The Chakras
Centers of Transformation
Consciousness is primary matter is secondary
Consciousness transforms into matter at every point in the Universe
This transformation is more lively at certain places

On the earth this is a Vortex

In the body it is a Chakra
Chakras are part of the subtle body and control the transformation of subtle energies from higher dimensions into physical energy.

There are many Chakras, located at the junction points of the energy channels (nadis) of the subtle body.

The 7 Chakras located along the spine are considered to be the most important.

Chakra means “wheel”, they constantly spin the world into existence.
When the Chakras are blocked or clouded, transformation is blocked, creating disharmony and suffering in our life.

When the Chakras are clear and “awakened” the mind and body become balanced and we gain full access to higher realms of existence.
A few people, such as geniuses may be born with one or more Chakras already open. However, this may cause imbalances in other areas of their lives.
Just as our journey brings us from ignorance, through spiritual exploration, to Enlightenment, the lotus begins life in the mud, rises through the water to bloom in the sunlight.

The Chakras are most commonly expressed as lotus flowers with a varying number of petals.

Each Chakra is associated with a color, yantra, element, sense, planet, loka, bija sound, deity. These may vary depending on one's level of awareness.
Chakras are psychic centers in the subtle body

Chakras are active, to some degree at all times

Our Karma is stored in the Chakras

Chakras are like the playground of our desires

We respond to situations from the stand point of the Chakra in which we feel most comfortable
Chakra Names and Location

- Sahasrara (Crown)
- Ajna (Third Eye (Brow))
- Vishuddhi (Throat)
- Anahata (Heart)
- Manipura (Solar Plexus (Navel))
- Swadhisthana (Sacral)
- Muladhara (Root)
**Muladhara (Root) Chakra**

- Responsible for our survival instincts, security, shelter, food, fight or flight response, physical birth

- **Four Petals**
  - Red
  - Base of Spine
  - Earth Element
  - Mars
  - Sense of Smell
  - Loka - Bhu, physical plan

**Governs:**
- **Physically** - sexuality
- **Mentally** - stability
- **Emotionally** - sensuality
- **Spiritually** - sense of security
Muladhara (Root) Chakra

**Blocked:**

Anger, insecurity, fear, anxiety, violence, over sleeping (on stomach), greed, delusion, wanting more physical experiences, self-centered, inability to provide or stand up for oneself, feeling lost, poor family and social interactions

**Illnesses:** lower back pain, sciatica, varicose veins, rectal cancer, immune disorders

Young children act from this Chakra
Muladhara (Root) Chakra

Open:
Healthy, lightness, inspiration, vigor, stamina, inner purity, inner beauty, softness of voice, patience, self confidence, mental confidence, strength of character
Swadhisthana (Sacral) Chakra

Responsible for procreation, inter-relating with family, relationships, sexual fantasies, inspiration to create

Six petals
Orange
Behind the pubic bone
Water element
Mercury
Sense of taste
Loka - Bhuva, astral plane

Governed: Physically - reproduction
Mentally - creativity
Emotionally - joy
Spiritually - enthusiasm
Swadhisthana (Sacral) Chakra

Blocked:
Desire for physical sensations, fantasies, restlessness, confusion, envy, jealousy, violence, addictions, blame, guilt, poor ethics in relationships, negative behavior

Illnesses: Lower back pain, sciatica, ob/gyn problems, sexual potency, urinary problems
Early teenagers act from this Chakra
Swadhisthana (Sacral) Chakra

Open

Pure relationships, freedom from anger, lust and greed, a pure nature, refined, remembering forgotten or repressed information, self control, control of tongue, thoughts and negativity
Manipura (Solar Plexus) Chakra

Responsible for all levels of digestion, personal power, opinions, fear and anxiety about self worth, intellect

Ten petals
Yellow
Naval area
Fire element
Sun
Sense of Sight
Loka - Swaha, celestial plane

Governed:
- Physically - digestion
- Mentally - personal power
- Emotionally - expansiveness
- Spiritually - growth
Manipura (Solar Plexus) Chakra

**Blocked:**

Striving for personal power, vain, introverted, judgmental, lack of trust, poor self-esteem, sensitive to criticism, controls through anger, selfish, poor health

