

Your Life is in Your Chakras

*In-Depth Guide
for Awakening Your Chakra Powers*



Guru Rattana, Ph.D.

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Second Edition

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websales@yogatech.com

PO Box 443, Sunbury, PA 17801

Phone: (570) 988 4680, Fax: (570) 988-4640

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Blessings from Guru Rattana

I offer you this book to inspire you to embrace your human journey with the knowledge that you can awaken to an expanded reality of who you are and why you are here. I share techniques that can create profound transformation in your life. With devoted practice, you can experience the power of love that is your soul.

Several years after I wrote the first edition of this book, a woman came to me at a community event and shared that she had intended to commit suicide, but after reading this book, she changed her mind.

Your Life Is in Your Chakras offers a perspective of life that can change how you feel about yourself and your life challenges, and that can alter how you participate in your daily routine. It is my experience that gaining a soul perspective of why we are here and where we are going is a gift of incalculable value.

We can live in hope, not remorse. We can leave behind attempts to dull our pain through addictions and bad habits. We can live peacefully in the present, not in anxiety about the future. We can live in trust, and not be consumed by doubt or resignation. We can significantly reduce our level of stress, pain, and struggle. We can face our future with curiosity, not dread and anxiety. We can enjoy an exhilaration about life that comes from the depth of our inner experience.

This second edition is a result of 20 years of personal practice, teaching, and study of the chakras. The first edition has been greatly expanded with (1) in-depth descriptions about the nature, gifts, and lessons of each chakra; detailed information on (2) how to work with each chakra, (3) how to identify what our chakras are communicating and projecting, and (4) how to develop chakra consciousness; and a (5) whole new repertoire of Kundalini Yoga kriyas and meditations, most of which have not been previously published in any of my other books.

I send blessings to everyone and encourage you to love your uniqueness, to find the passion of your soul, to welcome the richness of your human life, and to take every opportunity to make your special contribution to the evolutionary unfoldment of planetary peace and heart-centered consciousness.

Many blessings,

Guru Rattana, Ph.D.
August 2014

Part I: Introduction

1. Introduction to the Chakras

What Are Chakras?

Chakras are energetic organizing centers located along the spine that govern our life, behavior, moods, and consciousness. Their functions are to receive, process, assimilate, and transmit life energies. Together they form a network that expresses and coordinates our complex mind/body/emotion/spirit system.

Chakra means wheel, disc, or circle that is in motion. Chakras are thus energy vortices, whose energies can be stuck in some way for many reasons, but they are never static. Their spiral swirling movement is always alive, even when partly dormant.

Interrelated with the sympathetic, parasympathetic, and autonomous nervous systems, the chakras are located where major clusters of nerves intersect along the spine. Each chakra is situated near one of the seven principal nerve ganglia that emanate from the spinal column.



Each chakra represents an aspect of the human design and, as such, is an essential component of consciousness that we must develop to fully and effectively live our life. The chakras can be thought of as master programs that silently hold our potential as it unfolds. Each guides an aspect of our evolutionary journey. Each acts as a channel that illumines our way to connect with our soul and non-physical dimensions of existence. Each, in its own special way, is a vehicle for the interaction of matter and Spirit.

Non-Physical Energy Centers

Chakras cannot be physically viewed because they are part of our non-physical subtle energy body, which interpenetrates our physical body. They serve as activity centers of vital life force or prana. Their energetic activity creates our aura, a complex electromagnetic force field that exists within and around every life form. The quality of our aura represents a composite statement of all our chakras.

Value of Studying the Chakras

The chakra system is an invaluable tool for self-analysis and development. It offers us a blueprint of our basic structure — body, mind, emotions, and soul — and helps us understand our basic nature as well as the causes and results of our human experiences.

We study the chakras to gain knowledge about the nature of our energy and how we are using it. We work with our chakras to awaken the faculties that make it possible to live as self-realized

human beings. As we develop each chakra, we integrate that aspect into our consciousness and become more whole. Step by step, the often-hidden faculties, skills, and gifts encoded in our elegant complexity are revealed.

As we understand and activate our chakras, we experience not only the interaction between the various aspects of our being, we begin to appreciate our mind/body as the home of our soul. The chakras offer us a systematic way of relating to different energetic expressions and to the vital life force that animates our being and navigates our journey of consciousness.

How Chakras Work

Each chakra is a vortex of energy that generates a unique pattern and vibration that computes our mental, emotional, and physical state. This in turn determines (1) what we attract and repel; (2) how we behave, think, and feel; (3) how energy flows through or gets stuck in our body/psyche; and (4) the nature and interpretation of the information that we receive.

The nature of our energy flow, whether it is dormant, stuck, or free flowing, is encoded in our chakras. These patterns are influenced by subconscious programming, which is perpetuated by repetitious thoughts, feelings, and actions. We are all trapped in our thought patterns and tied to habitual behaviors and ways of doing things. Some habits support us and reflect our basic nature; some are learned and must be released or elevated to serve us. Our spiritual path is about releasing dysfunctional, negative, and sabotaging programs by realigning and harmonizing with the higher frequencies of our core energies.

Chakra Development

A common approach to evaluating the state of our chakras is to consider whether they are open or closed. This dynamic is especially relevant to the upper chakras. Although monitoring the progressive opening of our chakras helps explain their developmental status, we need a more comprehensive understanding of how their opening affects our life and how to optimally express the energies as they are awakened. This is especially the case in the lower chakras. For example, an open second (sex) chakra without boundaries can get us into trouble.

Since we are involved in an evolutionary journey, it is also useful to approach chakras from the perspective of development. An *undeveloped* chakra is unable to generate or receive adequate energy to support us fully in life, which can result in health issues, chronic avoidance patterns in relationships, fears that restrict our activities, and anger that misdirects our behavior.

The *underdevelopment* of a chakra can result in a chronic fixation, which overemphasizes or supports a dysfunctional behavior. In other words, the energy can be either excessive or deficient. For example, if we are ungrounded in the first chakra, we may hide to avoid life's challenges (and rewards). If we are too focused on the first chakra, we can be overly preoccupied with consumption and accumulation of material wealth. If our second chakra is *too* open, we may be involved in unhealthy sexual activity. If our third navel chakra lacks focused power, we scatter our energy and may avoid participating in life activities. Too much fire, or

focused power, may provoke us to confrontation and aggression.

Our developmental process involves activating, strengthening, and reprogramming each chakra. We begin by assessing the state of each chakra, and then we evaluate our progress by paying attention to how we experience the presence of its particular energy and the nature of our reactions and interactions in life situations. Our goal is to develop a deeper level of consciousness in each chakra and to encode positive self-perpetuating patterns. We want to be able to monitor and enhance how our chakras function so we can consciously use their powers.

Chakras awaken or shut down gradually. As we develop a relationship with each of our chakras, we increase our ability to internalize, hold, contain, and work with their respective energies. Over time we are able to compute and handle more refined and complex energies and situations in life.

Awakening Our Chakras

Evolution of consciousness requires taking responsibility for the development of our individual energetic configuration. The lifelong process of balancing and aligning our chakras is a personal process, which requires the development of awareness, attention, and consciousness. We must train our mind to turn our attention to the subtle energies of each of the chakras. The critical touchstone is whether we are aware or unaware.

When we are unaware of how our inner reality is creating what we attract, we can be prey to manipulation and control by external forces. We may close down in an attempt to protect ourselves. But if we shut down instead of going inside to feel safe within ourselves, we diminish our power and projection.

On the other hand, when we are aware of what is happening in our energetic bodies, we can be in charge of our energy, reactions, and power. We can choose to be expansive when openness feels safe. We can also choose to internalize and contain our energy and use it to be creative and to feel passionate and alive.

To evolve in consciousness, we must develop conscious awareness of our own energy. The complex and never-ending journey is rewarding, empowering, and fun. There is no substitute for simply being present to the sensations in our body and being with our own aliveness. Take one chakra at a time and get to know it. The chakras are our life force, which contain the richness of our being. To befriend our chakras, we avoid intellectualizing and simply take time to be with ourselves without words.

Chakra Nuances

There are important nuances to open and closed chakras. After practicing yoga and meditation, for example, our chakras are more open. However, when we interact in certain life situations, it is more appropriate and feels safer to have our chakras open to ourselves, but with boundaries in relationship to the outside world. Whatever our life situation, we need to activate the energy in our chakras to achieve more vitality and to tap their dormant potential to live a fuller life.

Each chakra influences and vitalizes a different aspect of our being, tuning us in to a particular frame of reference for experiencing ourselves, each other, and the world. As we tap the power of each chakra, we unveil the design, pattern, and intelligence of our unique being. As we awaken consciousness in each center, the richness of our life is enhanced.

Introduction to the Chakras

The location, basic functions, and associated element of each of the eight chakras (including the solar plexus) are as follows:

Chakra	Location	Functions	Element
First	Base of spine	Physical security and survival	Earth
Second	Genitals and womb	Nurturing and creativity	Water
Third	Navel	Physical energy and identity	Fire
Solar plexus	Solar plexus	Depth of emotional being	Water
Fourth	Heart	Balance and integration	Air
Fifth	Throat	Communication and transformation	Ether
Sixth	Third eye	Neutrality and observation	Consciousness
Seventh	Crown/top of head	Awakening to the Divine	Light

Lower and Upper Chakras

The traditional texts and spiritual paths considered the lower three chakras “lower” also in terms of value and morality. However, the lower chakras represent a vital aspect of human life and physical functioning. The fact that they resonate at a slower frequency than the upper chakras helps us define limits, express needs and desires, define boundaries, and manifest in the physical world.

These slower frequencies express our instincts, emotions, and feelings in our physical body. The lower chakras thus give us experiences of cause and effect in the physical world so that we can learn from our life experiences and experimentation, i.e., from trial and results, which can be either positive or negative. It is interesting to note that we normally label the results we don’t like as “errors” or “mistakes” and the results that we do like as “successes” and “good fortune.” However, all our life experiences relate to the development of our first three chakras and contribute to identifying our personal needs and attributes, defining our identity, and expressing our individuality.

From the heart up, we pass beyond our individuality into universality as each ascending chakra moves at a faster vibration. In the upper chakras, we experience universal energy and awaken to a reality with no boundaries or separation. At the crown, the light wave is of infinite speed, which makes it possible to experience universal consciousness. The upper chakras thus serve us by expanding our awareness of who we are and of the real nature and purpose of our human journey. We are then able to know ourselves from a more inclusive point of view and to act within a much larger picture than our own personal lives.

The lower chakras are associated with the Earth, the divine feminine, and physical creation. The upper chakras are associated with Spirit, the divine masculine, and enlightenment. Together they give richness, wholeness, and meaning to our human existence. In other words, it is the harmonious functioning of each chakra that is important, not its relative position or frequency. A stone has a lower vibration than a bird, but that is not bad or less. It is just different. The important questions are, Is the stone a stone? Is the bird a bird? Are we human beings? Is there interference or confusion that clutters and disrupts our natural flow? Or is each chakra, or part of our human beingness, vibrating clearly and resonating with its truth and pure essence?

How the Chakras Interact

The chakra system defines the anatomy of the human psyche. By studying the chakras, we learn about and understand who we are. Each chakra has its own power, its own faculties, and its own gifts. But each chakra must be developed so that it is able to interact with other chakras to produce coherence, balance, and wholeness in our sense of identity. Understanding how the parts interact and work together helps us create an optimally functional system (life!).

Chakras function as wheels or gears of our mind/body vehicle. All our chakras are inseparably interrelated and interactive. The level of development of one chakra affects all the others; therefore, how our chakras interact depends upon their strengths and weaknesses. We thus have to understand how each part fits with the others in order to know how to adjust and harmonize all our energies and to achieve well-being.

For instance, while one chakra may be the focus of a dysfunction, we must examine how the other chakras add to the problem and how each can be used to support a solution. Our problems, our personality, our challenges, and our gifts are a reflection of our total structure and how our parts work together (or not) to achieve (or prevent) functionality and balance. Any issue or block affects and is a reflection of our entire system.

To give another example, though it's normal for our individual makeup to be dominated by one or two chakras, we run into problems when we are acting out dysfunctional habits associated with imbalances in those chakras. We must then learn to work with and understand our energy system as an interconnected whole to maximize its unique expression. Relating to the chakras as a playground for different kinds of desires, needs, and experiences gives us a valuable tool for understanding ourselves, others, and life situations.

Levels of Consciousness

There are many levels of consciousness and unconsciousness. At the most basic level, the human mind limits and processes information so that we can have experiences in finite reality. Yogic technology awakens and trains our mind to compute and experience a broader spectrum of both physical and non-physical reality.

In the animal kingdom, the unique attribute of humans is that we are capable of self-consciousness. In lower consciousness, we are aware of our individual ego identity. In higher consciousness, we become aware of our soul and the Divine.

The Brain and Spine

The spine and the brain are the primary centers of consciousness. The cerebrospinal system generates electrical/life force energy, which is distributed throughout our body by a network of nerves that forms our nervous system.

Our conscious, unconscious, and subconscious states correspond to different parts of our brain as follows: (1) The *cerebellum*, the *lower brain* or *reptilian brain* located at the back and base of our skull, is the organ of the subconscious mind, primal instincts, and emotions. (2) The *upper brain*, or *cerebral cortex*, is the organ of freethinking and consciousness. (3) In the *frontal lobe*, we awaken to higher consciousness.

In our unconscious state, the lower and upper brains operate independently, which is a source of inner conflict. In addition, our upper brain/cerebral cortex is divided between the *right and left hemispheres*, which is the source of a basic dichotomy in human nature and duality in our mental processes. To resolve the problems that result from the separation of the various parts of our brain, we must achieve union between its components — the upper and lower brain and the two hemispheres.

Yogic Solutions

The ancient yogic sciences set out solutions for the conflicted and dualistic condition of humankind, taking into consideration that the human organism as a whole includes both the physical and the psychic dimensions of existence. It is the goal of yogic techniques to produce both mental, physical, and emotional health, and conscious union with our Source. Yoga (meaning to unite or join) is thus designed to develop individual consciousness to the point that we become conscious of our cosmic roots. It gives us the practical techniques that awaken our mind and body to universal consciousness.

According to the yogic system, individual consciousness is part of universal consciousness. And universal consciousness is the ultimate reality from which everything, including mind and matter, is created. When our perceptual capacity is limited to computing physical reality, human consciousness perceives a separation between the manifested world and divine reality.

Through yogic techniques, we can train and awaken our mind to compute beyond subjective perceptions of physical and emotional reality to the non-physical spiritual dimension (beyond the veils of illusion) and thus realize our divine nature. The practical tools yoga offers help us to develop the mind so that we can operate beyond our normal dualistic, conflictual way of functioning, find freedom from mental games and emotional fluctuations, and achieve inner peace.

While psychology and sociology rely on the rational mind to study behavior and observe individual and group interactions, yoga accesses the neutral mind to awaken self-awareness

and discover the Self through inner experience. Using yogic techniques, we work with our chakras to develop our human faculties and thus facilitate the evolution of our unique individual personhood.

Meditation Benefits

As touched on above, when the various parts of our brain are not harmonized, we experience inner conflict and lack patience, and our emotional obsessions prevent us from tuning in to subtle awareness. Our mind is restless and disturbed.

With meditation, we begin to calm our brainwaves and notice our inner peace channel (neutral mind). Even though initially our concentration does not last long and distractions arise, with practice, we make progress. As we gradually harmonize our brainwaves, we can be more centered, one-pointed, and awake. As our mental and emotional habit patterns change, we are capable of undivided attention for longer periods of time, and we enjoy deeper levels of inner peace. Ultimately, we experience unity in thought, feeling, and action.

If you look at anybody's life, you will find almost everybody is the same. It works like this: in certain areas, you push too much, in certain areas you don't move at all, and the tragedy is you do not know where you push and where you pull — you mostly do it subconsciously.

— Yogi Bhanjan



2. The Human Journey and Our Soul

Our physical body is a gift to our soul that allows us to come to planet Earth to experience love through the physical senses. Without a body, our soul can only vibrate love without the physical sensations of feeling and touch. The activation of the highest expression of all our chakras makes it possible to experience the delightful divine gifts of aliveness, physicality, sensuality, and sexuality.

Our body and chakra system are exquisitely designed to tune us in to higher frequencies of love and align us with the essence of our soul. When properly attuned, our body serves as our vehicle to awaken us to divine consciousness and to manifest Spirit in physical form.

An important goal of our human journey is to become conscious that we are in fact a soul that is part of a holographic universe. Our soul's ultimate goals for our life on this planet are to experience our oneness with universal energies and to participate in the evolution of the universe through the expansion of Higher Love. As we learn to consciously interact with universal energies and our soul, we discover our true essence, we align with our destiny, we learn how to elevate our life experiences, and we enjoy higher states of consciousness.

Souls are infinite potential ready to be realized and activated. To tap this potential, souls must go through experiences and grow. Because of the nature of physical time and space, souls are able to progress rapidly in a human body, so souls choose to come to planet Earth for speedy growth.

The Birth of a Soul in a Human Body

Without a body, our soul hovers around the Earth deciding at which moment and under which circumstances we would like to be born to learn our next set of lessons.

In that pre-incarnation state, we each pick a set of cards (or issues and situations, including family, parents, children, relationships, health, work, etc.) that gives us our personal formula for working through our life challenges and moving closer to our soul essence. As enthusiastic souls, we pick as many cards as we feel we can handle. We want to take maximum advantage of our short, precious journey to planet Earth.

At the same time, we know how great the promise and privilege of a human life truly is, giving us an opportunity to feel love in a physical body, to experience joy and freedom, to grow and expand, to be self-empowered, to tap and ignite more of our soul's potential, to experience firsthand the beauty of Mother Earth, and to serve planetary evolution.

Thus, upon looking closely at the life cards we select from, we find that the front sides of the cards display the benefits that we will receive: love, joy, peace, power, freedom, and more. The back sides of the cards list the tests that we must go through to earn these gifts: the parents who will be in charge of our programming, the relationships we will encounter and learn from, the situations that we will have to deal with, and the arenas in which we will play out and meet our challenges. It all looks like a fun game from the perspective of our yet-to-be-embodied soul.

In very small print at the bottom of the last card are written the words, “You will go in blindfolded. You will not know that you are a soul. You will have to figure that out for yourself.” And what that really means is that we will suffer from soul amnesia. We will forget that we are a soul in a human body and be unaware of our oneness with the Divine.

Over time, the pain from the tests and circumstances that our soul creates to get our attention (as listed on the back sides of the cards we drew) becomes sufficient to coax us to search for alternative ways to approach life. We are led to explore a spiritual path, which awakens new experiences within. We have a sense that there is something that keeps us going and begin to realize that we are more than a personality and a physical body. We notice light where we once saw darkness. We feel hope where once we felt despair. We experience pleasure where we once experienced pain.

Awakening Our Soul Potential

When we first begin our inner journey, we are confronted with our issues and our “dark” (underdeveloped) side. We feel the fear, anger, and sadness that have been hiding in our subconscious. We remember the abuse and pain that we have tried to suppress. If we conclude that these negative emotions and hurtful events are proof that we are unlovable, i.e., this is who we are, we will hesitate and find excuses not to continue our inner spiritual path. In fact, the belief that we are bad, evil, and sinful is a convincing reason to not pursue our inner journey and an excuse to look outside ourselves for authorities and solace. If it were true that we would only find an evil spirit inside us, it is understandable that we would choose to avoid it. Fortunately, our basic nature is not evil. Our soul essence is love.

As for the darkness, it is merely the negative emotional charge attached to our soul — not the soul itself. We accumulate this negative energy during our various lifetimes. It stays attached to our soul until we have processed and released painful human emotions through love.

Our human journey gives us an opportunity to let go of the negative energy that we experience in the form of fear, sadness, and anger. To release it, we have to process it through human experiences. We therefore pick a set of situations in our pre-incarnation state, including family, parents, children, relationships, health, work, etc., that gives us our personal formula for working through our issues and moving closer to our soul essence.

We ultimately discover that the darkness we find within us is nothing more than untapped potential and the absence of light. We turn on the light by bringing our negative imprints, beliefs, and emotions into consciousness. To turn darkness into light, we have to feel it, experience it, and love it. Loving darkness illumines the light of our soul.

Wake Up Time

There comes a time when a soul has experienced enough lifetimes that it has earned the privilege of pulling off the blindfold. We are at one of those rare moments in history, perhaps the first, in which many, many souls have reached the point in their evolution that they can be released from the bondage and the torment of living with a paper bag over their human head.

In fact, planetary energies are now shifting, opening up opportunities for us to move out of pain-and-struggle mode and into our hearts. As a result, it is becoming easier to understand why we are here, what we can do about our predicament, and how we can use our tests to receive the promised gifts in our deck of cards. We are able to see life on planet Earth from a soul perspective.

Thus we find at this time a significant number of us are ready to break through to soul consciousness. To do so, we have to release fear-based baggage and clean up our energy. This is why we agreed to pick so many cards. Because the last card reads *freedom* — freedom from fear, hatred, greed, shame, and guilt. Freedom to love!

Pioneers of a New Era of Soul Consciousness

We are pioneers who are breaking the grip of the matrix of fear, exploitation, elitism, and inequality that has gripped planet Earth for eons. We are smashing through darkness in order to bring a new era of love to the planet. With each step, we not only deal with our own personal karma, we confront the exploitative, patriarchal system that has enslaved the planet. It is not an easy task that we have agreed to. But we volunteered because the rewards are great. We jumped at the chance to undergo so much growth in such a short period of time. We are each playing a critical role in altering the global paradigm and uplifting the consciousness of the entire planet.

As the pioneers of a new era, we have chosen to do whatever it takes to reach soul consciousness — to look at everything that is getting in our way, to process it and transmute it into love. We have opted to clear lifetimes of issues so that we can receive the multiple gifts and talents that our soul has amassed during its evolution. What keeps us going is the promise that we will experience Divine Love with feeling awareness in our physical and emotional bodies.

The journey to soul consciousness is neither easy nor simple. Many on a spiritual path indulge in the illusion that our life can magically transform, and we can be free of struggle and pain. Spiritual awakening is not a one-time, once-and-for-all event. We have to face and move through many issues to reclaim and operate from the light of our soul. We have to learn how to bring back and elevate the energy that we dissipate in drama, illusions, and mental games. We have to recognize and let go of the beliefs, thought patterns, and behaviors that create and reinforce the wall that blocks our view of the reality of love.

For going through this process, we are being offered the opportunity to experience the highest level of individualization available to a human being — soul consciousness. Instead of following spiritual paths and religions that condemn and attempt to escape physical reality, we are re-inventing spirituality to integrate Spirit into our daily lives.

The Nature of Our Journey

Our human journey will always confront us with problems to solve and situations to deal with. Challenges are an integral part of physical incarnation. The promise is that we can get through them and that inside ourselves we have the tools to deal with life and win. Our spiritual path is about discovering transformational technology, choosing to use it to empower ourselves, and experiencing the deep satisfaction of results.

Yet our inner journey is traveled alone. We can have help along the way, and indeed human life is designed so that we need and share with each other. But no one can live our life for us. We alone are responsible for doing what it takes to empower and liberate ourselves from within. We each must discover and follow our own path.

A major aspect of our inner work, regardless of the form our path takes, is patiently clearing our subtle emotional body of fear so that we can experience love in our mind, body, and emotions. As we participate in learning our soul lessons and discover that the essence of our soul is love, we become lighter and freer. Our goal is to take only love, light, joy, and peace with us when we leave our physical body. Our soul's journey is about learning how to live and die in the consciousness of Divine Love.

The Four Aspects of Our Being

The human journey involves four aspects of being: (1) mental, (2) spiritual, (3) emotional, and (4) physical. Each one must be developed and experienced. All four must be integrated and work together to experience our soul.

Mental

Modern Western society defines existence in terms of a limited aspect of our mental capacity: "I think in a small part of my left brain, therefore I can justify my existence as well as my exploitation of others and the Earth." Limiting ourselves to a small percentage of our mental capacity has gotten us into serious trouble ecologically, economically, politically, and personally.

One attempt to reduce the negative consequences and pain we encounter when we are limited by our narrowly defined perception of reality has been "positive thinking." Obviously positive thoughts make us happier and healthier than negative self-criticism, blame, and judgments. However, positive thinking does not liberate us from our dualistic mind. We remain in the trap of duality, in the perpetual swing between positive and negative.

Spiritual technology takes us beyond positive affirmations by awakening our neutral, or non-dual, mind where we are able to observe without judgment and gain an elevated perspective from which to view others, the world, the Universe, and ourselves. In our neutral mind, we awaken to soul consciousness and experience deep joy and happiness. The positive thoughts from our neutral mind emanate from our soul identity and are thus not subject to the duality of the dualistic mind. Our neutral mind gives us access to insights, inspiration, intuition, and direction from our soul and higher powers.

Spiritual

We have become so identified with our mind and thoughts that we systematically ignore and suppress our feeling awareness. As a result of our limited awareness, we have fallen into the habit of identifying Spirit, the Universe, and God as something "out there," independent of ourselves.

We think of God as an omnipresent male being whom we are at the mercy of. We either blame “Him” or thank “Him” for what goes on in our life. Or we beg for forgiveness and ask for favors.

As a result, we do not identify ourselves as part of the universal life force. We may give lip service to the idea that we are created by God. But because we do not fully experience this reality on a feeling level, it remains a mental concept and not an integrated part of our consciousness.

Lost in our minds and disconnected from our feelings, we are unable to experience an intimate connection with universal energy, of which we, as a soul, are an integral part. Feelings and the development of our inner sensory system open us up to the experience of universal energy and our soul within.

As we activate our inner awareness and sensitivity, we are able to go inside for the experience that we have quested for outside ourselves. Much to our delight, we find that the Universal Force (whatever we call IT) lives in every cell of our body and is not out there floating in some undefined and unreachable space. We experience that we are not just a physical body with a personality, but a soul that vibrates in oneness with all that is.

Emotional

At some point we wake up to the fact that the ideas we have about what we want in life do not correspond to what we manifest. We realize that our emotions are in charge of creating our reality, whether we like it or not. The fact that we do not like it helps us understand the importance of healing our hurt inner child. As a young child, we were imprinted with programs that made us feel unworthy and unlovable. These programs continue to run us long into adulthood, often till death (and then we come back again until we figure out what we are doing and find resolution). The wounded imprints attract relationships and circumstances that validate our negative self-beliefs. We can repeat affirmations about attracting a princess or a knight in shining white armor or winning the lottery until we are blue in the face, but the subconscious programs continue to run like a movie without a director, much to our dismay.

Negative imprints can be released and our energy transmuted when we choose to learn the lessons and claim the gifts on the back side of the card. In the process, we enrich our life, gain inner strength, and expand our consciousness. As we release the past and no longer filter life through old fears, we free ourselves to experience the spontaneity of life as it unfolds in the moment.

The human quest is to experience the highest expression of our emotions: love, joy, and bliss. As we raise our frequency, we can experience a soulful passion for life and liberate ourselves from the lower frequencies of sadness, fear, and anger. These emotions can then serve their useful warning function instead of being automatic responses rooted in past memories. So instead of spiraling us down into a dark quagmire, our emotions can deepen our feeling awareness of life. We can thus reach a state of emotional maturity and freedom where our subtle emotional body enriches our life with greater aliveness, connectedness, and intimacy in all aspects of ourselves, and in our relationships with others, the planet, and the Universe.

Physical

Our physical body is a marvelous instrument that serves as our vehicle for soul consciousness. However, it first needs to be activated, nurtured, and aligned to produce the experiences of higher states of consciousness for which we quest. Feeling awareness is an essential part of awakening to Divine Love, which must be felt in the body to be fully experienced.

Mental ideas, thinking, visualizing, and intellectualizing are mind games to the body, which requires physical movement and stimulation, proper diet and good nutrition, and the ability to relax to function at an optimal level.

A poisoned, malfunctioning body causes negative thoughts and turbulent emotions and disconnects us from our soul. As a result, an insidious, vicious circle of dis-ease continues and feeds upon itself, until one day it gets our attention. When we do not feel good, we shut down our feeling awareness and sensitivity, which are our connection to Spirit. On the other hand, when our body is healthy, we feel good and are able to actually allow ourselves to feel the depths and richness of our soul.

The Path to Our Soul

Becoming a conscious, soul-activated, and self-actualized human being is the ultimate goal of human evolution. The human journey is about using our free will to make choices that liberate us from painful programming and to re-encode our being with life-giving, soul-liberating experiences.

There are many paths and many techniques designed to get us to the same place of Higher Love. Forms (religions, churches, temples, schools) were developed to give us structures, teachers, and instructions to help us along our path. We have, however, gotten lost in the form, forgotten to practice, or have not been privy to the most effective techniques. The end result is that humans too often identify salvation with affiliation to a particular group or religion. We give away our power when we think we are dependent upon an intermediary for connection to the Source of Higher Love.

In reality, no intermediary can connect us to Spirit. We feel the connection or we do not. When we believe that there is a higher power, but we do not feel connected to it, we become frustrated and afraid. Fear and stress perpetuate our separation from Spirit and our own soul. Fear makes us a puppet to external influences. Controlled by fear, we become subservient to authority figures and victims of political, cultural, and economic systems.

In addition, the stress of our turbulent daily life depletes our energy, lowers our vibrational frequency, and thus deprives us of our connection to higher energies and our soul.

The techniques offered in this manual can help you develop a relationship with your Soul Self. They can help you experience that the Universal Force vibrates in every cell of your body. You can experience that everything is energy. You are energy. The universe is energy. And you are an

intimate part of universe energy. You can stop looking outside yourself for answers and find what has always existed within your own heart.

Historical Perspective and Evolution of Consciousness

For eons, humans have been confined in a fear-based environment and subjected to the pain and struggle of an intense survival mode of being. At the first chakra, we have been overwhelmed by physical survival. At the second chakra, we have been engulfed in emotional survival. At the third chakra, we have been confronted by social survival.

At the current phase of planetary evolution, the frequency of the Earth is increasing to the level of the heart chakra. In this elevated environment, it is possible to heal our fear-based psyche and to awaken to a love-directed state of consciousness. As our psyche awakens to the love frequency, a new approach to the chakras, and indeed life, is unfolding.

The heart chakra is the connector between the upper and lower chakras. An awakened heart chakra makes secular (lower chakras)/sacred (upper chakras) integration possible. Thanks to the higher frequencies, we are leaving the “lower chakras bad, upper chakras good” approach that sought to awaken our Divine Connection while escaping the painful survival mode of existence. It is now possible to evolve into a comprehensive heart-centered approach to all aspects of human existence. Because the heart chakra is available to do its job as an integrator of matter and Spirit, we can embrace the totality of human existence within the context of Love.

The next two chapters discuss the traditional and evolving nature of spiritual paths, their approaches to the chakras, and their underlying worldviews.

