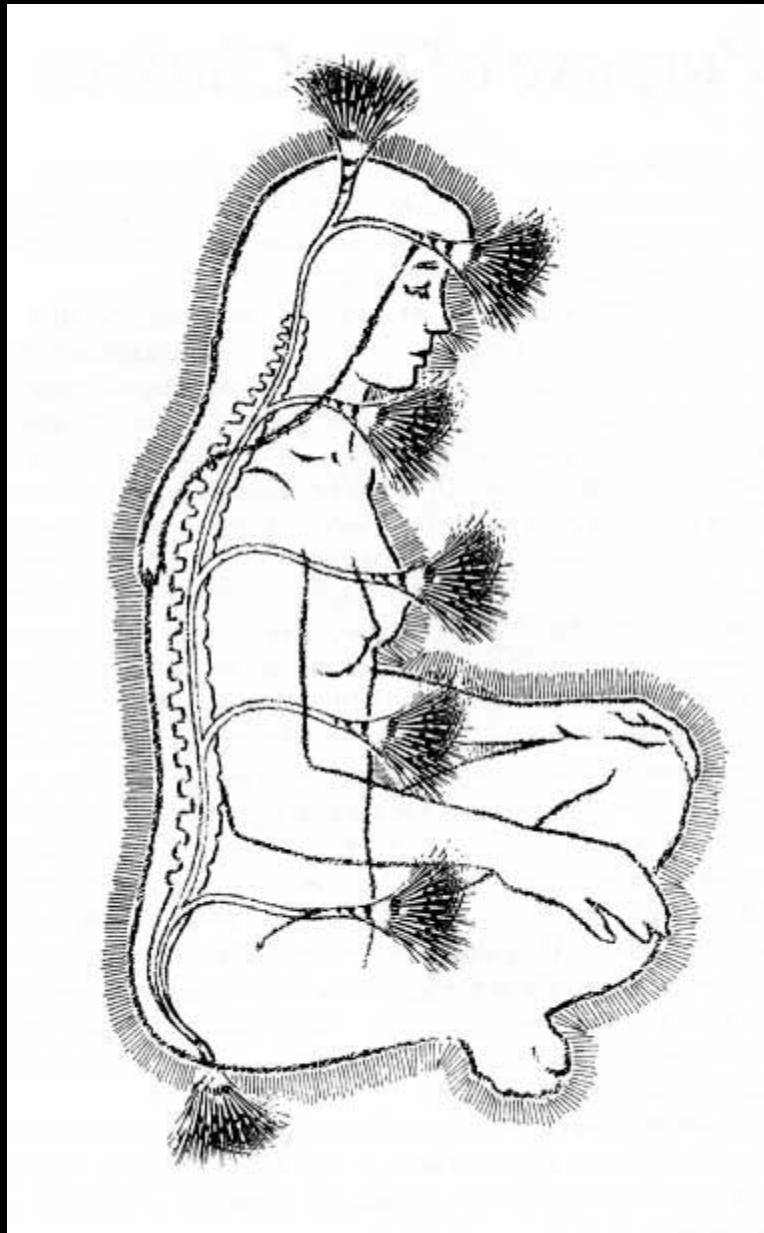
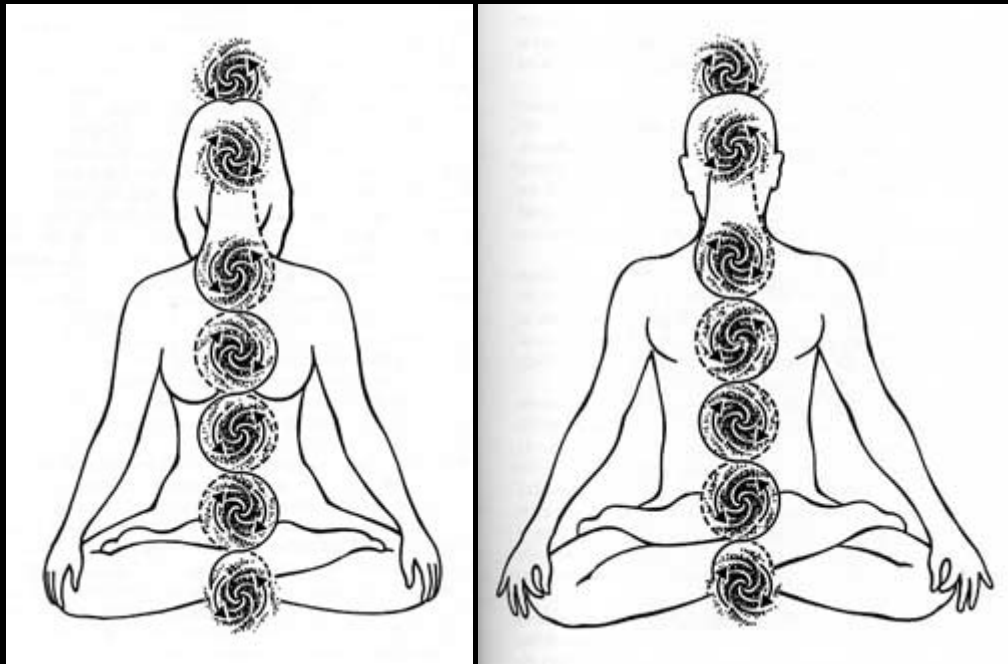


FIGURE 2

Like a flower, a "stem" branches out from our spine into the shape similar to that of a lotus flower. Think of our spine like a central stem.

For most people, the chakras extend about four inches in all directions from their point of origin. When undeveloped, they appear as small circles about two (2) inches in diameter, but when awakened, they are blazing, shimmering whirlpools akin to miniature suns several inches in diameter. As one's development advances, their chakras will extend further from the body, their frequency vibrations will increase and their corresponding colors will become clearer and brighter.

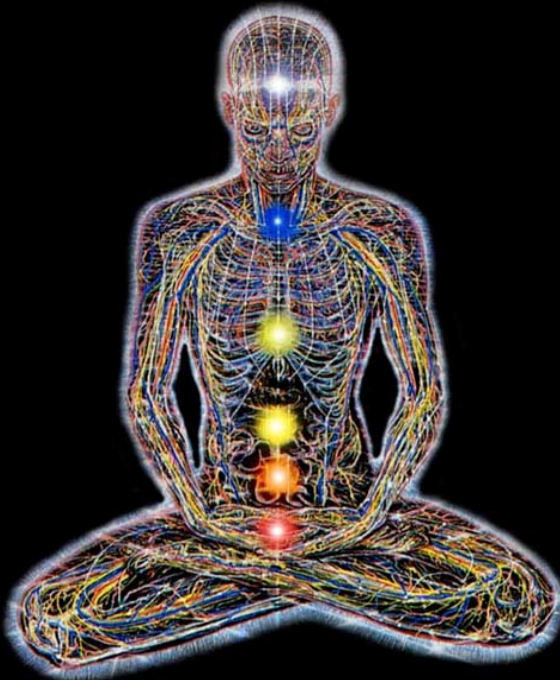
Depending on the sex of the individual, the chakras rotate either clockwise or counter-clockwise. For instance, when a chakra in a man is rotating clockwise, the same chakra in a woman will rotate counter-clockwise and visa versa. This enables the energies of man and woman to compliment each other. Every clockwise rotation is primary male, which is in accordance with the Chinese teaching, **Yang**; and every counter-clockwise rotation is female, or **Ying**.



It should be noted, the direction in which a chakra rotates varies from chakra to chakra. Each chakra rotates in a different direction, as these illustrations depict.

THE SEVEN PRIMARY HUMAN CHAKRAS

The Seven Primary Chakras in the human body are:



- (7) Crown (Third Eye?) Chakra
- (6) Third Eye?
- (5) Throat Chakra
- (4) Heart Chakra
- (3) Solar Plexus
- (2) Sacral or Spleen Chakra
- (1) Root Chakra

The **1st** chakra is called the **Root chakra**. It is located between the anus and the genitals and is connected with the coccyx. The Root Chakra opens downward. When active with vigor, it is fiery red-orange in color.

The **2nd** chakra is called the **Sacral or Spleen chakra**. Located over the spleen, it is sun-like in color and opens towards the front. Sanskrit books always substitute the 2nd sacral chakra with that of the spleen, locating it below the navel instead of at the spleen. My research suggests that there is a danger associated with tampering with the spleen, so perhaps this is why they locate it below the navel. I don't know.

The **3rd** chakra is called the **Solar Plexus chakra**. It is located about two finger-breaths above the navel and is directly connected to our astral or emotional body. Through the solar plexus chakra we absorb the solar energy which nurtures our etheric body, which energizes and maintains our physical body. This is where our emotional (feeling) energy radiates, particularly our "gut feelings." Its color is chiefly green.

The **4th** chakra is called the **Heart chakra**. It is the center of our entire chakra system. It is located in the center of the breast at the level and vicinity of the heart cavity and connects the three LOWER physical and emotional centers to the three HIGHER mental and spiritual centers. It glows a golden color.

The **5th** chakra is called the **Throat chakra**. It is located between the

depression in the neck and the larynx, beginning at the cervical vertebra behind the Adam's apple. It starts at the cervical vertebra and opens towards the front. It is also connected to a small secondary chakra, which has its seat in the neck and opens to the back, but since the two chakras are so closely related, they have been integrated into one. Although it has a lot of blue about it, it is also silvery, like moonlight upon rippling water. **Blue and green predominate.**

The **6th** chakra is called the **Third Eye?** chakra. It is associated with the pituitary gland, which is a very small, shapeless organ about 1/8 inch in diameter located in the forehead about one finger-breath above the bridge of the nose between the eyebrows. Here conscious perception of being takes place. It is the seat of our higher mental powers. On the physical plane, it is the highest center of command for the central nervous system. **One half is chiefly rose-colored with a lot of yellow, and the other half is predominantly purplish-blue.**

The **7th** chakra is called the **Crown (Third Eye?)** chakra. It is seated in the pineal gland, which is a small organ of fleshy consistency not much larger than the pituitary. The pineal gland is located near and behind the pituitary body almost in the exact center of your head at the level of your ears. The Crown Chakra opens upward, at the top of your head. Interestingly enough, medical science has yet to conclusively determine the physical influence this gland has on the human body (probably because metaphysics is beyond their rational thinking mind.) Although it contains all sorts of prismatic hues, **it is predominantly violet.**

A FEW WORDS ABOUT THE CROWN CHAKRA

The Crown Chakra is usually the last to be awakened. It is the same size as the other chakras but as the person progresses on the Path of spiritual advancement, it increases steadily until it covers the entire top (crown) of the head.

Like the other chakras, at first the Crown Chakra is a depression in the etheric body and the divine force flows in from without. **But when the person realizes his position as the king of the divine light through development of this chakra, the Crown Chakra reverses itself and turns itself inside out! In other words, it no longer is a channel of reception but a channel of radiation; it no longer is a depression but a prominence above the head - it radiates outward like a dome, like a crown of glory!**



This illuminated Crown chakra is symbolically represented as the halo above and around the heads of so-called Saints that are glorified on the walls and stained glass windows of churches, and this includes the halo that crowns Jesus Christ! It is an ancient truth that is still used in Christianity today. Sadly, however, its original purpose has been long ago forgotten, or lost - until now!

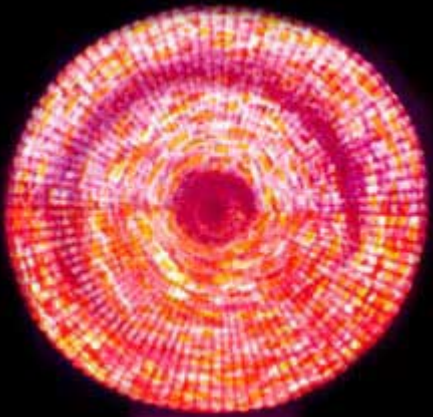
Now you know the hidden meaning - Truth - behind this symbol.

Yes, this is **THE Truth!**

Each chakra is perpetually rotating. At the mouth of the chakra, a divine force from the higher world flows. Without this inrush of primary energy, the physical body could not exist.

The chakra centers are in constant operation in all of us. In the undeveloped person, they are usually in sluggish motion, just forming the necessary vortex for the force to enter, and not much more than that. However, in the more evolved person, they may be glowing and pulsating with living light so that an enormous amount of energy passes through them.

The divine energy that pours into each chakra from without sets up at right angles to itself secondary forces in an oscillating circular motion. Think of this like a magnet that produces a current around a coil at right angles to its axis.



After entering the vortex, the primary force radiates from it at right angles as straight lines, as though the center of the vortex was the hub of a wheel and the radiations of the primary force were the spokes.

The force of these spokes seem to bind the astral and etheric bodies together like grappling-hooks. The number of these spokes differs in each chakra, which determines the number of petals each chakra exhibits. This is why the chakras have been described in oriental books as resembling flowers.

Each of the secondary forces, which sweep around the saucer-shaped depressions, has its own wavelength and moves along large petals of various sizes. The number

of petals is determined by the number of spokes in the wheel, and the secondary force weaves itself under and over the radiating currents of the primary force like a basket might be woven around the spokes of a wheel - the number of wavelengths being infinitesimal.

All the petals have a shimmering effect, like the mother-of-pearl, yet each has its own predominant color. This silvery aspects is likened in Sanskrit works to the gleam of moonlight on the surface of the water.

Why are colors associated with the chakras?

Each chakra contains all color variations, although one color always dominates. These colors correspond to the primary task of the chakra. Each globule that I spoke of earlier consist of seven (7) atoms. When these brilliant specks of light are drawn into the vortex of the 2nd (sacral or spleen) chakra, they are decomposed and break up into streams of different colors. As these seven (7) atoms are whirled around the vortex, each of the six spokes of the 2nd chakra seizes upon one of them so that all those charged with yellow flow along one spoke, those charged with green along another spoke, and so on, while the seventh atom disappears through the center of the vortex, or hub of the wheel. These rays then pass off in different directions, each ray destined to its special work in vitalization of the body.

Figure 3 below is a diagrammatic representation of these paths of dispersed prana.

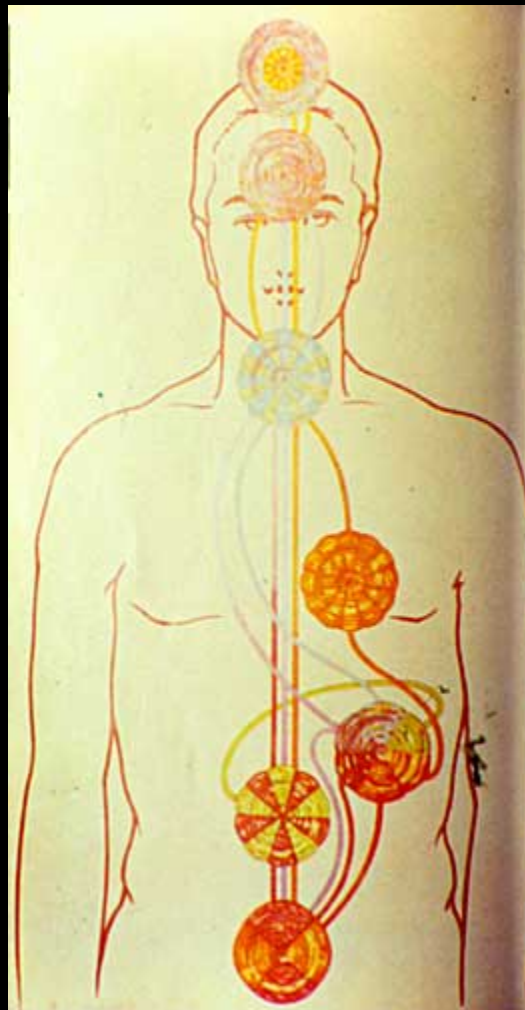


FIGURE 3

It is important to note that the divisions of prana are not like what we normally see in the solar spectrum but resemble the arrangement of colors we see on the higher levels in the causal, mental and astral bodies.

For example, indigo is divided between the violet ray and the blue ray.

Red is divided into two -- rose-red and dark red.