**Illnesses:** arthritis, ulcers, colon and intestinal problems, anorexia/bulimia, liver disorders, hepatitis, adrenal dysfunction
Manipura (Solar Plexus) Chakra

Open:

Healthy digestion, loss of ego, power to create/destroy, power to command and organize, peaceful, fantasies become practical, radiant, clear expressions, selfless, light of 10,000 suns
Anahata (Heart) Chakra

Responsible for immune system, compassion, tenderness, unconditional love, balance, rejection,

Deep sleep occurs in the heart area

Twelve petals
Green
Center of chest
Air element
Venus
Sense of touch
Loka - Maha, plane of balance

Governs: Physically - circulation
  Mentally - passion
  Emotionally - unconditional love
  Spiritually - devotion

It is the balance between the lower and upper Chakras
Anahata (Heart) Chakra

Blocked

Emotional turbulence, despair, dependency, resentment, bitterness, grief, anger, loneliness, self-centered, lack of commitment, lack of hope and trust

**Illnesses:** heart problems, asthma, allergies, lung and breast cancer, upper back and shoulder problems, bronchial pneumonia
Anahata (Heart) Chakra

Open:

Wisdom, compassion, inner strength, balance of m/f energies, pure relationships, innocence, source of inspiration to others, Divine vision, ability to travel through space and become invisible, mastery of languages, contentment, selfless, sincere, kindness, truthful
Vishuddhi(a) (Throat) Chakra

Responsible for speech, communication, the voice of the heart, growth through expression, discrimination, acceptance, forgiveness
Dreaming occurs in the throat area
Sixteen petals
Pale blue
Throat area
Space element
Jupiter
Sense of hearing
Loka - Jana, human plane

Governed: Physically - communication
Mentally - clear, fluent thought
Emotionally - independence
Spiritually - sense of security
Vishuddhi (Throat) Chakra

Blocked

Negative intellect, using knowledge unwisely, poor communicator, addictions, judgmental, sarcastic, poor decision maker

Illnesses: sore or raspy throat, mouth ulcers, gum problems, TMJ, scoliosis, swollen glands, thyroid problems
Vishuddhi (Throat) Chakra

Open

Serenity, calmness, purity, youthfulness, freedom from distractions, melodious voice, truthful, command of speech and mantras, ability to compose poetry, spiritual teacher, cosmic consciousness, light of 10,000 moons
Ajna (Third Eye) Chakra

Responsible for mental awareness, higher intuition, end of duality, connected to the pineal gland - seat of consciousness, gives direction to lower chakras

Two petals
Violet/purple/indigo
Between eyebrows
Embodiment of all elements and senses
Saturn
Loka - Tapas, plane of austerity

Governed: Physically - inner guidance
Mentally - visual consciousness
Emotionally - intuitive clarity
Spiritually - merging of opposites
Ajna (Third Eye) Chakra

Blocked

Ego based actions, disharmony, closed to ideas of others, weak intellect, prisoner of karma

Illnesses: brain tumors, stroke, blindness, deafness, seizures, learning difficulties, neurological disorders
Ajna (Third Eye) Chakra

Open

Free from ignorance and impurity, beyond normal desires, spontaneous fulfillment of desires, aware of refined sounds, visions of past present and future, able to enter the bodies of others, devotion, balancing of all opposites, Divine Consciousness, brighter than a million suns, gives directions to other chakras.
Soma Chakra

Located in the center of the forehead

Amrit, the nectar of immortality flows from this chakra

By “trapping” this nectar with the Khechari Mudra, we can stay forever youthful, have victory over disease and death, become immortal in the physical body and enjoy eternal bliss

Qualities: mercy, gentleness, patience, joy, deep spiritual love, humility, magnanimity, non-attachment, restfulness

All Siddhis (Yogic Powers) are obtained
Sahasrara (Crown) Chakra

Responsible for inner wisdom, release of all karma, end of physical attachments, end of illusions, the Guru within

One Thousand petals
Gold, white, purple
Top of head or slightly above
Beyond worldly elements and senses
Ketu
Loka - Satyam, plane of Truth/Reality

Govern: Physically - meditation
Mentally - Universal Consciousness
Emotionally - Beingness
Spiritually - Wholeness, liberation
Sahasrara (Crown) Chakra

