

Part 3

- Structure and Form
- Spinal Cord-Hara Line
- 7 Layers/7 Chakras
- What parts they govern
- Chakra Clearing

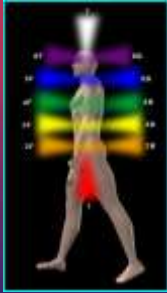
Structure and Form

We have been learning about how to tap in and begin to experience the electromagnetic field of the body. We are now going to get more refined with our study, and learn about form. The following information is taken from the text, Hands of Light by Barbara Brennan, Chapter 7.

We have already discussed that there are actually many chakras in the body. A chakra is just an opening where many energy meridians cross in the body and the body can draw in energy from the Universal Field. There are at least 7 main ones that find their home on the main power current that runs through the spine. Each of these chakras correspond with a layer of the auric field. Before we look the chakras and their function, we want to revisit the structure of the auric field.

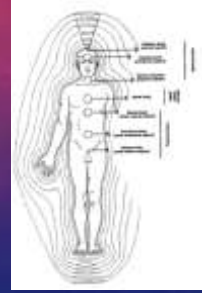
You will remember that "every other layer of the field is highly structured, like standing waves of light patterns, while the layers in-between appear to be composed of colored fluids in constant motion. These fluids flow through the form set by the shimmering standing light waves. The direction of flow is somewhat governed by the standing light form, since the fluid flows along the standing lines of light. The stand forms of light are themselves scintillating, as if they are composed of strings of many tiny, rapidly blinking lights, each blinking at a different rate. These standing light lines appear to have tiny charges moving along them.

Thus, the first, third, fifth and seventh layers all have a definite structure, while the second, fourth, and sixth are composed of fluid-like substances that have no particular structure. They take on form by virtue of the fact that they flow through the structure of the odd layers, and thus somewhat take on the form of the structured layers. Each succeeding layer interpenetrates completely all the layers under it, including the physical body...*Actually, each body is not a layer at all, although that is what we may perceive. It is, rather, a more expansive version of our self that carries within it the other more limited forms...Many people erroneously assume that the aura is like an onion, where you can peel away consecutive layers. It is not. It is seven bodies all occupying the same space at the same time...*



The Spinal Column and its Connection to the Chakras
 There is a vertical flow of energy that pulsates up and down the field in the spinal cord. It extends out beyond the physical body above the head and below the coccyx. You can think of it as the main power current. There are swirling cone-shaped vortexes called chakras in the field. Their tips point into the main vertical power current, and their open ends extend to the edge of each layer of the field they are located in.

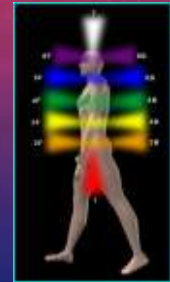
The Seven Layers and the Seven Chakras
 Each layer appears different and has its own particular function. Each layer of the aura is associated with a chakra. That is, the first layer is associated with the first chakra, the second with the second chakra, and so on. This is a general overview that we will learn more about as we go along.
First Layer and Chakra: Physical Sensation and Physical Function - Automatic and autonomic functioning of the body- Family of Origin
Second Layer and Chakra: Emotions
Third Layer and Chakra: Mental Life and Linear thinking
Fourth Level and Chakra: Heart, love, metabolizes the energy of love
Fifth Level and Chakra: Power of the Word, Strength of Will, Personal Responsibility
Sixth Level and Chakra: Celestial Love that extends beyond the human range of love - holds all life forms as precious manifestations of God.
Seventh Level and Chakra: Higher mind, knowing and integration of our spiritual and physical makeup.



Thus there are specific locations, and even specific organs, within our energy system for specific sensations, emotions, thoughts, memories and other nonphysical experiences that we report to doctors and therapists. Understanding how to physical symptoms are related to these locations will help us understand the nature of different illnesses and also the nature of both health and disease.



Each major chakra on the front of the body is paired with its counterpart on the back of the body, and together they are considered to be the front and rear aspect of one chakra. The frontal aspects are related to the person's feelings, the rear ones to her or his will, and the three on the head to a person's mental processes. Thus chakras 2-6 have a front and back counter-part. Chakras 1 and 7 may be considered to be paired, because they are the open-ended points of the main vertical power current that runs up and down the spine into which all the chakras point.

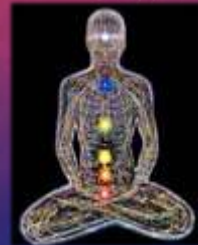


The points or tips of the chakras, where they connect to the main power current, are called the roots or hearts of the chakras. Within these hearts are seals which control the exchange of energy between layers of the aura through that chakra. That is, each of the seven chakras has seven layers, each corresponding to a layer of the auric field. Each chakra looks different on each of these layers. In order for certain energy to flow from one layer to another through the chakra, it must pass through the seals in the roots of the chakras.