Consequently, the six atom radiants are: violet, blue, green, yellow, orange, and dark red, while the 7th, or rose-red atom passes down through the center of the vortex.

Vitality, therefore, is sevenfold in its constitution, but flowing through the body in five main streams. These five main streams are:

- (1) the violet-blue ray
- (2) the yellow ray
- (3) the green ray
- (4) the rose ray
- (5) the orange-red ray

So it should be no surprise that here is a certain correspondence between the colors of the streams (flow) of prana and the chakras. These streams are:

Red Prana color enters the 1st (Root) chakra

Rose prana color enters the 2nd (Sacral or Spleen) chakra

Yellow (or gold) prana color enters the 3rd (Solar Plexus) chakra

Green prana color enters the 4th (Heart) chakra

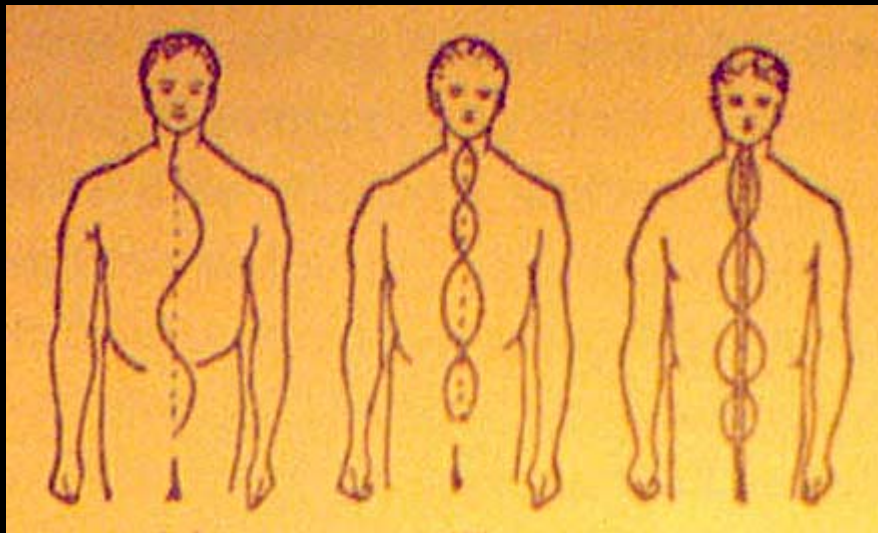
Light-blue prana color enters the 5th (Throat) chakra

Dark-blue prana color enters the 6th (Third Eye?) chakra

Violet prana color enters the 7th (Crown - Third Eye?) chakra

Sushumna

The most important and fundamental forms of energy enter the human system through the Root and Crown chakras. These two chakras are connected by a nadi called, *sushumna*.



The *sushumna* runs up and down the central axis of the body within the spine, between the crown (top of the head) and sacrum. The *sushumna* is also connected to all seven primary chakras via the "stems," which provides each chakra with this vital energy.

This primary current runs "between the sun and earth" - "from heaven above and

earth below."

As Above, So Below.

This current induces other currents at right angles to itself, which flow between the spine and the outer edges of our etheric body (aura.) Thus we have a vital etheric body consisting of an interweaving mesh of stream of energy with the spinal current as an axis. This axis actually holds the "etheric body" (our aura) together and gives it coherent form. Think of this like a magnet surrounded by lines of force in which the metal fillings are drawn into a pattern and held in place in a magnetic field.

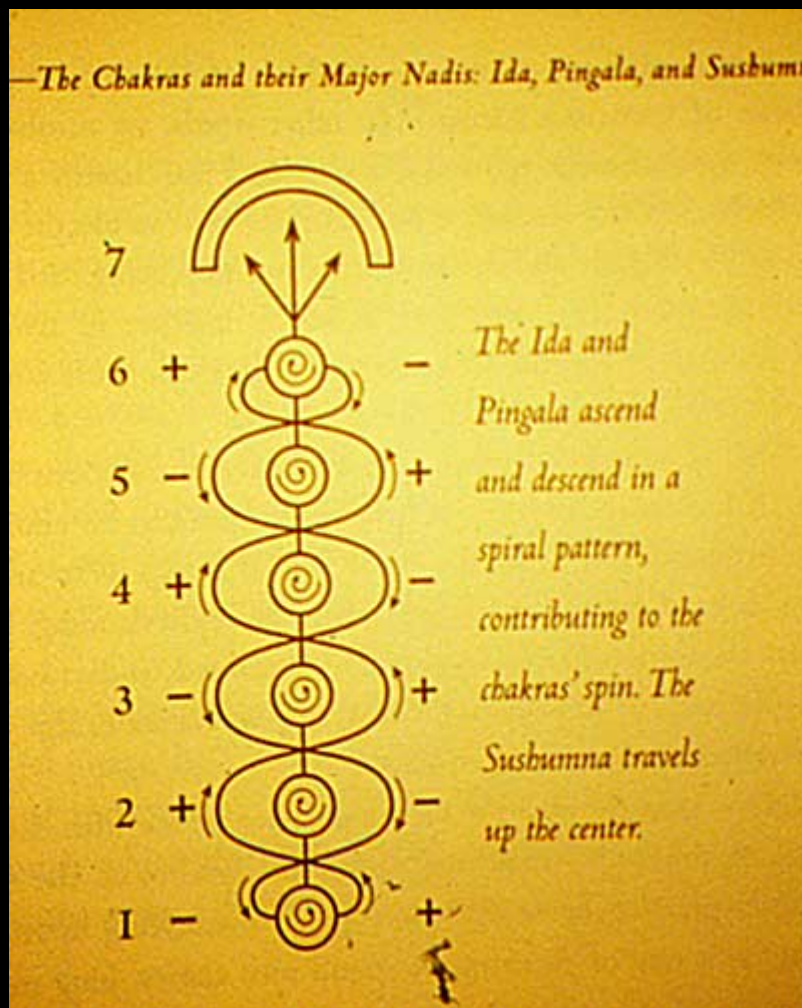


FIGURE 6

Besides the sushumna, there are two additional energy channels that play an important role in our energy system. These channels are known in Sanskrit as: "ida" and "pingala."

The *pingala channel* is the carrier of solar energy. It is full of heat and drive. It begins on the right hand side of the Root chakra and ends in the upper area of the right nostril.

The *ida channel* is the carrier of the cool and calming lunar energy. It begins on the left hand side of the Root chakra and ends in the left nostril.

These two channels wind their way around the sushumna from the Root chakra to the nose, meeting at the 6th chakra and polarizing each of the chakras in between, thus contributing to their spin (see Figure 6 above).

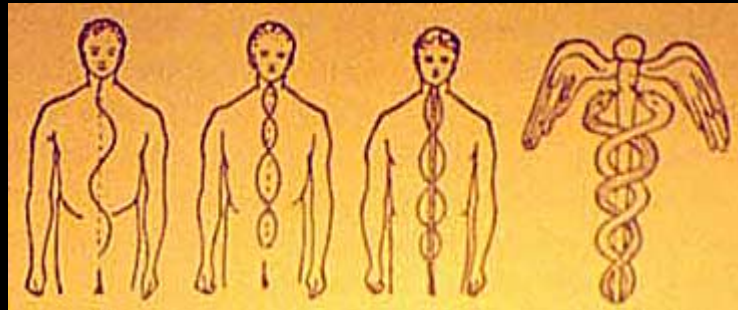


FIGURE 7

Only when one attempts to arouse the energy latent in the inner layers does the dangerous serpent fire begin to show itself. Think of this serpent fire as a ball or sphere of fire, or energy, and the ball is made up of layers, like a ball within a ball within a ball within a ball, etc.

The harmless fire of the outer skin of the ball or sphere travels up the spinal column using the three lines of sushumna, ida and pingala simultaneously.

"It is the pure Akasha that passes up Sushumna and its two aspects flow in Ida and Pingala...Ida and Pingala play along the curved wall of the spinal cord...They are the positive and the negative, the sun and the moon...They have there distinct paths of their own, otherwise they would radiate all over the body." - Madame Blavatsky *"The Secret Doctrine"*

C.S. Leadbeater in *"The Hidden Life in Freemasonry"* explains it this way: "...in the First Degree, it effects the Ida, or feminine aspects of the force, thus making it easier for the person to control passion and emotions; in the Second Degree, it is the Pingala, or masculine aspect which is strengthened in order to facilitate control of the mind; but in the Third Degree, it is the central energy itself, the Sushumna, which is aroused, thereby opening the way for the influence of the pure spirit on high. It is passing up through this channel of the Sushumna that a yogi leaves his physical body at will in such a manner that he can retain full consciousness on higher planes and bring back into his physical brain a clear memory of the experience."

The wings of the caduceus depicted in Figure 7 is a symbolic representation of this astral flight.

- Now you know the hidden (secret) meaning behind the caduceus symbol :-)

I repeat, at the center of each chakra, in its deepest point, there is a stem-like channel that extends to the spine and merges with it. The chakras are connected to the sushumna via these stems, which provides each chakra with "vital energy."

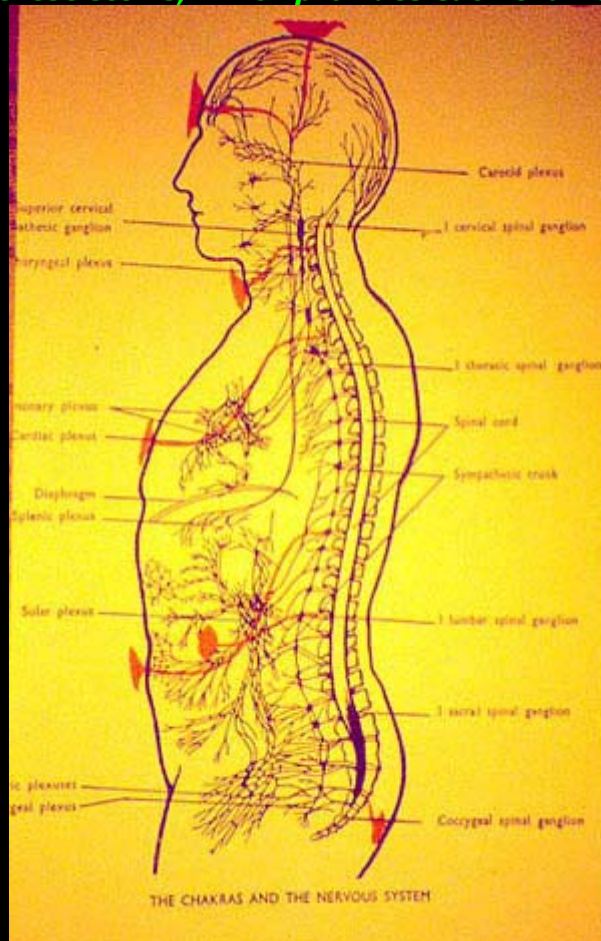


FIGURE 8

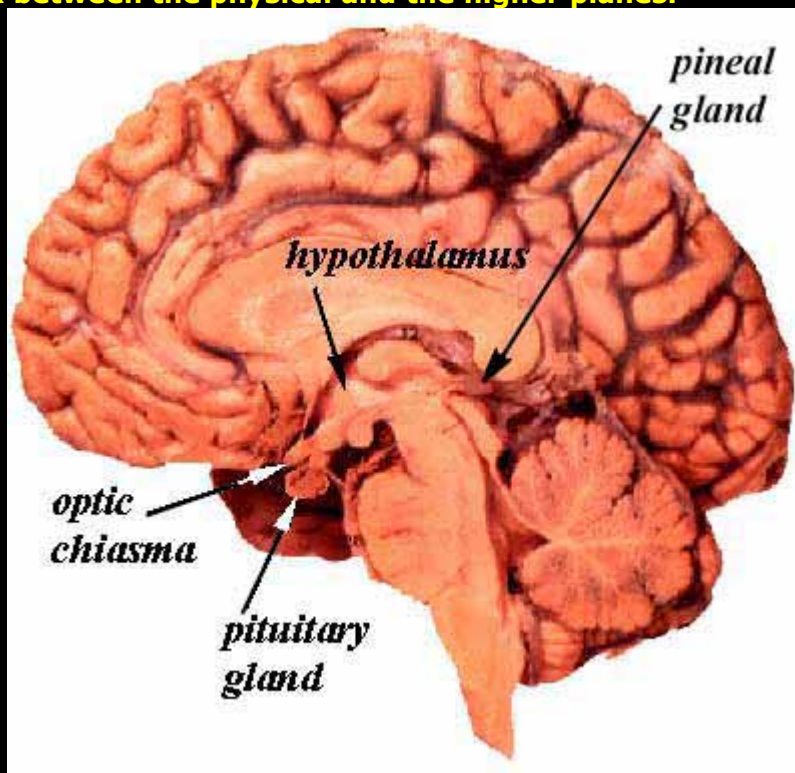
In Figure 8 above, you can see the general location of the flower-like chakras, their respective stem, and the location of their connection to the spinal cord.

As you can see, the stem bends downwards, it droops if you will, in the coeliac (or solar plexus) cardiac (heart) plexus, and the throat plexus. The reason for this involves the cerebro-spinal and sympathetic nervous systems, which I am not going to explain here.

Before we leave this segment, it should be noted that the Crown Chakra is NOT connected with any of the sympathetic plexus of the physical body.

The Crown Chakra is associated with the pineal gland and pituitary body and is related to the development of the brain and spinal system of nerves.

The **pineal gland** is separated from the **pituitary gland** by a heavy cartilaginous tissue. For many, the astral vortices corresponding to the 6th and 7th chakras converge upon the pituitary body - the pituitary body being the only direct link between the physical and the higher planes.



For another type of people, the pituitary vortex is bent, or slanted until it coincides with the pineal organ, which is vivified and made into a line of communication directly with the lower mental plane without having to pass through the intermediate astral plane in the ordinary way.

The goal here is to develop and bridge the 6th and 7th chakras, creating an avenue of communication between them. **This connecting link is called the antahkarana, or simply, the psychic bridge.**

The antahkarana is the link between your personality and your Higher SELF.

As you develop these higher chakras, this psychic bridge is enlarged and strengthened, and so will be your intuitive powers or abilities. *Note: This breakthrough in separation between the higher and lower halves of the head center is NOT like cutting through or puncturing the bone or tissue; This channel or bridge is created in the psychic areas and NOT in the physical sense.*

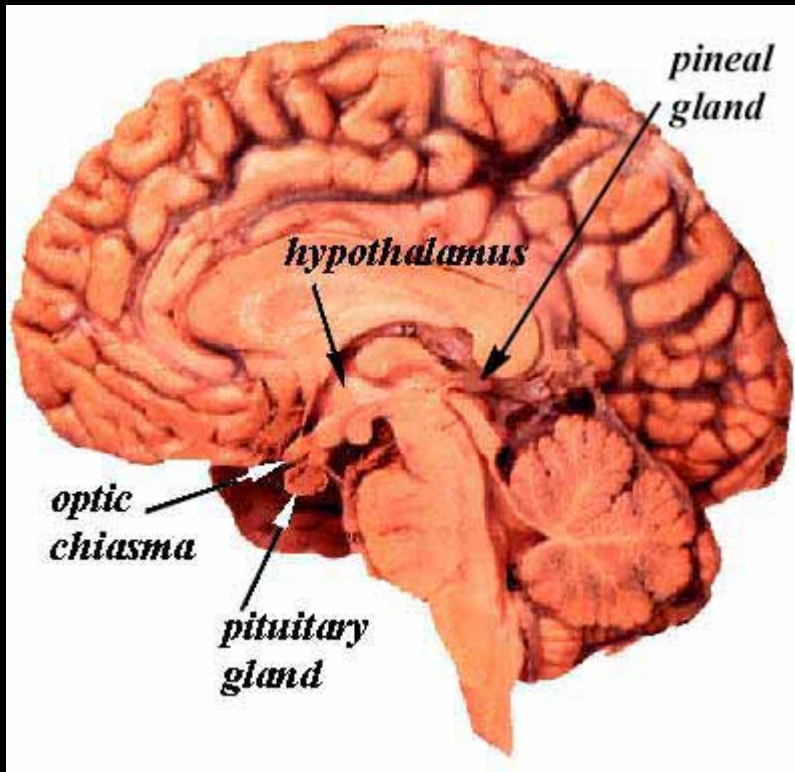
The 6th chakra is associated with the **pituitary gland**, and the 7th chakra is associated with the **pineal gland**.