3. Paths to Enlightenment

The Evolution of Yoga

The original writings about yoga available to us are Patanjali's *Eightfold Path of the Yoga Sutras* (circa BCE 200). Still considered the fundamental yogic texts, these writings are especially valuable because most of the yogic practices were passed down orally from teacher to a few select students.

The *Yoga Sutras* were developed by ascetic men who isolated themselves from society. They escaped into natural settings to devote their lives to divine contemplation. Often men entered this spiritual path in midlife after getting married and having children. The meditative life was respected and supported by the community. It was recognized that these men held the connection with the Divine — the stable male polarity — that held human life together.

Although much of the yoga currently being taught recognizes Patanjali's Eightfold Path as the source of yogic teachings, we live in a very different world. The vast majority of yoga practitioners live in urban environments and have partners, children, and jobs. In addition, in the West particularly, the most yoga students, teachers in training, and teachers are now women, a reversal from the time and place that gave us the *Yoga Sutras*. Also, to a large extent, "modern" yoga focuses on fitness and health, which is obviously of critical importance, but too often leaves out meditation.

Thus, a major goal of this book is to help us make a transition to an expanded approach to yoga. While honoring and learning from the traditional spiritual model, this book sets out an inclusive approach that integrates meditation and the feminine — body, feelings, emotions, Earth, and daily life — into our yogic practice. Our spiritual path then becomes a way of life, a way of being, and a lifestyle. The lessons in this book will help us work with the chakras in ways that elevate all aspects of our life.

Two Systems

Although all forms of yoga are ultimately based on the Eightfold Path and, accordingly, aim to unify personal consciousness with universal consciousness, it can be confusing to study the many techniques prescribed by different yogic schools without first understanding their basic approach. When we choose a spiritual path and practice its technology, it is important to identify what we are subscribing to and be clear about the intended results. This is particularly essential in a time when yogic practices are evolving to be inclusive and honor feminine energies and women's participation. To clarify the differences between the two fundamental approaches to yogic practices, I have chosen to use the terms *transcendental* (to designate the more traditional approach) and *integrative* (reflective of the more modern approach). The term *Tantra* is used by both schools, which is part of the basic confusion.

Escaping the World

Although some of the basic information in the original yogic texts is relevant to integrative paths, we must keep in mind that the transcendental system was designed by men for men, and the goal of the practices based on it is to attain transcendent consciousness in order to escape the pain of physical reality.

The techniques of the transcendental path are designed to make it possible for the aspirant to achieve Samadhi — pure stillness in the mind or enlightened consciousness. When the mind achieves stillness, the physical body becomes inactive. The practitioner thus prefers to maintain an out-of-the-body bliss state rather than to engage in physical activity.

The transcendental path and its practices cultivate renunciation of the physical world. It is important for those who wish to stay involved in worldly activities to recognize that the tendency to avoid worldly involvement accompanies the ascent up the chakras. Techniques that awaken the upper two chakras without maintaining a connection with the body and lower chakras will pull us into this desire to escape from social interactions and responsibility. I have encountered practitioners of some meditation techniques who gave up their practice because they no longer felt the desire to engage in social interactions and daily activities.

Common Concepts in Both Paths

Both the transcendental and integrative systems recognize the dualistic nature of reality, with the defining difference between the two being their attitude toward matter and Spirit. The transcendental path considers matter to be of less value than Spirit and the most serious distraction from experiencing our oneness with the Divine. The integrative path experiences physical reality as simply a denser form of non-physical Spirit.

Both schools also recognize the obvious fact that we must use our physical body to achieve oneness. The transcendental path seeks to liberate the mind by escaping the body, whereas the integrative approach recognizes that the mind and body are one and inseparable and that the body vehicle must be tuned up to become the home of Spirit and our soul.

Kundalini Energy Creates Awakening

The goal of the techniques used in both transcendental and integrative paths is to awaken the dormant Kundalini energy at the root chakra and to move it to the higher chakras in order to achieve awakened consciousness.

The integrative path seeks to integrate awakened consciousness into daily life. The transcendental system, on the other hand, seeks to maintain the upward flow of energy in order to transcend the tattvas (the elements earth, water, fire, and air), overcome attachment to the body, withdraw the senses, escape the afflictions of the human condition, and maintain the unchangeable state of bliss and union with Supreme Consciousness.¹

Below we outline the basic conceptual framework, first, for the transcendental approach, and then for the integrative approach to spiritual development.

The Transcendental System

Drawing on the explanations of Harish Johari in his classic books *The Chakras* and *Tools for Tantra*, this section explains the basic concepts of the transcendental path to enlightenment, which serves as a foundation for understanding the integrative path explained in the next section.

Senses and Tattvas

It is common to both the transcendental and integrative approaches that each of the first five chakras expresses one of the five basic elements or tattvas (earth, water, fire, air, and ether, or akasha). All mental and bodily functions and needs humans experience derive from the interplay of these five elements.

A fundamental tenet of the transcendental system is that human senses, as experienced in the lower chakras, produce endless thoughts and seek sensory pleasure that distracts the spiritual seeker from the Divine. In ego consciousness, the mind and emotions engage in continual pleasure-seeking patterns, causing the mind to wander around and lose (or never establish) its central focus. The “uncentered” mind is always trapped by the objects and desires of the sensory world, which is a play of the elements. An impure, uncentered mind is never free.²

More specifically, pain and suffering are created by ego attachment to and identification with the experiences of the elements and their desires in the finite world. These desires, and the suffering they engender, obscure one’s perception of the Infinite, block one’s spiritual growth, and keep the aspirant in ego or personal consciousness. The ego relies upon these limiting experiences to form and maintain its sense of selfhood, which actually seriously limits one’s sense of self. The effects of the tattvas and the first five chakras must thus be overcome in order to achieve non-dual consciousness in the upper chakras and thus be liberated from the illusory world of Maya, or physical reality, which creates the traps of identifying with the body and emotions.

Sexuality and the Transcendental Path

In order to escape the suffering inherent in physical existence, the teachings of the transcendental approach hold that the student must overcome and control the biological urges and desires of the lower chakras. When the body, mind, and senses have withdrawn from sensual, sexual desires, they say, the aspirant can detach from the pull of the physical world. The transcendental path thus focuses on renunciation of distracting desires and prescribes ascetic practices, whose aim is to overcome one’s instinctual nature in order to achieve enlightenment.³

In the transcendental spiritual paths, again, created by men for men, a major goal is to cultivate the ability to draw the ojas, or the essence energy of the seminal fluid, upward through the spine to the sixth chakra, where the lunar female energy and the male solar energy meet. Retention of the seed “causes the ego to subside” and facilitates the awakening and ascension

of the Kundalini. The Kundalini must rise up the spine to create the union and awaken consciousness at the sixth and seventh chakras. When the pineal and pituitary glands begin to secrete their amrita nectar, one experiences bliss.

Transcendence: Rebirth in Spirit

Awakening consciousness to divinity in the upper chakras frees one from the body-mind trap. Harish Johari explains that by transforming the sense consciousness in this manner “one can achieve freedom from the slavery of mind, lust, greed, uncontrolled thoughts, and internal dialogue.” When one no longer *thinks, desires, or wills*, he (always the male yogi in this context) is able to awaken to another reality. With the mind completely detached from the sensory world, which causes and is perpetuated by thinking, desire, and will, the personal identity merges into Supreme Consciousness, and one moves out of the cycle of birth and death.⁴

Withdrawing the senses and transcending the elements not only liberate one from the traps of illusion, they also make it possible to achieve the mental stillness necessary to perceive the omnipresence of the Divine.⁵ When one is thus aware of the Divine within (and everywhere), it is easier to let go of attachments that create a false sense of security. Thus, the yogi gradually attains freedom as he transforms sense consciousness and the mind into one-pointed concentration on the Divine.

Crown Chakra

Ultimately, the goal of the transcendental path is to live in the seventh chakra, which operates beyond the rational dualistic mind and outside the scope of the senses and the limits of the physical world. When one's attention is consumed at the crown chakra, all feelings, emotions, and desires are dissolved. The illusion of an individual self disappears as one realizes divinity within and the soul merges with the Divine.

Practitioners are directed to meditate on the crown chakra to prevent the downward flow of the amrita. By consolidating the amrita in the upper chakras, the practitioner can prevent aging and maintain youthfulness, stamina, and vitality. One must be able to stay at the crown chakra for the mind to retain the benefits and remain illumined in the pure void of pure bliss.

Integrative Paths

This section explains some of the fundamental ways that the integrative paths differ from the transcendental path. This is meant to provide only a short summary, since rest of the book is devoted to applying the integrative approach to the chakra system.

The integrative system elaborated on throughout this book offers an alternative approach to spirituality. It is based on the awakening of the heart chakra, where the upper and lower chakras are integrated. Our heart chakra can open and stay open only when it is nourished by the energies of both matter and Spirit.

All yogic paths focus on turning the sensory system inward and using the sensory faculties to awaken consciousness. However, the integrative paths do not espouse shutting down our sensory mechanisms. The focus is instead on awakening and internalizing our sensory faculties so that we can use them to become conscious of the non-physical aspects of our being and reality.

Integrative paths also recognize the critical role of working with sexual energy to promote spiritual awakening. Although these paths do not condemn sexuality or require celibacy, sexual abstinence may be used during certain periods to consolidate one's own energy and identity.

The goal is always to awaken the Kundalini to achieve an enlightened mind, and then to bring higher consciousness into our human expression and life experiences, including relationships. The ascent is thus followed by the descent through the chakras, which makes it possible to tap into the highest expression of their faculties and powers. We are then able to live in our body as an awakened soul. More specifically, after the Kundalini rises, we allow the nectar of consciousness to flow downward and upgrade the functioning of all our chakras. The goal of the descent is to operate from higher awareness in all our chakras.

The ascent without the descent, on the other hand, fosters illusions and fantasies. Repression of the energies in our lower chakras creates shadow expressions. Moreover, denying our body creates ill health and physical, mental, and emotional problems. And being ungrounded in physical reality makes us a pawn to manipulation and abuse.

Matter and Spirit Are One

The integrative system is founded on the premise that matter is simply a denser expression of Spirit. Spirit is non-physical life-giving energy that is embedded in and empowers all our functions and gives rise to our human experiences. Physical and non-physical realities are inseparable and totally integrated. Our goal is to awaken to Spirit in matter and to enjoy this union in a physical body.

More specifically, the integrative system seeks to weave the polarities of Spirit and matter, body and mind, and feminine and masculine into a unified in-the-body whole. Embracing all aspects of our being, it accepts and seeks to upgrade our human experience in the world, rather than trying to escape it. Human life is considered to be a gift, not a curse. The sacredness of Earth, our body, and sexuality are honored. Instead of suppressing, we upgrade the life energies in all our chakras so that we can awaken to the oneness of body, mind, and Spirit.

We will discuss the practical implications of the transcendental and the integrative paths in the next chapter on worldviews.

4. Worldviews, Values, and the Polarities

What we value is determined by our worldview. To evolve, we must redefine what we value. A profound reorientation of our values can happen only when we install a new attitude in our minds and hearts. For a very long time (way too long!), the fear-based patriarchal paradigm has served as the ideological foundation for our social, economic, political, interpersonal, and spiritual systems. In this chapter, we explore how traditional spiritual paths created from the patriarchal transcendental mindset have determined what we value and devalue. Then we will examine how a more inclusive heart-centered worldview can form the foundation for a shift in what we value and how we relate to ourselves, each other, life, and Mother Earth.

Upper Chakra Transcendental Path

The transcendental upper chakra spiritual paths — designed for men by men — seek also to transcend all expressions of the feminine: our bodies, emotions, feelings, the human experience, women, and Mother Earth. The lower chakras are defined only in their negative undeveloped expressions. Positive expressions, beneficial faculties, and absolutely essential qualities of our humanness are ignored and depreciated. This is understandable, although not acceptable, because the planet has been consumed in the lower frequency of fear.

The infamous list, “lust, greed, pride, and attachment,” for which the lower chakras have been condemned has never been accompanied by a list of the higher expressions and gifts that can be awakened by cultivating and developing how we express the primal energies of the earth, water, and fire elements of the first three chakras. However, things are changing. As the Earth’s frequency is being increased to the level of the heart chakra, the love needed to embrace and express the elevated qualities of the feminine and lower chakras is becoming more and more available. Here is the infamous list revised in light of the potential transformations these new frequencies offer:

- ◆ Under the spell of fear, *lust* leads to perverted and abusive sexuality. *However, from the heart chakra, we can spiritualize the expression of our sexuality and use it to further open our hearts to Higher Love.*
- ◆ Controlled by fear, *anger* depletes our vitality and wastes our fire energy in destructive ways. *With compassionate intentions, we can use our fire energy and free will to creatively and productively serve the higher good of all.*
- ◆ Fear of survival breeds *greed* that fails to acknowledge and respect the abundance of nature or contribute to building an equalitarian global society. *From our heart we can be “excessively” grateful for the generosity of Mother Earth and wisely use and share her abundant resources.*

- ◆ Emotional fear of being ignored expressed as *pride* and egomaniac boasting is a desperate attempt to satisfy the human need for self-worth. *As our heart chakra opens, we experience self-esteem and self-confidence that are the foundations for self-love.*
- ◆ *Attachment* can keep us weighted down by things, relationships, and ideas that constrain our freedom. *From the perspective of our heart, it is not a sin to live a comfortable life. In our heart we can lighten our load by giving up our attachment to shame, guilt, and blame.*

In summary, the negative expressions of our emotions are a result of a fear-based male-dominant paradigm, which leads to deception, domination, and exploitation of the feminine — our bodies, women, and Mother Earth. Consequently, transcendental spiritual paths have tended to perpetuate fear-based attitudes that make us (1) feel bad about being human, (2) guilty about having desires, and (3) wrong for enjoying our bodies, sexuality, and being alive! From the perspective of our heart, the dysfunctions of the lower chakras can be healed and their energies redirected to living a creative and fulfilled life.

Need for a Shift in Worldviews

Over time, the application of the transcendental male/mind paradigm has created serious dysfunctions, both personally and collectively. The disconnected male polarity has devolved into a way to space out and disconnect from our feelings, emotions, and body. Ungrounded, it fosters poverty consciousness and the inability to be effective and functional in modern society. The patriarchal worldview has degenerated into an excuse to manipulate others and control resources.

Exploitation of all expressions of the feminine has been made possible because we have been so mentally preoccupied and disconnected from our bodies and the Earth that we haven't been able to realistically compute value, limits, and a healthy relationship between humans and the Earth. The patriarchal system tries to dominate, exploit, manipulate, and control what we fear, don't understand, and fail to appreciate. But when we abuse half of reality, we create suffering for everyone.

As the Earth's frequency elevated to the heart, we have become aware that the male/mind "upper chakra good, lower chakra bad" paradigm is not in accordance with reality and in fact has produced disastrous results. This worldview has been increasingly challenged and exposed, and we have reached a tipping point. The source of our global problems has been diagnosed. We must shift our worldview and consciousness to the heart chakra to survive and thrive.

Honoring the Feminine/Flowing Polarity

The lower chakras express the female, feeling polarity of our soul. They cannot be ignored, denigrated, and abused without serious consequences personally (in both men and women) and collectively (politically, economically, and socially). A fundamental shift in the human psyche is required to upgrade how we experience the feminine and our lower chakras.

A realistic and workable worldview integrates both polarities at the heart and does not indulge our dualistic mind to condemn, judge as bad or of less worth, ignore, or try to shut down the feminine polarity of our soul. A heart-centered worldview accepts the female polarity as part of the human design in both men and women. And it recognizes that the interactive dance between the feminine/flowing and the masculine/stable energies is the fundamental dynamic of universal reality. An integrative heart-centered approach understands the necessity of shifting from degrading and exploiting all expressions of the feminine to honoring, taking care of, and enjoying her gifts.

Integration instead of Abuse

We have existed so long under the spell of fear and the patriarchy that we fail to recognize or question the perversions that it has created. For example, we beat ourselves up with judgment, shame, and guilt, and consider that normal because we believe that something is the matter with us and we aren't lovable. In so many ways (including the food we put in our body), we are aggressive and disrespectful of our body and feelings.

Here is an example of how we abuse our bodies in a spiritual context. Some male/mind spiritual paths teach us that we should be able to sit still for long hours and not move while meditating; in other words, just ignore (transcend) the physical pain. Unless we leave our body and escape into our mind, we notice that physical pain distracts us from quieting our mind and attaining inner peace.

Integrative heart-centered paths, on the other hand, recognize that our spiritual practice must honor both polarities. Yes, the goal for the *male/mind polarity is to reach a point of stillness*. But "*still*" equals "*stuck*" for our *female/flowing polarity*. To be satisfied and tap into the powers and resources of the *flowing polarity*, the energy in our physical and emotional bodies must overcome the tendency to be stuck because they are traumatized with fear. The flowing polarity can be released from debilitating fear through loving acceptance and relaxation, which allows it to *flow in rhythmic movement*.

We thus experience that flowing movement is natural and pleasurable, not to be avoided and shunned. And supportive physical exercise is necessary to prepare the body for sitting meditation. With pranayama and Kundalini Yoga, we strengthen our nervous system to be able to hold and contain the Higher Love frequencies produced as we awaken the upper chakras.

Evolution of Consciousness to an Integrative Approach

Both the transcendental and the integrative approaches recognize the need to raise our frequency out of fear into love. But as explained above, the transcendental path seeks to escape the female polarity and lower chakras. The integrative approach gives value to both polarities and all the chakras. It recognizes that in the lower fear vibrations, the polarities sabotage each other: the flow shuts down and gets frustrated and angry, and the stable mind becomes rigid and dogmatic (instead of enlightened) and uses fear to try to control and dominate our feelings and emotions.

The integrative heart-centered path is about discovering how the two polarities of our soul can work together and support each other. Both polarities have to operate in their higher expressions to find balance, harmony, and integration. This requires the awakening and development of all of our chakras. To evolve and upgrade how we express the moving feminine energies, our emotions, the elements, and the lower chakras, expanded consciousness in our upper chakras is required. In our neutral mind (stable polarity), we can perceive and relate to the higher expressions of the lower chakras. Without the partner of consciousness, feelings and emotions — the female/flowing polarity — feel abandoned and unloved and remain controlled by subconscious fear and anger programming.

Redefining Value with the Integrative Approach

To review, the transcendental approach gives ultimate value to the upper chakras and to the experiences that we cultivate as we awaken the Light in our mind. The integrative heart-centered approach requires taking the first three chakras into account in determining what we desire and value and the experiences that we cultivate.

At the first chakra, we don't give up our desire for a comfortable life. (Who really enjoys lack and deprivation of our basic need for food, clean water, and shelter?) But our attitude toward what we have shifts from wanting more than we really need to appreciating what we have. When our basic needs are satisfied, physical security gives us a sense of freedom. We can then escape from the consumer-materialistic trap and not be burdened with excessive possessions.

The earth element is about wisely using physical resources and enjoying their blessings. The earth element also enjoys using practical wisdom to be productive. It derives value from uncovering latent potential and carefully manifesting these resources into tangible assets. Fire helps earth to get things done and take action to achieve practical goals. We gain satisfaction through patient incremental growth, which yields long-term economic security. Wealth is defined by worth and quality over quantity. The first three chakras work together to achieve the above.

The earth, water, and fire elements each have qualities and faculties that enhance our physical experience and help us grow and evolve. Earth gets a buzz out of being practical, efficient, and responsible money- and resource-wise. Water likes to enhance the feel-good factor of our life experiences. Fire energy and motivation make it possible to accomplish tasks. They work together to help us experience deep satisfaction as our physical reality changes through our own efforts.

Earth also enjoys the abundance that satisfies material needs and gives one the liberty to enjoy living in the present without fear, while earth and water together derive deep satisfaction from comfort and physical pleasure and beauty. Through the subtle senses, we experience the sensual pleasure that makes it possible to connect with and appreciate the gift of our body and our home, Mother Earth.

Our lower three chakras develop and evolve when we use the creative and manifesting powers of the elements to experience that we can provide for and take care of ourselves. Instinctually,

Your Life Is in Your Chakras

we know that consolidation and self-sufficiency in the physical world are the foundation for moving up the chakras.

Ultimately, the lower three chakras seek to experience the in-the-body pleasure of embodying the abundance of Light from the awakened upper chakras. Our body vehicle makes it possible to contain Light/Spirit and to share the higher vibrations of Love with the Earth and the world. In the integrative paths, we work with our lower chakras to prepare our body for this ultimate human experience of spiritualizing matter.

Earlier I relied on the classic yoga system of the spiritual awakening. But working with the integrative approach revealed another side of this process that now guides me. I now understand spiritual awakening in terms of the level of a person's vibrations, i.e., how much Light and Love energy we embody and are able to share with the world. I can feel whether I am able to contain and flow with the vibrations of my Soul. With the help of my sensory system, I am able to listen to my inner voice and to hold the Light through my presence without distorting it. Love is the acceptance of yourself and the world without any judgment, evaluations, or fear.

— Student Testimonial



Part II: Chakra Descriptions

5. First Chakra: Earth and Body

Body, Earth, Roots, Grounding, Basic Needs, Survival

Individual Self and Body Home

At the first chakra, we begin to meet the human challenges of manifesting our individual identity in human form. At the beginning of our human journey, our self-concept is defined in relationship to our body. We are necessarily self-absorbed and concerned with our physical survival. At the first chakra, we explore our body as the sacred vehicle of our soul for our earthly experience.

Our physical body is the hardware of our innate intelligence that integrates all our parts into a whole. The human body is a complex instrument that must be fine-tuned to be able to receive, process, and transmit an infinite amount of information in order to carry out its many tasks.

To find and maintain inner peace, we must be at peace with our body, our image, and our personal identity. When our body feels safe, secure, healthy, relaxed, and nourished, our attention can comfortably move to other aspects of life as embodied in the other chakras.

Our first chakra reminds us that our spiritual goal is not to become a disembodied ray of light. Our soul's desire is to get here (in our body and on planet Earth) before we leave! Our body is our home. To be at home, we have to be inside our body. We come home with feeling awareness. We do this by bringing our attention to and feeling the sensations in our belly, spine, legs, and feet.

Function and Purpose — Roots and Foundation

Awakening consciousness in our human form requires a solid foundation from which we build our experience of other levels. Like a tree, we need roots to grow taller. Our roots provide stability for growth and development.

At the first chakra, we find an anchor that serves to ground us, calm us down, and keep us in our body in the present, here and now. Without a root, we are blown to and fro by the winds of activities and circumstances and restlessness that move us. We need our root to stay in touch with who we are.

At the first chakra, we build our foundation and establish the base for all the other chakras. We establish our root by feeling our energetic tail at the base of our spine extending down into the Earth — deep into the Earth — where we connect with the healing powers of Mother Earth and

establish our connection with all life.

Basic Issue and Motivation: Survival

At the first chakra, we are preoccupied with physical survival and meeting our basic needs for food, shelter, protection, warmth, sleep, and health. Even when we have these needs met, we naturally give priority to general maintenance and our daily routine (first chakra chores). The basic motivation at our first chakra is financial and physical security. At any point in our development, the job of our first chakra energy and attention is focused on providing ourselves with nourishment, safety, and support. Our physical health, material well-being, and manifesting capacity are all dependent upon our first chakra.

The first chakra is controlled by our reptilian brain, which deals with our most primal instincts. Our primary instinct/emotion is fear. We feel afraid when we don't feel safe, secure, or taken care of. Dysfunctional first chakra behavior comes from fear of lack, being unable to get our basic needs met, and circumstantial and self-imposed deprivation. We become obsessed with collecting and saving, and can be overly attached to material possessions and money.

Our survival instinct kicks in as financial, health, and identity issues arise, activating feelings of insecurity and even panic attacks. Survival issues wake us up, demand our attention, and activate our fight or flight response. Our adrenal glands (third chakra) secrete to give us energy to do what we need to do to take care of ourselves.

Instinctual Base

Our body is instinctual in nature. Our awareness at the first chakra is kinesthetic. With feeling consciousness, touch, and movement, we can tune in to, focus on, and communicate with our body. At the first chakra, we learn to use our sensory awareness to pay attention to how our body sends us messages that communicate our physical need for optimal health — food, exercise, water, shelter, sleep, and relaxation. Physical well-being, attention, and comfort are our master guidelines.

Our body receives and processes information that computes as moods, emotions, and pains; our physical posture and state of relaxation; and directives to act and react. When our body installs this information as programming, it expresses as habits, attitudes, and beliefs — some are supportive; some are self-sabotaging.

The first chakra is our base for connecting with, communicating, accepting, loving, and healing our body. Our body/mind must be able to experience and compute sensitive emotional information, which is not going to happen if we are out of our body and lost in our thoughts and fantasies. The language of our body is feeling, not thinking.

Earth Energy and Limitation

The earth energy of the first chakra is the most tangible, dense, and solid energy. It is only at the first chakra that energy is condensed into matter and form. The deep red color associated with the first chakra has the slowest vibration and longest wavelength of the chakra colors.

Limitation is an asset at the first chakra. Without limitation, we get lost in mental fantasies and in the nebulous field of unlimited possibilities. Limitation is necessary to make choices, contain or build something, create, and manifest in physical reality. At the first chakra, we experience matter as a reality and a necessity.

Function and Power: Grounding

Gravity is the force that pulls us downward, connects us to the Earth, and anchors us in the physical plane. The downward force of the first chakra is oriented toward the Earth. Grounding at our first chakra satisfies our basic need for connection with the Earth and feeling awareness in our body, both of which give us a solid foundation to engage in our life journey.

Our legs, feet, and tailbone are our grounding rods. They transmit information from the Earth up through our spinal column and into our brain to guide our motor activity. With feeling awareness, we establish our connection with the Earth. When we are present to the sensations in our feet, legs, and tailbone, our physical movements are connected and grounded.

Grounding stabilizes the body so that we are not thrown off balance. We need to be grounded to (1) stay in our center, (2) remain alert and not get lost in mental fantasies, (3) contain our energy and hold our attention on ourselves, (4) manifest and possess, (5) not dissipate our energy and dilute our presence, and (6) stay in the present moment and experience life.

Grounding entails (1) befriending gravity; (2) enjoying the pleasures of being dense, solid, and present; and (3) feeling our body as the sacred vehicle of our soul.

Energetic Connections and the First Chakra

Our chakras are always interacting with the energy in our environment. When our chakras are weak and unsupported by a grounded first chakra, we are susceptible to being influenced by offensive energies and unable to avoid absorbing harmful influences. But when our first chakra is strong, it discharges overload, repulses unwelcome intruders, and, extended into our aura, creates a protective shield against negative energy.

Grounding not only connects us with our body and the Earth, it empowers our physical body to be a vessel for our subtle bodies so that (1) our emotional body has a home, (2) our sensory system has a channel to receive its messages, and (3) our mind is connected to physical reality and thereby better able to compute information and make accurate calculations and good choices. Our presence speaks because of the alignment of all aspects of our being in one place — here now in our physical body.

Mother Earth and Natural Laws

The Earth is the ground upon which we walk and rest. In all our life activities, we are always interacting with the Earth. Planet Earth makes it possible for us to be in time and space. Mother Earth is the source of all life and growth. Place a tiny seed into the Earth and magically it grows into one of thousands of plants, flowers, or trees. Abundance is a gift from Mother Earth.

At the first chakra, we become aware that we must live in harmony with natural laws that govern our physical body and physical reality. We learn what supports our journey and what creates problems, suffering, and pain. We also learn the limits of physical gratification. In harmony with natural laws, we can use our energy wisely and learn to enjoy physical pleasures without undue attachment or damage to ourselves, others, and our sacred home. Through our first chakra, we receive nourishment, feel connected to nature, and find our path.

Top-Heavy Mental Society

From a first chakra perspective, modern society is very disconnected — urbanized, mechanized, electronic, and cerebral. Our political, economic, and social structures are top-heavy hierarchical power-grabbing systems, with little wealth or power trickling down to the masses.

Being ungrounded as individuals (and as a society), we automatically compute that we must be on guard to protect ourselves and to maintain our tenuous position. We manipulate to compensate for being disconnected from each other and for not working together to support the common good.

Moreover, ungrounded, we lose touch with our instincts, get lost in our thoughts, and become mentally dysfunctional. Our reality is created by obsessive out-of-control thinking. For example, we indulge in the fantasy that someone else will take care of us or dream that we will win the lottery. We lack a sense of self that relates to our body as the vehicle of our soul, and we then don't feel safe or secure in physical reality. In other words, we don't relate to what should be familiar and comforting because we are not home in our body.

Attitude toward Our Lower Chakras and Ourselves

Physical health and individual identity begin at the first chakra. Without the lower three chakras, we disassociate from half of our being and feel fragmented, isolated, and alienated. The lack of integration of all our parts/chakras causes tension, stress, and disharmony. Out of touch with who and where we are, we are unable to rest, relax, and renew. Our journey toward wholeness begins at our first chakra.

Furthermore, the belief that we are trapped in a sinful body generates guilt and existential pain and suffering. If we wish to be released from the bondage of physical existence, we deprive ourselves of the gifts of physical pleasure and the security and nurturing provided by matter “mother” during our short visit to planet Earth. And if we don't honor and maximize the awesome intelligence of our body, we miss out on the miraculous experience of life.

Guilt and worry, scarcity programming, and lack of self-worth are first-chakra issues. To heal, we must allow ourselves to receive. And we must accept ourselves, embrace our life, and feel deserving. We must feel that we have a right and a desire to be here. Healing first-chakra issues includes giving ourselves permission to be alive and taking responsibility for caring for ourselves.

The Satisfaction of Financial Integrity

The first chakra is also about being practical, efficient, and responsible money- and resource-wise. An example of the deep satisfaction we can experience as our physical reality changes through our own efforts comes from a friend of mine who recently got his financial situation in order.

Deciding enough was enough regarding recurring debt problems, he and his wife bought a popular book that sets out guidelines to get a realistic picture of their finances. He said it was a great relief to have everything spelled out so they could see what comes in and what goes out and finally make conscious decisions about how they spend their money. They used to be unconscious about where their money went and just counted on (hope/fantasy) making more money to cover the bills and to stop accruing more debt. They have benefited by eliminating much stress and gaining greater peace of mind.

“Of course commonsense financial-planning measures solved their problem,” say those who have an Excel spreadsheet that accounts for every penny earned and spent. But for many others, making the effort to create this kind of grounded accountability can sound very challenging and even unnecessary. If prosperity meditations haven’t yet produced the results you wished for, you might consider ways to be more grounded in relationship to your finances, your body, physical reality, and Mother Earth.

Developing the First Chakra

Taking care of our physical body and our basic needs is a critical component of developing and balancing our first chakra. Until we deal with our first-chakra concerns, survival issues dominate our thought waves, and needy feelings possess our emotional body. We cannot simply meditate our first chakra into functionality. We need the energy and cooperation of all our chakras to satisfy our physical needs and to take care of our earthly tasks.