Energy can be seen flowing into all the chakras from the Universal Energy Field. Each swirling vortex of energy appears to suck or entrain energy from the Universal Field. They appear to function as do fluid vortexes we are familiar with in water or in air such as whirlpools or tornados. The open end of a normal chakra in the first layer of the aura is about six inches in diameter at a distance of one inch from the body.

In eastern esoteric literature, each of the chakras is seen as having a certain number of petals. On closer investigation, these petals appear to be small rotating vortexes spinning at very high rates. Each vortex metabolizes an energy vibration that resonates at its particular spin frequency. The first chakra, for example has four small vortexes and metabolizes four basic frequencies of energy, and so on for each of the other chakras. The colors observed in each chakra re related to the frequency of energy being metabolized at its particular rate.



Since the chakras serve to vitalize the body, they are directly related to any pathology in the body. Below is a chart of each of the chakras and the area of the body they govern. The chakras absorb the universal energy, break it up into component parts and then send it along energy rivers called *nadis* to the nervous system, the endocrine glands and then the blood to nourish the body.

CHAKRA	NO. OF SMALL VORTICES	ENDOCRINE GLAND	AREA OF BODY GOVERNED
7-Crown	972 Violet-White	Pineal	Upper brain, Right eye
6-Head	96 Indigo	Pituitary	Lower brain, Left eye, Ears, Nose, Nervous system
5-Throat	16 Blue	Thyroid	Bronchial and vocal apparatus, Lungs, Alimentary canal
4-Heart	12 Green	Thymus	Heart, Blood, Vagus nerve, Circulatory system
3-Solar Plexus	10 Yellow	Pancreas	Stomach, Liver, Gall bladder, Nervous system
2-Sacral	6 Orange	Gonads	Reproductive system
1-Base	4 Red	Adrenals	Spinal column, Kidneys

Thus, the chakras operate like interconnected, self-opening, valves that channel the "electrical current" of the Universal Life Force into the body. Chakra healing is based on the belief that in order for total well-being to take place, we must act as an integrated whole. When there is dysfunction or blockage in one part of the system, it has an impact on all the other parts. Such malfunctioning can occur when the energy flowing through chakras is either excessive or deficient. As you begin to work with your energetic field, you will begin to recognize how such blockages or dysfunctions relate to problems you may be experiencing. As you balance these systems, you create the environment for total well-being.



We will be incorporating more exercises and techniques that will allow you to work on these areas in-depth. Work with each chakra on a regular basis will greatly enhance your ability to maintain your balance and equilibrium as you "clear your issues." It will also empower you to become a very skilled manager of your own energetic space. Whether you choose to utilize these skills or move on to use them in private practice, a healthy chakra system is a necessity for overall health.



Clearing Your Chakras

This process utilizes the spinal pathway clearing technique utilized in other meditations in an expanded way. Basically, as these two energies run along the spinal channel, you can consciously direct them to flow into the front and back of each chakra, one at a time, beginning with your crown and working your way down to your first chakra or root. This flushes your chakras and energizes them much more effectively. This technique may bring up emotions to be felt and released. You may also experience heat or movement of energy during this process. Deep breathing into areas of intensity or contraction should soon alleviate any discomfort or allow the emotions to be released. If you find the process to be intense, go only as far as it feels right to you and pick up where you left off later. This exercise may be used once or twice a week or more often if you feel the need.



1. Center and ground.
2. Do a grid and/or check your aura and boundary colors.
3. Place roses in front, behind, above, and to the left and right of you.
4. Bring the golden sun above your head and run energy down the back of your spine, allowing 10% of this energy to run to the ground and rest to circle back up the front of your spine. At your throat, allow the remaining energy to divide into three equal parts running down each arm and out of the top of your head.
5. When this is running smoothly, invoke Earth energy up your first chakra through your feet. Blend this with the golden sunlight in your first chakra and run it upward in that blended state, allowing it to blend with the Spirit energy already coursing through your body.
6. Now place a blanket of roses around your aura to absorb everything that is being released. This will help prevent released energies from hanging around in your auric field.
7. Overflow the gold and Earth-energy blend through seventh chakra to flush, clear, and strengthen its flow. Do this for one or two minutes.



7. Then, when you feel this chakra is clear, turn off the flow to the seventh chakra and run the energy through the front and back of your third eye for one or two minutes.
8. When that chakra is clear resume the flow through all the chakras.
9. Then shut off the flow to sixth chakra and run the energy through the front and back of fifth chakra for one or two minutes. When that chakra is clear, resume the flow through all chakras.
10. Continue this process all the way through the remaining chakras, shutting off the flow of the blended energy to the previous chakra and flushing each chakra front and back, then resuming the flow when the chakra is clear.
11. When you reach your base chakra, run the Earth and cosmic energies out your first chakra at the base of your tailbone. After one remove the blanket of roses surrounding your aura and place them above your house. Then blow them up, or dissolve them.
12. Continue meditating or ground and resume your daily activity.