Some text say the 6th chakra (Pituitary Gland) is the human Third Eye, whereas other text say the Pineal Gland is the human Third Eye, with biological evidence to suggest that perhaps it WAS a real, physical-biological Third Eye at one time long ago during our early mammalian evolution. *I find this theory very interesting.*

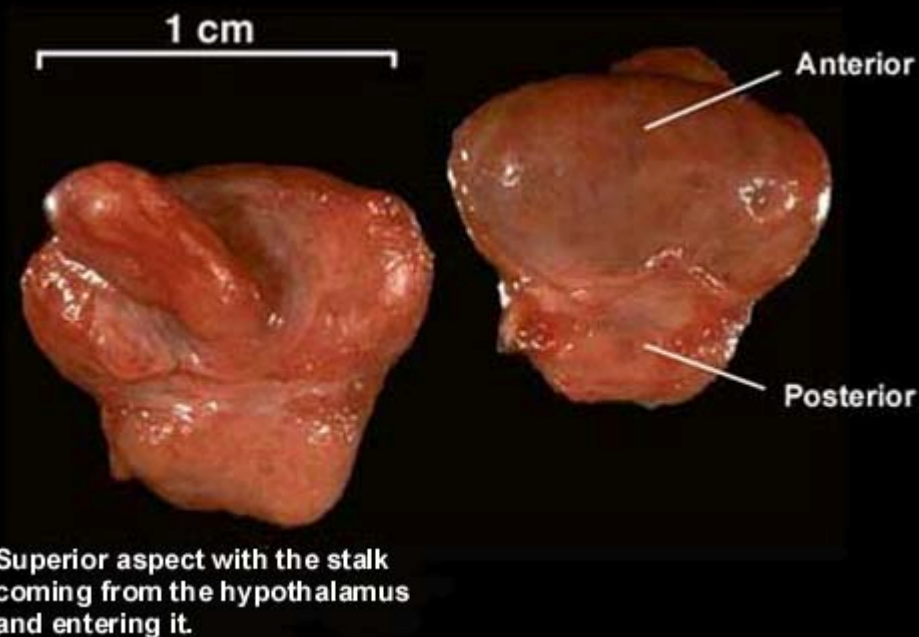
So what is it?

After musing over a wealth of research information, I think they may be one of the same, meaning, they work in tandem with each other. You cannot SEE with your Third Eye without developing both the pituitary and pineal glands simultaneously. *In other words, only when the 6th and 7th chakras are developed will the Third Eye open for you to see with.*

The Pituitary Gland



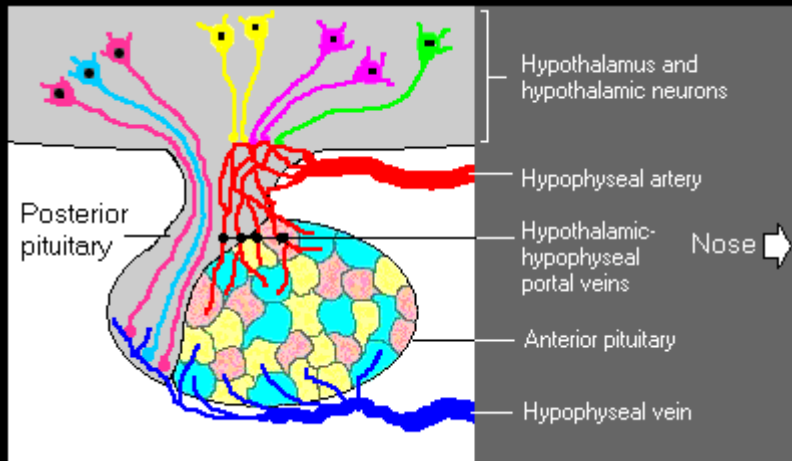
The pituitary gland is a roundish organ, about the size of a pea, located just behind the bridge of the nose in the center and at the base of the skull/brain in a depression called the sella turcica ("Turkish saddle"). It weighs about 1/2 gram (0.018 oz) produces 0.00001 grams of hormone per day, and is attached to the hypothalamus via nerve fibers. It is an important link between the nervous system and the endocrine system.



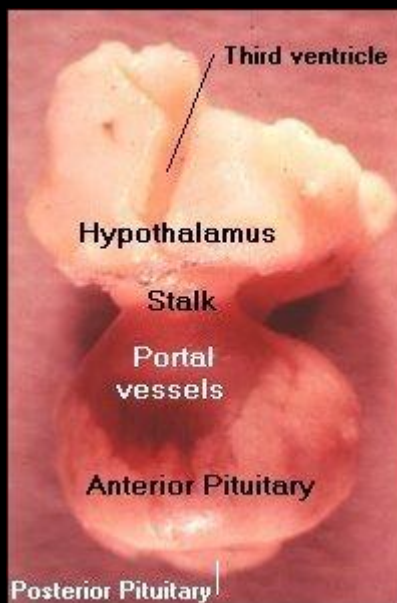
The pituitary gland consist of three lobes:

- (1) anterior (secretes protein hormones)**
- (2) intermediate**
- (3) posterior (is an extension of the hypothalamous)**

Each lobe produces and releases hormones that affect growth, sexual development, metabolism and the reproduction system, particularly the ovaries and testes as well as the adrenal, kidneys, breasts, intestines, bladder, uterus, stomach and spleen.



The posterior is composed of axons of hypothalamic neurons that extend downward as a large bundle behind the anterior. It also forms the pituitary stalk, which appears to suspend the anterior from the hypothalamus.



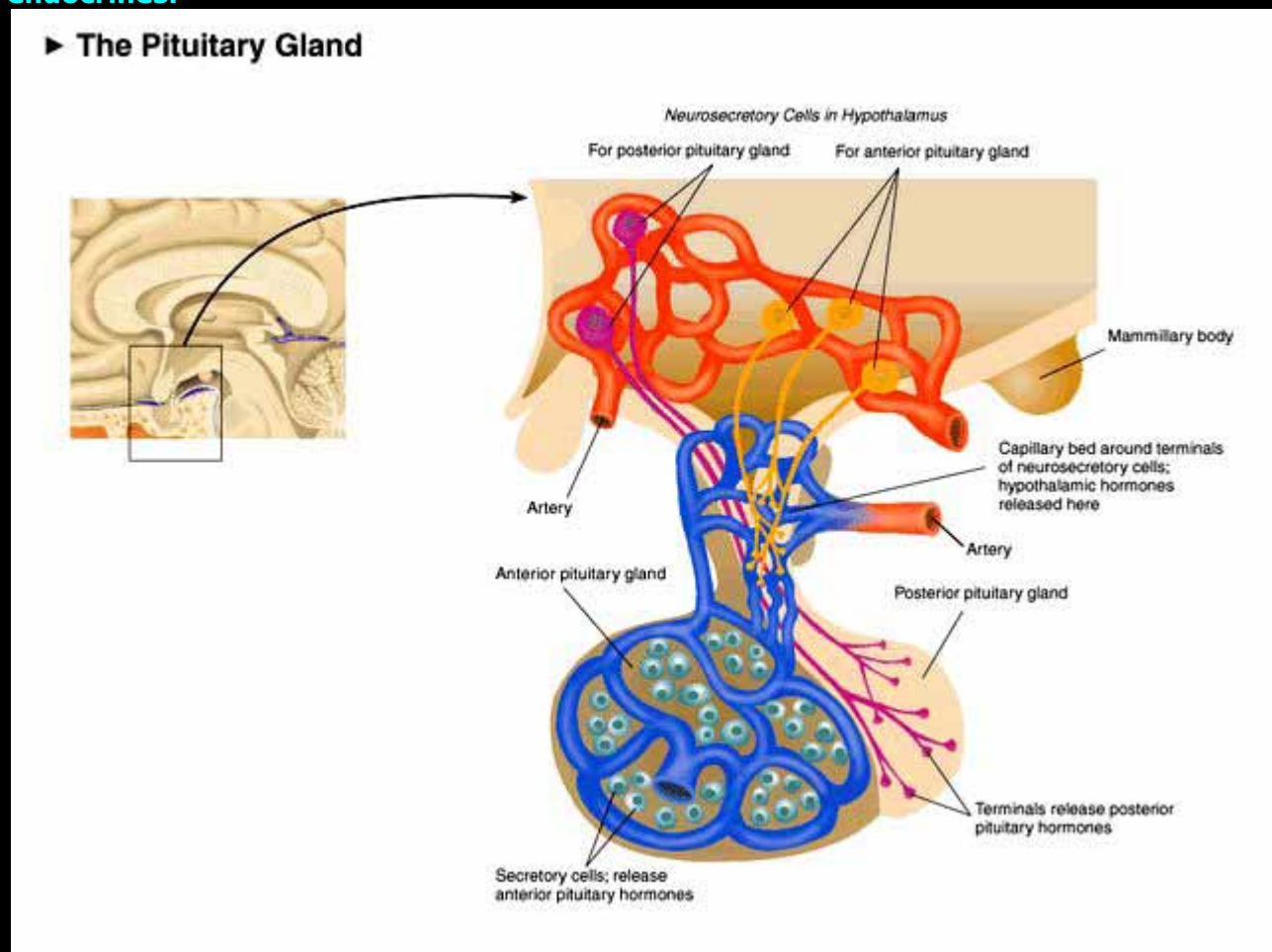
The above image on the is the frontal view of the pituitary gland and hypothalamus of a sheep. This image will hopefully give you some idea how the parts of this organ fit together.

Hormone secretion from the anterior pituitary is strictly controlled by hypothalamus hormones. The "hypothalamus" is a cluster of brain cells just above

the pituitary gland, which transmits messages from the body to the brain.

For years, the pituitary gland was believed to be the master gland of the body, but now we know that the "hypothalamus" is the true "master gland" of the body. The hypothalamus is the link between the pituitary gland and the brain. It is akin to a way station between the body and the brain. It sorts out the messages to and from the body and responds accordingly through the pituitary gland.

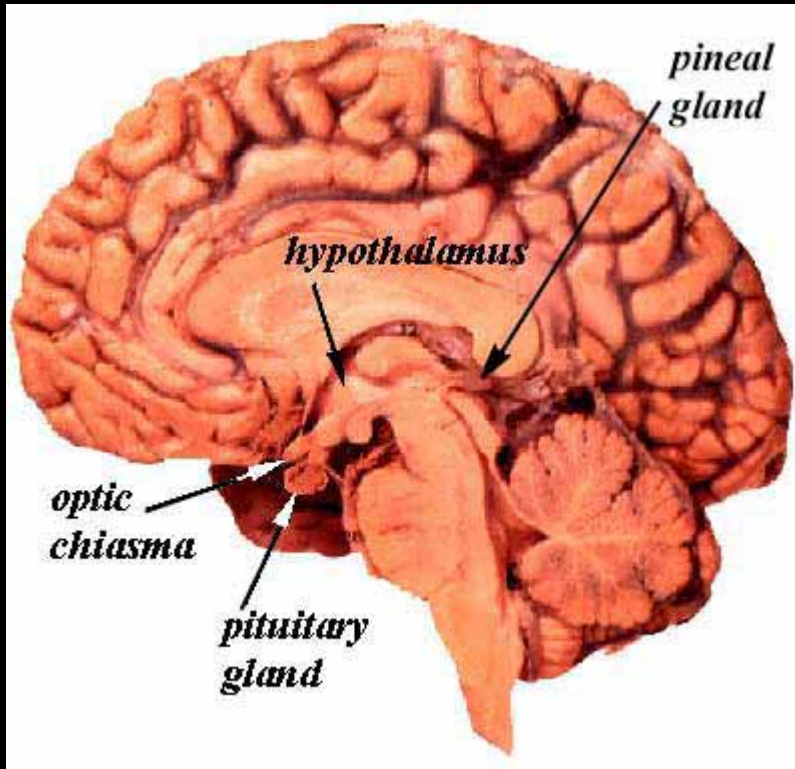
The hypothalamus replies to the needs of the body by nerve impulses to the pituitary gland, which in turn produces the hormones the body's needs. These hormones are then circulated in the blood to the body's tissues, including other endocrines.



Now you know the basic physiological/biological purpose of the pituitary gland.

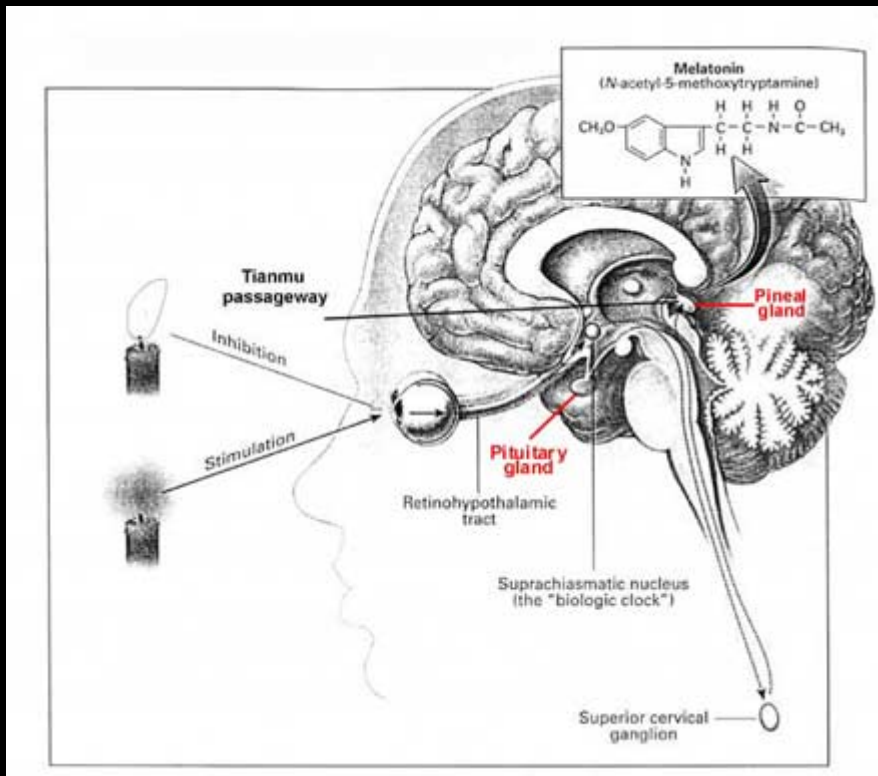
But what does the pituitary gland have to do with the 6th chakra? and the Third Eye?

The Pineal Gland



The pineal gland, a cone-shaped organ, which btw is how it got its name, is about the size of a pea and is located in a tiny cave behind and above the pituitary gland almost directly in the middle of the brain. It is attached to the third ventricle of the brain and produces the hormone "melatonin," which is secreted throughout the night with the absence of light.

When light enters the retina of the eyes, this signal is sent through the optic nerve to a region of the hypothalamus called the suprachiasmatic nucleus. This pathway is called the retinohypothalamic tract. From the suprachiasmatic nucleus, nerve impulses via the sympathetic nervous system travel to the pineal gland and inhibit the production of melatonin. At night, these impulses stop (because no light stimulates the hypothalamus) and melatonin production ensues and is released into the body. As a result, it appears the pineal gland is a photosensitive organ. Or is it?



Melatonin is implicated in many human activities, and perhaps human behavioral disorders. Melatonin regulates the human daily body rhythms, most notably the day and night cycle, and perhaps the depression and tiredness some people feel during long periods of overcast skies and short days during the winter months is in response to an over production of melatonin? If this is true, I wonder how melatonin production effects blind people? Are blind people more susceptible to depression because of a melatonin imbalance?