When our first chakra is underdeveloped, it is hard to process and release energetic input. We stay stuck in mental stories and carry unnecessary heavy emotional and physical burdens. We must feel pain to let it go, and we must connect with what is happening to heal. As we develop our first chakra, we are able to embody stillness, release stress, and increase our vitality. We develop a sense of inner security and are not afraid of falling and failing. We engage in experimentation that gives us experiences from which we learn and evolve.

The animal symbol associated with the first chakra is the elephant, which has a steadfast walk, assured gait, and self-control, even while carrying heavy burdens. We develop this steadfastness as we overcome a sense of insecurity caused by disassociation from our body and disconnection with the Earth. The feeling of safety and nourishment issuing forth from our body and the Earth give our personal elephant the inner and physical strength it needs to support and fuel our upward journey.

In Summary

The force of gravity condenses energy into matter, making our first chakra the most personal, stable, dense, and cohesive of all our chakras. Its solidity and firmness supports us. However, if we do not proceed upward into our other chakras, we can get too attached to physical comforts, material existence, and monetary security. When there is no movement and fire that propels us forward, we are unable to change and, consequently, get stuck. It is thus essential that we continue our journey up through chakras two and three.

Food and the Chakras*

Different foods relate to different chakras. The chakra/food relationships as set out below correlate protein with the first chakra. Often vegetarians do not consume enough protein, which can create a weakness in the first chakra and cause one to be ungrounded.

- ◆ First Chakra — Protein
- ◆ Second Chakra — Liquids
- ◆ Third Chakra — Starches and sugars from whole grains; quick energy foods burn out the third chakra. Food addictions are third-chakra issues.
- ◆ Fourth Chakra — Vegetables
- ◆ Fifth Chakra — Fruits

* Anodea Judith, *Wheels of Life*, p. 82.



First Chakra Charts

Root Chakra: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Base of the spine Perineum	Large intestine Feet and legs Bones, skin, hair Tailbone	Foundation Root Support	Earth Matter Mass Form Structure Physicality
Functions	Issues/Attributes	Motivations, Desires	
Connection to physical world Grounding in body with Earth	Physical security and survival	Feel safe and protected Meet basic physical needs	
Relationships	Feeling Nature	Aspects of Being	
To the Earth To nature/natural forces To physical body To feeling sensations	Solid Stable Stillness Passive Grounded Connected Plugged in Relaxed	Survival instincts Primal feelings/instincts Home of Kundalini Elementary individuality	
Forces/Powers	Purposes, Tasks	Practices	
Gravity Earth element	Connecting to Mother Earth Establishing root Grounding	Hatha and Kundalini Yoga Physical exercise Root lock	

Root Chakra: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Isolation, abandonment Life on Earth is a punishment and painful	Achieve a sense of belonging Embrace life on Earth as a worthy challenge and opportunity
Unbalanced Emotional State	Balanced Emotional State
Feel you do not belong here Do not know where you belong Feel all alone and isolated Feel unsafe in physical world Feel abandoned, alien Feel disconnected from environment Feel you do not deserve to exist Cannot trust human systems or the Universe	Feel at home on planet Earth Enjoy Mother Earth as your current home Feel connected to other living beings Feel safe in your physical environment Feel accepted in the social community Feel connected to all life Feel deserving of your place on Earth Able to trust goodness of life and the Universe
Unbalanced Emotions	Balanced Emotions
Numb Afraid Distrustful Unable to relax, let go, and surrender Insecure Impatience Empty Escapism	Alive Instinctually prudent Trust own instincts Can relax, let go, surrender when feeling safe Secure Patient Full, satisfied Enjoy the moment
Unbalanced Mental State	Balanced Mental State
Always worried about something Inability to relate to physical world Survivalism Death wish Separation, preoccupied with thoughts Greedy, possessiveness Not enough, scarcity, poverty consciousness Past-oriented and lack a sense of orientation Only trust concrete proof and experience	Accepting, at peace with the world and self Desire to be here and enjoy life and the planet Feel secure in having basic physical needs met Lover of life Feeling connection to physical plane Generous Abundance, prosperity consciousness Live in the present, ability to be here now Trust and in touch with subjective reality

Unbalanced Physical State	Balanced Physical State
Uncomfortable in your body Poor eating and exercise habits There is nobody home in your body Little feeling awareness of body Restless Poor health, low energy	Comfortable and cozy in body home Honor and take care of your body Energetically present in physical body Sensual awareness and acceptance of body Calm, relaxed Ability to maintain an energetic, healthy body
Unbalanced in Relationships	Balanced in Relationships
Not heard when speaking Not noticed, cannot be found Actions never seem to make things happen Difficulty manifesting and supporting self	Heard when speaking Presence is noticed and appreciated Actions bear fruit Able to manifest
Unbalanced Beliefs	Balanced Beliefs
Believe in scarcity and limited resources I'd better grab what I can Cannot count on anyone else I am in this life alone It is all up to me if I am going to make it Materialism and quest for physical wealth dominates priorities	Believe in abundance, there is enough for all Respect for generosity of Mother Earth Self-reliant, yet accepting help when needed Feel connected to life and others Accept support from others and Mother Earth Grateful for material wealth that supports inner and outer well-being
Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
Hoarding Need to control Resigned or hooked on fantasies Romance the stone (go after unavailable lovers and win-the-lottery schemes) Play the poor me victim; it is not my fault	Can give back in gratitude for what you receive Do not try to control others to benefit self Realistic approach to physical demands and life challenges Attract appropriate and available partners and direct energy to realistic projects Take responsibility for own actions and life

First/Root Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

Your environment growing up was unsupportive, dysfunctional, and perhaps even actively destructive. Family and parents were emotionally and physically unavailable, indifferent, irreverent to who you are. As an infant and young child, you felt isolated, misunderstood, and deprived of love. As a result, you concluded that no one was there for you and that this was because who you are is unacceptable.⁶

Results: Attitudes and Behaviors

Overachiever

Must achieve to prove worth. Must contribute to justify your existence.
Sensitive about anyone accusing you of anything. Defensive in face of criticism.

Rugged and ragged individualist

Relationship to the world: hostile, judgmental, disapproving.
Feel others don't appreciate/understand who you are.
Fighting an uphill battle just to get by.

Desperate program to survive in a hostile environment:

Need to persuade a rejecting God/parents/authorities you have a right to exist.
Have to figure things out and fend for yourself. Cannot count on anyone else.
Must be in control; otherwise, you will be destroyed or left to starve.
Feel "the world is out to get me."

Justified greed

I have a right to do what it takes to take care of myself in this hostile environment.
My life and survival depend upon it. If others were smart, they would do so too.
Disregard your impact on the environment.
Don't care about consequences for others; cannot care because lack feeling sensitivity.
Must prove self. Manipulation, control, and cheating are acceptable strategies.

"Prove it to me" attitude

Need concrete experience and proof.
Cannot envision a positive future. "It has always been that way." (bad)

Past and externally directed

Look to the past for examples on how to do things.
Look outside for validation and justification.
Look to others to gauge how to react and respond.

Learn from hard knocks

Prone to choose the hard route.

Find it difficult to try new things. Resistant to change, innovation, and risk.

Attitude toward a better future

Hope for good luck, play the lottery, try to strike it rich.

Build a portfolio of good deeds to justify your existence and prove your worthiness.

Motivated by the possibility that you might earn good karma or at least pay your dues.

Scam, fake it, and scheme to make it; might just sneak by.

Death-affirming separation and survivalism

Overwhelmed by life's challenges.

Believe that physical reality is beyond your capacity to cope.

Do not want to be here, but find no way to escape, except through numbing addictions.

Crash and burn, or hit bottom, and decide to turn around or leave the world.

Love and intimacy avoidant

Avoid being vulnerable to not get hurt again or destroyed.

"Portable Plexiglas phone-booth" effect: "You try to reach out to them or they try to reach out to you and you run into this invisible wall."

Unable to interact and connect with others and environments.

Sealed unit — completely cut off from community, God, and universe.

Feeling deprived of intangibles:

Love and intimacy, sense of belonging, security, relevance.

Connection to the Divine Mother (Believe God is He, no nurturing component).

Lack sense of self-worth

Feel you do not deserve to exist, have no right to be here.

Invisible barriers are composed of frozen tears.

Feel you are not worthy and God has decreed you a sinner.

Desperate seeker, spiritually starved

Prone to become addictive.

Constant search for something that gives you a sense of connection, security, possibility, hope, worthiness, validation, value, joy.

Or something that can turn off the agony and pain of being alone, disconnected from others, God, and love.

Addictive illusions: run away from experiences

Look at what *was*, what *might be*, what you are convinced *will be*.

Experience that your beliefs and fears are true because your inner reality draws to you what you dread the most.

First/Root Chakra: Developed, Balanced, and Aligned States

How Life Is Experienced When First Chakra Is Balanced

Ability to trust

Feel safe to come out from hiding and participate in life.
Trust self, the goodness of life, and the Universe.

Present in the moment in feeling consciousness

Available to experience what is happening while it is happening.
Able to feel and be present in physical body even when feeling uncomfortable.
Able to tune in to emotions and to separate emotions from thoughts.
Able to process emotions through the body and not get stuck in mental analysis.

Every experience is valuable

Attitude of “What can I learn from this?” Every experience is an opportunity to learn.
“How can I evolve and mature into a fully functional adult?”

Courageous and willing to risk

Can operate in the face of uncertainty, focus on what is possible and go for it.
Can dare to take reasonable chances and try new things.
Do not have to always be right or righteous.
Innovative leader, pioneer, explorer.

Acceptance of what exists

Not worried about what you do not have, should have had, or what someone else has.
Comfortable with and grateful for what you have in the moment.
Appreciate the generosity of Mother Earth and enjoy life and physical existence.
Can go with the flow and not fight the obvious.

Able to surrender

Give over to God what you cannot control or figure out.
Know there is a higher force supporting you.

Desire and ability to bond with others

Able to be reasonably vulnerable and stay centered in feeling awareness in body.
Do not try to romance someone who is not available.
Do not take “no’s” as personal rejections.

Aware of inherent self-worth

Do not feel abandoned when not with someone else.
Can focus on and enjoy manifesting your destiny and making a contribution.

6. Second Chakra: Water and Flow

Emotions, Movement, Expansion, Polarities, Connection, Sexuality

Life gets more interesting and more complex at the second chakra, where we (1) feel our emotions; (2) experience differences and separateness; (3) awaken to the dynamics of polarities and change; (4) experience our sexuality; (5) desire pleasure; (6) engage in movement, relaxation, and flow; and (7) give and receive nurturing.

From the First to the Second Chakra

The nature of the energy at our second chakra differs dramatically from the energy of the first. At our second chakra

- ◆ One becomes two. Unity becomes duality.
- ◆ Stillness becomes movement. Stability gives way to fluctuation.
- ◆ Matter becomes liquid. Solid melts into fluid.
- ◆ Form becomes formless. Earth becomes water.
- ◆ Linear becomes circular. The square becomes a circle.
- ◆ The present gives way to the cycles of time.
- ◆ We no longer hold on. We must let go.
- ◆ We move from self-preservation to procreation and the desire to create.

The second chakra revolves around its own axis and expands outward. Restraint (first chakra) gives way to freedom (and awareness of lack of freedom). Our singular self-attention (first chakra) turns outward to connect beyond ourselves. Our self-focus (first chakra) is now our personal reference point upon which we build relationships.

Purpose and Function

The primary purpose and function at our first chakra is to consolidate, to create structure and form, and to hold and be held. At the second chakra, we must relax, let go, and surrender to empower the flow, allow movement, and permit connection to happen.

The Moon and the Feminine

The Moon, the feminine, and the unconscious are associated with the second chakra, which is the home of the mysterious and invisible powers of the female polarity of our soul. The second chakra is related to the cycles of the Moon, which govern the tides of the ocean and our

emotional tides and moods. The energy of our second chakra is subject to many emotional fluctuations as the phases of the Moon change every two and a half days.

The repetitive rhythmic movement of the second chakra creates the cycles of time. As the wheel turns, we must align our actions and being with its flowing force to create harmony in our life. That which flows with the cosmic flow and synchronizes with the cosmic rhythms changes, transforms, and evolves. That which does not is destroyed or obliged through increasing levels of pain to let go of resistance.

Expansion and the Water Element

At the first chakra, our basic motivation is physical well-being and financial security. Our attention is linear and our focus is in a single direction. At the second chakra, we begin to expand our personality into the world. Instead of being alone and needing to defend ourselves to survive, we reach out for physical contact and emotional connection with others. Our imagination and our hormones awaken us to our sensory and sexual nature.

After our basic survival needs are met, we are free to pursue other interests. Our motivation shifts to the fulfillment of physical and emotional desires that embellish our existence. Our desire for relationships, and for sensual, sexual pleasure, commands our attention.

The second chakra embodies the water element. The force of gravity causes water to flow downward. The nature of water is that it cannot be controlled, but it can be contained and directed. Fluid second chakra energy must be directed by consciousness to meet our needs for contact and pleasure while at the same time avoiding the downward spiral which causes us to succumb to subconscious programming. At the mercy of our primal instincts, the energy at the second chakra can create confusion, neediness, chaos, and restlessness. At higher levels of consciousness, second chakra energy can be integrated and balanced to maintain a harmonious and peaceful flow, both outward and upward.

Emotions and Movement

Movement is initiated at our second chakra. Through movement, unconscious energy becomes conscious. At our second chakra, we awaken to the world of emotions and become aware of a deep unconscious and subconscious reservoir of energy in our body. Here, we get to know our body as the home of our vitality, feelings, emotions, sexual responses, and well-being.

Our emotions are moving energy. Suppressing our emotions blocks movement, awakening, and pleasure. Emotional expression releases tension, fosters a harmonic flow in our body, and creates deep satisfaction and contentment.

In addition, our subtle and emotional bodies, expressed at the second chakra, give us psychic sensitivity and provide us information in relationship to ourselves, others, and our environments. Being able to feel within and without is part of the human mechanism that makes it possible to respond appropriately in life situations.

Involuntary, unconscious mood changes and reactions happen as a result of internal and

external stimulation that we are unable to handle. At the second chakra, we learn to process and protect ourselves from subconscious and outside influences. Grounding is essential to bringing attention back to ourselves and our own center. With self-focus and the ability to contain our own energy, we can train ourselves to differentiate between our personal emotions, needs, and unconscious projections and those of others. And we can then redirect our attention to ourselves and our own needs.

Undeveloped second chakra expressions stem from our inability to compute appropriately and honor and fulfill our own emotional needs. These undeveloped expressions include (1) indulging in “save-me” fantasies fed by our unwillingness to take responsibility for our own feelings, needs, and life; (2) seeking stimulation and satisfaction outside ourselves, which is propelled by inner emptiness; (3) obsessive dependency, which arises from being stuck in neediness; and (4) jealousy and envy, which arise from lack of self-acceptance and the desire to possess what seems to be the advantages of others.

Emotional Self-Sufficiency

We calibrate our emotional state at our second chakra (and solar plexus). When our second chakra is weak, we are emotionally needy and dependent upon others to feel safe and secure. Needy people monitor others’ reactions instead of their own. Their hidden agendas are to elicit sympathy, agreement, attention, and validation — all of which are indications of a weak, underdeveloped second chakra.

Most of the time we are lost in our heads, listening to and reacting to thoughts that upset our emotional body. Developing our second chakra includes training ourselves to be in our body with our emotions and feelings and to not be constantly distracted by our thoughts. In our body, we can tap the power of our emotions and not dissipate and waste this precious energy.

As we develop the energy at our second chakra to be emotionally contained and self-sufficient, our instinctual awareness becomes more accurate and available to help us achieve our own sense of security and satisfaction. We don’t have to think so much. We no longer succumb to emotional involvement that creates dependence and pain.

The strength of our second chakra is determined by our ability to carry ourselves emotionally, to know our beauty and worth, and to not be dependent upon external validation and attention. When our second chakra is balanced and internalized, we use our emotions for our own sensitivity, information, projection, and self-nurturing. We are able to emotionally take care of ourselves and our life becomes our own.

I remember Yogi Bajan saying, “Don’t be emotional.” He was trying to tell us not to engage with others and communicate from emotional neediness. If we are not emotionally self-sufficient, what we do and say is going to send out self-sabotaging messages. The second chakra is about becoming emotionally contained and interacting with others from an emotionally connected and content position. Contained, content emotions become charisma.

Polarities and Tantra

At the second chakra, we are introduced to duality and the dance of the polarities that creates movement and change. Transformation and evolution are produced by the continual interaction between polar forces, which are forever shifting while maintaining a state of balance. “Duality, rising out of our initial unity, seeks to return to unity. Hence, opposites attract. Polarities by their mutual attraction create movement.”⁷

To benefit from the two polarities, we have to find the higher expressions of each and not get caught in their undeveloped expressions. This requires holding on to our center in order to engage in the dance between them.

The essence of Tantra is to bring the duality of the polarities into unity. Step by step, the ascent up the chakras accesses more inclusive energies and leads to oneness at the crown chakra. Tantric texts, which originate in male-created spiritual systems and are clearly written from a man’s point of view, prescribe austerities and celibacy to attain the goal of unity. In this celibate path, as in the non-celibate path described below, higher consciousness is achieved using sexual energy to awaken the Kundalini and raising it up the spine.

The non-celibate path embraces rather than denies sexuality, using the sacred dance of sexuality between a man and a woman to reunite duality into unity. However, overcoming separateness and achieving unity is not a simple “I was half, now I am whole” romantic fairy tale, as sex with a partner is not a substitute for deep inner work. The practice of Tantra is a serious spiritual path, where both partners must individually achieve unity of the polarities within themselves. When both partners are able to focus on their own inner awakening, the sacred union can result in restorative renewal and ecstatic pleasure.

Transmutation of Sexual Energy and Spiritual Paths

Humans live in primate bodies programmed to run on animal instincts. Spiritual paths and yogic technology designed by men for men direct them to redirect their sexual energy up their spine to attain higher consciousness. And the paths that advocate celibacy aim to harness sexual desire and passion. Because of the nature of man’s sexuality, sexual restraint is advised to gain health, self-control, and peace of mind. In these paths, sexuality was reserved for expression in marital love and procreation.

Indeed, transmuted sexual energy can be used to develop great mental and creative powers and to achieve divine realization. To quote the Indian yogi Paramahansa Yogananda, “As you ultimately control and spiritualize the creative energy, you will feel great peace and love and bliss in God. Saints who have thus spiritualized the sexual energy are very powerful, able to demonstrate wonderful achievements in the world and in the interior search for Truth. Thus the highest use of sex is the sublimation of its power in order to manifest spiritual thoughts and ideals and wisdom.”⁸

With serious practice, the moving, flowing sexual energy can be channeled up the spine to the upper chakras. Upward flow is possible if all the chakras are open enough for the energy to move and if the body, especially the nervous system, can handle the higher frequency energies.

However, unless men train themselves to channel their sexual energy, celibacy creates tension, anxiety, and nervousness instead of “enlightenment.” “Frustrated sexuality can lead to lower back pain, leg cramps, kidney troubles, poor circulation, and stiffness through the hips.”⁹ If this life force energy does not freely flow upward, it will find other outlets that can be violent or invasive and result in repression or exploitation. We need spiritual maturity to handle both sexuality and celibacy.

Male and Female Sexuality

As alluded to above, the practice of celibacy as a means for achieving spiritual enlightenment was developed for the male physiology. The practice holds that bodily strength can be preserved by the retention of semen. Woman’s physiology is obviously very different.

A man’s sexual anatomy is in close proximity to the first chakra and thus is very connected to the nature and desires of the first chakra. Accordingly, a man’s sexual mechanism is linear and focused in one direction, and his sexual energy is naturally released outward and downward. It can, however, be channeled inward and upward. The very delicate and subtle task of reversing direction involves focus and precision so that the energy flows and is not blocked, aggravated, or overstimulated.

A woman’s sexual organs occupy a larger area inside the abdomen. Influenced by the Moon, a woman’s sexual mechanism is fluid and rhythmic. The differences between a man’s and a woman’s sexuality helps explain why women can let go and surrender easier than men, who hold on and try to maintain control.

The differences between male and female sexual responses are related to very different energies. As noted above, the movement and direction at the first chakra is linear. Linear energy continually needs input to keep going; therefore, singular orgasms are natural for men. On the other hand, the movement and direction at the second chakra are circular and flowing. Once it begins to move, circular energy is self-sustaining; thus, multiple orgasms are natural for women.

Both men and women experience a deep release after orgasm. However, a different physiological dynamic operates in a man’s body. It takes a significant amount of physical energy for a man’s body to produce sperm. When he releases his sperm through ejaculation, his entire body reorients itself to reproduce another batch. Energetically and emotionally, a man withdraws after ejaculation in response to his body’s shifted attention and needs.

A woman’s orgasms have a very different effect. A woman needs to relax her reproductive organs and let her sexual energy flow. After orgasm, she feels deep satisfaction, pleasure, and joy that expand into her whole body as alive contentment. A woman’s body thus has an energetic release, which is not depleting. That is, clitoral orgasms simply involve energy and some secretions, which are easily regenerated. The liquid of a woman’s ejaculation comes from a small duct connected to her bladder. All she has to do is wait for her body to produce more liquid waste or drink some water to fill it back up. A bit of time, but no energy is required.

Regardless of these differences, both men and women are often unable to find appropriate fulfillment and expression of their sexual energy, which is then released as restlessness, anxiety, aggression, and anger — thus the importance given by all spiritual paths to spiritualizing and channeling sexual energy up the spine.

Sexual and Transcendent Desire

Sexual desire at the second chakra is the most complicated aspect of working with second chakra energy and understandably gets a lot of attention. The primal instinct to mate and procreate cannot be turned on and off depending upon our decision to have a child. Sexuality is interconnected with (1) the primal desire to connect physically and emotionally with another human being, (2) the magnetic attraction of polarities, and (3) the physical desire for pleasure and contact with other human beings. Because of (1) the consequence of unwanted pregnancy, (2) the entanglement of emotional energies between partners, and (3) the possibility of contracting a disease, there is a serious need to figure out how to deal with the potent sexual urge.

We find the formula for addressing these concerns inherent in human design. It combines the desire for sexual pleasure and the desire to experience God or higher consciousness. Woman must be able to focus on her personal experience and stay in her neutral mind to overcome the pitfalls of emotional attachment. Men must channel their sexual energy up their spine so that they can engage in prolonged periods of sexual intercourse without losing their seed. It is in this higher state of awareness for both men and women that the physical dance of the polarities produces transcendent results.

Pleasure

Biologically, the human body is wired to move toward pleasure and away from pain. Our spiritual path aims to release us from temporary pleasures resulting from external sources (material, entertainment, relationships, food, substances), which can be addictive, destructive, and distracting. Our spiritual path at the second chakra aims to direct us toward soothing physical pleasures (swimming, massage, exercise, yoga, and many others) that nurture our body and calm our emotions. We thus seek pleasure that supports our human experience and helps us achieve the full-body and inner pleasure that comes from attaining physical, emotional, mental, and spiritual well-being.

The limbic system, which is part of the lower brain, processes pleasure, sensations, and emotions. “The limbic system controls the hypothalamus, which in turn controls the hormonal levels and the regulation of the autonomic (involuntary) nervous system functions, such as heart rate, blood pressure, and breathing. Therefore, soothing stimulation to this part of the brain actually helps regulate and relax these hormones and processes.”¹⁰ The lack of conscious connection between the cerebral cortex (conscious thought) and the limbic system diminishes our ability to perceive our mind and body as an integrated whole.

Moreover, repression of pleasure shuts down our natural impulses and locks us into mind/body separation. This breakdown happens when we are mentally dominant and emotionally disconnected. Pleasure helps re-integrate mind and body and creates the physiological basis for

relaxation and the release of tension. When energetic impulses can freely (without fear of repression) flow through our body, they gradually “create rhythmic, coherent patterns soothing to the whole nervous system.”¹¹

Pleasure also activates our sensory system, making it possible to tune in to more subtle levels of aliveness and being. In this way, pleasure promotes health and healing and produces a feeling of wholeness and deep inner satisfaction, which open the gateways to higher levels of consciousness.

Yogic paths speak of “right” enjoyment and pleasure. What is sought is harmonious inner contentment that results from reducing inner conflict and experiencing inner peace. Yogic paths teach us how to internalize our senses so that we can be the source of our own satisfaction. This internal process involves elevating how we experience all our basic energies and integrating them into a sense of well-being. Self-nurturing and self-love are required.

Nurturing

Our skin, which is the physical container of our nervous system and our sensory apparatus, transmits feelings of pleasure. The boundaries and protection of our skin help us feel safe to enter the inner realms of sensory awareness. When we feel safe in our body, we can penetrate into our inner world. There, gentleness and kindness help release barriers of fear and insecurity. Instead of feeling threatened and closing off as an innate protective response, our internal systems can relax and be receptive to proper nurturing stimulation.

There is a give-and-receive dynamic between our physical and emotional bodies. Our physical body is the home of our emotional body. When our emotional body is content, it makes our physical body feel good. This interrelationship is of critical importance because when our physical and emotional bodies feel nurtured, they nurture us, allowing us to nurture ourselves. When we can nurture ourselves, we can overcome the common tendency and expectation to get nurturing from others. If we are attached to and dependent upon external nurturing, we set ourselves up for serious problems and deep emotional pain.

Our body/mind/emotion connection is developed through mothering and touching that foster in us a sense of belonging, trust, and safety. Nurturing stimulates the brain’s limbic system, the autonomic nervous system, and hormonal production and balance. Nurturing also facilitates inner relaxation and release of tension, which in turn creates the conditions for more optimal functioning of all our systems, including breathing.

Suppression of our emotions creates imbalance, inhibitions, and blockages in our energy flow and limits our sensory awareness. Humans need stimulation, but stimulation that is painful, oppressive, and too strong can shut down instead of activate our systems. Pleasurable stimulation makes our body more receptive and desirous of appropriate activation, which enhances our development and is soothing to our whole being.

In Summary

The second chakra is about soothing connection, harmonious interaction, and renewal. Nurturing requires a caring attitude as we deliver and receive energy, love, warmth, security, and touch from ourselves and each other. At our second chakra, deep satisfaction comes from feeling cared for and comforted. To harmonize our second chakra, we create loving internal and external environments and relationships that open pathways and foster receptivity, harmony, and peace.

The Gift of Water

Nothing in the world is as soft and yielding as water.

Yet for dissolving the hard and inflexible, nothing can surpass it.

The softness overcomes the hard.

The gentle overcomes the rigid.

Everyone knows this is true, but few practice it.

– Tao Te Ching #78



Second Chakra Charts

Sex Chakra: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Genitals Womb Lower abdomen	Genitals, ovaries, testicles Bladder Semen, blood, urine, mucus	Sweetness Dwelling place of the self	Water Liquid Fluidity
Functions	Issues/Attributes	Motivations, Desires	
Sexuality Emotional connection Bonding Expansion Creation	Independence and co-dependence Connection Attachment	Reproduction Intimacy, sexual connection Freedom Acceptance Creative expression	
Relationships	Feeling Nature	Aspects of Being	
With emotions and emotional body With inner child With other human beings Involvement with life	Flowing Moving Expansive Dynamic Rhythmic	Desire Passion Pleasure Eros (sexuality & sensuality) Ability to create Self-expression Instinctual self	
Forces/Powers	Purposes, Tasks	Practices	
Polarities Emotions Vortex, spinal energy Primal sexual/creative energy	Relationships Creation Regeneration Making choices	Tantra Creative arts Chair Pose	

Sex Chakra: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Separation and connection Shame and self-worth Boundaries and emotional neediness	Non-codependent connection with others Accepting our emotions and humanness Feel connected to others without losing self
Unbalanced Emotional State	Balanced Emotional State
Restless and anxious Anger toward the opposite sex and parents Self-rejection Hurt inner child Excessive emotionality and repressed emotions	Can relax and allow own flow and movement Understanding of opposite sex and parents Self-acceptance Healed inner child Accept and process emotions with awareness
Unbalanced Emotions	Balanced Emotions
Sadness and grief Shame and blame Neediness	Content, accepting, able to let go Self-forgiving Emotionally self-sufficient and self-nurturing
Unbalanced Mental State	Balanced Mental State
Duality and conflicts; confused Have desires that seem unattainable Frustrated with one's life Indecisive, unable to make choices Judgmental Jealous and revengeful Creatively blocked	Centered and neutral Free from obsessive attachments and beliefs Accepting of and embracing one's life Decisive, able to make choices Non-judgmental Forgiving Enjoy personal creative expressions
Unbalanced Physical State	Balanced Physical State
Stressed, rigid, and controlled In head, talk about feelings	Relaxed and free Feel feelings in body
Unbalanced in Relationships	Balanced in Relationships
Restrained and fearful Lack impactful presence Lack feeling of personal power Lack ability to command or impact Prone to excessive behaviors	Charismatic and relaxed Have a magnetic presence Exude self-confidence Endearing personality Know limits and where to stop

Unbalanced Beliefs	Balanced Beliefs
<p>Something is the matter with me I suffer from limitations and do not have what it takes to be successful in life I deserve to be rejected, punished Believe in good and evil, light and dark forces</p>	<p>Believe in self and personal power I can activate my gifts and succeed in life Feel deserving of respect, love, and nurturing Believe in the innate balance of universal polarities as they express in the world</p>
Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
<p>Crave, but avoid connection with others Withdraw to protect self Afraid of sharing and being taken advantage of Afraid to talk and interact with others Blame and find fault in self, others, the world Obsessive behaviors; indulge in excesses Lack satisfying creative expression Compulsive sexuality and/or impotence</p>	<p>Seek and enjoy social opportunities Spontaneous; do not hesitate or hide Willing and able to both give and receive Able to easily interact with others Take responsibility for actions and consequences Balanced and thoughtful behaviors Enjoy creative outlets that express from soul Able to experience one's sexuality in an appropriate and healthy manner</p>

Second/Sex Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

You lacked nurturing and accepting parenting in your early years that, instead of helping you learn how to appropriately express your emotions, feelings, needs, and desires, caused you to repress and question them.

Results: Attitudes and Behaviors

Feel something is the matter with you

Deep painful sense that something is wrong, bad about you.

A sense of shame or guilt for not being able to please parents and other adults.

Feel inadequate because you believe who you are does not match what is expected of you.

Feel that you deserve poor treatment, and even punishment and rejection.

Inadequacy, feel like outsider and misfit

Feel that you *do not have what it takes to be loved and accepted* — as opposed to *not belonging here in the first place, as in the case of the first chakra*.

You want desperately to be accepted and loved, but feel that this is not possible because something is different and unacceptable about you.

Poor me. I don't fit in. I am undeserving and a victim of fate.