Beyond knowledge (nothing left to be known), liberation, pure bliss, all emotions and desires dissolve, individual self dissolves, has all yogic powers but no desire to use them, in the world but not of it, Sat Chit Anand, Samadhi
Sahasrara (Crown) Chakra
Contains within it:
Soma Chakra

Bindu Chakra - equivalent to Soma Chakra but at the rear of the head

Mahanada Chakra - the “Great Sound” or primal sound from where all creation manifests

Nirvana Chakra - end of the Sushumna Nadi, responsible for states of Dharana, Dhyana and Samadhi

Guru Chakra - where the Guru’s feet rest, radiating blessings

Gate, Gate - Beyond the beyond
Because of external situations and internal habits a chakra can be deficient or excessive. These may be temporary or chronic.

**Deficient chakras**
- do not receive the appropriate energy
- do not manifest the correct energy into the world
- creates a sense of physically and emotionally being closed down

**Excessive chakras**
- manifests too much energy
- becomes a dominating force
Balancing the Chakras

- Pranayama
- Yoga Asanas
- Posture
- Movement / dance / exercise
- Massage / touch
- Mandalas
- Sacred images
- Crystals
- Crystal bowls
- Chanting / toning
- Conscious choice making
- Attention
- Meditation
- Mantras
- Divine Light

It is important to awaken all the Chakras equally
Balancing with Crystals

1st Chakra - Black Obsidian, Garnet
2nd Chakra - Carnelian, Tiger’s Eye
3rd Chakra - Citrine, yellow Jade
4th Chakra - Green Jade, Rose Quartz
5th Chakra - Turquoise, Aquamarine, Lapis
6th Chakra - Lapis Lazuli, Azurite
7th Chakra - Amethyst, Opal

Quartz Crystal will activate all chakras

A Sri Chakra represents Mother Divine and will activate all the thousands of chakras in the body
Balancing with Toning

OM - O from first chakra to crown, Mmmm return to first

A-U-M - A with attention in between lower two chakras, U with attention between 3rd and 5th chakras, M with attention in head

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Gayatri Mantra

The Gayatri is the Mother of the Vedas, the essence of the Upanishads.
The Gayatri is the most purifying of all mantras, the destroyer of all ignorance.
It is particularly powerful when chanted with the focus in the Ajna or Anahata Chakras.

Om Bhur Bhuvah Suvah
Om Tat Savitur Varenyam
Bargo Devasya Dhimahi
Dhiyo Yo Nah Prachodayat
Balancing with Divine Light

Supreme Self

Higher Self

Individual Self
Exercises for opening the Chakras

Turn head from left to right 16 times.
Nod head up and down 16 times.
Circle head 16 times to the left and then 16 times to the right.
 Extend arms horizontally, circle forwards 16 times and backwards 16 times.
Raise right arm stretch to the left side, 16 times. Repeat on left side.
Slightly bending at the waist, rotate the upper body 16 times left and 16 times right.
Standing straight, circle the hips, 16 times in one direction, 16 times in the other.
With arms extended do 16 squats.
With hands on the hips, raise right foot and rotate the ankle in each direction 16 times. Repeat with the left foot.
Sit and rest.
Granthis
Psychic knots, which also block the flow of cosmic energy
Caused by attachments
Released through practice of the 8 Limbs of Yoga

Brahma Granthi
Located at the base of the spine
Created by attachment to physical pleasures, ambitions, desires and material objects, selfishness, laziness, ignorance.
It creates restlessness and distraction
Released with the mantra **AYIM**

Vishnu Granthi
Located in the area of the heart
Created by emotional attachment to other people, compassion, doing good, belonging to spiritual organizations, preserving ancient knowledge, psychic visions, passion, ambition or being over assertive.
Released with the mantra **SHRIM**

Rudra (Shiva) Granthi
Located in the area of the third eye
Caused by attachment to siddhis, psychic abilities, spiritual powers, ego, the individual I
Released with the mantra **HRIM**

Saraswati Mantra
**OM AYIM SHRIM HRIM SARASWATI DEVYEI NAMAHA**
Nadis
Channels for the flow of Consciousness
Ayurveda sees the body as a collection of channels through which things flow.