Melatonin can be found throughout the animal kingdom. In reptiles and birds, the pineal gland is found close to the skin; it needs no interaction with with the eye to sense whether it is day or night. Interestingly enough, this is where the term "third eye" originated. The pineal gland is therefore the master clock for these animals. For mammals, however, the pineal gland is subordinate to the eye and the suprachiasmatic nucleus because light severely stops the production of melatonin.

Medical dissection has revealed that the front section of the pineal gland is equipped with the complete structure of a human eye. Since it grows/exists inside the human skull, it has been called a vestigial eye.

Conventional theory has it that the rod and cone photoreceptors in the retina are responsible for transmitting all photoreceptive input, and that the suppression of melatonin (produced by the pineal gland) is also carried out via this pathway. But, since the pineal gland is concealed in the skull, how in the world is it possible for it to respond directly to light??

Bottom line: The conventional visual pathway from the retina to the pineal gland via retinal photoreceptors or optic transduction does NOT seem to be the mode of

communication. So then how does the presence of light reach the pineal gland?

Talk of "unconventional photoreceptors" proposed non-rod and non-cone photoreceptors carrying non-image/non-visual optical signals. But evidence to support such a theory is absent.

Another theory proposes that because the structure of the retina and pineal gland are similar, perhaps the pineal consist of a variety of genes that are only expressed in the eye; therefore, the pineal gland has photoreceptors and a complete system for optical transduction. In other words, there **IS** some light-communication highway to the pineal gland. But what is it??

Ah-ha! Perhaps there is a secret, "unknown" (invisible?) passageway that allows the mammalian pineal to detect light directly!

Imagine that!

Before we go any further, please read below an interesting medical case you should know about:

"Until a few decades ago, scant attention was paid to the pineal gland. Then came the case in which a child was brought to a German clinic suffering from eye trouble and headaches. He was five-years-old and very mature, and apparently had reached the age of adolescence.

*"He was abnormally bright mentally, discussing metaphysical and spiritual subjects. He was strongly group-conscious and only happy when sharing what he had with others. After his arrival at the clinic, he rapidly grew worse and died a month later. An autopsy revealed a tumor of his pineal gland." - Berman, Lous, M.D., *The Glands Regulating Personality**

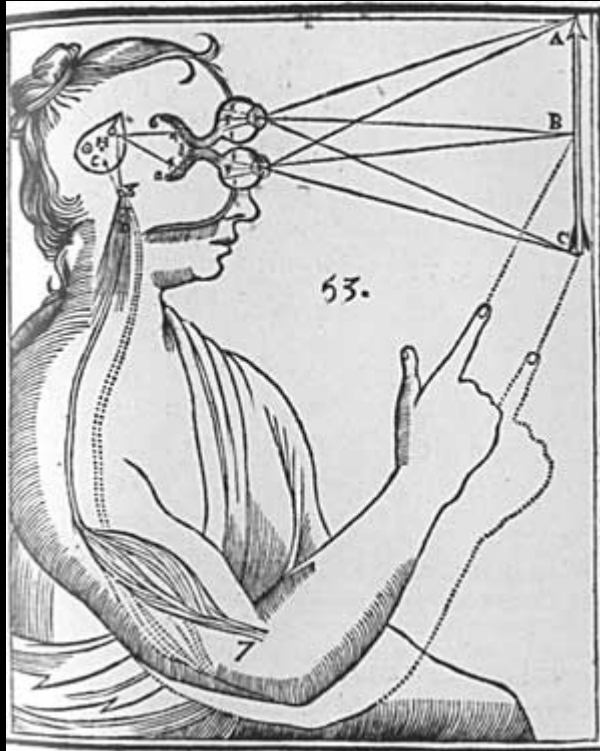
Think about the above story. Other than the fact the pineal gland is effected by light and secretes melatonin, scientist and medical professionals really do NOT understand EXACTLY what the function of the pineal gland is! Okay, fine. But have any of you began to tie in the physical, bodily human death with this light funtioning gland? No? Not yet? Okay, no problem. Please read on :-)

Now, there has been some confusion as to what the human "Third Eye" is and where it is located. This confusion seems to stem mostly from the location of the pituitary and pineal gland and the similarity of their names.

The "magical" Third Eye and the Ajna chakra have been mentioned in many religions as dwelling between the eyes, eyebrows, center of the forehead, etc., and its association with light.

In the 2nd century, Galen was the first to mention the Third Eye to the West. He believed it to be a valve that regulated thought.

18th century French scientist and philosopher Rene Descartes believed it was the chief interpreter of vision and the "seat of the human soul."



In 1644, Descartes' theory of vision and interaction with the pineal gland is expressed in this woodcut. He believed light particles interacted with the eyes and the image seen (the light particles themselves) were then transmitted to the pineal gland - the pineal gland being the nexus between the mind and the body.

"In man, soul and body touch each other only at a single point, the pineal gland in the head."

This drawing depicts an external stimulus being transmitted into an act of will by pointing, an act sent by the pineal gland.

SOURCE: www.princeton.edu

In 1918, Nils Holmgrenin, a Swedish anatomist, referred to the pineal gland as the "Third Eye" because he discovered cells that looked very much like retina cone cells in the tip of the gland in frogs and dogfish sharks. AND, recent discoveries have found that the pineal gland in the Western Fence Lizard contains a photo-receptive element scientist called a "third eye" that protruded from the top of its head. Interesting. - SOURCE: www.suneye.org

Now let me ask you a very interesting question: While napping or just falling

asleep, have you been able to see the room you are sleeping in, or room(s) of your house/apt while your eyes have been closed?! You feel, **you KNOW** your eyes are closed, yet you can see as if your eyes were open!!!!??

Are you with me?

It has been said that the "Third Eye" is a direct doorway to your subconscious, or unconscious mind. This may be true. The Ancient Egyptians studied this gland and understood its paranormal power. The headdress with the cobra snake protruding from the forehead exemplifies this symbology. And it is said that the Eye of Horus and the Masonic Capstone on the top of the pyramid on the Great Seal of the U.S. dollar bill represents this understanding as well.

When activated, the pineal gland opens our subconscious and 6th sense and becomes the window, or doorway to the higher planes (realms).

It has been said that during the day, the pineal gland synthesizes amino acids into serotonin, which is converted into melatonin at night. The pineal gland also produces pinoline. When pinoline interacts with serotonin, we fall into the state of consciousness called the dream state. This occurs about 2 hours after going to sleep.

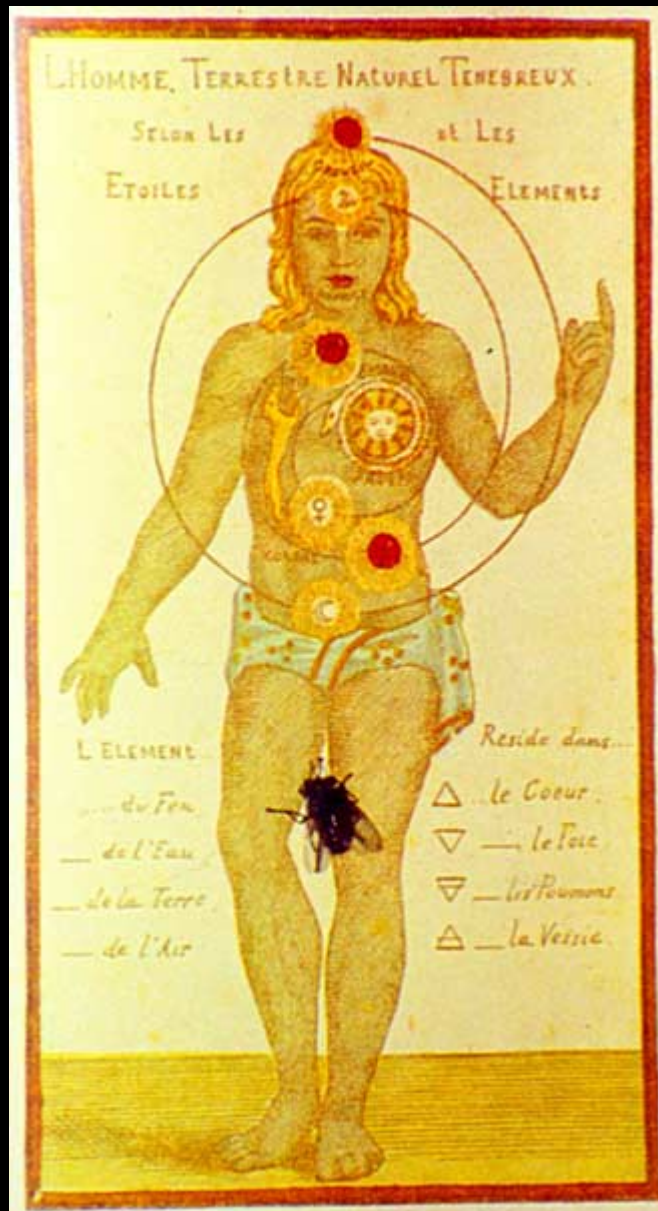
Esoteric schools have long known that this area of the brain is the connecting link between the physical and spiritual worlds. Development of psychic abilities has always been closely associated with the pineal gland.

The Crown Chakra reaches down until its vortex contacts the pineal gland. Prana is received, and with practice, the vibrational level of the astral body is raised and allowed to separate from the physical body. This is what is known as Astral Projection.

Once you learn how to activate and use this wonderful "Third Eye," you will perceive higher dimensions that will astound you. In order for this to happen however, *a proper relationship must be established between your pituitary gland (personality) and your soul (operating through your pineal gland)*. Once this relationship is established, a magnetic field is created between the two glands, uniting the positive and negative forces to create the "light in the head." Once this "light in the head" is activated, the astral body can leave the physical body.

It should be noted that you will never realize any of this until you have properly prepared yourself. This preparation takes time, effort and DESIRE. I offer many exercises that are designed simply to HELP you attain this higher level of spiritual education, so to speak, but the end result is and always will be completely up to you.

For now, this is all I will say about that.



The fly landed on the page just as I snapped the photo :-)

In essence, the chakras are akin to *sense-organs for the astral body*. They are NOT organs in the ordinary sense of the word, since it is not through them that a person sees or hears, as they would through their eyes and ears, but rather *sense-organs that when functioning give the person the ability to see objects behind them, above them, and beneath them without turning their head*.

Do you see?

The seven primary chakras can be classified into three groups:

- (1) Lower
- (2) Middle
- (3) and Higher

The Lower chakra group consist of the Root and Sacral or Spleen Chakras, which are principally concerned with receiving into the body two forces: the serpent-fire (from the earth) and the "vitality" force from the sun.

The Middle chakra group consists of the Solar Plexus, Heart, and Throat Chakras. These chakras are engaged with the forces that involve the human personality. These chakras seem to feed certain ganglia, or nerve centers in the body.

The Higher chakra group involves the 6th and Crown (Third Eye) chakras. These chakras stand apart from them all. They come into action only when a certain amount of spiritual development has taken place.

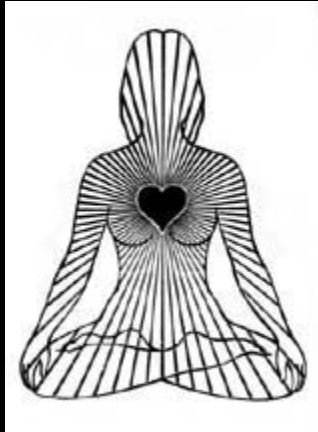
Here are some **VERY, VERY, VERY BRIEF** tid bits of information about what the **Middle** and **Higher** chakra's influence may have upon the person:

SOLAR PLEXUS Chakra (3rd chakra)



When the Solar Plexus Chakra is open or activated, the person begins to be conscious of all kinds of astral influences, vaguely feeling some are friendly and others are hostile, some pleasant and others unpleasant, all without knowing why.

HEART Chakra (4th chakra)



Stimulation of the Heart Chakra makes the person instinctively aware of the joys and sorrows of others. You essentially feel the feelings of others. This psychic ability has an adverse downside - you may be easily effected by another person's emotional feelings, thus altering your own without knowing it.

THROAT Chakra (5th chakra)



Arousal of the Throat Chakra enables the person to hear voices, which sometimes makes all kinds of suggestions to you. Sometimes they even hear music, or less pleasant sounds. You become somewhat clairaudient, as least as far as the etheric and astral planes are concerned.

6th Chakra (Third Eye?)



When the Third Eye Chakra is awakened, the person begins to see things. You may see waking visions, sometimes places, sometimes people. At first these sightings are often partial landscapes and clouds of color, whereas the full arousal brings about clairvoyance.

The Third Eye Chakra is connected with sight in another way, too. A tiny, flexible tube of etheric matter is projected from the center of the pituitary gland, which resembles a microscopic snake with an eye at the end of it. The eye at the end can be expanded or contracted, the effect being to change the power of magnification according to the size of the object being examined. This is what is meant in ancient books as: *the capacity to make oneself large or small at will*. For example, in order to examine an atom, one must develop an organ of vision commensurate in size with the atom. Do you see? *(If you have no idea what I am talking about, no problem. You belong to the average mass of humanity. These esoteric truths have been carefully guarded secrets throughout the ages. I reveal these tiny little clues to you simply because I believe it is time for many of you to know - especially those of you who are still with me and reading this.)*

Furthermore, FYI, this little snake that projects from the center of the forehead (as described in the paragraph above) was symbolized in ancient Egypt on their royal headdress as a cobra snake. This symbolized that the person wearing the headdress possessed the abilities (as described above) and other occult powers.

This symbolic headdress portrayed them as an Initiate of the Mysteries. Unfortunately, in later dynasties, when the government (Pharaoh) and the secret Initiation order (Priests and Priestesses) parted their ways, the cobra snake became more and more of an ornament, paying little more than lip service to its original symbolic purpose until it eventually became totally discarded and forgotten altogether.

Now you know the hidden (secret/sacred) meaning behind this symbolic headdress that was worn in ancient Egypt.

CROWN chakra - Third Eye (7th chakra)



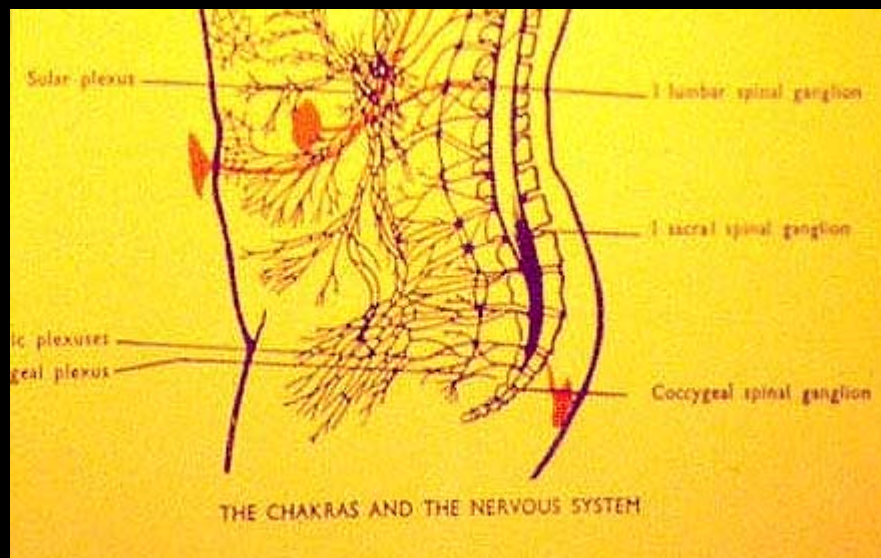
When the Crown Chakra is awakened, the person is able to pass through it and leave the body in full consciousness, and return to it without the usual break so that their consciousness will be continuous through night and day.

What Is Kundalini ?