Feel ashamed of body and sexuality

Believe that it is wrong to feel sexual urges, needs, and desires and that you should try to get rid of them. Intimacy and sexuality are immoral, evil, and sinful.

Sexual energy is easily dissipated, scattered, and depleted.

Sexual fixations, fantasies, and obsessions.

Sexuality is aggressive and addictive and not integrated with heart and caring consciousness.

Starved for connection

Desperately desire acceptance and connection, but feel it is a priori unavailable.

People pleaser to indirectly try to get need for love satisfied.

No rules apply to me

Do your own thing with devious self-justification.

Failure to find constructive outlets for bonding needs.

Prone to criminal personality and fanaticism.

Attention-grabber, spotlight-addict

Obnoxious, arrogant grandiosity.

Lack boundaries

Lack control over own energy.
Feel used and sucked dry when giving.
No bottom line or limits in relationships with others.

Trauma-drama queen or king

Addicted to emotional commotion around and within.
Reactive to everything that happens.
Systematically self-destructive.
Create drama and soap operas to get attention.

***Second/Sex Chakra:
Developed, Balanced, and Aligned States***

How Life Is Experienced When Second Chakra Is Balanced

Self-esteem

Sense of own emotional self, independent of others.
Feel good about self and your uniqueness.
Know you have something special to contribute.

Honor own humanness and other humans

Accept the human condition without negativity or judgment.
Feel connected to the human race and to the world.

Willingness to share

Generous without depleting oneself.
Sincerely dedicated to destiny and making a contribution.

Joy of living

Believe that the emotional component of life is meaningful, relevant, and valuable.
Experience life as interesting and exciting; passionate zest for life.

Things happen around you

Your presence makes a difference and creates an impact.
Your charisma draws opportunities to you. You attract miracles and magic.
People voluntarily and enthusiastically support you.

Creative expression in all aspects of life

Capacity to be in the flow and allow things to happen.
Can enjoy and savor your creative endeavors.
Spontaneous and inspired.

Process emotions through feelings

Don't talk about emotions to avoid feeling; allow self to feel emotions in your body.
Able to use emotions for self-nurturing; emotionally self-sufficient and contained.

Feel secure in own energy

Do not need or drain others' energy.
Uninhibited, relaxed, flowing energy.

Empathetic

Understand how others feel.
Do not pass judgment.
Respect what is happening to others.

Healing capacity

Your presence heals and nurtures others.
You bring out the best in others.

Can consciously expand energy

Can maintain and expand your presence without being drained.

Passion to understand and connect with others

True intimacy is possible without getting energetically lost and emotionally attached.
Able to trust and willing to learn about others because you do the same with yourself.

Purposeful and productive relationships

Creativity awakens and transformation happens.
Mutual empowerment and personal freedom for all are the result.

Sexuality

Able to connect with partner and God without losing oneself.
Sacred sexuality and the ability to "make love" with an open the heart are possible.
Women: Able to relax into own expansiveness and to receive and nurture a partner without control or manipulation.
Men: Able to integrate emotions and sexuality and to love from the heart.

7. Third Chakra: Fire — Pulsing Aliveness

Fire, Power, Autonomy, Will, Energy, Metabolism, Transformation, Self-Esteem

The fire at the navel chakra gives us passion to live, serves as the impulse to move forward, and motivates our self-development. It is easy to understand why Yogi Bhanjan began by teaching us Kundalini Yoga practices designed to build our navel power. The lack of prana/apana integration at the navel causes many of our psychological problems, including lack of personal identity, scattered and unproductive energy, and the inability to concentrate and be centered. Navel imbalance is a major factor in many physical problems as well, such as headaches, tiredness, digestive problems, and nervous system disorders.

When our navel center is underdeveloped, we lack energy, a consolidated sense of self, and focus. Without the life force generated at our third chakra, we “substitute sensations, drama, trauma, and problems. We are slaves to our minds because this third point doesn’t balance life, and so we start thinking.”¹² We spin our wheels and waste time and precious energy. Without navel power, we are unplugged from our innate vitality and aliveness.

By contrast, with a strong navel center, we can honor our unique identity, our presence can work, and we can have an ongoing experience of life now. We need an experience of ourselves alive and enjoying life to replace our mental imagination, assessments, and hopes. At our navel center, we can feel pure fire power and how it brings dynamic life to our whole being.

The Power to Center, Concentrate, and Compute

Our ability to center and concentrate is awakened at the third and sixth chakras. In those chakras’ asleep state, we don’t concentrate because we don’t feel the need and we don’t have the capacity. When our third chakra energy is undeveloped, we are prone to be upset, nervous, afraid, insecure, reactive, lost, and angry.

Our navel center helps our body and brain understand and interpret messages that we receive from our sensory system. When our navel center is off, we don’t hear, see, or compute accurately. We have opinions instead of experiences. To make decisions that best serve the highest good, we must be able to compute and balance sensory input from our navel center. An active third chakra activates our “sixth sense,” gut feelings that we cannot explain but know instinctually are true for us.

Individuality and Autonomy

At the third chakra, we awaken to our individuality. We experience ego self and personality identity, which are the foundations upon which we expand into our soul identity. We also develop self-focus and build our center of inner autonomy. Our experience of self offers us in turn personal freedom, liberating us from outside control and giving us confidence to explore

and experiment according to our inner directives.

The wise use of our energy is dependent upon being centered within ourselves at the third chakra. Finding and acting from our autonomous core is the base upon which self-confidence, self-esteem, and self-discipline are built. Our center is the nucleus from which our wholeness is realized. An experience of self is the foundation for cultivating an experience of the Divine. Self-attunement aligns us with universal energies. Tuning in to our will prepares us to tune in to Divine Will.

Fire Energy and Transformation

An activated third chakra is a pulsing center of activity and transformation. The burning heat of the fire element gives us strength and vitality to live, ignites our will, and propels our action. Its radiating heat provides metabolic fuel that regulates and distributes energy to support the functioning of all our body systems, including digestion, assimilation, and elimination.

The life force moving outward from our navel core charges up our body into an enlivened vessel ready and eager to participate in life. The fiery sun-like heat is energy with purpose, action with intent, a dance with passion, and a center of power.

Movement of Fire

Our navel chakra is also the body's center of gravity, generator of vital energy, and primary intersection of energy for our whole being. Its fire reaches down to the Earth (through the first chakra) for fuel and comes back up through our whole body, ready for distribution and synthesis.

Fire propels energy upward and outward. When our navel center is properly tuned, our inner fire moves both up and out, expanding to invigorate our whole system. The radiant warmth generated at our navel center is called *tappa*. Through combustion, *tappa* combines *prana* (life force) and *apana* (elimination) energies with a force that goes down to the first chakra and ignites the Kundalini to awaken and move up the spine. The movement of fire upward awakens the light of consciousness and rescues us from our unconscious state.

Interdependence of First Three Chakras

Each of our chakras acts as an interdependent faculty that supports the functioning of our whole being. Our *first chakra* energy is both stable and linear, putting us in touch with our body where our physical home offers us a feeling of stability, security, and solidity. At our *second chakra*, where the energy is circular and flowing, we awaken to feelings, emotions, desires, and pleasure. The water element introduces us to movement, change, relationships, polarities, differences, duality, and choice. Earth and water energies are passive and naturally flow downward. They are subject to gravity and adapt to the path of least resistance.¹³

The radiating fire at the *third chakra* adds coherency and purpose to the flow. Fire gives us the will to follow our path and the focus to develop a sense of self. Fire burns up resistance and fear so our journey can be more harmonious, smooth, enjoyable, and purposeful.

Our third chakra also adds practicality to the mix. It gives us the capacity to organize and command as well as control over our behavior. We can choose our actions instead of being controlled by compulsive impulses. We can give up being a victim and take responsibility for what we can control: our energy, our actions, and our reactions.

Vital directed fire energy at the third chakra is necessary to overcome the inertia, laziness, lethargy, and unconsciousness of the first and second chakras. When the third chakra is aligned with our sixth chakra, our body and mind start working together. At our third chakra, the fantasies of our second chakra are either released or morphed into realistic endeavors to act upon. With self-focus at our third chakra, we can be more authentic, honest, and true to ourselves, which is reflected in more mature, real, and stable relationships.

Activating Fire Energy

Matter (first), movement (second), and fire (third) are inseparable components of life. Matter and movement are passive energies. Adding fire to matter produces combustion, which makes it possible to use the heat to cleanse physical impurities, the light to destroy negative imprints, and the dynamic power to organize, be efficient, and function in the world. As the fire at the navel activates our will, we acquire the capacity to make choices, break old habits, and create new constructive ones.

Fire can be ignited, put out, or regulated with fuel. The hardest task of the third chakra is to generate enough fire to overcome the inertia of the first and second chakras and to take action instead of being passive or simply reactive. Our initial third chakra task is to get started. Our next task is to productively direct and use our energy. Once activated, it takes less effort to maintain fire energy. However, if our fire goes out, we have to rekindle the flame again. With the impetus of fire, our first three chakras collaborate, making it easier to keep our energy flow moving. Water and earth can then help us to relax and let go, relieving stress so we have more energy available to more fully and pleurably live our life.¹⁴

Excess and Deficient Fire

When our navel center is underdeveloped and we don't have enough fire, we lack assertiveness, feel powerless, are afraid to express ourselves, and are unable or hesitant to take action, i.e., we are prone to make excuses and to procrastinate. A weak navel center leaves us vulnerable and feeling fearful, submissive, intimidated, restrained, and inactive.

The undeveloped aggressive expressions of too much fire energy seek to control, manipulate, and dominate (power over). Repressed fire expresses as anger, self-criticism, bossiness, and authoritarianism.

The ram is often associated with the third chakra. It symbolizes the strong-headed, undeveloped navel energy that unconsciously moves forward without considering the consequences of its actions.¹⁵ The unconscious instinctual ram seeks to control others and situations through imposition, fear, and manipulation. This inner ram (ego) must undergo a transformative ego education if we are to avoid the pitfalls of an undeveloped third chakra. Our quest for personal power, external achievement, and recognition must therefore be redefined

by our soul in collaboration with a healthy ego.

We need to activate the fire energy at our navel to overcome unbalanced expressions of the third chakra and feelings of powerlessness. It is the power of fire that enables us to change a pattern or behavior and to try something unique and different. Taking action for ourselves is a very effective therapy to release accumulated anger. As we develop a connection with our own power, authority, energy, and self, we are motivated from within to engage in life. In turn, our dynamic interaction with the world feeds our fire. Developed fire energy is responsive to outside stimulation, willingly participates in activities, and loves feeling alive.

Power and Our Upper Chakras

The fire at our navel chakra keeps us motivated, centered, active, warm, and energized. A developed navel chakra helps us get in touch with our own power, find our authority within, and stop relying on, or giving our power away to, outer authorities. Yet our sense of inner power really comes from being conscious in our upper chakras and bringing higher awareness into our daily lives.

For example, our ability to focus both at our navel and third eye (sixth chakra) gives us the capacity to command our actions and determine how our fire is used. We can then be proactive, disciplined, and assertive when necessary, and excited about life. We thus learn to wisely direct our energy to support ourselves.

It is the task of consciousness that descends from the upper chakras to define our intentions and to purposefully guide how we use our energy. With consciousness, we move beyond uncontrolled reactions and emotionality to interacting and creating with awareness.

Free Will and Right Action

Our free will is *free* when we can consciously use our power, make our own choices, and direct our desires for our higher good. We are free only when we can motivate ourselves from within and cease forcing ourselves when our intuition says stop.

We empower our free will when we make conscious choices, viewing options as choices, not obligations. Doing so, we no longer (1) make decisions out of neediness, (2) desire to please to try to feel good about ourselves, (3) let ourselves be immobilized by fear of failure or rejection, (4) disconnect from our own needs and desires, (5) avoid taking responsibility for our choices, and (6) stifle our authenticity to keep the peace. We trust ourselves and are willing to take risks in the game of life.

A developed third chakra helps us define and find our right path of action. Selfless service doesn't mean being a martyr, or a slave who goes unrecognized, unrewarded, and underpaid. We can move beyond both self-sacrifice and succumbing to self-destructive desires when we are able to direct our actions to achieve self-fulfillment, harmony, balance, and satisfaction in our life. However, the above all require the participation and consciousness of chakras four through seven. Fire needs air and Spirit.

Third Chakra Charts

Navel Chakra: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Navel Dan tien	Adrenals Kidneys Pancreas	Lustrous gem City of gems	Fire Combustible Volatile
Functions		Issues/Attributes	Motivations, Desires
Will power Physical work, exercise, action Center of gravity of body Connection to internal source of energy Center of physical well-being and cleansing Balance and integrate prana and apana Cleansing and source of heat		Centering in self Individual identity Use of internal and external power	Establish an identity, name, and recognition in the world Be self-directed and independent Self-transformation Take action Accomplish and achieve Have an impact Ability to make a difference and change things
Relationships	Feeling Nature	Aspects of Being	
To internal source of power To personal sense of identity Interaction with complexities of life	Alive, active Strength In control Centered	Source and generation of energy Combustion, ignition-spark that ignites our power Presence Centeredness	
Forces/Powers	Purposes, Tasks	Practices	
Primal fire energy/tappa Vitality Prana	To impact, to change, to make things happen, to transform To shape and direct desires and energy To make choices and commit To transmute anger into action To overcome inertia and depression To stimulate and regulate metabolism To productively use personal power and will to direct passion	Martial arts Chi Gong Breath of Fire	

Navel Chakra: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Powerlessness Self-centering Social (ir)responsibility Being capable	Personal power Individual integrity Commitment, contribution Competence
Unbalanced Emotional State	Balanced Emotional State
Dread ostracism and public humiliation Feel powerless Withdrawn, cold wall around feelings Egotistical/egocentric Revengeful Victim-blame mode Confused, indecisive Feel overwhelmed	Confident sense of self and own value Feel inner strength and will power Connected within and without Humble, but self-assured Forgiving Take responsibility for self and own actions Clear and decisive, trust self and own choices Patiently plan, organize, and get things done
Unbalanced Emotions	Balanced Emotions
Rage, anger Restless, agitated Blind impulsive desire	Passionate, but not imposing Calm and serene centeredness Thoughtful directed desire
Unbalanced Mental State	Balanced Mental State
Disorganized, inability to follow a plan Self-righteous; attitude of moral superiority Easily swayed by views of others Scattered Give up easily when things get tough Inflexible, set in ways Desire power for power's sake and personal gain Need to look good; get credit See power and authority as external to self	Capacity for organization and business Open to alternative opinions and views of reality Able to maintain self-authority and position Maintain and act from own center Ability to commit, persevere, and keep up Able and willing to change and transform Exercise power for good of all Value, but not needy of, validation Aware of own individual power and authority
Unbalanced Physical State	Balanced Physical State
Hyperactive and subject to burn out, or Tired and lack vitality Prone to illness Stressed out Lack nerve strength Poor digestion and elimination	Ability to generate and wisely use energy Full of vitality, energetic Healthy, strong immune system Feeling of balanced well-being Strong nervous system Good digestion and assimilation

Unbalanced in Relationships	Balanced in Relationships
Aggressive, controlling, manipulative Self gets lost in relationship, confusing projection Priority focus on protecting self-interests Only interested in how something benefits self “What’s in it for me?”	Fair, equitable, respectful Impactful, coherent personal projection Take others into consideration Desire to contribute “What’s in it for us?”
Unbalanced Beliefs	Balanced Beliefs
Think in terms of blame, win-lose, and credit Blame “the system” and feel like victim Feel failure when things don’t work out	Responsibility, win-win, and fairness Participate in creating your own reality Experimentation and experience are the game
Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
Inability to commit and sustain action to implement goals; need instant results Compulsive, addicted to the wrong things Victim, rescuer, or persecutor (powerlessness) Lack faith in self Act to please and help others out of perceived obligations, or feelings of duty and guilt Self-destructive and self-sabotaging	Able to commit and take appropriate action to progressively work toward goals Able to make wise choices Take responsibility for own life, and let others do the same Have faith in self Capacity, capability, and commitment to work for the common good, service with a heart Self-supportive and creative

God made you to be you, so do not let your “you” go. If you let your “you” go, you blame everybody and never take responsibility.

– Yogi BhaJan



Third/Navel Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

You had demanding, perfectionist parents who had high expectations and lived through their children, using them to live out their thwarted ambitions rather than supporting their children's own destiny. Also, parents may have been overindulging and overprotective.

Results: Attitudes and Behaviors

Obligation-avoidance

Want to be taken care of with no responsibilities, restrictions, or requirements.

Unaccountable for actions. Responsibility avoidance.

"I don't see me doing it."

"That is not my concern."

Lack of integrity, dishonest, deceitful

Operate with tunnel vision to not get distracted from self-indulgence and personal gain.

Will do whatever it takes to get desired outcome.

Motivated by self-serving goals.

Justify exploitative and coercive actions, and don't care about impact on others.

Outer-motivated

Motivated by power, prestige, and privilege in the world.

Others' views and social status are most important criteria for action.

Guided by imagined interpretation of others' opinions and reactions.

Lack of self-concept and self-esteem

Silently self-critical.

Need constant confirmation and approval from others.

Lack constructive inner voice or direction for how to appropriately use power.

Need power, possessions, money, and recognition to feel like somebody.

Domination and control

Quest for external position and power.

"Me first."

Lack consideration for the common good.

Use ego to coerce and manipulate, exert power over others.

Greed and general attitudes

Need to gather possessions and proof of worth and wealth.

What's in it for me?

Make a killing while you can.

Reactive

Overly affected and directed by external events.
Always in crisis-management mode.
Prone to negative and fearful reactions.
Passive-aggressive.
“What-if?” fear trips.
Afraid to make choices for fear of what might be lost.
Have regrets, mull over the past.

Inflexible and uncreative

Need security blanket of “proven” formulas.
Take dogmatic, ideological positions.

***Third/Navel Chakra:
Developed, Balanced, and Aligned States***

How Life Is Experienced When Navel Chakra Is Developed and Balanced

Able to break and create habits

Power to maintain a course of action.
Energy to sustain an effort.
Ability to easily initiate self-sustaining actions.

Sustained spiritual growth

Can sustain and assimilate the effects of a spiritual practice from your strong navel chakra.
Progress is made and consolidation of the effects is integrated.
Improved depth, quality, and impact of meditation.

Competence

Increased capacity to do things well.
To be responsible
To make a contribution
To follow through on commitments
Practical ability to command and organize.

At cause rather than at the effect

Feel in control of your life, in the driver’s seat.
Feel empowered to actively participate in creating own reality.
Initiate action easily.

Know your personal limits

Do not force or overextend or dissipate energy in wasteful action.
Aware that all actions have an impact and choose positive, not destructive, actions.

Fearless and courageous

Not afraid to make well-calculated choices.
Evaluate, choose, then act to support decisions with no regrets.
Focus on what is gained and learned, not lost.

Sense of destiny and purpose

Know you are here to make a difference and commit to making a contribution.
Make everything you do count.
In performing selfless service, you don't lose yourself — you find yourself.

Flexible, creative, and innovative

Able to adapt to different circumstances and meet the specific needs of each situation.

Internally motivated

Sensitive to who you are, expressing from your unique identity and truth.
Use personal identity to facilitate the manifestation of soul purposes.

True to yourself in relationships

Loyal to yourself and what you stand for.
Capable of clear and reliable relationships with others.
Maintain personal boundaries without being offensive or imposing.

Practical spirituality

Translate your spiritual beliefs into action.
Practice what you preach.
Aware of actions and how they affect others.

Trustworthy

Act with integrity.
Respected as a leader and teacher.

General attitudes

Live, learn, love, contribute, and leave a legacy of love.
What is in it for everyone?

8. Solar Plexus: Gateway to the Heart

Deep Emotions and Healing

Traditional systems identify seven chakras. However, the seven-chakra system overlooks the vital link and dynamic interplay between the lower and upper chakras at the solar plexus. Usually the solar plexus is included as part of the navel chakra. But the functions, energies, and issues are very different at the navel and in the solar plexus area, located between the navel and the heart. Navel energy is very one-pointed, defined, and fiery. Solar plexus energy is deep, amorphous, watery, and emotional. Our solar plexus is either a blockade or a gateway to our heart.

Traditional Systems and Today

Traditional Eastern spiritual systems designed by men for men ignored this part of our body and aspect of our being, which expresses the feminine polarity of our soul. It may have made sense to skip the solar plexus for the ascetic upper chakra paths, which were focused on shutting off the lower chakras and disconnecting from the tattvas and emotions. Once the navel was activated and the energy in the lower three chakras consolidated, passage to the heart may have been easier than it is today. Perhaps the spiritual men in those times did not have the deep emotional issues that both men and women now face.

The spiritual quest today differs significantly from the traditional Eastern paths, which concentrated on achieving God consciousness while escaping as much as possible from human existence. Today our quest is to experience our soul and our personal link to God in daily life as a householder. Our human journey is thus to reach the highest expression of individuality and soul consciousness amidst the challenges of urban living. Our spiritual goals are to find our own divinity, experience God within, and bring this consciousness into human manifestation. Similar to traditional paths, we must release our emotional attachments and pain. We do this not by escapism, but by integrating the flowing, feeling, feminine polarity of our soul into our psyche, while embracing all the dynamics of human life.

Depth and Power at the Solar Plexus

In the modern world, our emotional traumas block the free flow of energy up the spine to the heart and upper chakras. We may be able to temporarily open our heart from the upper chakras down, but it does not stay open if we have not healed our emotional issues that repress lower chakra energies and close down our solar plexus. It is therefore essential to pay special attention to our emotions and to focus on the part of the body where many of our deepest emotions are hidden and suppressed.

Our emotions are actually stored throughout our body and are initially the subject of the second chakra. But at the solar plexus, we must go deep into our inner black hole and face the depth of our existential pain. Here we can release our stuck emotions, befriend their powers, and feel our feelings at a whole new level. It is in the depths of our feelings that we touch and activate the

flowing polarity of our soul. As we resolve our fear, anger, and sadness, we can move upward with strength, courage, and power.

Gateway to the Heart and Emotional Healing

Our solar plexus connects our navel and our heart. Although not officially a chakra, it expresses a dynamic that integrates third and fourth chakra energies. The motivation, vitality, and self-discipline of our third chakra form the foundation for self-esteem and for self-love at the heart chakra. But our heart can open only after we pass through the deep emotional waters at our solar plexus. Self-doubt, self-loathing, self-recrimination, and inner emptiness block the gateway to our heart. We open our heart with self-acceptance, self-confidence, and a developed sense of self.

What we feel at our solar plexus brings us into conscious awareness of subconscious issues, which lie unseen and unidentified beneath the surface, controlling our behavior and determining our reality. We meet our repressed emotions and our sensitive self at the solar plexus. We touch our soft underbelly. We recognize our vulnerability. At our solar plexus, we bleed silently and internally. We cannot see our loneliness, guilt, shame, and underlying sadness, but their emotional tentacles squeeze our sensitivity and create agonizing pain.

Cultivating feeling awareness at the solar plexus creates emotional healing. It also (1) helps us stay connected to our body and feelings and prevents us from escaping into our mind, (2) keeps us present and not spaced out, (3) allows us to transmute emotions into self-nurturing, and (4) helps us pick up energy information about the world and integrate it with our own being.

Flowing Emotional Energies

At the solar plexus, we confront the reality that different strategies are needed to work with the two polarities, while acknowledging the role of gender differences and the complementary and opposite qualities of the two polarities. At the same time, we recognize that both men and women must find their higher expressions of both polarities in order to be complete men and women. More specifically, third chakra action solutions don't work for emotional energies. They just make our situation worse. "Do more, be brave, and work through it" approaches aren't appropriate methods for dealing with emotional energies, whether you are a man or a woman.

We are dealing with emotional overwhelm, not just stress from too much to do (although the two usually come in one package). Dealing with emotional energies and issues requires sensitivity, self-nurturing, and good boundaries. We need to calm down, listen, and take time to process feelings in silence and stillness. We need to be fluid, not rigid.

Emotions need to be held, acknowledged, and heard by our stable yang polarity. These receptive energies also need to feel the nurturing, protective Love of the Mother. Emotional self-care honors and keeps these sensitive energies flowing. The faculty of feeling at our heart chakra is a transformational power. When we are able to feel deeply, we can open our heart.

Solar Plexus Charts

Solar Plexus: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Solar plexus Pericardium	Stomach	Seat of the soul Solar network	Water Fluid
Functions		Issues/Attributes	Motivations, Desires
Connection to flowing polarity of the soul Freeing the emotional body		Deeply feel emotions Feeling honesty Self-nurturing	Freedom from subconscious emotional imprints Open the gate to the heart
Relationships		Feeling Nature	Aspects of Being
To soul To emotional body		Depth Vulnerability	Emotional center and space Feeling psychic center for the flowing polarity of the soul Instinctual sensitivity Empathetic and emotional attunement to self and others Bridge between personal chakras and heart
Forces/Powers		Purposes, Tasks	Practices
Depth Flowing polarity of soul		Transition from ego to soul consciousness Identify and heal unresolved emotional issues that block the gateway to the heart Repair ego damage created in our growing up process Get unstuck by self-empathy and self-appreciation	Inner child healing Emotional release and maturity

Solar Plexus: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Self-abandonment Denial, escapism Disconnected from feelings and emotions	Soul awareness Acceptance of self and feeling sensitivity Experience emotions as soul's flowing polarity
Unbalanced Emotional State	Balanced Emotional State
Feel empty, alone, abandoned Anxious, restless Desire to disappear	Deep centeredness Peaceful, emotionally stable, and balanced Feel safe being open or reasonably vulnerable
Unbalanced Emotions	Balanced Emotions
Deep anxiety, uncertainty, fear, anger Deep indefinable emotional ennui	Deep inner peace Contentment
Unbalanced Mental State	Balanced Mental State
Unsure of self Isolated in ego, unable to connect with soul Worried, shut down, apprehensive	Serenely in your power; honest inner knowing Consciously aware of connection to Soul Willing, open, receptive
Unbalanced Physical State	Balanced Physical State
Lack of energy and vitality Constriction and emptiness in solar plexus Poor posture	Calm and collected energy Feel full and warm in the solar plexus Self-assured posture
Unbalanced in Relationships	Balanced in Relationships
Distracted by fears and worries Stuck in head, lost in thoughts	Peacefully present Presence emanates from feeling awareness
Unbalanced Beliefs	Balanced Beliefs
Believe your existence depends on others Believe in evil or dark forces	Know your life is directed by your soul Trust and believe in your soul and past lives
Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
Believe and act like a victim Can be easily thrown off by outside forces Prudent and cautious Looking for a source of guidance	Accept responsibility for emotions and feelings Easily adapt to life's challenges Movement and actions are free and flowing Inner-directed

Solar Plexus Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

You received major shocks in childhood that communicated the following messages: (1) It is not safe to be here. (2) You cannot trust anyone. (3) No one is here for you. (4) You must navigate your life by yourself.

With these messages, the child leaves the state of joy and innocence, shutting off feelings that connect him or her with intuitive and instinctual knowing. The child thus disconnects from his or her essence, soul, and God. In the human developmental process, this is the time when the child begins the development of the ego and awareness of self in relationship to others and society. The negative messages color and distort his or her development.

Results: Attitudes and Behaviors

Denial of feelings

Try to suppress the anguish of pain and suffering.

Unsure of self and life

Never quite sure where you stand with others, yourself, or the world.

Cannot separate your own identity and reality from others.

Buy into others' trips

Accommodate others in hopes of getting your own needs met.

Others can push you around and further aggravate your wounds and sensitivities.

Attract codependent and abusive relationships.

Live reactively

Try to avoid unpleasant situations to not get hurt or used.

Externally, not internally directed.

Look outside for guidance, instructions, and approval.

Cannot adequately process emotions

Everything you are sensitive to creates more traumas in your life.

Do not know how to avoid it.

Death wish

Do not really want to live. Want to die out of revenge or to avoid the pain.

Try to hide, disappear, or escape.

Solar Plexus Chakra: Developed, Balanced, and Aligned States

How Life Is Experienced when Solar Plexus Is Developed and Balanced

Will to live and to succeed

Desire to live life to the fullest.
Profoundly aware of the present.
Experience depth of being and existence.

Self-confident

Sense of own identity and purpose.
Savor and honor depths of own being.

Innocently honest

About how you feel and what is happening within.

In touch with own feelings

Able to feel your emotions as they come up.
Can process emotions and feel their soul power in your body.

Deep and spontaneous freedom

Able to relax and be flexible.
Act from deep trust in self and life.

Higher spiritual consciousness

When psychic traumas from this life and past lives are faced and resolved, the psyche undergoes a major restructuring. Our major emotions are transmuted to higher spiritual energies.

1. Fear is replaced by love

Feel safe, connected, recognized, accepted, and loved.

2. Anger energy can be used for action

Experience that your will and Divine Will are one.
Can fearlessly act from this knowingness.

3. Sadness to surrender

From powerlessness to dynamic inner peace.
Releasing resistance connects you to Source and its continual support and guidance.
(Notice that every living being lives in sweet surrender except humans.)

9. Heart Chakra: Higher Love

Integration, Balance, Self-Love, Devotion

Meeting Point of Connection

The heart chakra is a unique combination of the qualities of the lower and upper chakras. The heart pulses with the aliveness of the lower chakras, yet it is intuitive and wise like the upper chakras. In that way, the fourth chakra is simultaneously passionate and neutral, combining the resolve that is available in our neutral mind with the joy of feeling alive in our lower chakras.

When our upper and lower chakras meet, something very special happens at our heart. A neutral dynamic of warmth, compassion, kindness, and passion awakens within. When matter and Spirit join at the heart chakra, they create harmony and balance and alchemize into Higher Love.

Interactive Center

The heart chakra is our point of connection between (1) mind and body, (2) personality self and Soul Self, (3) self and others, (4) giving and receiving, (5) our inner and outer worlds, and (6) physical and non-physical reality.

The heart chakra is our destination point, the center of our being, and our spiritual core. It determines the flow and interaction between our upper and lower chakras. When our heart is open, energy flows unobstructed both upward and downward. In its central position between polarities, our heart chakra offers us an overview and integrated perspective, which is both neutral and compassionate.

To open our heart center and stay there, we must (1) release blockages in our lower chakras that impede the upward energy flow, (2) create an inner calm in our upper chakras that protects against worldly pressures and makes us feel safe to be in the world, and (3) cultivate both the upward and downward flow of energy in our spine.

Relationship Integrator and Unifier

The heart chakra acts as an integrator and unifier. The heart perceives reality as a web of relationships that are held together by the force of Higher Love. The Force of Love draws things together and keeps everything in relationship. With both clarity and feeling, the heart center organizes all our parts into wholeness. It creates harmony within us and harmonizes us with our environments. It is the inherent nature of life and relationships to always be in a state of flux. Dynamic balance and peace are achieved through the all-inclusive power of Love.