In the physical body these are called Srotas, in the subtle body, Nadis.

According to Ayurveda, the body has 72,000 Nadis.

Nadis are subtle channels through which Prana Shakti (vital force) and Manas Shakti (mental force) flow to all areas of the physiology.

Nadis radiate out from the Chakras.
The Chakras act like generators and the Nadis like wires carrying the current to all areas.

When the channels are clear, we remain vital, healthy and there is spiritual growth.

Blocked channels lead to health problems and a loss of wholeness.
Chitta Nadi
The Channel of mind or consciousness, the flow of thought
Originates in the Spiritual Heart, our connection with the Creator and the site of our reincarnating Soul
It is the flow of our Samskaras (tendencies and desires)

**Outward flow** - from the heart to the outer world, emotions
upward to the throat - expression
to the head - connects with senses and external objects
reflects ignorance
waking state

**Inward Flow** - back down through throat to heart
reflects Divine attraction, growth of Higher States
deep sleep and dreaming states
purifies the chakras and other nadis

In death, the Chitta Nadi flows inward to the Astral Plane - this is the tunnel people report seeing in near death experiences
The ego and distractions block this Nadi, causing mental disruptions
Desire causes the outward flow, detachment causes the inward flow
Pratyahara, meditation and Gyana Yoga support the inward flow
Three Principal Nadis

Pingala - prana shakti
Ida - manas shakti
Sushumna - atma shakti

The Pingala and Ida Nadis are active, the Sushumna remains closed until our spiritual awakening.
Pingala or Surya Nadi (right channel)

Begins in the right testicle and ends at the right nostril
Carries Prana Shakti or the vital force
Carries the solar currents, heating
Masculine in nature
Destructive energy
Purifies like fire
Brings dynamism, efficiency, motivation, vitality, masculine power, stamina, verbal and rational
Rajistic by nature
Left brain thinking
Represents the River Yamuna
Keeping right nostril active at night creates balance and wholeness
Ida or Chandra Nadi (left channel)

Begins in the left testicle and ends at the left nostril
Carries Manas Shakti, the mental force
Represents the moon, cooling, peaceful
Feminine in nature
Nourishing and purifying energy
Magnetic, female, devotional, visual, imaginative, emotional, mentally alert
Satvic nature
Meditation
Right brain thinking
Represents the River Ganges
Keeping the left nostril active during the day promotes balance, wellbeing and purity
Sushumna or Brahma Nadi (central channel)

Begins in the Muladhara Chakra ends in the Sahasrara

Carries the Atma Shakti, the spiritual force

Flows through the center of the spine, through 7 main chakras

In the Sahasrara it divides into two branches. One circles down the front of the skull the other at the back

Both branches meet in the Brahmarandhra, the Cave of Brahma

This is the ‘tenth gate’ through which the enlightened soul leaves the body

Represents the River Saraswati
The Sushumna is beyond time
Pingala, Ida and Sushumna all meet in the Muladhara Chakra - “involvement meeting place”

Moving upward, alternating at each chakra

Meeting again at the Ajna Chakra - “liberated meeting place”
Nectar Nadi

Japa Meditation

The thumb relates to our connection with God
The ring finger contains a pure spiritual nectar
The mala bead stimulates this Nectar Nadi
A stream of Divine Energy flows to the heart
All the blood flowing through the heart is charged with nectar
Kundalini

“That which is coiled”, three and a half times in the Muladhara

Spiraling, serpent like movement

Lies dormant until awakened by our spiritual practice

Awakened by Prana entering the Sushumna Nadi

Rises up the Sushumna, through the Chakras, unfolding the ascending powers of consciousness

It is the energy of Awareness the healing power of Mother Divine, the human Potential
Kundalini - Stages of Awakening

Mind attached to worldliness, dwells in first three chakras
No spiritual ambitions, desires for lust and greed

Mind and body are purified
Mind enters heart center, first spiritual awakening begins

Nadis must be cleared
Chakras must be awakened
Pingala and Ida Nadis must be purified
Sushumna opens automatically, experience of great Light

Kundalini Shakti awakens and begins rising
May move through first three chakras and then return
Once Kundalini reaches fourth chakra there’s no going back
Yogic powers maybe experienced