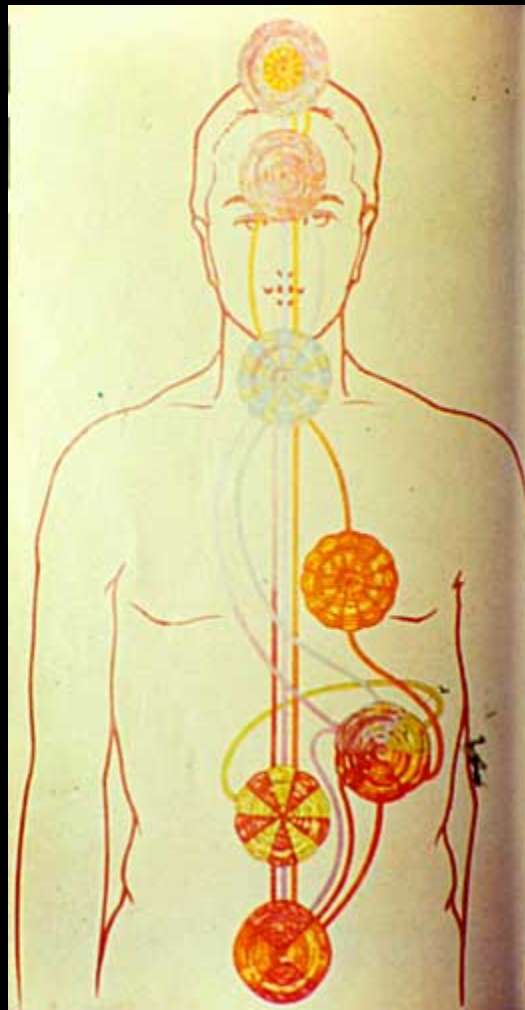
Kundalini is an invisible force, but in the human body it is clothed in a nest of hollow concentric spheres of astral and etheric matter, one within the other.

There are seven (7) concentric spheres resting within the Root Chakra (in an around the last hollow of the spine close to the coccyx.) In the ordinary human, the only force active is the outermost sphere; the other spheres are asleep.

In order to bring your Root (1st) Chakra into full activity is to awaken these inner spheres, and it is THIS force that arouses or awakens (activates) the rest of the chakras.



The kundalini power lies at rest at the lower end of the spine like a "coiled snake" and enters the system through the Root Chakra. The kundalini power flows through the sushumna in a mere trickle in most people. But when it is awakened, it rises up the sushumna like a growing stream, activating the chakras, supplying them with vibrations, causing them to expand and increase their vibrational frequency.



As the kundalini rises, its energy is transformed into various vibrations, corresponding to each individual chakra (ie. it is lowest at the Root Chakra and highest at the Crown Chakra.) The degree of each chakra's performance is determined by the degree of consciousness (awareness) the person has attained in the various areas of his/her life, and whether they are blocked by stress and / or unresolved experiences. The more conscious a person is, the more active and open their chakras will be and the more kundalini that will be able to enter their body and flow like a strong flowing stream.

Please read the following page carefully:

the initiation into the First Degree; this line is crimson in colour. To it is added at the Passing the yellow line of the *Pingalā*, depicted in Fig. 4*b*; while at the Raising the series is completed by the deep blue stream of the *Sushumnā*, illustrated by Fig. 4*c*.

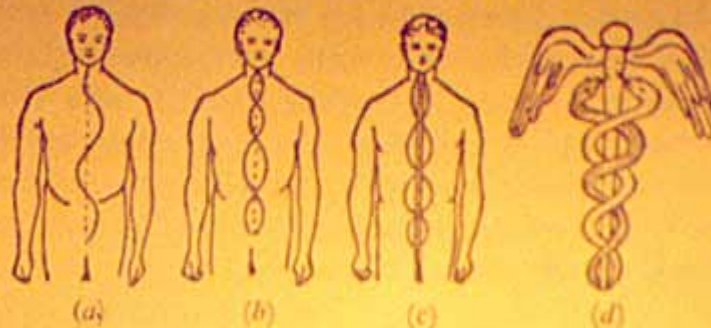


FIG. 4

The kundalini which normally flows up these is specialized during this upward passage, and that in two ways. There is in it a curious mingling of positive and negative qualities which might almost be described as male and female. On the whole there is a great preponderance of the feminine aspect, which is perhaps the reason why in the Indian books this force is always spoken of as "she", also perhaps why a certain "chamber in the heart" where kundalini is centred in some forms of yoga is described in *The Voice of the Silence* as the home of the World's Mother. But when this serpent-fire issues from its home in the root chakra and rises up the three channels which we have mentioned it is noteworthy that the section rising through the channel *Pingalā* is almost wholly masculine, whereas that rising through the channel *Idā* is almost wholly feminine. The larger stream passing up the *Sushumnā* seems to retain its original proportions.

A Kundalini Journey through the Chakras

Here is a very, **very, very BRIEF** description:

1. When the serpent-fire is awakened in the person at the "astral" level, it moves on to the **Sacral (2nd) chakra**, which corresponds to the physical spleen, and through it, vitalizes the whole astral body;
2. Then it moves on to the Solar Plexus (3rd) chakra, vivifying it, awakening in the astral body the power of feeling, a sensitivity to all sorts of influences;
3. Then it moves on to the **Heart (4th) chakra**, which when awakened endows the person with a power to comprehend and sympathize with the vibrations of other astral entities in a way that they can instinctively understand something of their feelings;
4. Then it moves on to the **Throat (5th) chakra**, awakening / activating it, giving the person the power of hearing on the astral plane;
5. Then it moves on to the **6th - Third Eye chakra**, which when developed and awakened (activated) produces astral sight;
6. Finally, when it awakens or activates the **Crown - Third Eye (7th) chakra**, which corresponds to the top of the head, it completes the astral life.

Vague, huh?

Sorry, but it must be this way for now.

Think of **Kundalini** as a **LIQUID FIRE** that rushes through the body *when it has been aroused by the will - emphasized, your WILL. When it has been aroused, it spirals up your spine like the coils of a snake.*

For the ordinary person, it lies at the base of the spine, unawakened, asleep, its very presence unsuspected for their whole life.

But there are various methods you can use to awaken the kundalini power. Some of these methods involve the use of your will, peculiar modes of breathing (exercises), mantras, various postures and movements, et cetera.

IMPORTANT

It is said that it is better to allow the kundalini power to remain dormant until the person has made definite moral development, until the will is strong enough to control it, and their thoughts are pure enough to enable them to awaken it without injury.

BUT MOST IMPORTANTLY

Nobody should tamper or "experiment" with it without the instruction of a Teacher who thoroughly understands the subject, because the dangers associated with it are very real and terribly serious.

The DANGEROUS Side

If the kundalini power is uncontrolled, it often produces intense physical pain - it may tear tissue and even destroy physical life. But, strange as it may seem, these are the least of its evils - it can do permanent injury to vehicles higher than the physical.

If awakened prematurely, one common effect is that the kundalini power rushes downwards in the body instead of upward, exciting the most undesirable passions, making it impossible for the person to resist them. Such people become monsters of depravity. They may gain supernormal powers but they will be connected with the "lower" order of evolution, something that may take more than one incarnation to overcome.

Other unpleasant possibilities involve the mental body. For example, ambition is quickly aroused which swells to an incredible degree. Ambition will rule your being! It may bring a great power of intellect but at the same time produce abnormal and satanic pride, inconceivable to the ordinary person.

Kundalini is no ordinary energy. It is restless. Only under the guidance of a Master, who watches over them, should one attempt to awaken these tremendous forces. In the words of The Hathayoga Pradipika: "Kundalini power gives liberation to yogis, and bondage to fools."

In addition to kundalini, there is another energy that enters the body through the Crown Chakra (the top of your head) and flows down / through the spine to each individual chakra. It is a pure and divine vital energy. The archaic teachings in India call this energy, the god Shiva, whose mere presence initiates the transformation towards the Divine.



Remember, the chakras act as receivers of the energy vibrations and information that transcends the physical realm -- openings that are connecting us with the unlimited universe of subtle energies.

It should be noted that the chakras also radiate energy into our surrounding environment. Through our chakras, we can send out loving and healing vibrations and conscious or subconscious messages, which can and will influence the people around us (near or far away) as well as situations and even physical matter, all in a positive or negative light. So think about that.

Most of us are so engrossed in our physical consciousness that we know nothing about astral awakening. The only way we can bring our dense bodies to share all these wondrous unseen advantages is by repetitious exercising the process of awakening our chakras - and I mean *repetitious* exercising.

How can you awaken your chakras?

You can awaken your chakras in a variety of ways, which you can learn from a


variety of books. But most importantly, I cannot emphasize enough, that *in order to be successful in this endeavor, it will require a "very determined and a long continued effort of your WILL."* As simple as these exercises may seem to be, your lack of willpower will defeat you every time. You must work at it on a daily basis. **YOU MUST DO THE WORK!**

The next series of pages will guide you through a number of techniques and exercises that are designed to help awaken/open/activate your chakras and your Higher Self, including enhancing your psychic abilities, illuminating your higher consciousness, and even opening the window and, or door in your conscious mind to the Astral World.

Some of these techniques and exercises are highly guarded secrets that have been studied, practiced and understood only in esoteric schools throughout the ages. Knowing that, some people may feel uncomfortable that these secret techniques and exercises are being revealed to the masses, believing they should be kept secret and preserved for only *"those in the know."*

Well, my response to them is simply: Don't worry. 99.999% of the population of the planet will not understand most if not all that is revealed, and even if they could or would, nearly all of them will fail miserably because they will NOT have the patience, diligence, and willpower to practice and perfect these techniques and exercises. *These techniques and exercises are NOT for those who want to dabble and play, but for those of you who are truly interested and who WILL succeed.* Like the saying goes, "you can lead a horse to water, but you cannot make them drink."

So with all that said, I want you to know that you do not need to possess any clairvoyant skills or talents to work with your chakras effectively. All you need is knowledge. Understanding your chakras will help you gain invaluable information about yourSELF and enable you to live a better life full of abundance and joy. I can almost guarantee it.

The chakra exercises that follow were obtained from *Wisdom of the Mystic Masters* by Joseph Weed, *The Chakra Handbook* by Shalila Sharamon & Bodo J. Baginski, and copious notes from sources sadly long ago lost and forgotten :\


The opening of your chakras is a journey toward

your true Self. It is a holistic way of unfolding all the potential you have as a human being. There are no shortcuts! If you work at developing your chakras, and really work at it (especially the Heart and the three sacred Higher Chakras) you will be able to do things a year from now that you would have thought impossible.

The basic Law of the Universe is that **Energy Follows Thought.** *This is why we experience a LOSS of energy when we turn our attention to people or objects of an equal or lower vibratory rate than our own.* This is called the Law of Descending Energy. However, just the opposite happens when we turn our attention to entities of a higher vibratory rate -- in this case we **RECEIVE** energy.

NOTE: Because the Heart Chakra is the most important chakra, *please give your Heart Chakra most of your attention and develop it fully. It is one of the two psychic centers which are in direct connection with your Higher Self and through which soul energy and other higher energies enter your being (the other is through your Crown Chakra.)*

The following exercises are designed to help cleanse and open (activate) your Heart Chakra.

The **4th HEART** chakra

PART I

Meditation:

This is NOT Hatha Yoga exercises. There should be no compression of breath. Your breathing should be normal, but deep.

- 1.** Sit erect in a straight-back chair. Shut out all sound as best as you can and prevent interruption.
- 2.** Close your eyes and turn your attention toward your heart.
- 3.** In your imagination, enter your heart.
- 4.** To your surprised, you are now standing on a green plain in the countryside. The sky above you is bright pink. In front of you is a green, grassy hill, and on top of the hill is a temple. **This temple is your heart.** Hold this visualization.
- 5.** Now climb the hill. You walk up the grassy slope to the temple. You climb the steps of the temple and enter the center doorway. Observe the appearance of the temple. Is it swept clean? Or is it covered with dust?
- 6.** Walk into the dimly lit interior and approach the central adytum. As you near, you can see a flickering light within. The flame grows brighter as you approach. It swells and recedes rhythmically with your own heart beat in the bowl-like depression in the center of the room.
- 7.** Gaze upon this flame. Send it your energies. See it respond to your energies, watch it grow bright and strong as it reaches up to touch the ceiling 40 feet above. You are feeding the flame of your heart. You are stimulating it to growth. Breathe deeply and realize in the depth of your being that your heart center is coming alive.
- 8.** Open your eyes and sit in quiet meditation for 5 minutes before rising and terminating the exercises.

Perform this exercise no more than 2X per week - at first.

Music: Listen to Classical, New Age, sacral music of the East or West. Let it awaken the power of love.

Voice: Sing the vowel "ah" (Ah!) in F

Mantra: YAM

Color: Green meadows and forests provide harmony and compassion. Feel empathy and experience inner peace and serenity. Pink loosens the tension in our heart and awakens feelings of love and also stimulates creative activity.

Aromatic: The fragrance of attar Roses harmonizes our well-being and awakens our perception of love, beauty, and harmony in all Creation.

Yoga: Bhakti Yoga

There has been much talk about the **Ancient Egyptian's Initiation into the Sacred/Secret Mysteries**. I have decided to tell you what I believe to be these secrets, and the final instructional exercise should help propel you on that journey.

What exactly is/was Initiation?

Initiation meant to become conscious on the highest/divine plane. This required the candidate to go through YEARS of mental, spiritual, and physical training and preparation to strengthen the nerves in the body to bear the high vibrations without harm.

And these exercises are where you start.

End of Part I

PART II

Sound has always played an important part in psychic development. Any uttered sound designed to achieve a human response is a mantram. Important among these are "tho," "ehm," "meh," and "err."

"Tho" is pronounced like "throw" without the "r." Emphasis is placed on the "th" sound. It effects the Throat Chakra and its corresponding gland, the thyroid gland.

"Ehm" is pronounced like "aim." It effects the thymus gland and is a beneficial influence upon the Heart Chakra.

"Meh" is pronounced like "met" but with an "h" ending instead of the "t." This has a soothing effect on the physical nervous system and a stirring influence on the Heart Chakra.

"Err" is pronounced "urr" and the "rr" sound is sustained at the end. This mantram is particularly helpful in clearing an upset or chaotic condition in the mind or emotions and should be used for that purpose.

More Heart Chakra Exercises:

(1) Turn your attention to your heart. Visualize energy flowing into and surrounding the heart by seeing that energy vibrating as a shining PINK cloud and intone the various mantra that stimulate the Heart Chakra - "ehm" and "meh." Practice this exercise 2X per week, preferably in the morning upon waking.

On the other days of the week, perform one or more of the following exercises:

(2) Mantram. Sit comfortably with your feet flat on the floor, your spine straight and your head erect. Intone softly but quite audibly the following mantram 7X consecutively without pausing. Do NOT vary the tone.

RA-MEH-RA-MA-RA-MEH

(3) Color plus mantram. Sit as indicated before. Visualize a PINK cloud around your body at the level of the heart. See the cloud pulsate in rhythm with your heart's beat. Intone softly:

U-U-U-U-U-U-U-UMM

The "U" is pronounced "ooh." Do this 3X. The intonations should coincide with the visualization of the PINK cloud.

(4) Energy Flow. Sit as indicated. Visualize a WHITE cloud of vibrant energy over your head. The cloud should be VERY white, like sunlight on newly fallen snow. Know that this cloud is composed of VITAL PRIMARY ENERGY OF THE HIGHEST SORT. Then, by an act of your WILL, bring this cloud down into your heart, entering the body at the left of the spinal column between the shoulder blades.

The above exercises will bring a great stimulus of energy to your Heart Chakra, and if you do nothing to dissipate it, or block it off or lower this energy to your lower body chakras (ie. stomach, intestines, sex organs) in between periods, you will find that after about 2 months certain changes are taking place within you.

Don't make the mistake of dissipating this precious heart energy on unworthy projects (ie. romantic affairs, etc.) If you permit it to help you as it can and will, you will find you are able to understand others better. You will catch their moods and sometimes read their thoughts. This will make you more understanding, tolerant and compassionate. Please understand that these are essential elements IF you are going to "safely" develop your Higher Sacred (Throat, 3rd Eye and Crown/3rd Eye) Centers.