At our heart chakra, we exist in a state of autonomy, oneness, and interdependence with all life. As our heart chakra opens, we become aware of the fact that we are already connected to

each other and the Infinite.

The cosmic pulse beats at the heart chakra, which is the point of energetic balance in the human psyche. All parts of our system are integrated through the rhythmic pulse of our heartbeat, which serves to keep our whole being in a state of equilibrium. When our rhythm is disrupted by irregular breathing, disturbing thoughts, and shocking movements, our heart chakra can be traumatized, and we can feel confused and chaotic. To correct imbalances, listening to our heartbeat has a very therapeutic and nurturing effect on our psyche.

The heart chakra also alchemizes the polarities into completeness. It integrates and balances mind, body, and spirit so that we can experience a sense of wholeness that brings us inner peace. As we achieve peace within, we are able to witness the perfection of nature and life, the interdependence that exists between parts of the global whole, and the reality that we are all connected.

Radiating Nature of Love

Love is not object-oriented or dependent upon outside interaction and stimulation. It is not an extension of our desires or needs. Love cannot exist in the energy of neediness, exclusion, and control.

Love is the binding Universal Force that holds everything together. It is a transforming force that inspires, energizes, heals, cleanses, and gives strength. In humans, Love is a peaceful state of deep inner satisfaction that grows from acceptance, inclusion, and allowing. Love is a feeling of inner harmony, which is constant, unchanging, and unconquerable. Love emanates from within our being and from our Divine Connection.

The fire at the navel center that rises to the heart is transformed into a penetrating warmth that radiates everywhere. The energy emanating from our heart is rhythmic, pure, innocent, magnetic, and peaceful. Heart chakra energy grows and expands from within. It is self-generating and self-emanating.¹⁶ Heart chakra energy moves outward from the center in all directions and dimensions. Like the light of the Sun, nothing is excluded from its nurturing rays. It blesses all.

Comparing the Elements

The *earth* element is fixed and rigid. The solidness of earth makes it possible to create distinct material objects. *Water* is fluid but still substantive. Because of water's mass and weight, it settles and adapts to fit its container. The fluidity of water provides the freedom of movement that allows objects to change shape. *Fire* moves upward but stays with its fuel. If we are not grounded with the Earth, we separate our flame from its fuel. Change, transformation, and reorganization need both movement and fuel.

The heart chakra expresses the air element, which is expansive, free, open, light, and spacious. Air has no mass. Air disperses evenly through space. The air element thus has the qualities of equilibrium, evenness, calmness, and equanimity.

Emotional, Conditional “Love”

There is a pervasive misunderstanding of what Love is. When our heart is not open, we define love from our second chakra desires and needs.ⁱ We indulge in emotional, conditional interactions, which we erroneously label “love.” We look outside ourselves for attention, acceptance, and “love.” We play games to try to get our neediness satisfied and to that end seriously limit, use, and abuse our relationships. When we feel negative and emotional, we find outlets to release our frustration. We discharge our emotions by blaming and commiserating with others. We deal with our insecurities by projecting onto others and by trying to elicit sympathy for our pain.

Emotional, conditional, and neurotic “love” comes from underdeveloped and imbalanced chakras. To cultivate an experience of love, we can learn to use the energy of our chakras differently. We can engage our *third chakra* and use the fire of anger to take action for ourselves. We can engage the intuitive faculty of our *third eye* to see an unattached higher perspective and witness how attachment, jealousy, withholding, and neediness impede the flow of love. At our *second chakra*, we can feel, relax, allow, and let go of our addictive dependencies. In the above ways, our other chakras help us achieve expansiveness, freedom, openness, lightness, and the space of love in our heart.

The challenging (and empowering) aspect of opening our heart chakra is that we must digest, absorb, and use our emotional energy internally. We must give up the tempting and temporary comfort of relying on others to compensate and cover up for our own insecurities and neediness.

Healing Our Heart with Self-Love

There are two special dynamics that heal, open, and continue to feed our heart chakra: (1) self-love and (2) devotion to the Divine. Self-love is the first key to happiness and opening our heart.

The root cause of a closed heart is that we do not love ourselves. We are not compassionate with ourselves and passionate toward our own life. Lack of self-caring and intolerance of self weigh heavily on our heart. For our heart chakra to awaken and its love energy to flow, we must develop self-acceptance and self-love.

Self-love is very practical. The simple formula is do not indulge in things that (1) tax your nerves and body, (2) upset your emotions, (3) confuse your mind, and (4) destroy your experience of life. Begin by taking an inventory of how you handle your life. And then make adjustments to relieve stress and to enjoy whatever you are doing from an attitude of gratitude and being present to living your life.

When we love ourselves, we can truly love another. It is through self-understanding and self-kindness that we acquire the sensitivity to understand another person’s feelings and needs. We

ⁱ For further discussion, see chapter 38, How Do I Love?, in my book *The Power of Neutral — Soul Alchemy in Meditation*.

are able to truly love when no personal agenda is attached, there is no bartering for benefits, and we are capable of sincere compassion. Respect and kindness include giving others the space to handle their own lives. This opportunity is available to all of us in our hearts.

Self-Knowledge and Integration at the Heart

At the heart chakra, we find guidance, wisdom, and strength within. In our heart, male/mental and female/emotional energies are integrated and balanced. We no longer feel the need to try to balance the polarities outside ourselves with another person. Our oneness with the Divine gives us independence in relationships, and non-attachment in circumstances, and opens our heart to both give and receive. Our life is a source of inspiration, and others find peace in our presence, which is transformed into a catalyst for healing.

When consciousness, feeling, and identity all meet in the heart, we experience Love. When we feel the self-emanating power of love flow from our heart, self-knowledge is deepened to “I am That Love.”

Devotion

Our heart chakra opens progressively, but the quantum awakening occurs only after (1) our mind has been elevated by higher consciousness, and (2) we have achieved emotional/identity independence in our lower chakras. As touched on above, our heart chakra integrates our emotional energy of the lower chakras with our deep spiritual connection in the upper chakras. When this alchemy happens, Kundalini Shakti at the heart is tranquil and centered within herself, an independent devotional goddess. She is no longer destructive or frustrated. Serenely, she embodies, feels, and falls in love with the cosmic vibration. (See page 127 for further discussion of Shakti energy.)

Like Shakti, our spiritual heart opens when we connect with and meditate on the peaceful vibration and sweet feeling of Higher Love. When we have this blissful experience, a most beautiful thing happens. The Divine becomes our Beloved, and we engage our emotions for devotion. As our emotional body is transmuted by bhakti, or devotion, our whole being merges with cosmic Higher Love. This elevated Force begins to move freely and harmoniously through our body and being. Our desire is refocused to perpetuate this most enticing pleasure. We choose words, actions, attitudes, and interactions that support and perpetuate, not distract us from, this sublime experience.

We are no longer slavishly attached to worldly pleasures and demands of the lower chakras that previously distracted us and used up our vital energy. Our desire to experience the Higher Love of the Divine supersedes all other desires. The love of Higher Love is our motivating directive, which gives us energy and creates harmony in both our internal and external worlds. Heart-centered consciousness acts as our guru and guides us toward deeper levels of balance, peace, and joy.

Life Is an Experience of Love

We are not here to teach each other lessons from anger and vengeance or to make a point. We

are here to learn how to experience our personal life. Yogi Bhajan said, “Human life is meant to be an experience, in rhythm and harmony with the heart, with no missing beat.... In your life, when you are not harmonious, you are just missing the beat.”¹⁷ Find the beat of your own heart and listen to it serve you.

The heart center computes *all* of our experiences — bad, good, worthwhile, not worthwhile, etc. It gives us information so that we can experience life as it is and be compassionate, kind, and respectful toward ourselves, each other, and all life.

Until our heart opens to ourselves, we are not real. We act out roles instead of being ourselves. We can ascend in the journey of the soul to our ultimate liberation only when we are connected to our heart. We can practice yoga, chant mantras, meditate, pray, do ceremonies, and be a Sadhu. But these practices must lead us to open our heart to our soul and to Divine Love so that we can savor the most beautiful experience that human life has to offer.

Love is like the humble flow of a brook. The water keeps going at the same speed again and again, constant. It is so beautiful, so flowing, so clear, so cool, so fantastic, that in the inner heart, LOVE springs up.

– Yogi Bhajan



Fourth Chakra Charts

Heart Chakra: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Center of chest and spine at heart level	Heart Thymus Lungs Arms and hands	Unstruck Fresh, clean, unhurt	Air Breath Expansive space
Functions	Issues/Attributes	Motivations, Desires	
Rhythmic union of all parts Self-love Devotion to the Divine Reverence for life Unattached bonding Sharing, humble service	Balance Unconditional love Integration of polarities secular and spiritual	Acceptance Giving and receiving Understanding Forgiveness	
Relationships	Feeling Nature	Aspects of Being	
To higher spiritual love To own heart To the hearts/souls of others To the pulse of your being and the Universe	Warmth Softness Rhythm Neutrality Clarity Space Openness	Spiritual core that unites all forces within and without Center of balance, peace, and inspiration Emanating center of higher spiritual energy Self-reflective and feeling state of inner peace	
Forces/Powers	Purposes, Tasks	Practices	
Compassion Higher Love: the binding Force that holds everything together Affinity Pulsing rhythm	Discover Higher Love and humility Experience neutral, unattached love Find transcendent meaning Release fear, return to natural state of love Enjoy personal and universal pulse	Humble prayer Compassionate service	

Heart Chakra: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Self-rejection, self-critical Emotional attachment Undeservingness Existential abandonment Worship false idols, dogma Alienation	Self-acceptance, self-love Unattached caring and connection Worthiness Personal connection to Higher Love Devotion to the Divine Beloved Feel part of (share) the Universal Heart
Unbalanced Emotional State	Balanced Emotional State
Attached, codependent, needy Heavy-hearted, depressed Mean-spirited, prone to cruelty	Detached, independent, free Light, spirited, free Gentleness
Unbalanced Emotions	Balanced Emotions
Conditional love Non-committal Loneliness, sadness	Unconditional love Devoted Connected to Higher Love and with others heart to heart
Unbalanced Mental State	Balanced Mental State
Afraid, depressed Tormented, conflicted Resentful Judgmental	Neutral, balanced perspective Peaceful, clear, open Attitude of gratitude Non-judgmental, detached objectivity
Unbalanced Physical State	Balanced Physical State
Lose center when reach out to others Poor posture due to closed heart Rely on others for physical well-being Unbalanced polarities Prone to illness	Reach out from a radiating, stable center Stand tall, head up, chest/heart open Independent and self-emanating Inner balance of the feminine and masculine aspects of being Healthy, strong immune system
Unbalanced in Relationships	Balanced in Relationships
Uncaring, lack compassion Codependent Neediness repels, excludes, creates barriers Presence is confusing, toxic, threatening Intimacy avoidant and lack boundaries	Kind and respectful to all Receptive with self-reliance Self-sufficiency inspires and attracts others Presence exudes peace and calmness Open and accessible, with boundaries

Unbalanced Beliefs	Balanced Beliefs
No one is reliable, cannot trust anyone Discount universal support because don't get everything you want when you want it Believe that you do not deserve love Love is an illusion	Trust own ability to monitor trustworthiness Operate from realism, not naiveté Believe you are worthy of love Believe love comes from personal experience
Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
Self-serving Rescuing and need to be rescued Conditional upon getting what you want Passive-aggressive Obsessive, compulsive, fanatical	Act out of impeccable integrity Self-reliant, offer help as appropriate Operate out of Universal Love for common good No ulterior motives, value harmony and respect Balanced and thoughtful in all activities, interests, and relationships

We expand our psyche with non-judgment, patience, and kindness. With these ingredients, we awaken our subtle sensitivity and our intuition starts working. Then our heart guides us through every situation and life challenge.



Fourth/Heart Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

Like most people, you grew up with conditional love, which meant that you had to compromise yourself in an attempt to try to get love, recognition, validation, and needs met. You were exploited to meet others' needs and rightfully felt deprived, used, and rejected.

Results: Attitudes and Behaviors

Unloved and uncared for

Try to build your life so you don't have to be alone or feel abandoned.
Isolate yourself to avoid being hurt again (and again).

Alienation

Cannot find value and real caring in relationships, so why bother.
Feel worthless and thus undeserving of being loved.
Feel alone and alien in an irrelevant, insane, and evil world. Life sucks.

Identify with results

Evaluate self and define identity according to the outcomes of your actions and activities.

Hypersensitive

Hyper-vulnerable. Terrified of criticism and rejection.
On alert to not be used or abused.

Strongly attached to forms to find stability

Identify with systems/structures (ball team, church, organizations, political parties).

Server-aholic

Drain yourself for others to get recognition, attention, and love, and to feel important.
Try to prove yourself worthy of unconditional love.

Feel and create separateness

Try to exude love, but actually project neediness.
Do not let love in because do not trust others and question their sincerity.
Avoid relationships for fear of being manipulated and controlled.

Fanaticism and mental conflict

Messiah complex.
Opinionated to cover up doubt and shame. Position is critical, judgmental, and blaming.

Fourth/Heart Chakra: Developed, Balanced, and Aligned States

How Life Is Experienced When Heart Is Open and Balanced

Unconditional love

No expectations or requirements to accept and respect others.
Caring and kindness are not contingent upon conditions or performance.

Objective observation

Able to be neutral, without judgment, to see things and others the way they are.

Acceptance

Acceptance and understanding of your place in the grander scheme of things.
Aware that your experiences teach and expand you.
Life's painful experiences are lessons, preparation, and inspiration.

Deep peace

Experience basic self-contentment and absence of neediness.

Radiating glow

Radiance emanates from harmony within, self-love, and love of the Divine.

Stability and surrender

Anchored in the experience of Higher Love, which is constant, ever nurturing, eternal, and enduring.

Calmness in centeredness

Able to live in the eye of the storm, unscathed by the fury and drama.

Freedom

Unrestricted by forms, beliefs, dogmas, ideologies, and organizations.
Room to expand and experience your love essence and life as it unfolds.

Clarity

Operate above duality and struggle.
Identify the highest good in all situations. Able to choose the highest path of love.

Commitment

Committed to the highest good and grand plan and to your own growth and destiny.

See the world in terms of relationships

Can see the bigger picture of interrelatedness and interdependence.
Experience the unity and purposefulness in all interactions.

Openness to receive

Attitude of abundance and sharing allows reciprocity.
See and experience prosperity consciousness.

Experience sacredness and unity of all things and beings

Reverence for life.
Respect others and the Earth.

Experience the energy of love that permeates all life

Experience the omnipotent Force that balances all relationships within an ever-changing, yet constant equilibrium.

Use the power of love for self-transformation and healing

Use the power of love to heal emotions, inner child, and physical body, and to transform consciousness.

Live in harmony with environment and circumstances

Your inner harmonious state gives coherence to all your actions and relationships.
You live in rhythmic resonance with the Universal Flow.

Honor the laws and intent of the cosmos

Expand love, joy, and creativity within and in the Universe.
Create coherence and inner and outer harmony in actions, thoughts, feelings, and being.

Live in grace

In gratitude, know you are taken care of.
Go with the flow and the flow supports you.
Achieve balance and harmony in life.

Devote your life to being a servant of Higher Love

Make yourself a resource for the Universe.
See how things fit together and how they can be positively influenced.
Then arrange life to make the most beneficial impact you can.

Compassionate comprehension and appreciation

Realize that all of us are doing the best we can with what we have.
Pragmatically, without drama, respond to all situations.
Do not like what is not right, but do not get emotionally involved.
Compassion and caring without codependent involvement.

10. Fifth Chakra: The Transformative Power of Sound

Communication, Vibration, Bridge, Mantras

The fifth chakra connects the body and the mind in the throat area and is the gateway to higher consciousness. At the fifth chakra, “the elements of the lower chakras — earth, water, fire, and air — are refined to their purest essence and dissolve into akasha (or ether).”¹⁸ Akasha/ether is the all-inclusive cosmic energy from which the four tattvas, or elements, are born. Ether exists before manifestation and independently of the physical world. It is the unifying force that is woven into all the elements and physical reality.

Moving Up the Chakras

As we progress up the chakras, earth dissolves into water. Water evaporates into fire. Fire enters the heart and becomes air. Air dissolves into ether and becomes pure sound. Sound is our last sensory connection. In the sixth and seventh chakras, we can experience higher frequencies of cosmic energy only through awareness and consciousness.

As our heart chakra heals and opens, we are liberated from feelings of separateness and begin to extend ourselves beyond physical limitations. The fourth chakra is our first steppingstone to unity consciousness, which we find through feeling connection and common experience.

At the fifth chakra, we enter the dimension of reality that operates independently of lower-chakra concerns and can disconnect us from worldly desires and interests. We enter the arena of cosmic consciousness, where we have access to knowledge that is true beyond time and space and cultural and family conditioning. Here, we communicate verbally and receive and transmit information through the sound current. The domain of the throat chakra includes speaking, listening, writing, singing, and artistic expressions.

Multiple Functions of Sound

The fifth chakra communicates, commands, and creates through sound, rhythm, and subtle vibrations. It translates symbols and thoughts into information that can be shared and understood. Inner awareness (sixth), inspiration (seventh), and feelings (second, solar plexus, fourth) are translated into self-expression and conscious creation (all of the arts).

- ◆ **Sound is a communicator**

Our fifth chakra speaks and projects for all our chakras. What and how we communicate is a function of our mental, emotional, and physical states.

- ◆ **Sound is a purifier**

Purification and purity are required to attain the subtle sensitivity to perceive the

vibrational field of the etheric plane in the upper chakras. Sound harmonizes dissonant frequencies and elevates lower frequencies to upgrade our perceptual capacity.

◆ **Sound is a transformer**

The vibrational patterns inherent in all things exist at the cellular level. Sound is a force that has the power to penetrate and transform at the cellular level.

◆ **Sound is a connector bridge**

Ether is the non-physical element of vibration that can be perceived as sound. We cannot see it, but we can feel and hear it. It is the bridge into the non-physical realm. The frequency of sound is *faster* than that of physical reality, so it is part of the non-physical world. We *cannot see or touch it*. But the frequency of sound is *slower* than inaudible universal frequencies, *and* it is slow enough to vibrate in our physical being. So *we can hear and feel it*. Sound is thus the mediating frequency and acts as a bridge between the physical and non-physical worlds.

Mercury, Communication, and the Mind

The throat chakra is not a place where we find stability or balance. On the contrary, it is constantly active and interactive. The mechanisms available at the fifth chakra are designed to help us make the transition back and forth between physical and non-physical dimensions of reality. Always receiving and transmitting information, the throat chakra plays a dynamic role. It functions as both a cause and a result of our inner and outer realities.

We can understand the nature of the throat chakra by examining the characteristics of the Greek god Mercury. The mythic messenger represents our throat chakra, mind, and the power of the Word. The young agile Mercury is always on the go, traveling between Heaven, Earth, and Hades. Mercury carries messages from the gods to humans and from humans to the gods. Mercury is thus our guide between worlds and between different levels of consciousness.

Like Mercury, our mind and voice have the ability to connect with both material and non-material worlds. Our throat chakra expresses whatever is channeled through it. If it is told by one of our chakras to communicate a negative message, it will do so. As a neutral messenger, it does not filter or evaluate whether it should say one thing or another. The more conscious we become, the more we realize that we can and must choose what we communicate.ⁱⁱ

Fifth Chakra Lessons and the Ether Element

The fifth chakra is about speaking and hearing the truth and creating our reality through communication and sound. The throat chakra and the ether element are concerned with

1. The power of sound and how we use sound to create our reality *and*
2. The art of communicating and listening to ourselves, others, and the Universe

ⁱⁱ To identify your mode of communication and how you express yourself, check out the sign of your natal Mercury in your astrological chart. Because the planet Mercury orbits so close to the Sun, our natal Mercury is often in the same sign as our Sun sign or the sign before or after our Sun sign.

Our fifth chakra lessons include training ourselves to (1) listen to our words, (2) pay attention to what we are saying, and (3) choose our words wisely.

One of the faculties related to both the fifth and sixth chakras is the ability to know clearly the relationship between our thoughts and speech and our creations. When we pay attention, we can become aware of how our words project messages and impact what we attract.

Fifth Chakra Skills

The fifth chakra skills that we need to cultivate to operate effectively in the world include

- ◆ Listening to ourselves — to our thoughts, our speech, and our intuition
- ◆ Objectively listening to what others are saying (also sixth chakra)
- ◆ Appropriate, right speech and right thoughts
- ◆ The courage to fearlessly speak the truth
- ◆ The power to appropriately create with our words and thoughts

Everything Vibrates

All matter, energy, thought, and consciousness vibrate, and all vibration is a rhythmic movement. Rhythm is a consistent repeated pattern that perpetuates itself. Physical things are an aggregation of vibrations that are slow enough to condense into material form. The upper chakras vibrate at a faster speed and higher frequency than the lower chakras. As we move up the chakras, their vibrations increase. The vibrations of all our chakras connect and affect each other.

All vibrations, including those that are inaudible to humans, affect matter and are the original cause of what creates the physical world. “In the beginning was the Word, and the Word was with God, and the Word was God.” At the fifth chakra, we become aware of the vibrations of the Infinite Field and the cosmic sound that is everywhere. Our ability to hear the pure cosmic sound awakens at the fifth chakra. Indeed, ether, the element associated with the throat chakra, is “the all-encompassing and unifying field of subtle vibrations found throughout the universe.”¹⁹

With subtle sensitivity, we can also become aware of the fact that a silent rhythmic pulse defines our unique vibration and individuality *and* connects us to the universal pulse. In fact, our being is a composite vibrational field that reflects the vibrational patterns in our chakras, organs, tissues, thoughts, emotions, subconscious programming, memories, and soul blueprint. Our subtle etheric body maintains and sustains our physical being. All vibrations, both internal and external, affect us down to the cellular level. Consciously and unconsciously, they support, nurture, stimulate, or irritate us.²⁰

Resonance and Rhythmic Entrainment

All sounds are wave-like movements that vibrate at different frequencies. Vibrations move

rhythmically in a dance to create a sound. When the rhythm changes, the sound changes.

Resonance or rhythmic entrainment happens when two waveforms of similar frequency “lock into phase” with each other ... oscillate together at the same rate. The resulting wave is a combination of the two original waves; it has the same frequency but increased amplitude. Amplitude is the distance a wave travels from crest to trough.” With increased amplitude, there is increased energy and volume. Experiments have demonstrated that “vibration moves matter into harmonic, coherent mandala-like patterns. Resonant vibrations increase the effect.”²¹

We must be able to entrain with the vibratory frequencies around us to feel comfortable and connected. We must also entrain with each other to be heard and understood (more on that below). Ultimately, our goal is to entrain with universal frequencies to enjoy the cosmic qualities of peace, stillness, and silence.

Communication and Entrainment

Most of us are unaware that we speak rhythmically. This becomes obvious when we visit a country that speaks a language different from our own. When we listen and begin to learn the language, we can feel that we have to get into the rhythm of the language. Even the way we hold and move our body begins to change.

Very interesting research has been carried out about rhythmic entrainment and the subtle dynamics of conversation. For example, Dr. William S. Condon of the Boston University School of Medicine filmed many conversations and then observed them at very slow speeds. He found that “the body movements of both the listener and the speaker *were in precise synchrony with the voice* at all times that communication was occurring.” This included movements of the eyebrows, head, fingers, etc. Movements changed with the sounds. “What’s most amazing about this is that the listener’s movements were *entrained* to the speaker, rather than occurring as a delayed response.”²²

Further observation concluded that the “content of the message only seems to come across once entrainment occurs.” Before that, there is often misunderstanding. We must entrain with each other to communicate. If not, we feel separate, isolated, cut off, and misunderstood, and we don’t hear or understand what the other person is saying. This and other research on the subject have led to the understanding that “Perhaps communication is really a rhythmic dance rather than a stimulus-response phenomenon.... The listener is not reacting to the speaker but is instead resonating with the speaker when communication is truly occurring.”²³

The Impact of Our Words

All of our chakras are involved in how we communicate and manifest. But the power of the fifth chakra to connect non-physical reality with physical reality gives it a special role in molding our reality. Learning how to speak to create a desirable impact or effect is a critical aspect of developing our fifth chakra. Whatever we say or do is done with the strength of the fifth chakra.

Working together with all the chakras, the fifth chakra computes our projection, which is a

composite statement of all the chakras. The fifth chakra needs the counsel of our sixth chakra to observe what is happening. It needs our intuition to assess the situation. It also needs our lower chakras to feel the state of our emotions and to feel the state of the other person. In addition, we need our heart to balance our chakras with the other person when we communicate. We have to be at the same frequency to hear and understand each other.

Yogi Bhanan explains that the “purpose of communication is to make another person hear what you are saying,” not to hear what you want to say.²⁴ We don’t know what the other person is hearing. And sometimes we don’t even care. We just want to say what we want to say. Words are delivered with energy that can exalt, alert, provoke, or attack. How we communicate can arouse many different emotions, and as a result, the other person may choose to feel guilty, apologetic, responsible, defensive, empathetic, understanding, happy, etc.

The vibrational patterns in our chakras are affected by the vibrational patterns in our thoughts, emotions, behavior, and environment. In collaboration with our other chakras, our throat choreographs sensuality, creativity, sexuality, understanding, and love. The state of our chakras affects another’s chakras to the extent that the other person is able or unable to hold his or her own identity intact and make choices about what he or she wishes to relate to. When the fifth chakra speaks from a loving heart, one’s words penetrate to the heart of the listener.

Spiritually Alert Communication

Have you noticed the difference in how you feel when you are alert and talking to someone who is also alert versus when one or both of you are disconnected, emotional, and lost in your own stories? When we are absent and asleep, our subconscious dictates our thoughts, actions, and feelings, and thus the state of our chakras and how we communicate.

As we develop the faculties inherent in each of our chakras, we become more and more alert to our environments, each other, and self-experience in all our activities. The more conscious we become, the more available we are to see, hear, think, compute, and communicate directly and clearly (also see pages 230-31).

The Technology of Sound

The throat chakra is strategically located — our neck and throat connect our head and our heart. Opening the throat chakra involves relaxing our neck, throat, shoulders, mouth, tongue, and face so that the energy can flow between our body and our head. As discussed above, our throat speaks for both our head and our heart and for all our chakras. When they are all saying the same thing, our communication is clear, coherent, and integrated.

Sacred Sounds

At the fifth chakra, we investigate how we can use sacred mantras and the power of the word to upgrade how we create our reality. The technology of sound — chanting and reciting divine mantras — is a powerful tool for shifting our internal conversation and imprinting higher frequency patterns in all our chakras.

Sound interfaces between matter and Spirit. The technology of sound takes advantage of two important facts: (1) the vibrations of the sounds that we send out through our thoughts and speech reverberate through our being and send messages into the world and Universe; (2) over time, the vibration of the sounds that we repeat are infused in our being, imprinting patterns in our personality, our aura, and our projection.

The technology of naad, or sound, is a powerful tool that breaks through mental obstacles to imprint higher meaning so that our mind is able to serve us. The repetition of sacred sounds makes it possible to learn how to talk with ourselves, others, and the Universe in honest, truthful, uplifting, and spiritual ways.

*Relax in the midst of chaos.
Do not let confusion enter your mind or heart.
Give up control and offer peace to every situation.*



Fifth Chakra Charts

Throat Chakra: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Throat Reptilian brain (lower brainstem) Subconscious mind	Thyroid Parathyroid Throat, neck Mouth, tongue Shoulders	Pure	Ether (akasha) Sound
Functions	Issues/Attributes	Motivations, Desires	
Communication Self-expression Purification Transmutation Transformation	Transmitting and receiving information Communicating personal and universal truth	Creating understanding Being understood Being heard Hearing and listening Having an impact beyond self Solitude (for listening)	
Relationships	Feeling Nature	Aspects of Being	
With others With the vibratory world With universal sound With the Word	Vibration Sound Resonance	Creative self-expression Seat of the teacher, sharing wisdom Control, create, transmit, receive communication with self, others, and non-physical dimensions	
Forces/Powers	Purposes, Tasks	Practices	
Vibration The Word Resonance	Connect and create through sound Create symbols/words to concretize ideas, thoughts, experiences Unite consciousness through sound/speech Harmonize dissonant frequencies Purify/transform/order energy with sound	Mantra chanting Teaching Singing	

Throat Chakra: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Difficulty communicating, being understood	Connected to your own truth and wisdom
Unbalanced Emotional State	Balanced Emotional State
Cannot tell the truth (even when you want to)	Able to fearlessly speak your truth or stay silent
Unbalanced Emotions	Balanced Emotions
Pride Powerlessness Fear	Confidence Courage Fearlessness
Unbalanced Mental State	Balanced Mental State
Inability to express self clearly and honestly Afraid of communicating Elitist mentality, inflated superiority	Can clearly and honestly speak one's truth Can openly communicate without reservations Confident, yet humble and modest
Unbalanced Physical State	Balanced Physical State
Stressed, unable to relax Hyperactive	Relaxed because at peace within Calm vitality
Unbalanced in Relationships	Balanced in Relationships
Others cannot or do not want to hear what you have to say Use talking to unload emotions Don't listen to what others are saying	Others are interested in and can hear what you say Words become source of inspiration Able to listen to what others say
Unbalanced Beliefs	Balanced Beliefs
Believe what you have to say is not worth saying and that others do not want to hear it Fear-based belief of being rejected or shamed Believe that others need to hear what you have to say or don't care	Trust your own truth and connection to higher truths. What you share is not calculated on whether someone wants to hear it. Confident in own truth; you are not seeking approval or validation You are not judgmental or self-righteous. Your communications are direct, honest, humble, and kind.

Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
Indirect	Direct
Untruthful (but not necessarily lying)	Honest
Hesitant in interactions	Confident/forthright in interactions
Shy or aggressive	Act with self-confidence
Communications can be hurtful	Communications can be healing and inspiring
Communications used for selfish gain and/or self-aggrandizement	Communications used for common good and to be of benefit to others

Your intelligence should flow through your chakras under the supervision of your intuition. Simply said, you will be successful, every opportunity will come to you, everybody will love you, nobody will have anything against you, and you will be so focused on the beautiful. You don't have to make an idiot out of yourself to charm anybody. You don't have to play games and act on hidden agendas and all that; it is totally unnecessary. You can be simple, you can be straight, you can be you. What a fulfilling life that will be! You can totally do it.

– Yogi Bhanjan



Fifth/Throat Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

Growing up, you had to be demonstrative and act out to get attention and your needs met. Your parents did not listen to you. You were often reprimanded for stating your opinion, expressing your needs, or trying to get your needs met. You couldn't be honest without being punished for being naughty and out of line.

Results: Attitudes and Behaviors

Cunningness

- Abuse and use words and speech in self-serving ways.
- Use cleverness to deviously self-justify, to impress, or to bamboozle others.
- Use covetous methods of control to get what you want.