Can rise with powerful force and “explode” through Crown Chakra like a fountain of light
Kundalini Awakened

Kundalini refers to the dormant state
It manifests as the Goddess
When not controlled she is Kali Devi
  - subdues the individual soul
When managed she is Durga Devi
  - superconsciousness, glory, beauty

The Shakti (feminine) energy merges
  with the Shiva (masculine) energy
All dormant areas of the brain awaken
A new consciousness dawns

The Goddess descends to the
  Anahata (heart) Chakra to bestow
Grace on the world
Subtle Bodies

The Auric Body System
The Five Sheaths (Koshas)

Annamaya Kosha - physical
Pranamaya Kosha - prana or vital energy
Manomaya Kosha - mind
Vijnanamaya (Buddhimaya) Kosha - intellect
Anahata - Ego
Anandamaya Kosha (Brahman) - causal or bliss
We are beings of Light, covered by the ignorance of humanness
Light vibrates at different frequencies
The physical body has a dense frequency and appears solid

There are 7 subtler bodies vibrating at progressively higher frequencies
Everything that happens in the physical body happens first in the subtle bodies
The subtle bodies support the physical body and shield it from external influences
Each subtle body has its own seven chakras, vibrating at a higher rate as we move outward. Each “physical” body chakra has within it, seven subtler chakras vibrating at different frequencies. Energy can be transmitted between bodies through the chakras.
Subtle Bodies

Inner 3 bodies process energies dealing with physical plane

**Etheric (pranic)** - 1-2 inches thick, duplicates entire physical body, blue or grey

**Emotional** - 12 inches thick, reflects emotions and desires, contains all colors which change as person’s mood changes

**Mental** - 18 inches thick, intellect, analyses everything, holds thoughts and mental processes, yellow color which brightens around head with deep thought
Subtle Bodies

Upper three bodies process energies from spiritual planes, which pass through “the fire of the heart”

Causal (Astral) - 2 feet thick, holds seeds of karma, deepest memories, inner motivation

Spiritual - our spiritual agreements, guidance from Higher Self

Radiance - the spiritual emotional plane, feelings of bliss and spiritual ecstasy, Divine Love, touched in deep meditation, pastel glow

Luminous - grid type structure of white and gold, here we “know we are God”, the Kundalini shakti is contained here
Subtle bodies go out of alignment or become weakened because of:

- stress
- poor dietary habits
- poor decision making
- emotional toxicity
- toxic habits
- drug and chemical abuse
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The Subtle Bodies are aligned and strengthened by:

- meditation
- 8 Limbs of Yoga
- nourishing emotions
- conscious choice making
- pranayama
- healthy lifestyle
- wearing malas of 108 beads
- filling them with Divine Light
Ascension
By raising the frequency of the body
Activating the Light in all the cells of the body
The matter spins so fast it turns into a Light Body
The Light Body moves anywhere in the Universe
“If I don’t see you again in this world, I’ll see you in the next. And don’t be late!”

- Jimi Hendrix
Lower Chakras
The lowest of the human chakras is the highest in animals. The highest human chakra is the lowest in Divine evolution.

Lower chakras
There are said to be a series of seven chakras below Muladhara going down the leg, corresponding the base animal instincts, and to the Hindu underworld.

Atala This chakra is located in the hips, it governs fear and lust.
Vitala Located in the thighs, it governs anger and resentment.
Sutala Located in the knees, it governs jealousy.
Talatala it is located in the calves, and it is a state of prolonged confusion and willfulness.

Rasatala Located in the ankles, it is the centre of selfishness and pure animal nature.
Mahatala Located in the feet, this is the dark realm 'without conscience', and inner blindness.

Patala Located in the soles of the feet, this is the realm of malice, murder, torture and hatred, and in Hindu mythology it borders on the realm of Naraka, or Hell.
Emotions associated with the Chakras

**Muladhara** - being grounded, security, physical comforts, basic biological needs, shelter

**Swadhisthana** - family, procreation, sexual urges, fantasies

**Manipura** - immortality, longevity, name, fame, power, authority, acquisition of wealth

**Anahata** - sharing, love, devotion, selfless service, compassion

**Vishuddha** - knowledge

**Ajna** - self-realization, enlightenment