End of Part II

Source: *Wisdom of the Mystic Master* by Joseph Weed

Commentary: I want you to know that I left out all the preparatory exercises that led up to these exercises, such as, envisioning a pink cloud totally engulf the room you are in for one minute, then change the color to blue, then white; listening to the sound of a single solitary violin play a song in your mind for one minute; think no thought for one minute (and that means NOT thinking of NOT THINKING OF A SINGLE THOUGHT, which is seemingly impossible but is NOT impossible once you get it); all those exercises that train you **HOW TO THINK** and **CONCENTRATE**, etc., not to mention the breathing exercises!!!! (But, if you have done any serious meditation training, you should already know these basics, right?)

Also, feel free to do the above exercises more frequent than the prescribed doses, and feel free to invent some of your own exercises. **But don't over do it!** It won't help; in fact, it may slow your progress.

The exercises that follow are quite different from those given for the Heart and especially those for the lower Solar, Sacral and Root chakras, which I did NOT post because we pay way too much attention to them already (ie. eating, sex, drinking, etc.)

With the exercises that follow, first you will practice color visualization, then you will chant mantrams, then you will combine sound and color, and so on. **These training exercises must proceed in stages to be effective !!!**

If you by-pass the preliminary exercises and go directly to the most sophisticated, nothing will happen.

The purpose is to provide you with the means to open your psychic centers so that you can bring higher psychic energies into your being and **under your control**. ***Your physical apparatus cannot perform the functions required until it has been trained and developed.*** But if you follow the recommended sequence and remain long enough at each stage, you will be surprised by the most gratifying results.

The 6th and 7th CROWN/THIRD EYE chakras

The 6th and 7th Chakra make up the Head

Center. Physiologically, they are associated with the pituitary and pineal gland respectively. Develop the Head Center (pituitary and pineal glands) **BEFORE** proceeding to the Throat (5th) Chakra.

The pituitary gland is the physical organ which is the point of transfer for impressions and ideas. It is a very small, shapeless organ about 1/8" in diameter located in your head about 1" behind the root of the nose between the eyes.

The pineal gland is located behind the pituitary gland in almost the exact center of your head. It is also a small, fleshy organ about the size of the pituitary. It is one of the two points in your physical body which is in contact with the soul and where soul energy enters your body.

The soul is your Higher Self, and it is your Higher Self that is fully aware of all that you think and do, including all the impressions that come to you. But since your conscious awareness is focused in the physical brain, you do not partake CONSCIOUSLY of the energies and knowledge which your Higher Self possesses. But as you develop these two head chakras, they will grow larger and finally make contact with each other by way of what is called the antahkarana or psychic bridge -- which is not a physical phenomena, btw.

At first this pathway will be small and only limited communication will be possible. But eventually inspiration and intuitive flashes will surface in your consciousness. As you continue to develop these two chakras, the antahkarana will enlarge and strengthen and your intuitive powers will grow and your understanding will broaden.

IMPORTANT: The exercises for the Pituitary gland (Third Eye) should be started well **BEFORE** any attempts are made to develop the pineal gland (Crown Chakra.)

Likewise, a substantial effort should be made to develop the Heart chakra **BEFORE** any attempt is made to develop the Head Center and Throat Chakra.

Everything in stages. Remember this.

6th CHAKRA PITUITARY GLAND

Music: Any sound that will relax and open your mind and that which evokes images or feelings of cosmic dimensions. New Age music. Western Classical (ie. Bach.) will stimulate and harmonize the Third Eye chakra.

Voice: Sing the vowel "e" as in easy in key of A

Mantra: KSHAM

Color: Yellow and transparent indigo has an opening and purifying effect on the sixth chakra.

Aromatic: The refreshing scent of Mint dissolves blockages and helps rid oneself of old, confining thought patterns. It clears and brightens the mind, stimulating concentration.

Jasmine also opens the mind to images and visions which carry the messages of deeper truth. It sharpens our senses and combines the energies of the third eye chakra with the heart chakra.

Yoga: Jnana Yoga is the way of awareness based on the development of the mind's capacity to distinguish between real and the unreal, the eternal and the transitory.

Yantra Yoga are pictorial symbols depicting geometrical forms which represent the divine Being in all its aspects. They serve as an aid to visualization.

The exercises that follow combine visualization, sound, and breathing.

(1) Mantram: Sit erect. Close your eyes.

Sound RA-MA seven times. Pause. Repeat 7X. Pause. Repeat 9X.

Inhalation should be quick and deep. Be sure to maintain a tightened muscular structure in your erect spine and keep your abdominal muscles solid throughout the exercise. This will allow the psychic centers to become more active, particularly the all important Heart Center.

(2) Visualize a bright **YELLOW** slightly tinged with green, like sunlight falling through the leaves of trees, while sounding the following mantram 3 times:

RA-RA-RA, MA-MA-MA

RA-A-A -- MA-A-A

(3) Energy Flow: Visualize the same **sunlight YELLOW**.

Direct the color to the area of the pituitary gland in your forehead between your eyes and **SILENTLY** intone the following 3X:

RA-A-A, MA-A-A

The first noticeable effect of the pituitary (Third Eye) exercises will be an increase in your powers of observation, a speeding up in your thinking process, and an improvement in your memory. AFTER this is observed, then proceed to the pineal gland (Crown Chakra) exercises.

Meanwhile, continue your Heart and Lower Chakra exercises. **Don't stop the on-going process!** You need to open all chakras and fully develop the all-important Heart Chakra.

AFTER YOU HAVE STARTED TO DEVELOP YOUR PITUITARY GLAND, THEN PROCEED WITH THE FOLLOWING EXERCISES FOR THE PINEAL GLAND.

**7th CHAKRA
CROWN CHAKRA
THIRD EYE
PINEAL GLAND**

Meditation: Spend time alone on the peak of a high mountain or some place far away from your earthly cares and let go of the events of your personal life. Feel a sense of space and boundlessness.

Music: The best music is complete SILENCE.

Voice: The sound "m" opens the crown chakra. It resembles an endless humming vibration and should be sung in B. It represents unity and the pure, unformed and unlimited consciousness that contains all matter in its latent form.

Mantra: OM

Color: Violet and White will have an expanding effect.

Violet brings about a transformation of mind and soul and opens both to spiritual dimensions of being.

White contains all the colors of the spectrum. It integrates the different levels of life to a higher unity and opens our souls to divine light, knowledge and healing.

Aromatic: Olibanum is the classical incense that is burnt in religious ceremonies. It consists of the resin of the olibanum tree. Its fragrance has a revitalizing effect on mind and soul and purifies the atmosphere.

Lotus blossoms is the symbol of beauty and spiritual completeness. Although the enlightened person lives in the mud (earthly) material world, this in no way affects their true Self in his union with God. Light and harmony radiate out of such

people, spreading love, joy and knowledge to the world. The scent of the lotus flower bears the same message, guiding the receptive and ready soul on its path to Unity.

For now, it is suggested to do only one exercise for the Higher Mind, which is described below. You will notice that the exercise is a combination of all techniques offered.

(1) Sit erect as previously instructed.

Focus your attention on the pineal gland, which is located in the center of your head at the level of your ears but slightly lower than the pituitary.

(2) Visualize a VIOLET color (shading toward pink).

See this energy envelop the pineal gland in a sort of haze.

Audibly sound "AUM" seven times in full voice.

Pause. Silently repeat 7X.

Pause. Then audibly repeat 7X.

Note: When the silent chanting is *properly* employed, it is more effective than the audible intonation in stimulating the pineal area. Yes, this is very true. **So study it !**

The audible intonation of "AUM" should end in a sustained humming sound. Locate the vibrations of this sound in the pineal gland. Feel them massage the gland until it responds with a similar vibratory action, almost as if it were glowing in this violet-pink color.

Practice this series -- audible - silent - audible -- 2X per day, preferably in the early morning and just before retiring each day. **Continue this exercise**

for several weeks BEFORE attempting the Throat (5th) Chakra exercises.

The **5th THROAT** chakra

The Throat Chakra is located just forward of the spinal column immediately behind the Adam's apple.

Meditation: Meditate on the transparent blue of a clear sky. Lie down on the grass and relax. The reflection of the blue sky on a stretch of blue water will have a liberating effect on your feelings.

Music: Any music with rich high tones as well as meditative dancing or singing will have a stimulating influence. To harmonize and relax the throat chakra, listen to peaceful New Age music with echo effects. It will liberate the "inner ear."

Voice: Sound the vowel "eh" in G

Mantra: HAM

Color: A light clear shade of blue will create calmness and open you up to spiritual inspiration.

Aromatic: The tangy fragrance of Sage sends healing vibrations into "the seat of language." The refreshing fragrance of Eucalyptus oil clears and widens the Fifth Chakra.

Yoga: Mantra Yoga -- Mantras are meditative incantations that reflect certain aspects of the Divine. They can be silently recited, audibly sung, or chanted. Transcendental Meditation enables you to experience the mantra on increasingly fine and subtle levels of consciousness.

(1) Sit in the usual erect position as described in the previous chakra exercises.

(2) Focus your attention on your thyroid gland.

Visualize it surrounded by a bright **ORANGE** light and intone the following mantram in full voice:

THO-THO-RAMA-THO

Intone "THO" on F-sharp above middle C
Intone "RAMA" on A natural above middle C
This interesting short chant should be repeated 5 times

Practice this exercise 1X per day, beginning about 2 weeks **AFTER** you start the exercises to stimulate your **pineal gland**. From that point on, perform them together, one after the other. The sequence is not important but the amount of thought and focused attention you put into these simple techniques is very important. ***Your progress will depend upon it.***

You are now working toward a higher psychic development. ***Gradually at first, and then more rapidly, you will begin to change!*** You may become aware of the thoughts of others. At first you will probably regard them as your own and not realize that you are picking up the signal from without. But as the experience is repeated, you will be able to distinguish which thoughts originated with you and which did not.

Now you need to attune the Heart, Head, and Throat Centers.

Attunement

Continue the exercises of all your chakras. **Don't stop the process!**

Work in stages. Develop each chakra one at a time as instructed. **Do not attempt to take shortcuts.** It won't help you. Always work in stages.

There may come a day where you actually hear a voice distinctly call your name and speak to you when you are quite alone. This will be an indication that your progress has been observed and you have reached a degree of advancement where you may qualify for the higher spiritual training, which is given telepathically.

From a psychological point of reference, **this means your three Higher Chakras (Throat, Third Eye and Crown chakras) are starting to function and an attunement between them is developing.** It also means that the two halves of your Head Center are coalescing into a unit.

AFTER you have given considerable effort to develop your Heart, Third Eye, Crown and Throat Chakras, it will be time to attune them. **The following exercises will help speed up the attunement process.**

Part One

Sit as usual with your head erect and your back straight.

Focus your attention in your **HEART CHAKRA**, and as you do so, see it **bathed in a PINK cloud.**

Inhale to the count of 7.

Hold the breath in for the count of 10, and as you do, **turn your attention to your pineal gland** (Crown chakra). **Take the PINK cloud along and see it enclose the pineal gland within itself.**

Then breathe out to the count of 7 while keeping your attention at the top of your head.

Finally, *"hold" your breath out of your lungs* (do not breathe) for the count of 10, and as you do so, **see the PINK cloud expand and embrace your entire body.**

Part Two

Next, focus your attention on your **THROAT CHAKRA** and see it **bathed in a BLUE light**, like the blue sky on a clear day.

Inhale to the count of 7.

Then **turn your attention to your Crown Chakra** (pineal) and **see the BLUE cloud envelop it** as you count to 10.

"Hold" the blue cloud in place as you exhale to the count of 7.

Then *"hold" the breath out of your lungs* (do not breathe) for a count of 10, and as you do so, **visualize the BLUE cloud enlarge and envelope your entire body.**

Part Three

Now focus your attention in your **BROW CHAKRA** (pituitary) and **see a brilliant WHITE light surround your pituitary gland.**

Inhale to the count of 7.

"Hold" your breath for the count of 10 and **see the WHITE cloud embrace both the pituitary and pineal gland areas.** *Bring these two glands into alignment in your mind's eye.*

Then release your breath to the count of 7 **AND "hold" your now-completed Head Center in the center of the brilliant WHITE light.**

Finally, *"hold" your breath out of your lungs* (do not breathe) for the count of 10, and as you do, **see the WHITE light expand until it encloses your whole body and extends all around you to a distance of 2-3 feet.**

Sound "AUM" 3 times and then arise, putting all thought of the exercise out of your mind immediately.

Part Three is a most powerful exercise. As you observe, it is designed to stimulate all three Sacred Centers (Throat, Brow and Crown Chakras) and to create an attunement among them. *In order for it to be effective, you must build up to it GRADUALLY.* Do not make the mistake of attempting attunement before you have achieved at least a partial development of the individual chakras. No harm will befall you if you do, but then no good will be accomplished either.

Source: *Wisdom of the Mystic Masters* by Joseph Weed

End of Attunement exercises.

CHAKRA DEVELOPMENT - The End Result

Once you have begun to develop your chakra system, particularly your Heart, Throat, Brow (pituitary) and Crown (Third Eye) chakras, **you will notice a difference in yourself.**

You may need less sleep, yet your energy will in no way diminish, but on the contrary, your energy will seem limitless and the pathway to the astral world will open up to you -- *if you want it to!*

The standard organized religions may hold less and less interest for you. You will lose all capacity for harsh and unkind words. Your heart and mind will be filled with a striving toward an ever-clearer vision and ever-broader understanding.

Remember, the energy you draw to yourself will tend to follow the law of Descending Energy. It will trickle down to your Solar Plexus chakra and into your Lower chakras, if you permit it! It is all up to you and where you focus your attention. All your thoughts, emotions, and actions require energy.

As your Higher Chakras develop, many fascinating by-roads will open up to you and tempt you. For example, your Lower appetites will demand more and more attention. **Sex, food, drink, leisure, and luxury will become more and more appealing and make greater demands on your self control.** You may think that you can control these things now, but when the time comes that you must face them, you will be amazed and often confused by the strange and subtle approaches you encounter.

If you thought self-control was difficult, the next step -- discrimination -- is even more difficult. At this point, your Psychic Centers start to open, and as a general rule the very first door to open is through the Solar Plexus Chakra. **This path leads only to glamour and illusion, and if you follow it, you will become hopelessly lost.**

The opening Solar Plexus chakra awakens the Lower Psychic faculties. When this happens you will gradually become aware of all sorts of beings, sights, sounds, and smells which exist on the **Astral Plane**. Here are the bodies of people who have recently died and even some who have been dead a long time. Here also are the entities which have never had a carnal existence but which are the creations of human thought and emotion. And here can be found various sizes and shapes of animal-like entities, some very strange and scary. Here is the realm contacted by visionaries, seers, psychics, and the like. This is why I do not trust channeling. Contact with entities on this plane are as reliable as someone you might meet on the street.

As your Solar Plexus chakra becomes active, you will here voices and see forms which cannot be apprehended by the physical senses. They will appear like ghosts. These are the telltale characteristics of the Astral World. You may be impressed by what you see and what you are told, but do not allow yourself to be

fooled. **CLAIRVOYANCE and CLAIRAUDIENCE are natural by-products of higher psychic development. Be very careful.** If you allow the illusionary to occupy you, and you desire to see more and more, this will lead to acceptance of the greatest deceptions. **You need to discriminate.**

At this point you must again apply self-discipline. Pride and vanity will lead you to great error, if you permit them. **Maintain your ability to differentiate and discriminate** between the true and the false, between the real and unreal.

The best solution is to work diligently to develop your Heart and Head Center. As they open, your vision will be clear and you will see the astral illusion for what it is. Other dimensions will open before you. You will be able to move freely from self-interest to brotherly love. The motives of others will become clear. You may have a feeling of future events and therefore allow you to appraise the values in each situation you encounter. And you will receive the gift of compassion for others and a reluctance to take any steps that will harm them.

Primary reference: *Wisdom of the Mystic Masters* by Joseph Weed

A Few Words of Advise

What I have attempted to do here is condense into a few pages what takes **YEARS** to master. And, I might add, this information barely skims the surface of the subject!

Unfortunately, since this medium (internet) cannot possibly expand upon all that there is about the subject, particularly the spiritual and physical purpose and functioning of the chakras, I omitted them as well as the "detailed" breathing and visualization exercises.