Manipulative

- Don't communicate what you want directly to avoid punishment and rejection.
- Communicate indirectly and hope the other person guesses what you want.

Withdrawal

- Remain distant and uninvolved.
- Disengage from the fray of life.
- Try to look involved and interested by discussing ideas.
- Stay in the mind, avoid the emotions.

Self-protective

- Remain on the sidelines to avoid feeling vulnerable.
- Speak and act only when you feel safe.

Risk avoidant

- Stay silent or agree to avoid rejection, criticism, judgment.
- Wait until you know another's opinion or choice so you can fit it and not cause waves.

Copycat adaptive

- Go along with others even when it's not what you really want.
- Please and conform to avoid confrontation or disagreement.

Stress is normal

- Cannot relax because always trying to fit in to another's wishes and priorities.
- Lose your own flow and rhythm.

Fifth/Throat Chakra: Developed, Balanced, and Aligned States

How Life Is Experienced when Fifth Chakra Is Balanced

Aware of vibrational world around you

Sensitive to how voices from all the chakras communicate their messages.

Empathic

Tune in to and feel where others are coming from and what they are communicating, even without words.

Able/willing to and actually share

Comprehensively comprehend others and how you are interacting with them.
Speak and share from the heart and feeling awareness, not the head or intellectualizing.
Easily communicate without fear and need to please or get attention.

Teach through example

Elevate others by speaking the truth.
Your presence teaches with self-confident integrity and honesty.
Transmit information and achieve manifestation by being authentically yourself.
Inspire others to be authentically themselves.

Detached objectivity

Possess sophisticated awareness about the nature and workings of the world.
Accept what is, without need or desire to manipulate or change.
Able and willing to be detached and engaged at the same time.
Caring and still operating from the bigger picture.
Able to see the higher meaning, purpose, lessons, and potential ramifications and impact.

Supreme reasoning

Seek understanding that is true beyond the limitations of time and cultural conditioning.
Speak with the voice of authority, without imposing or expecting agreement and validation.

Share wisdom from awakened heart and mind

Respected because you interact with awareness, comprehension, and commitment to higher truth.
Guided by Spirit, not ego or wounded inner child.
Speak with heartfelt compassion from a heart infused with spiritual power and an enlightened mind.

Impact through higher vibrations and intentions

Impact those around you, your environment, the planet, and the universe by elevating your vibration.

11. Sixth Chakra: Consciousness

Perception, Observation, Non-Judgment, Neutral Mind, Intuition

At the sixth chakra, we can move from the known to the unknown. In our normal state, we rely on what we know, i.e., what we think we know. But whether we realize and admit our ignorance or not, at some level we are aware that something is missing. Without our intuitive knowing available at our third eye, we are afraid, apprehensive, doubtful, and deny the unknown. Our limited experience dictates what we believe about what exists and what we think is possible. At the sixth chakra, we make a quantum shift beyond thinking and into consciousness.

Merging Polarities

The merging of polarities happens at the sixth chakra, where the ida (lunar current), pingala (solar current), and sushumna (central neutral current) end and come together and duality ceases. When the polarities merge into oneness, the light of the arc line forms around our head. Light in our mind offers us the gifts of clarity, detachment, and fearlessness. This light also opens our perception to cosmic reality and our place in the universal hologram. Authority and commanding power come from our oneness and unity with cosmic forces and laws.²⁵

Sixth Chakra Faculties and Skills

The skills and faculties that we cultivate at the sixth chakra make it possible to see the truth and act from the truth. At the third eye, we train our mind to

1. Change channels from our dualistic mind to our neutral channel
2. Pay attention, focus, and concentrate with one-pointed attention
3. Awaken consciousness and shift from thinking to conscious awareness
4. Be a *non-judgmental observer*

To cultivate the above, we use our fifth chakra skills of (1) listening — to our intuition and the universal sound, and (2) being silent — not talking and not thinking.

With the above training, we acquire life skills that we need to operate effectively in the world. These skills include

- ◆ Being centered, at our still point, in the eye of the storm
- ◆ Dealing with (not trying to avoid) duality, contractions, and inner conflict
- ◆ The ability to discriminate and discern

- ◆ Operating from non-judgment, rational objectivity, and open-mindedness
- ◆ Observing and monitoring the flow of our thoughts (mindfulness)
- ◆ Being aware of the consequences of our thoughts and actions
- ◆ Seeing the mirror — how our outer life reflects our inner world
- ◆ Being unattached, detached, and objective
- ◆ Seeing the bigger picture, the cosmic play, and not taking life so seriously
- ◆ Operating from a higher perspective, understanding, and wisdom
- ◆ Listening to our intuition and trusting our inner guidance
- ◆ Hearing the subtle messages and meaning behind words of others
- ◆ Communicating from our heart

Inner Vision to Perceive and Command

At our third eye, our inner vision opens and our perception of reality expands. Referred to as the ajna, the third eye's functions are both to perceive and to command. Being able to use these capacities depends upon (1) the openness and the amount of light flowing from our third eye, (2) our ability to focus and pay attention, and (3) our capacity to observe without judgment, filters, and restrictive thought forms.

Our third eye gives us access to a mental visual screen. For it to be clear, we have to wipe off the fog. There is usually so much mental interference that our ability to perceive and command is very limited or non-existent. Our clarity depends upon and is reflected in the light and coherency of the arc line, or halo, around our head, which is determined by the development of our three upper chakras.

In our normal waking state, the majority of information we perceive comes through our eyes. When our seeing faculty is dominated by outer stimulation and attention, we connect primarily with the physical world. Our seeing faculty is transmuted into inner awareness and consciousness at the third eye, where, transcending physical reality, we can perceive from a mental state of clarity, neutrality, and detachment.

Third Eye Role in Manifesting

The process of using the mind to “command” our reality by forming inner images is called creative visualization. To be effective, we have to be very clear about what we wish to manifest and be able to hold the image without subjecting it to the debilitating and sabotaging forces of negativity, doubt, and fear. If in our heart, we really don't want what we “think” we want, it won't happen or it won't happen in the way we wish it to happen.

For our visualization process to manifest (make it all the way down to the first chakra), there needs to be a clear path in the descent. The clear path begins at the third eye.

The Power to Command

At our sixth chakra, we hone our mental powers. When our sixth chakra, our command center, is under our control, we have the power to affect what cannot be affected through physical intervention and force.

Yogi Bhanan told us, “We all affect each other by our vibrations, but once we know the art to penetrate with our vibration and direct it, we become powerful. Our power is in our aim of the object. Normally we are all powerful, but some people know how to zero in on it.”²⁶

Even more important, we want to enjoy life and feel fulfilled. But we have to be present. A developed third eye makes it possible to be awake and present so we can enjoy life. We can cultivate the power to command and to experience self-fulfillment through the repetition of divine mantras.

Holographic Theory

Holographic theory helps us understand how the mind works and offers us some profound insights about the importance of working with and developing all our chakras.

A hologram is a composite pattern or the essence structure of all the interacting forces that make up a “thing.” Holograms are non-spatial, i.e., everything is superimposed upon each other and integrated into one place or space.²⁷

Each piece of a hologram contains all the information about the whole, which is stored omni-presently. Any piece (no matter how small) contains and can reproduce the whole picture. As the size of the part diminishes, there is less detail and more fuzziness, but the basic pattern or code remains. The detail and clarity increase as the whole comes together.

Holographic theory describes the mind as a hologram. Instead of information being stored in separate parts of the brain (as thought in previous brain theories), information/memory is stored omni-presently. Any piece (no matter how small) contains and can reproduce the whole picture.

A holographic perspective of the nature of our being tells us that every part of our being is in oneness with our own personal holographic design. The parts that are controlled by subconscious programming and patterns cloud the whole picture from our view. We gain knowledge and clarity about who we are as we discover more aspects of our being. Each part of ourselves that is awakened, developed, and becomes conscious brings us a more complete sense of personal identity and experience of wholeness.

Our mind and our whole being are part of a larger universal hologram and contain the “encoded information of a greater intelligence”²⁸ The neutral higher perspective available at our third eye enables us to work with all our chakras to clear out inner debris and tune in to the higher intelligence in our whole being. The more we raise our frequency and purify all our chakras, the more we perceive our oneness with all that is.

Third Eye and One-Pointedness

According to the traditional interpretations of the chakras, desires are generated from the play of the tattvas, as expressed in the first four chakras. Their desires divert our attention in many directions, making it impossible to be one-pointed.

The patterns and habits of each of the chakras affect how every other chakra operates. We experience this interconnectivity when we try to focus at our third eye and are constantly distracted by thoughts and emotions initiated by the desires, needs, and activity in our other chakras. Therefore, our work with every chakra helps us perceive more and more clearly and is essential to acquiring the faculty of one-pointedness at our third eye.

As Yogi Bhanjan explained it, when the mind releases too many thoughts from the subconscious, and we are unable to compute and cope; we become confused and feel incompetent. In other words, we must develop the higher faculties of the lower chakras (emotions) to be able to use our third eye to intuitively read the map of life.²⁹ Healing our emotional body so that we can use our instincts to give us information, rather than to disturb us, makes it possible to build an internal guidance system that includes both our instincts and intuition. *It is their collaborative sensitivity, not logic and reason, that we must learn to rely on to live our life.*

Accessing Information — Intuitive and Psychic Attunement

The quality of our visual, intuitive, and psychic attunement depends upon the amount of light projected through the lighthouse of our third eye. The amount of light in our mind (sixth and seventh chakras) is a function of the secretions of both the pituitary and pineal glands (our light meter). Light has a much faster vibration than sound and thus has a far more subtle vibrational energy than sound: we can hear sound with our ears; we perceive Light with consciousness.

We awaken our intuitive and psychic abilities at our sixth chakra. Our ability to access information at our third eye transcends time. In our neutral channel, we are not limited by current explanations and beliefs. We need a blank screen to see with clarity and to perceive deeply. We need consciousness to penetrate into the unknown. Once we get beyond thinking, we can perceive intuitively. With acute and neutral awareness, we call up relevant information from the holographic memory bank.

Sixth Chakra Charts

Third Eye Chakra: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Center of head between eyebrows	Pituitary Frontal brain	Perception Knowledge Authority Command Unlimited power	Light Awareness Consciousness
Functions	Issues/Attributes	Motivations, Desires	
Awareness Intuition Inner sight The mind's eye	Focus, one-pointedness Clarity Intention	To know the unknown To command To spiritualize matter	
Relationships	Feeling Nature	Aspects of Being	
To inner knowledge/intuition To cosmic knowledge	Space, empty, void Neutral, stable Pure awareness	Inner knowing Intuition Consciousness	
Forces/Powers	Purposes, Tasks	Practices	
Consciousness Light	To attain neutrality Observation, perception Intuitive knowing, clairvoyance Visualization, imagination To create the future To elevate consciousness through contact with universal energies	Meditation	

Third Eye Chakra: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Stuck in dualistic mind	Non-dual neutral channel available
Unbalanced Emotional State	Balanced Emotional State
Confused Cold, unavailable Helplessness, afraid, paranoid	Calm, clear Neutral, approachable Self-empowered, knowing, trusting
Unbalanced Emotions	Balanced Emotions
Worried and resentful Don't acknowledge emotions	Peaceful and forgiving Feel emotions
Unbalanced Mental State	Balanced Mental State
Conflicted, confused, scattered Question and deny subjective reality Don't listen to or trust intuition Trapped in fantasies and illusions Not sure how to make choices and decisions Doubtful, worried, skeptical	One-pointed, centered Perceive and accept subjective reality Listen to and trust intuitive knowing Clear realistic perception, honest Intuitive decision-maker, can be decisive Trusting
Unbalanced Physical State	Balanced Physical State
Not present in physical body Don't enjoy the pleasures of being alive Oblivious to surroundings	Aware of physical body Enjoy bodily feelings of aliveness Sensitive to surroundings
Unbalanced in Relationships	Balanced in Relationships
Intellectual; Mr. Wizard, Mr. Fix It	Discover, know, and accept others' uniqueness
Unbalanced Beliefs	Balanced Beliefs
Too many beliefs for one's own good Believe only what you can see and measure God is just a concept, not an experience	Believe in simplicity of Truth and Oneness Believe what you perceive and feel Belief in Spirit based on experience
Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
Controlling, manipulative Deny sacredness of all life Calculated, rigid	Use siddhi powers for elevated purposes only Sacred-secular integration Open, flexible

Sixth/Third Eye Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

As a child, you were not taught to trust and believe in yourself. Instead, you were taught to trust “expert” opinions. Your parents, teachers, and preachers were “god” substitutes. You learned to evaluate “pros and cons” with your “rational” mind and not to listen to your intuition and heart to know your truth. Your educational program emphasized importance of empirical data and information and reliance on the intellect to figure things out. Spiritual awareness and experiences were completely missing from early formation.

Results: Attitudes and Behaviors

Unable to trust higher knowing

“I’ll believe it when I see it.”

If it cannot be measured, it isn’t real.

Stuck in the dualistic mind and the rational intellect

Need a “prove it to me” explanation.

Have to know “why” something happened or is the way it is.

Have to plan and calculate everything

Rigidly enslaved to time constraints and schedules.

Cannot relax and go with the flow. Time is money.

Do not trust others, self, or the Universe

Cynical, critical, judgmental.

Avoid intimacy, heart, and feelings

Stuck in mind and avoid emotions.

Believe emotions are weaknesses that you must overcome.

Control is the essence of power

Manipulate to stay in control.

It is a sign of weakness to be out of control.

Black magic — use psychic powers to serve negative purposes.

Deny spiritual realms

God is dead, a myth.

No life after death.

No such thing as reincarnation and karma.

Profit and exploit while you are here.

Sixth/Third Eye Chakra: Developed, Balanced, and Aligned States

How Life Is Experienced when Third Eye Is Open

Can stay mentally clear, focused, and one-pointed

Not controlled by immediate desires and distractions that lead you in many directions.
Power of intention and focus.

Can be an observer

Detached and even entertained by what happens around you.
Do not get buttons pushed and succumb to drama.
Do not buy into others' or your own stories.

Can intuit what is right and what isn't

Can listen/perceive within and get an answer.

Expanded perception

Experience non-physical dimensions of reality beyond time and space.
Ability to take pieces of information, and assimilate and integrate them into a broader context.
Capacity to process great amounts of subtle data and see how everything fits together.

Ability to resonate with oneness of universal energies

Live in resonance, harmony, and oneness with cosmic energies and laws.

Psychic and clairvoyant abilities open up

Ability to perceive information in the non-material realm and make conscious use of your perceptions.
Ability to peek into the future and see what happens.

Creative visualization (the active aspect)

Impact reality through projection of visualizations and plant seeds within your consciousness from which your reality manifests.

See divinity within self and others

"I Am" consciousness — realize the immortality of your soul.

12. Seventh Chakra: Light and Oneness

Divine Connection, Reality Shift, Transcendence

At the sixth chakra/third eye, the Light of consciousness begins to awaken in our mind and we *see* another reality. At the seventh chakra, the quantity of Light in our mind increases exponentially, *immersing* us in another reality. At the sixth chakra, we are always at choice to be in duality and thinking or in non-duality and conscious awareness. At the seventh chakra, we enter the door to the non-physical world. There, either we are tuned in to the oneness zone, or we are oblivious to this expanded reality.

Reality Shift

The seventh chakra is located at the top of the head, the crown, slightly back from the center at the soft spot on a baby's head. The gland associated with the seventh chakra is the pineal gland. When its nectar (chemical secretions) flows, our perception of reality shifts dramatically. The "enlightenment" faculties available at the seventh chakra include (1) higher awareness and consciousness, (2) receptivity and communication with the Universal Mind, and (3) mystical knowing and transcendental understanding.

The Infinite Zone and Our Divine Connection

At our crown chakra, we go deeper into our neutral channel, where we enter the transpersonal arena of reality and return to our Source. We establish our Divine Connection and consciously connect with non-physical reality. Awakening the crown chakra lifts what is called "the veil of illusion." The veil is the dense physical vibration that creates the illusion of separation between our human consciousness and universal consciousness.

Under the veil, the true nature of objective reality is hidden from our perceptual awareness. In our material reality, or Maya, we attempt to use *our intellect* to understand what is true. However, the understanding available to our intellect is very limited. In the infinite zone, we exit our rational/dualistic mind and leave logic and thinking behind. We must rely on our intuition and instincts to navigate above time and space, where we encounter the mystery of the Unknown and the world of Spirit.

From the Unawakened Human Condition to Divine Connection

Science says humans use only 10% of their brain. Yogi Bhanjan said only 10% of our being is seen, the rest is Unseen. Our crown chakra invites us into the 90%, which is available only in meditation using our inner senses to connect to the mystical/quantum world where everything is fluid and connected.

It is part of the unawakened human condition to feel abandoned, separated, and alone in the world and universe. With no personal experience of the sacred and the Infinite, we can fall prey

to addictions and various forms of escapism and victimization. We look for “god” outside ourselves — someone or something to save us from our existential ennui. We enter relationships to overcome our pain of separation and still feel alone. One term used for inner emptiness is called depression. In addition, the overstimulation of and the myriad escape routes available in our technological society leave us desperate to find inner peace and our Divine Connection. The antidote to our ennui can only be found within our own being. Our crown chakra invites us to enter the unseen mysterious realm in meditation and silence.

Our spiritual path is about remembering to look, listen, and feel inside our mind, body, and heart, and to find the Unseen hidden within. With the subtle faculties available at the seventh chakra, we can experience and become aware of a reality where we are not separate. We can awaken to the power of Love that is in everyone and everywhere. We can heal our separation and abandonment wounds when we connect to the infinite energies that we all share.

With their crown chakras open and in an enlightened state, saints, sages, and yogis have written about their experiences and shared cosmic knowledge. In their awakened state, they have produced sacred scriptures and have accessed divine music and mantras, which they have offered to help others elevate their consciousness.

Our crown chakra opens us up to spiritual gifts: *we are able to let go, surrender, trust, forgive, and live in humble gratitude.* We are not in control, and we don’t want to be. With our Divine Connection established, we fall in love with Love and blissfully relate to the Unseen.

Evolution to Higher Consciousness

The nature of our personal growth, transformation, and evolution toward higher consciousness at our crown chakra includes the following:

♥ Expanding Our Reality

Expanding our reality from the personal and worldly to the impersonal and universal. Widening our scope to encompass a more subtle awareness and appreciation of existence, so we can find the unknown in the known.

♥ Transcendental Experience

Cultivating uplifting and transcendental experiences that take us beyond mundane existence and materialistic evaluation of one’s successes in life into the domain of Spirit. Expanding beyond the narrow scope of focusing on wealth, materialistic prosperity, and worldly success to attaining satisfaction and contentment through elevated experiences of sublime peace, joy, and happiness.

♥ Divine Connection, Trust, Faith, and Surrender

Establishing and living from our Divine Connection, which is so real to us that we can trust, have faith in, and surrender to a higher power.

♥ Freedom

Freeing ourselves from conditioned responses so that we can operate from soul consciousness.

Overcoming the oppression of our own mind and emotions! Developing a positive, optimistic, life-enhancing attitude that dispels fear, anxiety, and obsession with the past.

♥ **Meaning and Mystery**

Searching for deeper levels of meaning that operate under the surface. Uncovering treasures hidden behind the obvious. Discovering the mysteries that operate in time and space. Connecting with the spiritual principles underlying and guiding one's life experiences.

♥ **Soul Perspective and Destiny**

Questing for self-knowledge and for a comprehensive, open-ended mental and emotional space that helps us find and define ourselves from a soul perspective. Developing the clarity and open-mindedness that facilitates the unfoldment of our soul's destiny.

♥ **Universal Support for Greater Good**

Living in the experience that the Universe supports our dedication to a greater goal, cause, and vision. Believing in our dreams and ourselves, and having the courage to do what it takes to manifest our dreams in physical reality.

♥ **Ideals and Heart**

Yearning to connect with and live by higher ideals of truth, justice, equity, inclusion, and compassion. Desiring to live in a world directed by Higher Love and doing our part by being kind and caring to everyone.

Activating the Kundalini Awakens the Mind

The desire for inner peace and happiness is present in every individual. Accordingly, every human mind has the capacity to achieve higher states of consciousness and to experience infinite peace. However, no rituals, beliefs, good works, great ideas, or even understanding can activate this state of mind. Instead, the dormant mechanisms of the human mind (the pituitary and pineal glands) must be activated to achieve awakened states of consciousness. The awakening of our Kundalini (the consciousness of our soul) opens our mind to the Universal Mind and a transcendent experience. The technology of Kundalini Yoga and sacred sounds induces this internal activation.

A Vaster Reality

Our spiritual journey is not only about aspiring to something better; it is about awakening to something exponentially vaster. We are driven by our inner urge to align our life and to merge our energies with the Divine so that we can expand our existential experience and consciously participate in a reality infinitely larger than our personal earthbound world. In our heart, we desire to live by higher laws and to enjoy our oneness with the cosmos and Higher Love.

At this final stage in our human journey, we explore the transcendent and our relationship with the living universe. Our sense of unity and spiritual communion with the Divine integrates all our life experiences, opens our heart, makes our life whole, and delivers us to ecstatic bliss. We find magic in oneness and let go and give God a chance.

Brainwave Patterns and Meditation

In normal waking consciousness, our brainwaves are often random and chaotic. We experience inner conflict because (1) our lower brain (limbic — subconscious) and upper brain (cerebral cortex) do not communicate consciously, and (2) the right and left hemispheres of our upper brain generate different wavelengths. Our Kundalini Yoga practice and the rhythmic focused repetition of mantras “de-stimulates” and synchronizes all parts of the brain and, in the process, creates brainwave resonance that (1) heals the split between the lower and upper brain and (2) aligns the left and right hemispheres, creating a more coherent, peaceful, and relaxed mind.³⁰

As a result, and as we develop our first six chakras and raise their frequency, we can experience a deep sense of satisfaction, wholeness, and relationship with our individual self. Any movement in the upper chakras then computes as a peaceful vibration.

However, we experience a quantum shift at the crown chakra. There are no fluctuations or ripples at the crown.³¹ As the brainwaves become smooth and we experience stillness, we awaken to transcendental consciousness. We cross an invisible barrier as our frequency increases to the point that our psyche becomes one with the universal psyche. Our experience shifts completely. Our identity expands into oneness with the Universe. We start relating to the universal totality or God.

We have been told to search for God. But so long as you are searching, you want to find ... and if you are not finding, you are in a pain; you search more and more and more and that's what maya is. Maya is "Whatever I have is not sufficient, I want more." That is Maya. And what is divine: "Whatever I have is more than enough. Thank you." Once you have an attitude of gratitude, your search is finished, the moment your search is finished your pain is gone. Pain is not in life; pain is in running, running, running, running, running.

– Yogi Bhanjan



Seventh Chakra Charts

Crown Chakra: Basic Information and Characteristics

Location	Organs and Body Parts	Meanings	Elements, Essences
Crown Top of head	Pineal gland Frontal brain	Thousand fold Empty Void	The Divine Light
Functions	Issues/Attributes	Motivations, Desires	
Higher and mystical knowing, consciousness, meaning, and understanding Cosmic communication	Oneness Consciousness Trust and surrender to the Infinite Enlightenment	To experience our Divine Connection To merge in Divine Oneness To know the unknown To experience reality beyond the physical senses To find transcendental meaning in life	
Relationships	Feeling Nature	Aspects of Being	
To God To the Universe To the Divine	Silence Stillness Bliss Void and fullness Purity	Higher consciousness Higher mind The breath of God Master controller of the conscious mind	
Forces/Powers	Purposes, Tasks	Practices	
Cosmic Consciousness Divine Light	Awaken to universal oneness Establish Divine Connection Realize you are divinely supported Experience higher meaning in life	Meditation	

Crown Chakra: Unbalanced/Balanced State Comparison

Issue	Issue Resolution
Doubt based on lack of experience Fear caused by disconnection from Source	Trust based on experience Faith in a power beyond and within self
Unbalanced Emotional State	Balanced Emotional State
Depressed (empty, devoid of Light) Alienated, bored, apathetic	Content (filled up with Light) Connected in oneness, engaged
Unbalanced Emotions	Balanced Emotions
Fear	Bliss, joy
Unbalanced Mental State	Balanced Mental State
Confused, distrusting Negate higher forces Know and accept only physical reality Two hemispheres of brain not connected Inability to comprehend or accept higher meaning and purpose Need to control and know everything	Clear, peaceful, trusting Open to connection with Source Consciously embrace non-physical reality Two hemispheres of brain work in synch Aware of higher purpose of one's life path The Universe is in control, available to find out
Unbalanced Physical State	Balanced Physical State
Relate only to physical body as identity Alienated or separated from soul	Physical body viewed as temple of the soul Feeling relationship with soul in body
Unbalanced in Relationships	Balanced in Relationships
Convince, indoctrinate with dogma, fear, or force Concerned only with physical, not spiritual	An inspiration, example for others to follow natural teacher and leader Conscious of deeper connection beyond matter
Unbalanced Beliefs	Balanced Beliefs
Limited to physical reality and dogma Believe in evil Nature is to be conquered "My way or the highway"	Beyond beliefs into experience Believe in underlying goodness Live in harmony with nature "My will is Thy Will"
Unbalanced Behavior/Action in the World	Balanced Behavior/Action in the World
Have to take control and go it alone	Guided and protected by higher powers

Seventh/Crown Chakra: Underdeveloped, Unbalanced, and Unaligned States

Experiential History

During your early years, you were subjected to an assaultive environment. The adults who raised you were primarily authoritative, if not abusive. From the child's perspective, they were disapproving, unjustly critical, and punishing "god" figures.

Results: Attitudes and Behaviors

Doubt non-physical realities

Deny existence of realities beyond what can be perceived with the five senses.

Fear of the unknown

Feel disconnected from nature, a higher source, and your own soul.
The known physical world is painful and full of suffering.

Easily indoctrinated

Belief in God and affiliation to a "religion" is based on fear and indoctrination, not inner experience.
Try to convert others to your belief system.

Fear of God

God punishes sins and rewards good behavior and good deeds.
Try to please God and ask for forgiveness.

Low self-concept

Believe in your inherent weakness, inferiority, and sinfulness.
Give away your power to authorities.
Self-concept depends on others believing as you do.
Feel threatened when others do not accept your way of believing.

Mental weakness

Gullible.
Judgmental and opinionated.

Lack of reverence for life

View life from a practical, self-interested perspective.

Ideological

Beliefs are dogmatic and mentally contrived.
Dogmatic, need to be right, and need to prove you are right.

Seventh/Crown Chakra: Developed, Balanced, and Aligned States

How Life Is Experienced When Crown Chakra Is Open

Open to the existence of non-physical realities and energies

Experience realities and energies beyond those perceived through the physical senses.

The unknown becomes known

Nonverbal experience and perception of Truth, the Infinite, Universal Oneness.

Experience universal wisdom within self

Ability to go within and access universal knowledge.

No separation between self, outer world, and Universe

Ability to experience inner self and soul and connect with Universal Soul.
Experience harmony in inner and outer worlds.

Able to heal oneself and others

Connected to source and healing power of the Universe.

Experience a sense of cosmic order

See the overall pattern and the Grand Plan.
Do not feel controlled or limited by time and space.

Experience an expanded perception of reality where

Order and meaning are nonverbal.
Experience is of truth beyond, yet in, all things.
Divine thoughts are beyond thinking and analyzing.
Perception is of essence, not objects.
Rhythm is the cosmic flow.
Awareness is of connectivity, totality, and oneness.

Feel the presence of the Divine

Realize your own divinity and enjoy your Divine Connection.
Feelings, emotions, and desires make it possible to embody Spirit with blissful pleasure.

Graduate from mystery to mastery

Life becomes an embodied transcendental experience of oneness with all existence.

14. Aura and Electromagnetic Field

Our aura is a composite statement of the vibrational field of energy surrounding our physical body. It is formed by the habit patterns and level of development of each of our chakras. Through the repetition of thoughts, behaviors, and feelings, we program our electromagnetic field with patterns that attract certain types of events, relationships, and experiences. This is why we continue to attract the same things over and over again.

The State of Our Aura

There are an infinite number of factors, both internal and external, that affect our aura. A psychic friend once told me that the vibration in the big box stores lights up the auras of young souls who get turned on by all the material things. On the other hand, energy fields of older souls, and those with delicate constitutions, get zapped. Similarly, loud music might provide the stimulation that some people want or need. The same sounds can disturb the aura of those who get high off of silence and calmness.

Whatever turns us on, we are constantly choosing and being subjected to environments, relationships, and activities that impact us in many ways. Strengthening our aura and nervous system helps us maintain self-focus, withstand assaults, and be less reactive.

Our physical, mental, emotional, and spiritual health are registered in our aura. The upper part of our aura, called the *arc line*, forms a halo around our head that extends from earlobe to earlobe. Our arc line indicates the quantity and quality of the light in our mind (chakras six and seven). Diseases and other forms of malaise are apparent in our aura and arc line before (and while) we experience physical illness and stress. When we purify our aura and correct the disturbance, our dis-ease can disappear.

Weak Aura

Illnesses, invasive medical procedures, accidents, and other physical and emotional traumas, disturb our aura. A friend who sees auras observes that those taking drugs have a grey unstable, shape-shifting aura. When our energy field is disrupted, we lose a sense of ourselves. When our aura is seriously compromised, we feel oversensitive and vulnerable. We find it difficult to shut out sounds and energies that might not otherwise bother us. When our energetic field is weak, we must take the time to nurture and even isolate ourselves to rebuild our aura. It takes time to generate the life force that makes us feel strong and whole again.

Shocks not only impact our aura, they disconnect us from our body. Traumas give our sensitive subtle body the message that it is not safe to be here. In an attempt to feel safe, we avoid feeling our body. However, we have to be in our body to generate and maintain a strong aura. Since the strength of our aura is dependent upon being grounded (first chakra), we must continually work on establishing a comfort zone inside our body.

Also, when our aura is weak, we are susceptible to energetic invasions and being energetically “used.” We are naturally overprotective and avoid energetically threatening situations. Holes in our aura invite invaders who use our energy. As a consequence, we become weaker and can feel sucked dry and even “possessed.” In addition, when our aura is fragile and has energetic holes, we tend to pull on others in an attempt to fill in the gaps and find completion. However, we lose more of our self and become dependent upon external energy input to feel safe and energized.

One consequence of a weak aura is the inability to be realistic. There is a tendency to sacrifice to an abnormal degree and even to glorify becoming a martyr. We know we have gone into the unrealistic zone when we cannot identify a just cause and magnify illusions to justify our suffering. Whatever our trip, we lose our power, fail to get what we want, and wallow in our misery instead of elevating ourselves into a position of power. A strong aura gives us the capacity to be realistic and to take action to support our higher good.