But, because some information is vitally important to know and understand, I feel compelled to at least post some of it below in an effort to help some of you reach **SOME** level of awareness. **IMHO**, to know and understand this overview summary is vital if you are to pass your own Initiation. There's a little clue for you.

(1) There is physical and there is psychic energy. We attain physical energy through what we eat, drink and breathe, and psychic energy from our psychic (chakra) centers, which perform like transformers. These transformers tap the invisible Sea of Energy (air) that surrounds us.

(2) All energy vibrates at different frequencies, from the lowest (physical) to the highest (psychic.) *Do you understand and comprehend this?*

(3) Buy a yoga book and Learn the Secrets of Breathing. This is a very important part of the whole process - believe me! If nothing else, do these breathing exercises everyday. Your emotional well-being will change. I guarantee it.

(4) Learn to be more AWARE. Ask yourself: Why did I feel good or bad when someone insulted me. Why should I be effected so? What was it that I said or did to cause that reaction, feeling, comment, etc? **This is the way you begin to study yourself -- To Know ThySelf.**

(5) As you become more AWARE of your words and actions, you will come to realize that you have adopted a higher standard, and that many of your worries, frustrations, and defeats will no longer trouble you.

(6) With Higher Awareness, you will gain a better insight into the way things really are and acquire the knowledge of CAUSES. With this valuable knowledge you will gain the ability to generate certain Causes and **CONTROL** their Effects. This is *real* **POWER.**

(7) You are the end product of your OWN decisions, actions, thoughts, ideas, desires, passions, etc. Karma is "the working of the Law of Cause and Effect as it applies to the results of decisions reached and thought held by the ensouled forms capable of FREE CHOICE."

(8) We live in a world of illusions created by our own creation. There is a cloud of "self-created" energetic beings existing in the finer grades of matter and hovering about you that, believe it or not, creates your karma. They are responsible for what you sense as "sensations." They translate the vibrations of what you think into what you know and recognize as sight, feeling, taste, smell, and sound. By your WILL, your emotions and desires are constantly influencing this cloud of entities around you. You generate and send out thought forms AND you act like a magnet and draw to you the thought forms of others. Reread (7) above.

(9) Your good or evil thoughts, desires, and intentions also have an effect on others. Happy people enjoy happiness, whereas misery loves company. Think about that.

(10) Conscience is the Beginning of Wisdom. Listen to the voice of conscience every time you are faced with a new and unique action and you will gradually come to know you have within you a never failing guidance that with use will keep you within the law. When this happens, you will begin to liquidate more debts than you currently contract.

(11) Learn to become humble in things you do and learn to live more for the sake of others and less for your own satisfaction. Meet ill with good will and hate with love, and disarm and disintegrate the harmful intentions of others. Avert bad personal karma. Neutralize the bad vibrations with good. I know this is easy to say ...

(12) You can modify karmic action by Knowledge of CAUSES. When you understand this, you can use Karmic Force to effect Karmic Results. With knowledge of the CAUSES you will be able to set up the EFFECTS in the future that YOU desire. Do NOT be a pawn of fate.

(13) By changing your attitude, you can change your future.

(14) Feel free to add new or modify the chakra exercises given.

(15) There are only a handful of esoteric schools in the world that can give you some of the training that has been revealed here. Keep in mind, very few people are even aware of these teachings, let alone the key to these secrets **YOU** now possess.

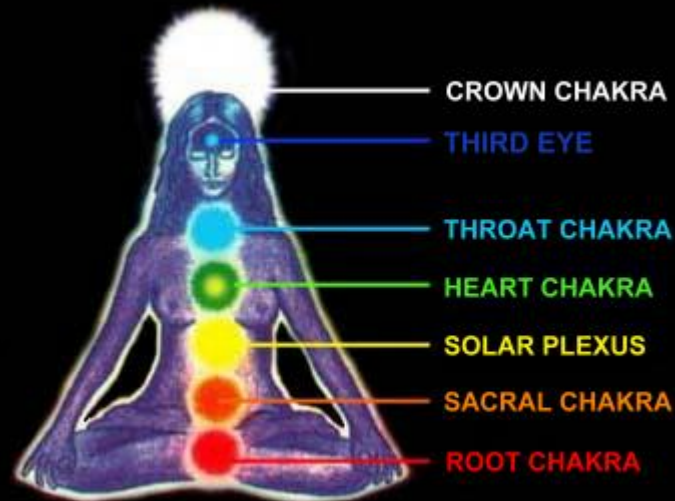
(16) Many of these teachings are truly ancient. The private records date their origins back to the time of the **Ancient Egyptian Mystery Schools** and the reign of Thutmose III.

(17) We learn by doing, so waste no time. If you would discover your hidden abilities and put them to work, why not start now. Thoughtful experiment and persistent striving are the keys. ***YOU must do the work!***

(18) **You have been given the techniques. So your rate of progress is now up to You.**

Reference: *Wisdom of the Mystic Masters* by Joseph Weed

SHALL WE BEGIN ?



ROOT chakra



Color: Fiery Red

Element: Earth

Sense: Smell

Fundamental Principle: Physical will of being as opposed to spiritual will of being (that of the 7th chakra)

Body Association: Spinal column, bones, teeth, nails, anus, rectum, colon, prostate gland, blood, and the building of cells

Glands: Suprarenal glands (which produce adrenalin and influence the temperature balance of the body)

PURPOSE AND FUNCTION

The 1st chakra (Root Chakra) is located between the anus and the genitals. It is connected with the coccyx and opens downward. It connects us to the physical world and lets the earthly energy enter our system. When it is open, we fully accept life on earth and enjoy the physical existence it provides. We act in harmony with the earthly forces and we learn from them. It also provides us with the necessary energy for creative self-expression and lends us the power to achieve. Our sexuality as a physical function and a means of begetting children also reign in the Root Chakra.

The Root Chakra is the source of the life force and forms the vital foundation for all the higher chakras. Here, the inexhaustible supply of kundalini energy is awakened. The sushumna, ida and pingala (the three main energy channels of the human body) begin in this chakra.

The Root Chakra is the true seat of the collective unconscious. Through this chakra, the stored knowledge of the collective unconscious becomes accessible. This chakra should always function in harmony with the seventh chakra in order to maintain our inner balance.

HARMONIOUS FUNCTIONING

If your Root Chakra is open and functioning harmoniously, you will experience a deep, personal relationship with Earth and earthly life forms (Nature). You are rooted in life and your life is filled with satisfaction, stability and inner strength. Your actions are guided by the desire to be creatively active in shaping life on planet Earth. You perceive the earth as a shelter and secure place. It provides you with all your physical, psychological and emotional needs. You are truly grateful for life on earth.

DISHARMONIOUS FUNCTIONING

If your Root Chakra is unbalanced or malfunctioning, your thoughts and actions primarily revolve around material possessions and security, as well as your over indulgence in sensual pleasures such as, good (exotic) foods, alcohol, sex, etc. You want your desires to manifest without consideration of the consequences. Your inability to let go of these tendencies often manifest themselves in the form of constipation and gaining weight, as in overweight.

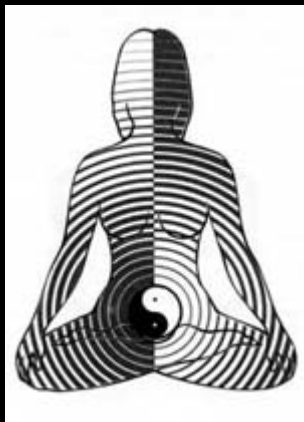
Your actions revolve around satisfying your personal needs and you unconsciously overlook or ignore the needs of others as well as your own (ie. good health, sufficient rest and a balanced and harmonious life.) In the extreme, if you are challenged by people or situations, you become easily irritated, upset, aggressive, and you may have a tendency to violently enforce your will upon others. These feelings of rage, anger and violence are actually a defense mechanism which indicate a lack of trust -- it's a fear of losing that which provides you with security and a feeling of well-being, or your inability to gain it in the first place.

If your Root Chakra is blocked or closed, you will lack physical and emotional stamina. A lot of things in life worry you. You are filled with feelings of uncertainty. You lack the power to achieve. Often, you see life on earth as a burden. For you, life on earth is NOT a pleasure. Most of the time you long for an easier, more pleasant and less strenuous way of life.

If you have developed your higher chakras and neglected your lower ones, you may feel that you don't belong on the earth. If your Sacral (2nd) Chakra and your Solar Plexus (3rd) Chakra are also blocked, anorexia may result.

[Click Here](#) to Study Your other Chakras

SACRAL chakra



Color: Orange

Element: Water and all biological life

Sense: Taste

Fundamental Principle: Creative reproduction of being

Body Association: Pelvic girdle, kidneys, bladder, and all liquids, such as, blood, lymph, gastric juice, sperm and regulation of the female cycle

Glands: Prostate, gonads, ovaries, testicles

PURPOSE AND FUNCTION

The 2nd chakra (Sacral Chakra) is located above the genitals. It is connected with the sacrum and opens towards the front. We fertilize and receive the energies that permeate all of nature through the Sacral Chakra. The male reproductive organs as well as the impulse to procreate new life is influenced by this chakra.

Water cleanses and purifies. It dissolves and washes away the blockages that obstruct its vital flow. Albeit the kidneys and bladder accomplish this on the physical plane, on the spiritual plane the cleansing and purification process manifests itself in the form of free-flowing feelings. We look at life as something

primordial and new, and our interpersonal relationships with the opposite sex are particularly influenced by the condition of the Sacral Chakra.

HARMONIOUS FUNCTIONING

An open and harmoniously functioning Sacral Chakra allows you to open yourself towards others, especially the opposite sex. Your sexual union with your lover (partner) blossoms into the dance of creation. You feel the flow of the male and female energies streaming through your body, soul and mind.

DISHARMONIOUS FUNCTIONING

The Sacral Chakra comes alive during puberty. This is when a malfunctioning Sacral Chakra often originates. The awakening of sexual energies cause a state of uncertainty within you. Parents and educators rarely teach people how to handle these energies. During your early infancy, there may have been a lack of tenderness and bodily contact, which may later lead to the rejection of sexuality. As a result, you are unable to experience the uninhibited expression of your creative sexual potential and these uninhibited energies may express themselves in the form of excessive sexual fantasies or suppressed desires. You may also see sex as a drug. What you need to understand is that your creative sexuality has just been misdirected. These actions breed uncertainty and sexual tension between the sexes.

In most cases, inadequate functioning of the Sacral Chakra can be traced back to childhood and infancy. Your parents probably withheld their own sensuality and sexuality. Additionally, you probably had a lack of sensual stimulation in the form of touching, caresses, tenderness and affection. Consequently, you suppressed your feelings and withdrew your antennas, so to speak, turning off these sensual messages. Then, during puberty, you may have blocked off your developing sexual energies completely. This suppression results in a lack of self-esteem, emotional paralysis and sexual coldness. Life in this light seems dreary and you may feel life is not worth living. These feelings often amplify teenagers' tendencies to commit suicide

[Click Here](#) to Study Your other Chakras

SOLAR PLEXUS chakra



Color: Yellow - Golden

Element: Fire

Sense: Sight

Fundamental Principle: Shaping of things

Body Association: Lower back, abdomen, digestive system, stomach, liver, spleen, gallbladder, autonomic nervous system

Glands: Pancreas, which plays an important role in the digestion of food and the secretion of insulin

PURPOSE AND FUNCTION

The 3rd chakra (Solar Plexus Chakra) is located about two fingerbreaths above the navel and opens towards the front. Its functions are highly complex. It represents our sun and our power center. We absorb the solar energy through the Solar Plexus, which nurtures our ethereal body, energizing and maintaining our physical body. Also, our emotional energy radiates from here.

The foundation of our personality is represented through the Solar Plexus Chakra. Our social identity and our desire to confirm it by personal assertion, our will to achieve, our striving for power, and our adaptation to social patterns all are influenced by the Solar Plexus Chakra.

The most important task of the Solar Plexus Chakra is to purify the desires and wishes of the lower chakras (Sacral and Root). To consciously control and use the creative energy of these lower chakras and allow the spiritual higher chakras to manifest in the material world is the greatest possible fulfillment.

The Solar Plexus is directly connected to our astral (emotional) body, which is the center of our wishes and desires. If we accept and integrate our feelings, wishes and experiences in our lives, this will help our Solar Plexus relax and open up, thus increasing our inner light and illuminating our situation in life.

Our moods are influenced by the amount of light we permit to shine within us. When the Solar Plexus Chakra is opened, we feel enlightened, full of joy, and an inner richness. If it is blocked, closed or disturbed, we feel gloomy and unbalanced, etc. It is important to note that we also PROJECT the same moods and sensations into the world (environment) around us. Life therefore may seem either bright or dark to us. It is the amount of light within us that determines the clearness of our vision and the quality of what we see.

We also directly perceive the vibrations of other people through the Solar Plexus and react accordingly. If we are confronted with negative vibrations, this chakra warns us. You've heard the saying, "I've got a gut feeling." This is your Solar Plexus talking to you.

HARMONIOUS FUNCTIONING

You feel peace and an inner harmony with your Self, life in general, and your place in the world. You have accepted yourself completely, and you respect the feelings and character traits of others. You also accept your feelings, wishes and experiences in life. You see them in the "right light." Your feelings, wishes and experiences are integrated in such a way that lead to wholeness of being.

As an additional bonus, if your Third Eye Chakra (6th chakra) and your Crown Chakra (7th chakra) are also open, you can recognize that all visible matter consists of varying degrees of light vibrations. Since all visible matter is light, when these chakras are functioning in harmony with each other, your wishes are fulfilled spontaneously. You are connected to the energy of light in all things, and therefore, you attract everything you are in search of to yourself.

DISHARMONIOUS FUNCTIONING

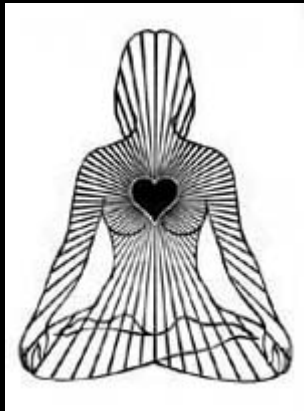
When your Solar Plexus Chakra is malfunctioning, you want to manipulate everything in accordance with your own wishes and desires; you want to control your inner and outer worlds and conquer and exercise power. An inner restlessness and discontent drives you. You develop an enormous urge to keep active and busy. This urge is your way of covering up your persistent feelings of inadequacy and shortcomings. You just can't let go and relax. You need to understand that material wealth and recognition cannot provide you with true, long-term happiness.

Acceptance and material well-being are of primary importance for you. Your true emotions are all blocked, therefore, you are unable to express them. You get upset easily. Your irritation and agitation are an expression of all the anger you have swallowed over a long period of time. You feel dejected and discouraged. You see obstacles everywhere. You believe these obstacles are preventing you from fulfilling your desires. When faced with a difficult situation, you may feel queasy and uncertain, or you may get so nervous your actions become haphazard and

disorganized. You want to hide from and avoid all new challenges in life. Your perception of life is not good. You see unhappy endings everywhere you turn.

[Click Here](#) to Study Your other Chakras

HEART chakra



Color: Green, Pink, and sometimes Gold

Element: Air

Sense: Touch

Fundamental Principle: Devotion, self-abandonment

Body Association: Heart, upper back, thorax and thoracic cavity, lower lungs, the blood and circulatory system and the skin

Gland: Thymus, which regulates and controls the lymphatic system

PURPOSE AND FUNCTION

The 4th chakra (Heart Chakra) is located in the center of the breast at the height of your heart and opens toward the front. It is the center of the entire chakra

system and connects the LOWER (Physical & Emotional Centers) to the three HIGHER (Mental & Spiritual Centers.)

The Heart Chakra is a very important chakra. With the Heart Chakra we find the capability to empathize and sympathize with others. We attune ourselves with the cosmic vibrations and perceive the beauty in nature, music, visual arts and poetry. Here, all images, words and sounds are transformed into feelings.

All yearning for deep intimate contact, oneness, harmony, love, even sorrow, pain, fear of separation or loss of love is expressed through the Heart Chakra. When completely opened, it forms the center of true "unconditional" love.

When this "unconditional" love is connected with the higher chakras, it transforms itself into Bhakti, the Divine Love, which guides us to unity with this Divine Heart of all things in the universe. Enroute toward this goal, our heart must learn to love, understand and accept ourselves (personality) which is the prerequisite to saying "yes" to others and life in general. All our experiences, wishes and emotions have a much deeper sense and purpose, which guide us to a loving acceptance that all feelings and expressions of life originate from the longing for love.

With every negation and rejection, we regenerate separation and negativity, whereas a positive and loving acceptance (a conscious "yes") produces vibrations which neutralize (kill, so to speak) negative thoughts and feelings. Simply put, you can neutralize those intense feelings of grief, anger or despair with your loving, unbiased and undivided attention -- positive thoughts and feelings.

With our Heart Chakra, we possess a great potential for healing others as well as ourselves. If you suffer from pain or illness, send the afflicted organ or area of your body your loving attention and it will help and accelerate the recuperation period enormously. If we can learn to love from the depths of our own heart and fully accept our entire personality, an opened Heart Chakra can have a spontaneous healing or transforming influence on ourselves and others.

The Heart Chakra radiates colors of green, pink, and sometimes gold. Green is the color of healing and sympathy and harmony. If an enlightened person (ie. someone who can see human auras) perceives a clear, light-green in a person's heart chakra, this would indicate a well-developed capability to heal, while a golden aura mixed with pink would show a person who lives in pure and selfless love of the Divine.

Within the Heart Chakra is the deepest and most vivid feelings of love. It also plays an important role in refining the perception of an open Third Eye, and it is for this reason that the spiritual schools in the East concentrate particularly on the opening of the Heart Chakra.

HARMONIOUS FUNCTIONING

Working in harmony with all the other chakras, a completely open Heart Chakra can change the world around you and unite, reconcile, or even heal the person within your surroundings. Your entire being radiates natural warmth, sincerity and happiness. These wondrous energies open the hearts of the people around you, inspiring confidence and creating joy among them. A great compassion and willingness to help others comes perfectly natural to you.

You love for love's sake. You are motivated by the joy of giving and do not expect to gain anything in return. Your heart is in everything you do. You "unconditionally" love all!

Through this wisdom, you view the world and personal experiences in a new light. You no longer look at life from a distance and think that it has nothing to do with you. You see all life as part of your own life and that "life" in its purest and most original form really signifies an everlasting expression of Divine Love and bliss.

All is love!

DISHARMONIOUS FUNCTIONING

A malfunctioning Heart Chakra may express itself in various ways. You may want to always be there for others and give freely, but consciously, you may want/expect recognition in return for all the love you give them. Then, if your efforts are not sufficiently appreciated, you may feel deeply disappointed.

You may also feel that you are strong and powerful enough to give away some of your strength but incapable of accepting the love that others may want to give you. In this way, you are unable to open yourself to receiving the love of others. Emotions aligned with tenderness and softness probably embarrass you and make you feel weak, vulnerable to injury and dependent upon the love and affection of others.

You are deeply hurt by rejection, especially after you gathered the courage to open yourself up. When this happens, you feel like withdrawing into your inner shell. You are sad and depressed. You want to give your love but your fear of being rejected makes it impossible. You feel you don't know how to love, thus reinforcing your shortcomings and inability.

You may compensate for your lack of love by adopting an extremely friendly personality, treating people equally in an impersonal manner without genuine involvement. When your heart is called for, you may evade the situation and shut yourself off because you are afraid of possible injury. If your Heart Chakra is completely closed, you will express coldness, indifference or even "heartlessness." You are completely out of balance and suffer from depression. Sadly, unhappiness is a way of life for you.

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THROAT chakra



Color: Pale blue, greenish-blue

Element: Ether

Sense: Hearing

Fundamental Principle: Resonance of being

Body Association: Neck, throat, jaw, ears, voice, trachea, brochial tubes, upper lungs, esophagus and arms

Gland: Thyroid, which regulates the transformation of food into energy via our metabolism. It also controls the iodine metabolism and the balance of calcium in our blood and tissue.

PURPOSE AND FUNCTION

The 5th chakra (Throat Chakra) is located between the depression in the neck and the larynx, beginning at the cervical vertebra. It starts at the cervical vertebra and opens towards the front. It is also connected to a small secondary chakra which has its seat in the neck (and opens to the back.) Since the two chakras are so closely related, they have been integrated as one.

The Throat Chakra is the center of the human capacity of expression, communication and inspiration and is connected to a smaller secondary chakra,

which has its seat in the neck and opens to the back. Since they are so closely linked, they are integrated together as the Throat Chakra.

As an important link between the lower chakras and the Crown Chakra, the Throat Chakra serves as a bridge between our thoughts and feeling, impulses and reactions. Here we express our laughter, crying, feelings of love and happiness, anxiety, aggressiveness, intentions, desires, as well as our ideas, knowledge and perceptions of the inner worlds.

The Throat Chakra enables us to reflect on our thoughts and actions. The more we develop the Throat Chakra, the more aware we are of our mental body and our ability to distinguish between our mental and emotional, ethereal and physical bodies. As a result, our thoughts are no longer dominated by our feelings and physical sensations.

Ether is regarded in Yoga teaching as the basic element which forms the lower chakras -- earth, water, fire and air. The light blue color of ether is the medium of the spoken word and the communicating element of information. If we are calm and listen to our inner and outer space, we will be granted the deepest level of knowledge, known as the Akasha (the astral light where all the events, thoughts and feelings that have occurred since the beginning of time are recorded.)

We communicate our inner life through the spoken word, as well as through gestures and creative forms of expression (ie. music, the performing arts, dancing, etc.) The Sacral Chakra and the Throat Chakra link with the energies of the other chakras into an etheric form which is communicated to the outside world.

Since we can only express that which we find in ourselves, we need to distance ourselves in order to reflect on our thoughts and actions. The Throat Chakra enables us this certain distance. In other words, we need to develop the Throat Chakra in order to become more conscious of our mental body and distinguish between the factors of the mental, emotional, ethereal and physical bodies. In this way our thoughts are no longer dominated by feelings and physical sensations.

Hearing is also assigned to the Throat Chakra. Open your ears and listen to the voices of Creation. Here we also hear our inner voice and communicate with our inner spirit and receive inspiration.

HARMONIOUS FUNCTIONING

When the Throat Chakra is completely open, your feelings, thoughts and inner knowledge are expressed freely and without fear. You express your inner honesty towards yourself and others by your upright posture.

You possess the ability to fully express yourself with your entire personality, and at the same time, you remain silent and listen to others with all your heart and understanding. Your speech is imaginative and colorful and perfectly clear, and your voice is full and melodious. When faced with difficulties and resistance you are able to say "no" -- if that is what you truly mean.

You are not swayed or manipulated by people's opinions. You maintain your independence, freedom and self-determination. You have no prejudices. You are open and aware of the reality of the subtle dimensions from which you receive the guidance of your inner voice. You trust yourself in the hands of this guidance. You possess the capability to communicate directly with life of all spheres of existence, and where applicable, you pass the knowledge you have gained onto others without fearing their reactions and opinions.

DISHARMONIOUS FUNCTIONING

If the energies in your Throat Chakra are blocked or closed, then the communication link between your mind and body will be blocked -- Either you find it difficult to reflect upon your feelings and you express your unresolved emotions in thoughtless actions, or, you may hide inside your intellect and deny your emotions a right to live and be heard.

The only feelings you permit are those which you have self-judged and that do not contradict the judgement of the people around you. You have an unconscious feeling of guilt and your own inherent fears prevent you from seeing and showing your true Self. You cannot express your deepest thoughts and feelings freely.

Your language may be noisy, unpleasant and offensive, or cold, indifferent and business-like. You may stutter. Your voice is loud but your words lack depth of meaning. You try to appear strong; you do not permit yourself to show any weakness; and you probably place yourself under a lot of pressure.

You use your excessive expressive capabilities to manipulate others or to attract attention to yourself. Although you may possess deep, inner knowledge, you are afraid to live and/or express it because you fear judgement from others. In order to release this deep knowledge, you may express it in the form of poems, paintings or other forms of similar expression, then reluctantly, openly share it with others.

You cannot show and express yourself well, if at all. You withdraw your inner Self completely. You are shy, quiet, withdrawn, and when you talk, you talk about trivial matters.

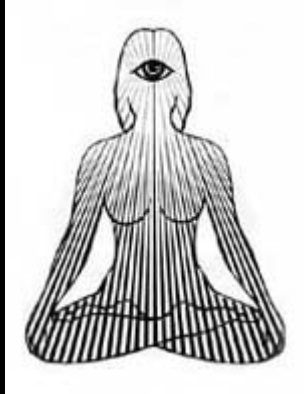
You quickly get a lump in your throat if you try to express your deeper thoughts and feelings. Your voice sounds forced. When this happens, you may stutter. You feel uncertain. You are afraid of the judgement of others. You are out of touch with your soul, therefore, you do not trust your intuitive powers.

If you do not develop your Throat Chakra, you will find yourself imprisoned in a small restrictive space surrounded by your own self-built walls.

Your insecurities dominate your life.

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6th - 3rd Eye? chakra



Color: Indigo, yellow, yellow-green or violet

Sense: Sight, sound, smell, taste and touch, also extrasensory perception

Fundamental Principle: Knowledge of being

Body Association: Face, eyes, ears, nose, sinuses, cerebellum, and central nervous system

Gland: Pituitary. It is sometimes referred to as the "master gland." It is like the conductor of an orchestra -- Its secretional activities control the function of the other glands.

PURPOSE AND FUNCTION

The 6th chakra (Third Eye) is located a fingerbreath above the bridge of the nose in the center of the forehead and opens to the front. The Third Eye Chakra is also associated with the pituitary gland. Here, conscious perception of being takes place. It is the seat of our higher mental powers. On the physical plane, it is the highest center of command for the central nervous system.

Although indigo blue is normally associated with the Third Eye Chakra, yellow, yellow-green and violet can also be seen under meditation. These colors indicate different functions at different levels of consciousness. For example, rational or intellectual thought may produce yellow radiation; intuition

You easily lose your temper in demanding situations. You are also probably very forgetful. In extreme cases, your thinking will be muddled and confused and completely determined by unresolved emotional patterns. You are blind, deaf and dumb to the spiritual realms of sight, sound and speech. The only reality you see, hear, speak and accept is the physical, external, visible world.

In the grand scale of Life, your world is very small.

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CROWN - 3rd Eye chakra



Color: Violet, also white

Fundamental Principle: Purest being

Body Association: Cerebrum

Gland: Pineal*

** Science has not conclusively determined the physical influence this gland has on the human body.*

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PURPOSE AND FUNCTION

The 7th chakra (Crown Chakra) is located at the middle of the head and opens upward. The Crown Chakra is also associated with the pineal gland, which is located in the middle of the head between the ears. The Crown Chakra is often represented in religious paintings as a halo above the head. It's predominant color is violet, but it glows in all the colors of the rainbow.

The Crown Chakra unites in itself all the energies of the lower chakra centers. It is the source of energy for all the other chakras.

Here we started our journey into life, and at the end of our development, this is where we will return. Here we live and experience UNITY with the primordial Divine principle and where our personal energy field becomes ONE with the universe.

The awareness the Crown Chakra gives us dwarfs the knowledge the Third Eye Chakra conveys. We now completely comprehend our intellectual and intuitive understanding. We experience our bodies as an expression of Creation as the divine consciousness of which we have become a part.

The color violet is associated with the unfolding of the Crown Chakra. It is the color of meditation and devotion. Albeit we can consciously influence the activation of all our lower chakras, with the Crown Chakra all we can do is open ourselves up to its influence and allow things to happen through us.

With the unfolding of the Crown Chakra, any blockages that may remain in the lower six chakras dissolve and their energies will begin to vibrate at their highest possible frequencies, each chakra working at its own level as a mirror of the Divine Being.

When the Crown Chakra is completely awakened, it ceases to absorb the cosmic energies and starts to radiate its own energy. A lotus blossom blossoms out, so to speak, and forms a crown of pure white light on and above the head. This same energy is portrayed in the artistic paintings of Jesus the Christ as a crown of white light radiating from the top of his head.

HARMONIOUS FUNCTIONING

The Crown Chakra can only be developed to a greater or lesser extent; Your development with the other six chakras determines the degree. There are no blockages as such in the Crown Chakra. When the Crown Chakra begins to open, your consciousness will become completely calm and open. You will experience your real Self and realize that your Self is part of the omnipresent pure Being which is contained in all matter. As you develop your Crown Chakra, these moments will occur more frequently.

When your Self is ready for this final step of enlightenment, you will know. One day you will feel as if you have just awakened from a long dream of illusion, and for the first time you see the real reality of life. There is no turning back in your

development now. You realize that what you have found is your true Self. Your individual ego has been transformed into a universal ego. If you want to know something, all you need to do is ask by directing your attention accordingly. Everything exists within you. You are ONE with the divine Being, and it is through this ONENESS that the ALL exists.

You now realize that matter is nothing but a form of thought in the Divine Consciousness and that it does not really "exists" as such. All that you thought was real up to this point you now perceive as an illusion.

Interestingly enough, you are open to the energies of the Crown Chakra every seven years. The seven year cycles are: ages 7, 14, 21, 28, 35, 42, 49, 56, 63, 70... During this period, you can develop a depth and insight and wholeness that you would have considered impossible before. Meditation and selfless devotion now provide you with insight into your Divine origin. This helps you experience a feeling of ONENESS. Use this opportunity to dwell more within yourself. Meditate. This is a seemingly magical time in your life.

It is also interesting to note that an infant's fontanel remains open for the first 9-24 months of its life, and it is during this particular period in their life when they live in an awareness (consciousness) of undivided unity.

CLOSED CROWN CHAKRA CHARACTERISTICS

Up to this point, we have been told how the opening and harmonization of all the chakras can provide us with a great deal of knowledge, experience and skills. But if we do not open the Crown Chakra, we will feel separated from abundance and wholeness. We will not be completely free from fear, and it is this fear that always maintains some remnants of blockages within the chakras, therefore, they are unable to unfold our chakras complete range of possibilities. Their individual energies will not vibrate in complete harmony with the "dance of creation," nor with each other.

You may experience feelings of uncertainty and a lack of purpose if you do not open yourself to spiritual truths during the years when your Crown Chakra can develop. You should interpret these feelings as a hint to look inside yourself more frequently. Additionally, you may become more conscious of a certain senselessness in your life, or the fear of death may visit you more frequently. You may control these feelings by escaping into excessive activity, keeping yourself busy, or you may burden yourself with new responsibilities. Quite often, people in this condition fall ill. If you ignore these profound messages, your life may become a life stuck in superficiality. As a consequence, you limit the potential of your Self to develop. In essence, opportunity lost.

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Please note:

The information contained in this site barely skims the surface of the subject. My purpose here is simply to reveal a *basic* understanding of the seven primary human chakra system.

Furthermore, discussion of chakra blockages, chakra cleansing, activation (opening), chakra intonation and meditative breathing techniques have been omitted for brevity purposes. These subjects you will need to research and study on your own if you want your chakras to work for you. Now that you have a basic understanding of the Human Chakra System, it is my hope you will take the next step to work them.

This stuff is for real ! You CAN and SHOULD energize your chakras, strengthen them, awaken them so that they can work for you in health and well-being, after all, they are a part of your body. Think of your chakras like this: They are the *invisible organs* of your body; then ask yourself, how healthy are they?

The information contained within this site was derived from copious notes I have collected over the years from a variety of sources long forgotten, and the following texts:

Wisdom of the Mystic Masters by Joseph Weed

The Chakra Handbook by Shalila Sharamon and Bodo J. Baginski

The Chakras by C.W. Leadbeater

Eastern Body Western Mind by Anodea Judith

I hope you learned something of importance here.



Thank you for your visit
:-)