Aura, Prosperity, and Attraction

As we’ve seen, how each chakra works consciously, subconsciously, or unconsciously determines what we project, energetically ask for, and attract. What we might consider good luck or bad luck is actually the result of how our chakras and their essence powers interact and combine to create harmony or disharmony, light or negativity. The result is registered in the coherency and brightness of our electromagnetic field.

Yogi Bhanan says that the human aura can extend up to nine feet in every direction. The depth of our aura into the Earth determines our ability to attract. Our aura into the Earth connects from our heel and the center of our foot. The prosperity quotient (strength) of our aura is determined by the depth of our auric root. If our auric root is shallow or weak, we will be unable to attract and keep money.

Our aura indicates how all our chakras work together to organize, arrange, and produce results. The overall strength of our entire aura gives us the sensitivity to magnetize, perceive, respond to, grab, and hold on to opportunities. We have to be connected to the Earth and our body to receive. We have to be home when the letter carrier comes.

One way to extend and energize our aura is to wear white natural fiber clothing. White reflects all the colors. Black absorbs all the colors and reduces the light and size of our aura.

The Teacher’s Aura

The open and elevated throat chakra is often associated with the teacher who speaks the truth and communicates higher wisdom. However, this is only part of the power of an authentic teacher. I witnessed by being with Yoga Bhanan that spiritual teachers transmit higher frequencies through their aura. We could feel when Yogi Bhanan’s aura entered the range of our capacity to perceive his light.

The purity and strength of our aura determines our ability to share the frequency of higher consciousness, which according to Yogi Bhanan is “caught not taught.” This is possible when the

teacher embodies the experience he or she wishes to share/transmit to the student. (And the student has to be able to receive!)

A teacher's projection and presence sets the standard of his or her capacity to serve and uplift. The power of a teacher also comes by teaching through example. To do so, we learn to live, speak, and project pure love frequencies from all our chakras.

The Light of Our Soul

Our first and ongoing task is to clean and claim our aura and to establish our own personal domain. When our aura is strong and radiant, we can help others and be unattached to the outcome. When our aura vibrates the pure light of our soul, the joy of uplifting others further illumines our aura.

Our most effective protection is to shine our own truth so brightly that all negativity is repelled and only the light of love radiates from our being and enters to nourish our core. Our most powerful communication is to radiate the Light of our Soul so powerfully that everyone feels loved in our presence.

Love and Trust the Divine

One of Yogi Bajan's overarching themes was about changing our mode of living from "pain and struggle" to "relax and attract" mode. This shift in consciousness involves both loving and trusting the Divine. Through love of the Divine, we activate the *cosmic law of reciprocity*. The more we love, the more we are loved. Mutual love arranges our affairs. It is the alignment that creates the magic. Prosperity is also related to trusting the Divine. Yogi Bajan says that when we trust the Divine, Mother Nature can work for us.



Chakra Comparison Charts

Chart One: Basic Nature, Personal Awareness, Soul Lessons

Chakra	Basic Nature	Personal Awareness	Soul Lessons
One	Matter-Earth	I exist in a body	Living in the present
Two	Movement-Water	I interact	Creativity and sensuality
Three	Energy-Fire	I can	Personal empowerment
Solar Plexus	Feeling	I feel	Freedom to be authentic
Four	Space-Air	I love	Giving and receiving love
Five	Sound-Ether	I speak	Communicating the truth
Six	Consciousness	I see, I know	Neutrality and observation
Seven	Light	I am at one	Oneness with the Divine
Aura	Radiance	I am whole	Be in attraction mode

Chart Two: Issues to Be Resolved

Chakra	Issues to Be Resolved
One	Security, survival
Two	Bonding, connection, worthiness
Three	Taking action, will power
Solar Plexus	Soul identity, emotional depth
Four	Balance, compassion, experiencing Higher Love
Five	Fearless interactive communication, self-expression
Six	Focus, one-pointedness, perception
Seven	Trust, surrender
Aura	Protection, coherency

Chart Three: Conscious Awareness in the Chakras

Chakra	Conscious Awareness
One	<i>Groundedness</i> Relationship to the earth, to physical and material reality, to own body
Two	<i>Interaction, creativity, and pleasure</i> Sensual satisfaction and expansion
Three	<i>Power, will, motivation</i> Ability to act, participate, and transform matter
Solar Plexus	<i>Depth of feelings and emotions</i> Ability to tap profundity of personal existence
Four	<i>Polarities in peace and harmony</i> Be in gratitude, forgiveness, and unconditional love
Five	<i>Expressing yourself and speaking your truth</i> Can act and speak from honesty and higher consciousness
Six	<i>Knowing your truth</i> Perception, knowingness, and non-judgment
Seven	<i>Connection with non-physical dimensions</i> Transcendent experiences Oneness and surrender
Aura	<i>Awareness of wholeness</i> Sensitivity to integrated Self

Chart Four: Dimension of Reality and Truth

Chakra	Chakra Dimension of Reality and Truth
One	<i>Lost and Found Department</i> I feel, therefore I am.
Two	<i>Free Willingness</i> I am free to relax and be me.
Three	<i>Free Will—Power Source</i> I generate and tap into life force energy.
Solar Plexus	<i>Soul Consciousness</i> I die and am reborn by experiencing and releasing my hidden agenda and unconscious programs.
Four	<i>Higher Love</i> I surrender to Higher Love. Form falls away.
Five	<i>Communication</i> Who is talking? Who is listening?
Six	<i>Inner Guidance</i> I was asleep. Now I am awake.
Seven	<i>Paradigm Shift</i> I see the Light everywhere.
Aura	<i>Completeness</i> Self-awareness here and beyond.

Chart Five: Essence Powers and Chakra Affirmations

Chakra	Essence Powers	Chakra Affirmations of Experiences
One	Stability Feeling Relax and rest At home	I am here now in my body. I feel safe. I am taken care of. I am at one with Mother Earth.
Two	Expansion Freedom Self-satisfaction	I am free to be me. It is safe to connect. I am worthy of love.
Three	Fire Strength Directed Pulse	I am the source of my own power. I am self-sufficient. My energy guides me. My will is steady.
Solar Plexus	Depth Feelings Emotions	I enter the depths of my being. I feel who I am. It is safe to feel me.
Four	Warmth Rhythm Space	I surrender to Higher Love. My heart beats with the source of spiritual power. My space contains Universal Love.
Five	The power of silence The sound of silence Purity Vibration	I can listen. I can hear the cosmic sound within. I know when to speak and when not to speak. What I say has an impact.
Six	Awareness Darkness Perception Projection Intuition	I see reality and witness the bigger picture. I know and trust the truth. I accept what is. I have the power to create my own reality. I am the source of my own guidance. I trust myself.
Seven	Stillness Infinite Oneness Humility	Peace is everywhere. I trust the Divine Force of the Universe. I am at one with the Universe. I surrender to God's Will.
Aura	Coherency Radiant presence	My presence projects authenticity. I attract to me what is mine.

Chart Six: Affirmations, Goals, and Touchstones

For each chakra, feel its power to support your affirmations, goals, and choices.

Chakra	Affirmation
One	I feel safe to ...
Two	I deserve to ...
Three	I am able to ...
Solar Plexus	I am free to ...
Four	I am willing to ...
Five	I choose at this time to ...
Six	I am ready to ...
Seven	I trust the outcome to ...
Aura	I hold the space to ...

Personalize Your Affirmations

Below are suggestions that you can use in combination with the above affirmations to create your own goals and touchstones and monitor your progress relating to the empowerment of each of your chakras. For example, *I feel safe to ...*

- ◆ give up preconceived ideas (be specific) of the way things are and the way things should be.
- ◆ go beyond all old programs (be specific) based on sin, guilt, fear, unworthiness that have controlled my thoughts, feelings, and actions in ways and patterns that do not work for me.
- ◆ change my beliefs and mindset about myself, the world, and others to align with ...
 - what works for my design and destiny ...
 - what makes me feel happy and free ...
 - what gets my needs met in an empowering way ...
 - what defines my life in a way that I am at peace ...
 - with myself.
 - with the world.
 - with others.
 - with the Universe.

Chart Seven: Chakra Litmus Test

Chakra	Chakra Litmus Test
One	I feel secure I am safe. I belong.
Two	I can expand and stay centered within myself. I can be spontaneous. I can relax and flow.
Three	I can persevere. I can choose. I am able to commit. I am able to keep up. I have the will to take action.
Solar Plexus	I am at peace within. I am free to be honest with myself.
Four	I am kind and compassionate. I love and respect myself.
Five	I am free to speak my truth. I am at peace expressing myself.
Six	I am neutral. I can look and listen inside and get an answer. I am in integrity with myself.
Seven	I am aware of the reality of oneness. I trust a higher power. I am vast.
Aura	My presence projects my truth. My presence inspires and uplifts others.

Chart Eight: Chakra Interactions, Modes of Expression, and Needs

The chakras are interdependent and always interacting with each other, either in supportive or sabotaging ways. The following interactive charts can be used to investigate how your chakras are working with each other to get your needs met and to live a functional and satisfying life.

Chakra	Mode of expression	Needs
One	It is safe	To be here, to feel
Two	I am alive to, I enjoy	To live, to be sexual, to create
Three	I have the power	To act, to move, to commit
Solar Plexus	I am free	To be me
Four	I love, I am at peace with	To love, to give and receive
Five	I express	To express my truth
Six	I know	To know my truth
Seven	I am at one	To be at one with the Universe
Aura	I radiate	To be authentic and whole

Chakra	First—Root <i>It is safe</i>	Second—Sex <i>I am alive with</i>	Third—Power <i>I take action</i>
One	To be here	The earth and my physical body	In the world
Two	To interact and expand	My sexuality and sensuality	To create, to express my creativity
Three	To act and change	My own energy and actions	To participate
Solar Plexus	To feel my emotions	My deepest feelings	To feel my existence
Four	To give and receive love	Higher Love	To give and receive
Five	To express my truth	My expressions of sharing	To speak my truth
Six	To know my truth	My truth	To see the truth
Seven	To be at one with the Universe	Universal truth	To connect with universal truth
Aura	To be at one with all parts of myself	My radiance	To follow through with opportunities

Chakra	Solar Plexus <i>I am free</i>	Four—Heart <i>I am at peace</i>	Fifth—Throat <i>I fearlessly express</i>
One	To connect with natural forces	With physical existence	My needs
Two	To express my passions	With my sensuality	My desires
Three	To commit to meaningful action	With my decisions to do what I choose to do	My power
Solar Plexus	To feel the depth of my being	With my soul essence	My passion
Four	To love myself	With loving myself and the divine	My love
Five	To speak from my soul	To express love	My wisdom
Six	To know my soul	To know love	My truth
Seven	To merge with Spirit	To merge with Higher Love	Universal truth
Aura	To be authentically myself	With my presence and projection	My soul light

Chakra	Sixth—Third Eye <i>I know</i>	Seventh—Crown <i>I experience that</i>	Aura <i>I feel that</i>
One	My connection with the Earth	I am grounded; the world and the universe are inside me	My energy extends deep into the Earth
Two	My presence	I expand with each breath	My emotional energy is contained and charismatic
Three	My strength	I generate energy in my own body; God acts through me	Fire is the light of my soul
Solar Plexus	My soul	My soul merges with the Universal Soul	I am authentic
Four	My ability to heal	I love myself and all existence	My presence embraces with Love
Five	My contribution	The Universe expresses through me	My words project Love
Six	My vision	My truth and universal truth are one	My mind beams clarity and purity
Seven	My universality	The Universe is inside me	My energy merges with Universal Love
Aura	The power of my light	My radiance is at one with the Divine Light	My radiance is at one with the Divine Light

Chart Nine: Relationship to Time

Chakra	Relationship to Time
One	Present Here and now
Two	Ever-changing Fluid Temporal interweaving
Three	How the future is created in the present Action and reaction in time and space
Solar Plexus	Depth of existence Self through all time, through death and rebirth
Four	Eternal cyclical time Relationships and our center that bridge the gaps of time Merging with timelessness of love
Five	Retrieve information from the past through memory Gateway to the future Communication commands and creates future events
Six	Step out of the whirlwind of physical events Enter timeless universal truth zone At the center of the wheel of time
Seven	Simultaneity of time Transcend time, timelessness
Aura	Hold timeless soul in time and space

Chart Ten: Chakra Colors, Visualizations, and Experiences

First (Root) Chakra — Red

Deep red from the Earth
Roots, tail connecting to and reaching into the Earth

Second (Sex) Chakra — Orange

Orange like the sunrise on the horizon
Rays winding around the Earth in spiral vortex energy

Third (Navel) Chakra — Yellow

Yellow like the Sun at noon
Solid, bright, glowing

Solar Plexus — Deep Gold

Center of tree trunk
Deep pulsating aliveness

Fourth (Heart Center) Chakra — Green

Green like the leaves of a tree
Rebirth, spring

Fifth (Throat) Chakra — Royal Blue

Royal blue like the early evening sky
Whispering sounds

Sixth (Third Eye) Chakra — Purple

Purple like the deep night sky
Open, expansive, vast

Seventh (Crown) Chakra — Silvery White

White and silver like the illuminence of the stars
Brilliance

Aura — Gold

Golden like the gold that holds the finest jewels (your soul!)
Shining radiance

Part III: The Chakra Journey

15. Awakening the Kundalini

Kundalini is spiritual energy that lies dormant at the base of the spine in the lower two chakras until awakened. “Kundalini” means curl or coil; its moving nature is spiraling and serpent-like.

Kundalini is the soul force and light of consciousness that exists in every human being. The human body can function without awakening spiritual energy. However, when the Kundalini is awakened, it brings the awareness of Spirit into our being as higher levels of consciousness become accessible. We experience an awakened state beyond normal sleeping, dreaming, and waking states. We become aware of our soul identity and our destiny path. We begin to express who we are without fear.

Basics of Awakening the Kundalini

Chakra energies function through the nervous and cerebrospinal systems. The chakras work with the nerves, sense organs, and glands and get support from all of our body systems. Nerves are vehicles for and conductors of pranic energy.

The term *nadis* refers to energy pathways that move various kinds of energy. Physical nadis include nerves, veins, and arteries. When discussing the chakras and the Kundalini, we refer to nadis as the invisible channels through which subtle energy flows.

Each chakra is located near a concentrated nerve ganglion. The secretions of the endocrine glands associated with each chakra enter the bloodstream and produce chemical and mood changes. The practice of Kundalini Yoga is designed to balance and optimize the functioning of our endocrine glands and to elevate our moods.

Prana is life force contained in the inhaled breath. We feed our mind and body with prana. *Apana* is the energy of elimination or release. It is centered in the pelvic area between the navel and the anus and generally has a downward flow. When prana and apana mix at the navel and travel to the base of the spine, their fusion awakens the Kundalini, which enters and ascends up the central channel of the spine. Kundalini Yoga prepares our body for this to happen.

Three Channels in Our Spine

There are three non-physical channels that run up and down our spinal center.

The **ida** is the left channel in the spine, which carries lunar energy currents, which are nourishing, purifying, feminine, and maternal. The ida ends at the left nostril. This energy is magnetic, emotional, and relaxing and can be stimulated through left nostril breathing, which

activates the right hemisphere of the brain.

The **pingala** is the right channel in the spine, which carries solar, cleansing fire, and masculine currents. We stimulate vitality, vigor, and stamina with right nostril breathing, which activates the pingala nadi and the left hemisphere of the brain. This is beneficial in physical activities.

The **sushumna** is the central integrating channel that connects the chakras and where the vital forces of different aspects of consciousness meet.

Spinning of the Chakras

The ida, the channel for yin downward flowing energy, and the pingala, the channel for yang upward flowing energy, twist in figure-eight patterns around the central sushumna and around each chakra.³² The two currents flowing past each other create the vortices that form the chakras.

More specifically, with the downward (ida) movement, energy is consolidated and gains density. Its centripetal direction consolidates as it moves inward, toward its center. The upward (pingala) movement (the opposite force) becomes less dense and expands, as its centrifugal direction moves away from the center. When these polarity forces meet, the opposing forces create “circular movements, or vortices, that create the chakras.”³³

The upward and downward movements in opposition to one another cause the chakras to spin. The crossing of the ida and pingala nadis makes every other chakra spin in an opposite direction to the one above and below. As a result, chakras act like gears that move subtle energy up and down the spine.³⁴

Shiva and Shakti: The Dance of the Polarities

In the Tantric tradition, Shiva and Shakti represent the two basic universal energies. Shiva is the static, stable force. Shakti is the dynamic, moving force. These universal polarities are inseparable and create all existence.

Shiva is the energy of unmanifest formless consciousness. He rests in blissful, deep meditation in the thousand-petal lotus at the crown chakra. Shiva represents unactivated potential and consciousness. Inside all creation is the Shiva static force, which provides the seed for all creation.

Shakti is the name given to universal creative energy, which is personified as feminine and the Universal Mother. Shakti is the vital energy and dynamic aspect of everything that is manifested. She is the life giver, the Mother of the universe, and inventor of Maya. Shakti, the personified name for the Kundalini, is the primordial feminine force of evolution and creation that rests coiled at the root chakra in the dormant state of potential. When awakened, she climbs up the spine reorganizing the energy of each of the chakras and unblocking the central channel in the spine for her ascent toward Shiva energy or consciousness.

The dance of the Shiva-Shakti polarities is ongoing and never ends. The Shiva force is peacefully ever-present. The Shakti force is restless and moves in cycles that alternate between movement and rest. In movement phase, change is instigated and transformation happens. The rest phase gives time for reorganization. The result is a new creation, which will be preserved for a while and then destroyed, making way for a new cycle and new creation. Thus the Universal Mother is the creator, preserver, and destroyer of the generate, organize, and deliver/destroy (G-O-D) cycle.

These two primal forces, Shiva and Shakti, desire each other and attract each other. Their union (the eternal embrace) results in both enlightenment (the ascent) and manifestation (the descent). Shakti Kundalini ignites vital energy to reach her goal and her lover (the ascent). Shiva brings divine order and higher consciousness to manifestation (the descent).

Some consider the motivating force within the play to be the desire of Shiva, the formless and nameless aspect of the Divine, who wishes to manifest consciousness. If so, it was Adam who was desirous. And all this time, they blamed Eve!

First Chakra Is Home of the Shakti Kundalini

The coccyx, more commonly known as the tailbone, is the physical home of the Kundalini. The dormant vital life force of the Kundalini, Shakti is depicted as a coiled serpent, which is wrapped around the lingam three and a half times (obviously a male-designed system). The unawakened Kundalini has her tail in her mouth, which faces downward.

When one begins to develop the first chakra, the Kundalini serpent opens her mouth and releases her tail, which grounds into the Earth as a foundation for the ascent. She then shifts her direction upward and connects with the central channel of the Sushumna, the energetic pathway felt in the center of the spine. With her mouth open, facing upward, she is positioned to begin her journey toward the crown.

The three main channels in the spine — ida, pingala, and sushumna — are united at the first chakra.

Shakti at the Second Chakra

Shakti transforms at each chakra and takes on a different persona. Harish Johari explains that at our second chakra Shakti has two heads representing duality, the polarities, the need to balance our inner and outer worlds, and the simultaneous existence of both ourselves and relationships.³⁵ Shakti at the second chakra activates our creativity and inspires art and music. It is interesting to examine Shakti's symbology in Tantric texts written by men:

- ◆ *An arrow* is directed toward the desired spot and is interpreted as impetus for upward movement, i.e., the male sexual desire must be redirected. The "arrow of feelings and emotions ... bring both pleasure and pain as duality arises."³⁶
- ◆ *A skull* represents the romantic who holds his head in his hand. In lower consciousness, his emotions rule his behavior. Upgraded to higher consciousness, he surrenders his head to his heart.

- ◆ *A drum* symbolizes the commanding power of rhythm and the beat of the heart.
- ◆ *An ax* is used to cut through all second chakra obstacles.

From a feminine perspective, the flowing force of the water element subtly *moves* through obstacles and creates harmony and balance. The male perspective that “it *cuts through* obstacles and destroys disharmony and imbalance” indicates that whoever thought of this was coming from an aggressive stance and not tuned in to the flowing power of the fluid, feminine force.³⁷

Transcendental Approach

A basic principle of the transcendental yogic approach is that Shakti (female power) is manifested as matter and mind, referring to the lower, or rational, mind that processes our desires and computes information to meet our physical and emotional needs. To go beyond the lower mind, the yogi must stop or suspend the activities of the lower chakras, which are the source of lower-mind activity. When Shakti ascends and unites with the Supreme Consciousness of Shiva, the transcendental mind of pure consciousness is awakened.

The body plays an important role in creating various moods, including the highest states of pleasure and bliss, which happens when the Kundalini is channeled up the spine through the nervous system and the first six chakras. As Johari explains, when the Kundalini/Shakti energy “reaches its final abode, the seventh chakra ... a fusion takes place ... the activities of the mind are completely suspended. Both hemispheres become calm, the inner dialogue stops, one loses all sense of time and space, and the identification and false notions of the phenomenal world melt away.”³⁸

Integrative Approach: Upward and Downward Currents

At the first chakra, our attention is linear and focused both downward and upward. The upward current moves toward higher consciousness. The downward current connects us to the Earth, grounding us so that we can be a channel for Spirit. The downward flow of energy and connection with the Earth helps relieve tension, dissipate stressful energies, and make our body feel secure and at peace, resting on the lap of the Mother. Present here and now, we feel alive and receive the vital life force offered to us from Mother Earth.

Without awakening our Kundalini, we remain attached to our fantasies and physical perception of reality. When the Kundalini rises and then descends through the chakras as consciousness, our perception of ourselves and reality is greatly expanded. We can monitor our state of consciousness by observing what comes down: ranging from stories and ideas we make up in our dualistic mind to consciousness and truth.

As explained earlier, this manual’s teachings are based on the integrative approach, finding it the most relevant to readers and spiritual seekers in the 21st century.

The Path of Liberation

The integrative spiritual path uses our body as the sacred vehicle for a journey with many interpenetrating layers and non-linear phases. As we move up, we find more freedom. As we move down, we find more physical enjoyment.

Three Phases of the Integrative Spiritual Path

There are three basic phases to the integrative spiritual path and the awakening of the Kundalini. Although they are interactive and operate in divine timing, and not by our own agency, they outline the fundamental nature of our spiritual journey.

1. The Ascent

First, our Kundalini awakens and rises up the spine. This is usually a gradual and continuous process. Thus we don't experience one massive shift, but gradual shifts in consciousness. The more Kundalini rises, the more alive and aware we become. When the Kundalini pierces through the crown chakra, we awaken to a vastly expanded level of consciousness. Even when one experiences a spontaneous Kundalini rising, it takes time to integrate higher consciousness into our psyche and lives.

The ascent up the chakras is the path of enlightenment.

2. The Descent

In the integrative path, the Kundalini must descend in order for us to live conscious lives. From the vantage point of our higher awareness, we get an opportunity to look at the issues and blocks in each of our chakras, especially the lower four. On the descent, we bring Spirit into the world. We learn how to spiritualize matter, i.e., manifest Spirit in our daily lives.

The transcendental path leads the aspirant to pass through stage one and stop at the top of the head. It is blissful at the crown chakra. One can acquire supernatural powers, but one can also display human weaknesses. Hence the sexual abuses of some gurus.

The descent down the chakras is the path of manifestation.

3. Integration

Life unfolds as a dynamic process of both the ascent and the descent. There is no end point. *There is always more!* We continue to refine and expand our consciousness and live our life with greater awareness, gratitude, and compassion. Spiritual tests unfold as we live our life. Our challenge is to meet them while maintaining our Divine Connection.

The path of enlightenment and the path of manifestation are both parts of the path of liberation.

The Path of Manifestation

It is interesting how many people still operate from the fundamentals of the transcendental approach. It is common for those following spiritual paths to talk about enlightenment and to believe that life challenges end when we “become enlightened.” In the same conversation, we talk about prosperity and hope to find the magic meditation that will bring us wealth and a life of ease. The following discussion can help clarify what is involved in the path of manifestation.

The descent organizes, collects, and condenses energy into denser expressions. Divine Order is the organizing force.³⁹ The question is, how far can spiritual energy descend? In reverse chakra order, from crown to root, the process looks something like this:

7. Inspiration
6. Images, ideas
5. Definition, conversations
4. Relationships
3. Activity
2. Movement
1. Materials

Seventh chakra — We are inspired by the universal energy that contains infinite possibilities.

Sixth chakra — We receive information or an idea as an image or a thought. If we resonate with an idea, it consolidates in our mind.⁴⁰

Fifth chakra — We begin to define and name the idea and talk about it and share it with others. Those with similar frequencies (like the idea) harmonize and resonate with each other.

Fourth chakra — Interaction becomes more specific and directed by mutual interest and passion. Relationships are formed to move forward. Alignment and balance in relationships are required to continue the manifestation process.

Third chakra — We enter physical reality (and our body). More order is required, i.e., specific plans consolidate the increased density. There is vital energy that we can use to make something happen, to shape and bring our ideas to form. Manifestation requires consciousness and deliberate action that directs energy toward a goal.

Second chakra — We deal with both repetition and limitation in our movements, i.e., action to make things happen. That which is rhythmically synchronized will attract universal assistance and require less effort. That which goes against the flow will meet resistance.

First chakra — Gravity coalesces energy into form. We can finally rest and enjoy the results.

16. Our Spiritual Journey Up and Down the Chakras

All of the chakras are involved in both the ascent and the descent. Our upward path is “fueled by the lower chakras — our roots, our guts, our needs, and desires.”⁴¹ Our downward path is fueled by the light of consciousness and the power of Spirit desiring to manifest. Our goal is to experience the current of universal consciousness in all our chakras and in all aspects of our life.

The Ascent

The ascent up the chakras leads us out of the limitations of the physical plane. It moves us out of constricted energy to new levels of freedom. We disentangle from the limitations of physicality and enter the realm of ideas, symbols, and abstractions. We move from dense physical reality into non-physical reality, which is expansive, inclusive, and limitless. The ascent expands and includes all in oneness.

To review, the first three chakras define and separate us as unique beings. From the heart chakra up, boundaries become less and less defined. At the fifth chakra, we transcend the physical world. The energy of both matter and Spirit is transformed each step of the way. The two forces always express together in varying combinations. Each ascending chakra expresses with less matter and more consciousness. Each step of the descent incorporates more matter.

More specifically, on the ascent, the solidity of the first chakra melts into the movement of water at the second chakra. Fire erupts at the third chakra. Air expands into space at the fourth chakra. Space vibrates sound at the fifth chakra. The higher frequencies radiate light at the sixth chakra. Stillness awakens consciousness at the seventh chakra.⁴²

From expanded consciousness in the upper chakras, we view life from a higher perspective. We gain new insights and inspiration. We experience more freedom, less form, and fewer attachments.

The Descent

The descent is about bringing our expanded perspective and higher consciousness into our daily life and the world. The descent manifests Spirit into form and consolidates our sense of individuality. It is about integrating Spirit into our manifestations. In fact, the descent makes manifestation and creation possible. Ideas condense into form, which becomes a container for Spirit and consciousness.

On the descent, our chakras must be further developed to integrate the higher energies. Their level of development will determine how much Light our body can handle.

Healing from the Crown Chakra

As our Kundalini rises, we awaken to the Infinite. But awakening at our crown chakra is only one step on our spiritual path. It takes disciplined effort and life experience to stay connected to the Spiritual Zone. On both the ascent and the descent, we must befriend what we think are our demons in all our chakras and deal with the life challenges that they present. As we become available for a direct experience of our oneness with the Infinite, Higher Love can transform the primal energies of all our chakras into power and presence.

The seventh chakra offers us exceptional openings for healing, letting go, and deep shifts in consciousness. At our crown chakra, we enter the Spiritual Zone where we receive insights and inspiration, are naturally non-judgmental, and exist in a state of acceptance, forgiveness, and gratitude.

As we access our neutral mind channel, align our body, and increase the frequency of our energy field, all our chakras are able to vibrate with non-physical dimensions of reality. We begin to feel the Presence of Peace and Love in and around us and witness that IT is everywhere.

We allow healing and inner transformation by meditating and connecting with our neutral space. We don't exhaust ourselves by trying to take action or figure things out; we "let go and let God."

Unifying and Dissolving Force

At the crown chakra, we get in touch with the subtle, intangible energies and experiences in the arena of spirituality, unity, and oneness. We connect with the generative Source from which all else flows, which is *both a unifying and dissolving force*. Infinite energy dissolves defined structures and boundaries so that there is no separation between ourselves and universal energies. Witnessing our oneness with the Universal One gives us a spiritual, mystical experience of bliss, transcendence, illumination, and merging. We are uplifted from separation and isolation into an intimate relationship with the Infinite.

Infinite energy is amorphous, undifferentiated, fluid, and very subtle. It is easy to get lost and absorbed into this primal ocean. To enter this unlimited vastness, we not only have to have a strong sense of Self, we have to be able to use our subtle sensitivity to navigate the nebulous waters. When we cannot hold our center, dissolution results. Our spiritual goal is radical transformation and transmutation from asleep to awakened consciousness.

Cultivating a healthy conscious identity structure and knowing ourselves as a differentiated being with boundaries (in our lower chakras) actually enhances our capacity to be in relationship with our Source — the primal power and universal energy of Peace, Light, and Love (whatever name we give it, it is the same thing).

Integrating and Transcending Poles

The first and the seventh chakras are *integrating points/poles that hold our system together*. To review, the first chakra is the seat of the Kundalini, the starting point of ascent, and where we find and ground our roots. The seventh chakra is the bridge to the Infinite and the starting point of the descent. Our Kundalini must rise from the first to the seventh chakra to awaken us to divine reality. The seventh chakra connects us to universal intelligence, which is the Source of manifestation and the original causative factor.⁴³ But we must engage in the descent to manifest in physical reality.

Our crown chakra is the interactive location between finite and Infinite. It is the gateway where we expand beyond our personality self into our Soul Self. It operates beyond the confines of time and space. Our crown chakra is where the experience of unity, oneness, and bliss enter our consciousness. Our personal experience of the Divine within brings us self-knowledge and inner peace. We experience the unity of all and find our Soul Self in unity consciousness.

Cosmic Assistance

Connected at our crown chakra, we receive a lot of cosmic assistance to become aware of and release old programs that we have carried through lifetimes. We can cleanse and purify our emotional/subtle body and dissolve negative emotions from our subconscious core. Through the disappearing act of dissolution, Infinite Love helps us drop our karmic patterns, which have been stuck to our emotional/subtle body with the glue of fear, anger, and sadness. Intuitively we know what to do — focus on and feel in our emotional body Peace, Love, and Light. And like a passing wave or a cloud, we realize that the past is already gone.

Upper Chakras Support Lower Chakras

Higher levels of consciousness in the upper chakras can transform and integrate the lower chakras into a new synthesis. Our focus shifts from changing habits and dealing with problems to upgrading our vibration and elevating our consciousness. In higher frequencies, lower frequency habits drop away and are much easier to replace with beneficial habits. We build a higher vibrational temple for our soul. Our body, emotions, and mind are transformed in the process.

The nature of our transformation is defined by the quality and content of our vibration. We build a stronger more integrated electromagnetic field with spiritual exercises and habits. The clarity and coherency of our light upgrade how we act and attract in the material world.

All Our Chakras Support Our Transformation

We bring in universal consciousness and knowing from the crown chakra, which is subsequently processed by all the other chakras. We achieve harmony in our life when all our chakras operate from a higher understanding and meaning, which we perceive when our crown chakra is open. Our expanded perception of reality and who we are helps our chakras work together so we can live

with continuity, consistency, and coherence.ⁱ

The first three chakras are about taking responsibility, being honest, and operating within realistic parameters physically, financially, and emotionally. We don't "pass go" (move up to our heart) until we get real about our feelings, resources, and attitudes toward our body and physical reality.

First Chakra

When we are floating on a cloud and feel like there is no ground to stand on, we can feel disoriented and lost. If we are not grounded in our body, we can feel spaced out, find it hard to concentrate on physical and mental tasks, and even think we might be losing our mind. We call upon our first chakra to be our grounding rod.

Our first chakra reminds us that universal energies are continuously flowing through our body and animating all life at every moment. The Unseen is happening in our body, in physical reality, and everywhere. Together, the first and seventh chakras make it possible to feel the Unseen Peace in our body and to experience our oneness with all life.

Second Chakra

When an ungrounded first chakra and undeveloped second chakra collaborate with an overactive crown chakra, we can get lost in the unconscious, the subconscious, the imagination, the dream world, and the primal world of emotions and instincts. When the second and seventh chakras are aligned in awakened consciousness, they furnish the basic ingredients for opening our heart.

The second chakra and the water element embody the subtle feminine and awaken us to our emotions as the flowing force of our soul. The extent to which we can use our emotions as a source of creativity and nurturing and not get bogged down by sabotaging moods, negative feelings, and stories indicates the degree of our readiness to move out into the world and make our contribution by expanding Love everywhere we go.

At our second chakra, our personal universe expands outward in concentric circles, radiating from our center, which we cultivate at our third and sixth chakras.

Third Chakra

The status of our third chakra indicates where and how we use our time and energy. If we are not in touch with our physical vitality and power to take action, we will use passive-aggressive behaviors to get our way, denial to avoid reality, or non-communication to get even. When we are in touch with our own power and will, we can be upfront, speak out, and be honest while holding the neutral space of love.

ⁱ These topics and much more are discussed in my book *The Power of Neutral — Soul Alchemy in Meditation*.

Solar Plexus

At the second chakra and solar plexus, we become aware of our feelings, moods, and emotional body. Deep sensitivity to our primal instincts, and how they control our inner reality, is awakened.

Fourth Chakra

At the fourth (heart) chakra, we resolve our emotional issues as we experience how our emotions must be loved in order to tap into our authentic power. We then begin to seek transcendental experiences. Once awakened at our crown chakra, our emotions can be transmuted into devotion, as we open our hearts to Higher Love. Our deepest soul desire to experience our oneness with Infinite Higher Love is thus realized.

We need both our fourth and sixth chakras to watch our thoughts, feel our emotions, and be with our reactions in our body as we engage in relationships and life situations. What inside causes you to react in certain ways with different people and in various environments? Do you escape into a story, the past, or the future? Why? What feelings, emotions, or truths are you trying to avoid? Maybe they are just trying to get your attention and love. Give yourself love and see what happens.

At the heart chakra, we can find peace and harmony within and maintain inner peace and harmony while we are in relationship and interacting in the world.

Fifth Chakra

Our fifth chakra is not a free agent. It takes its cues from the other chakras and communicates for whoever (angry ego, spoiled inner child, neutral observer, loving heart, etc.) is in charge at the moment. By listening to our words and thoughts, we can identify who is in charge. Our free will and consciousness can choose to use our throat chakra to elevate a situation and our mood by chanting divine sounds or by simply being quiet and listening internally to the sound of the Infinite.

Sixth Chakra

At the sixth chakra, we establish our neutral mind as our default channel in our mind, which prepares us to connect with higher dimensions of consciousness at the crown chakra. In our neutral mind, we let go of limiting belief systems, resentment, guilt, shame, blame, and judgment. When we can maintain our neutral mind, the discriminating mental faculty of our rational mind can release us from judgment (negative mind) and deliver us to careful and prudent discernment.

We free ourselves from being a prisoner of conflict in our dualistic mind so that we can find peace and happiness in the Spiritual Zone. Our neutral mind helps us reach the realms of existential freedom by facilitating the process of letting go of lower-chakra attachments, programming, and behaviors that subversively keep us chained to our limited ego and sabotage our Divine Connection.

Challenges and Gifts on Our Spiritual Journey

Every day we continue to climb up the slippery slope to Higher Love. As we ascend up our chakras, our biggest challenge is to maintain our individual identity and keep our feet on the ground. Grounded with the Earth, we can hold our mind stable while we look inside to find what is true and really matters to us. If we are attentive, we can find what can never be lost or taken away, what can only grow and make our life richer.

In our unconscious state, we can succumb to illusions, get lost in idealism, become a victim of self-deception, and disappear into escapism. In our unawakened state, the boundary between fantasy and reality is blurred and sometimes completely lacking. In our innocence, we are gullible and naively believe what we want to believe and indulge in wishful thinking. We can also be self-deprecating and self-denying and set ourselves up to be a self-pitying martyr. Blind faith makes us easy prey for unethical forces.

Every individual is endowed with the capacity to enter the transcendent realms of reality and make his or her unique contribution to bringing the consciousness of Love to the world. The gifts we acquire on our journey include the capacity to be compassionate, empathetic, forgiving, generous, and philanthropic. With humility, dignity, and nobility, we hold a vision for a brighter future, see potential everywhere, and have the heart to bring goodness into the world.

Why Do We Keep Up?

Yogi Bhanan gave us the “big mantra” *Keep up!* This mantra is not only a navel chakra mantra. Our ability and deep motivation to keep up is profoundly related to the seventh chakra, our soul, and the Divine. Why do we keep going? Because we love God. Because we love our soul. Because we want to serve the Divine and our soul. Because our soul has made an agreement with God to do a job in the human body. With all our heart, we want to do a good job. We may not know exactly the definition of our job. But deep within, we are motivated to find out and to make the best of this special human life.



17. The Three Gates to Freedom

To “wake up” and experience our higher Self, the force of the Kundalini must be released. There are various mechanisms in the human body that regulate the awakening of our Kundalini and the flow of the energy of our soul. The activation of the major energy centers, or chakras, along our spine consolidates at three major centers (or gates), which must be opened for the Kundalini energy to flow freely up and down the spine. Our yogic practice is directed to untie three knots: (1) physical, (2) emotional, and (3) mental, in order for us to pass through the three gates to freedom.

These gates are described separately below; however, it is important to note they are interactive. Although the first gate (physical) is always dealt with first, the second and third (emotional and mental, respectively) are sometimes interchanged. This is because the first phase of opening the heart deals with our human emotions. But the final opening of the heart is dependent upon the awakening of consciousness to Higher Love at the third gate.

A summary description of the three gates is as follows:

The **first gate** is located at the navel center. The navel gate is opened when prana (accumulation and receiving of life force) and apana (elimination of toxins, used air, and giving) are balanced in the first three chakras, bringing our physical body into a revitalized and harmonious state.

The **second gate** is located in the heart. The heart gate first opens with vitalized energy and emotional healing in the lower chakras and self-love. Our spiritual heart opens when the crown chakra feeds the heart with high-frequency spiritual energy and our emotional body engages in devotion to the Divine.

The **third gate** is located in the area of the hypothalamus, between the pituitary and pineal glands. This upper chakra gate opens when the throat, crown, and ajna chakras are synchronized with the cosmic current.

Gate One: The Physical Body

In traditional texts and Tantric scriptures, the first knot or gate is located at the third chakra. Actually, the first gate concerns the first three chakras.

The transcendental approach explains that the first obstacle to spiritual growth concerns the world of “names and forms,” which leads us astray through the five sense organs (eyes, ears, nose, tongue, and skin). These five windows create desires and ambitions, or traps, for the mind. One succeeds in untying this first knot by freeing oneself from the bondage caused by attachment (first chakra) and restlessness (second chakra), which prevent the body from finding its center at the navel (third chakra) and preparing the mind to become one-pointed (sixth chakra).⁴⁴ In traditional yogic practices, one closes the five windows and purifies oneself by willful withdrawal of the sense

organs and renunciation of physical, sensual, and sexual pleasures.

Needless to say, this approach does not have much popular appeal in modern society. Not just because it is impractical and no fun, but because it is incompatible with the nature of the spiritual quest at this time. Modern-day spirituality differs from traditional spirituality in three important ways.

1. Spiritualization of Matter

First, the goal of spirituality at this time is to bring Spirit into physical manifestation, not to escape from the physical world. Our mission is to bring Heaven to Earth by living our daily lives from higher consciousness. Our spiritual life thus does not involve escaping into a cave or becoming a mountaintop celibate. The quest for both men and women then is to be able to incorporate soul consciousness into our personality and ego structure. To do so, we need to learn to express all aspects of ourselves and bring deeper meaning and fulfillment to our relationships and into our social and professional lives. Our ultimate goal is to experience God within ourselves and to see God everywhere. To find and express God, we immerse ourselves in life, accept our humanness, and embrace the human experience.

2. Honor and Accept the Human Body

Second, modern-day spirituality requires us to honor our physical body as the vehicle for our soul, which includes connecting, not disassociating, with our senses, emotions, instinctual self, and sexuality.

This worldview is based on the following beliefs: (1) We are spiritual beings in physical bodies who have come to Earth to learn lessons that eventually lead us to discover our true spiritual nature. (2) Our body is a sacred instrument, which if properly fine-tuned and taken care of, nourished and nurtured, becomes the vehicle for our spiritual awakening. (3) We are basically good, not evil, sons and daughters of God.

3. Honor and Connect with Mother Earth

The Earth is our sacred home for a very short time. We should take care of our Mother Earth and not abuse and destroy her. When we live in harmony with Mother Earth, we align ourselves with the natural cycles and rhythms of nature and the Universe. We become aware of our oneness with the Universe and all beings and are able to live in peace and joy with ourselves, with others, and with our environment.

Passing the First Gate

We pass the first gateway to freedom when we consciously attune our mind and our emotions to our body and the Earth and live in unified harmony with the natural laws of the physical world. When we do so, we are not only comfortable and at peace in our bodies, we enjoy the highest spiritual delight and expression of our sensuality and sexuality. We no longer live in self-created confusion and pain caused by physical and emotional imbalances, guilt, and denial or superficial, temporary gratification. Our bodies become vehicles to liberate us from lower realms of illusory indulgences. We feel and enjoy the vibrant aliveness of our soul in our body.

We are thus able to lead long healthy lives because we consciously activate our internal source of power and healing in our lower chakras. Instead of wearing us out, our actions rejuvenate and expand our being. We honor our body's need for physical expression and our soul's desire to creatively and compassionately manifest our contribution.

In this way, we relate to the physical world and the human experience from a spiritual perspective. We cherish our human experience. We accept our weaknesses, issues, and tests, which we know are challenges that lead us to deeper levels of conscious awareness and expression.

Gate Two: The Emotional Body and Heart

The second knot or gate is located in the solar plexus and the pericardium, just below the breasts. The pericardium is like the lion that guards the gate to the heart. The solar plexus is our "pit." It is the black hole that we must jump into in order to come out on the side of our heart. At the solar plexus, we are obliged to face our deepest fears, sadness, and anger. We have to be honest with ourselves and give up the tenuous and temporary safety of denial.

Here, we have to examine our deepest emotions at the soul level. This involves recognizing patterns, behaviors, and emotional imprints that we have brought into this lifetime from previous lives. For our soul growth and soul activation, we must bring into consciousness the subconscious programs that are running our life, deal with them, and let go. This is a time of profound and sincere investigation, intense emotional release, and rebirth.

As we get in touch with the underlying causes of the basic emotional issues of the first three chakras, we realize that something very profound is happening. In the depths of the pit, we experience our soul. At the bottom of the sadness, we find joy. Under anger, we find the ability to act. Hiding under fear, we find love. In sum, we find our higher Self.

To be honest with ourselves, we have to know ourselves. For both, we have to venture deep into our psyche where we connect with our spiritual essence. Then we can free ourselves from the paradigm of pain and struggle, and from sin, guilt, judgment, self-denigration, and a negative view of life.

Without opening our second gate, the unsatisfied emotional body can lead us to become attached to traditions, organizations, and orders for self-preservation, self-identification, and self-justification. But commitments and loyalties to forms will fall away as we move from limited ego to soul consciousness. As we pass through the gate to the heart, we experience the reality of oneness with the Universe. We embody the unifying principles that are the foundation and goals of all religions.

Rebirth at the Second Gate

In the clarity of the pure love of our heart, the attached compassion that leads one to feel responsible for the suffering of the world gives way to the understanding that everything is part of the Divine Plan. We are then free to work for the highest evolution of humankind without a heavy-hearted attachment to the outcome. Actions taken from a healed emotional body and an unattached heart produce results that are more effective and spectacular than can usually be

imagined — witness Gandhi.

In traditional spiritual quests, aspirants left their families and society and entered ascetic orders to free themselves from the deep ties of the genetic code. Their families even performed their funeral rites so that they could, in a sense, be reborn in the new spiritual order. Aspirants took initiation vows that were supposed to help them untie the knot to the heart.⁴⁵

The spiritual rebirth today happens when we are “reborn” from our limited view of ourselves, release emotional imprints from the past, and experience Higher Love vibrating through our being, where we are able to touch true wisdom, compassion, and discrimination. Devotion and faith become an experienced reality, not an emotional crutch. Passing through both the physical and emotional gates, we find ourselves passionately out in the world doing our destiny.

Gate Three: The Mental Body

The third gate is at the third eye and involves the opening of the upper three chakras — the world of thoughts, ideas, visions, and intuition. When the sixth chakra and neutral mind open, we move out of duality, inner conflict, and mental limitation into an inner world of clarity and oneness. We are able to observe instead of judge and to perceive a conscious link between individual and infinite consciousness. When the crown chakra opens, we perceive another reality and become one with IT.

According to transcendental paths, after untying the mental knot, the aspirant establishes him or herself in the sheath of bliss. One lives beyond the five tattvas or elements of earth, water, fire, air, and ether. “From the tattvas the whole world of names and form evolves — and in tattvas it dissolves. It is tattvas that continuously change the chemical makeup of the physical body and bring emotional fluctuations and attachments in the individual self.”⁴⁶

At the ajna, the tattvas merge into their source. Time-bound consciousness dissolves and one merges with Infinity. When the third eye opens, one has the power to clearly see the past, present, and future. One becomes visionary, able to see what is happening anywhere at any time. The barriers of time and space no longer exist.

Our test at the third gate is not to become attached to the siddhis, or powers and miracles, that we can create with one-pointed awareness. Our goal is to connect to and act from Source and enjoy the state of bliss that becomes possible when we experience oneness with the Infinite and live in non-dual consciousness.

18. Desires, Happiness, and the Chakras

Desires Activate Creation

Desires (and needs) are the seeds of creation. They are the impulses that cause us to imagine that things could be different, to trust that transformation is possible, to search for new ways of doing things, and to upgrade how we live our life. Desires motivate us to take action and to put forth an effort to change. Without desire, nothing happens. Desire is the primal activating force in both the universe and in human beings.

In his book on Tantra, Harish Johari explains that desires are a permanent part of the human mechanism, programmed into the core of our being. The phenomenon of desire is physically based in electrochemical impulses, which are actually stimulated by attempts to suppress them. Desires (and attempts to suppress them) activate our endocrine glands to secrete hormones. Attempts to suppress desires create an abnormal concentration of hormones, giving rise to chemical disturbances or disease.⁴⁷

Many spiritual paths remind us that we cannot achieve desirelessness by desiring to get rid of our desires. We cannot get rid of our innate desire impulse, and we don't want to. Attempts to categorically avoid or suppress the human desire mechanism may be possible at the expense of shutting down the nurturing and instinctual aspects of our being. But that possibility is not of interest to our current discussion. However, it is important that we identify what we are talking about, and for this we will examine the nature of desires in each of our chakras.

Chakra Desires

Every aspect of our being is influenced by the nature and object of our desires. Desires arouse an emotional yearning, a psychological love, and a physiological quest for experiences, stimulation, interaction, connection, or objects.

Each chakra generates its own unique desires, which motivate us to evolve and increase the quality of our human experience. Our chakra desires are stimulated by cosmic and Earth energies, our environment, relationships, our internal makeup, and, of course, cultural and media input. In the integrated path, we need to understand and deal with these primal impulses of our being so that they are satisfied in practical and elevated ways.

First chakra desires focus on the physical body, meeting its basic needs, and giving it comfort.
We desire security in our physical body and to feel nurtured by Mother Earth.

Second chakra desires are sensual, sexual, and focus on connecting with another person.
We desire emotional and sensory satisfaction.

Third chakra desires focus on personal power, positioning, and personal identity.
We desire to use our free will to make something happen in the world.

Solar plexus desires relate to finding and living our soul path on planet Earth.

We desire to relate to our human experiences from a place of courage and authenticity.

Fourth chakra desires focus on establishing our connection with the Infinite Force called Love.

We desire to experience life, others, and ourselves from the perspective of Higher Love.

Fifth chakra desires relate to our need to communicate clearly and effectively.

We desire to honestly share and to be heard and understood.

Sixth chakra desires relate to mental peace and higher consciousness.

We desire to know the truth and to be aware, awake, and conscious.

Seventh chakra desires direct us to God consciousness.

We desire to experience our oneness with the Divine.

Auric desires relate to our presence and our projection.

We desire to feel energetically whole, contained, and radiant.

Until the desires and needs of our chakras are met, our energy and attention are focused on finding satisfaction. Their issues and desires dominate our psyche, thoughts, and actions. When we are slaves to our unfulfilled desires, we experience anxiety, agitation, discontentment, loneliness, excitation, and pain.

Reprogramming the Brain

Primal desires (of the first three chakras) are generated in the *lower brain or brainstem*, which regulates biological functions and the rhythms of life: heartbeat, blood flow, and breathing. Capping the brainstem is the *reptilian brain*, which computes aggression, territoriality, and social hierarchy. The *limbic system/mammalian brain* surrounds the reptilian brain and is the source of moods, emotions, and nurturing. To simplify, we refer to all of the above as the reptilian brain.

The *cerebral cortex*, which comprises two-thirds of human brain mass, processes critical analysis and is the seat of consciousness and intuition. The *frontal lobe* of the cerebral cortex must be awakened to experience higher consciousness and connection with the Divine.

Spiritual technology is designed to reprogram and improve the functioning of all parts of our brain. Initially we must subdue the aggressive/fear-based instincts of the lower brainstem, reptilian brain, and limbic system. Purification, including fasting, special diets, and many other yoga and meditation practices, is necessary to create electrochemical balance throughout our entire body, which in turn helps us achieve mental balance. To this end, physical yoga postures and pranayama techniques are used to improve our respiratory function, activate our life force, increase movement, and circulation in all our body systems.

Satisfying Desires

Desires and the Transcendental Path

To summarize Harish Johari's explanation of the nature of desire, the transcendental system operates from the premise that desires are a result of our attachment to sensory input as experienced by our sense organs. Worldly desires originate in the first three chakras, and all desires are related to the first six chakras, with the seventh chakra being beyond desire. The five elements are the source of desire. Thus to transcend desires, we have to transcend the elements, which requires raising the Kundalini.

It is important to acknowledge the influence of the transcendental approach to desires because the philosophy of this path still permeates how we approach the chakras, sexuality, and spirituality. Taken out of the context of modern life, and infused with the sin and guilt trips of many religious dogmas, the impact of this approach causes conflict in our psyche.

The purity of consciousness, which is the goal of the transcendental path, is very alluring because that is our goal at the crown chakra. And many spiritual seekers have followed this path in previous lifetimes. Yet, the integrative approach to spirituality is what we now need to best accommodate (1) the practicalities of our current existence, (2) the nature of our life challenges (relationships, children, work, living in urban environments), and (3) the evolving nature of spirituality, which incorporates all forms of the feminine. The following discussion thus focuses on how we can "have it all."

The Desire to Be Happy

One of the primal human desires is to be happy. Yogi Bhanan says that everyone's birthright is to be happy. Happiness is an experience that can be activated because it is a frequency that can be cultivated. Happiness is an internal affair. It operates independently of external interactions, input, or objects. We do not try to subdue or sublimate our feelings; we raise our frequency so we can enjoy them.

To find happiness, we must raise our frequency in both our mind and in our physical/emotional bodies. When we use our feeling sensitivity to connect with our emotions in our body and allow their energies to relax and flow, we feel good and find contentment. Our internal satisfaction makes it possible to detach from external emotional connections that we indulge in to try to placate our internal dissatisfaction. Mentally, we enter a happy state of being in our neutral mind, where we experience ourselves and life beyond duality, opinion, and judgment. When we can stay connected to this place of inner peace (in body, emotions, and mind) despite our outer challenges, we know happiness.

The Desire that Satisfies All Desires

Our body, emotions, mind, and heart remain dissatisfied when our desires are unfulfilled. We float around on fantasies, stay attached to illusions, and are controlled by sabotaging habits. When we harbor discontentment, we are not at peace. Desire energy resides in our subtle body

until it is satisfied. Desires go with us when we die, and they return with us when we are reborn. We come back with emotional, mental, psychological, and behavioral tendencies that express unfulfilled desires of past lives. This lifetime we want to find resolution and inner peace.

All spiritual masters tell us the same thing: the only experience that will satisfy us is the realization of God consciousness. Realizing Spirit in our daily life is our soul's supreme goal and desire. When our desire for God is fulfilled, we no longer feel the need for so many worldly things.

Our material desires are founded on only one aspect of human life. Yet, as explained by Paramahansa Yogananda, a refocus on what we truly desire is necessary to overcome the trap of ceaseless worldly desires: "What man does not realize is that unless and until he goes back to the Source, to God, he will have to struggle to fulfill endless desires. Reflect on that. Man cannot help having desires, and it is not a sin to have them; but most human longings hamper fulfillment of the supreme desire to return to God, hence they are detrimental to man's happiness. Until he wants and has God, man will continue to long for whatever else he believes will make him happy. But to him who has God, instant fulfillment of all desires comes automatically."⁴⁸

A Process for Redefining and Satisfying Desires

Our desires are hidden in our subconscious, which is like a dusty attic where we hide our old junk. Below are some guidelines for redefining and satisfying our desires.

1. Perception and Discrimination

First, we have to be in our neutral mind to evaluate our desires. Our life and what we think we want is limited by our perception, which can be seriously distorted by the collaboration of our dualistic mind and subconscious conditioning. In our neutral mind and at the crown chakra, our perception changes.

The light in our mind (our consciousness) gives us the power to discriminate. The fire from our navel chakra and the light in our mind help us detach from our moods, bad habits, and sabotaging tendencies.

2. Identify Fear and Anger-Based Desires

In the clarity of our neutral mind, we can detect and observe our unsatisfied desires. With the discrimination that affords us, we can identify our fear and anger-based desires and how they specifically manifest as behaviors, moods, addictions, etc.

First chakra fear-based desires come from scarcity consciousness and believing that there is not enough. They also come from wanting something we know we cannot have or believe we don't deserve. Energetically, we are not grounded and connected with Mother Earth as the provider of abundance.

Second chakra desires that come from fear are a product of not being energetically contained and present *in feeling awareness* in our physical and emotional bodies. Because our energy is scattered and used elsewhere, there is not enough of us for ourselves. To make up for what we feel is missing, we try to get it from someone else.

Third chakra desires that come from fear are based in the fact that *we don't deal with reality; instead, our limited ego competes with reality*. We are unrealistic and aggressive. We use force and a false sense of will to try to get what we want, to control, and to dominate (power over). We have the idea that we will do what it takes to get what we want. We have the wrong goals and an ineffective means of getting them satisfied. This is because we are not connected to our own inner power, which we can feel as a peaceful presence of Self. Without a consolidated sense of self, we use force instead of inner-empowered soul will.

Fourth chakra fear-based desire comes from not listening to our heart. We mentally create ideas of how we wish things were and attach ourselves to our illusory stories of what we think could and should be. We are thus not connected to reality. Love is everywhere, but we cannot find it in illusions. Energetically, our mind and unsatisfied emotions block out the frequency of Love.

Fifth chakra fear-based communications come from getting mixed and negative messages from our first four chakras. Since our fifth chakra speaks for all our chakras, we don't know which chakra to listen to and are overwhelmed by their fearful and angry energies.

3. Notice and Accept How Things Are

Most of our desires are defined by what we want according to how we think things *should* be. But everything is the way it is. If we *desire to know something instead of change it*, we can be in accord with the way things are. In defining your desires, ask yourself: Do I want to know the truth about this situation or am I hoping it (him/her) is the way I want it to be? The only way to know something or someone is to see it the way it is, not the way our desires tell us we wish were true.

Life is a kaleidoscope of an infinite variety of things, people, and experiences. Everyone is different. Everything is subject to change all the time. The most basic strategy for dealing with desires requires acceptance of the way things are. We must train ourselves to notice, accept, and even enjoy how things are without trying to control or interfere. Accept what comes as though you were a player in a movie. Resistance prevents happiness and interferes with our Divine Connection.

4. Redefine Desires

Yogananda says, "There are two classes of desires: those that help us to find God, and those that obstruct our finding the Divine."⁴⁹ For example, we can wish to retaliate or harm, or we can wish to overcome our negativity and, instead, desire to experience the power of love (empathy, forgiveness, compassion).

As part of the process of redefining desires, we basically first choose general desires that serve

as a basis for developing more specific desires. General love-based desires include being free, authentic, neutral, and happy. If our overriding desires are to be happy and to be a peace, we then choose other desires that help us find peace and happiness as we live our life every day. In other words, we define our soul desires and align our life around them.

5. Satisfy Desires in the Divine Way

To use our desire impulse in the most beneficial way, we aim to satisfy our desires in a divine way instead of in an egotistical, fear, or greed-based way. We seek divine guidance to fulfill our legitimate worldly desires. We make our greatest desire (and put forth the greatest effort) to achieve divine consciousness. As our goal to elevate our consciousness becomes a reality, some of our previous desires are no longer important and others are magically satisfied.

6. Practice Seeing the Divine Everywhere

Our soul's supreme desire is to consciously experience the Divine Presence within ourselves and to enjoy the peace and protection that this experience brings. Our richest treasure is our Divine Connection and our ability to see the Divine Presence in every situation and to witness how we are being taken care of. When we see the Divine woven in every activity, past and present, we join in an endless dance of Love.

7. Practice Silence and Stillness

God is realized in stillness and silence. The more we pay attention to neutral and peaceful divine qualities, the more we find God within and establish our Divine Connection. We use our will power and mental concentration in meditation to be in the solitude of inner silence.

Let your mind flow inward to silence and stillness. Build your reservoir of peace. Plug any holes with internal focus on divine qualities. Keep your mind riveted to these qualities no matter what comes.

*Why should we flit around like a fool?
If we let ourselves be blown to and fro, we lose touch with our root.
If we let restlessness move us, we lose touch with who we are.*

– Tao Te Ching #26



God and Religion

Yogi Bhajan on Religion and God

Yogi Bhajan used to tell us that religion is a waste of time. It gives us something to do, keeps us busy, and makes us lazy when we use dogma as a substitute for putting forth our own effort to have the experiences that religion talks about.

One of the most adverse aspects of traditional religions is their perpetuation of the belief that God is outside us. Believing that God is outside ourselves takes the pressure off, absolves us of responsibility, and disempowers us. Since we feel we do not have what is outside us, our desires remain directed externally toward people, places, and things we think can fulfill us, make us whole. Obviously Infinity/God is everywhere, which includes within every one of us. Finding God in me requires effort, attention, and responsibility. We find “God in Me” as we cultivate our personal experience of ourselves as a frequency living in the moment of life happening now.

As Yogi Bhajan explained: “Those who find God outside themselves leave their home for thieves. For those who see their God inside, it’s a very good treat.” When we experience that “I am in God and God is in me,” and “me and God are one,” opportunities come to us. When we run around to find God outside, we have to sweat.⁵⁰

Yogananda on God and Divine Connection

Yogananda asked us, “Does the technology you use give you the results you want?” He pointed out that if we worship symbols and images without the qualities and the consciousness of the love that comes with it, we miss the effects. Also, mechanically using mala beads with an absent mind can be simply a nervous activity. To cultivate our Divine Connection, he advises concentrating inwardly on the qualities, rather than outwardly on the symbol. Within we find the silence, stillness, and peace that are God.

Prayer is contemplating, or desiring, God, not thinking about or desiring something else. If our mind is elsewhere, we are not connecting. God is like the Sun. The Sun shines on all, so receiving and reflecting the Light is our personal responsibility. Divine Connection requires concentration, love, and devotion.⁵¹

Only experience can satisfy our soul’s hunger and wake us up from the spell of illusions and fantasies. We must make an effort to know God. Our job is therefore to desire God and to see God everywhere, in everything, all the time. “When you see His Light and His Presence, then you know that this life is nothing more than a test that everyone must go through to reach God.... Every trial is a blessing if it brings us nearer to God. This is what you should remember. And whatever you do on earth, do it for God.”⁵²

Human Challenges and Soul Desires Chart

First Chakra

Human Challenges

- ◆ To feel safe and secure in physical reality and in our body.
- ◆ To learn to manifest so that we can meet our basic physical needs.

Soul Desires

- ◆ To experience and enjoy belonging to a larger whole/community.
- ◆ To establish our oneness with and feel provided for by our Earth Mother.

Second Chakra

Human Challenges

- ◆ To bond and connect with others without losing energy and our personal identity.
- ◆ To take care of our emotional needs and be emotionally self-nurturing and self-sufficient.

Soul Desires

- ◆ To magnetically attract and move out of the pain-and-struggle mode of living.
- ◆ To relax into our own rhythm and flow and to join the cosmic flow.

Third Chakra

Human Challenges

- ◆ To establish our authentic identity in the world.
- ◆ To act, accomplish, achieve in alignment with our destiny path.

Soul Desires

- ◆ To ignite, connect with, and focus our physical energy and free will.
- ◆ To have an impact, to make a difference, to offer our unique contribution.

Solar Plexus

Human Challenges

- ◆ To clear subconscious emotional imprints and free ourselves of past conditioning.
- ◆ To befriend the lions of fear, anger, and sadness and open the gate to our heart.

Soul Desires

- ◆ To experience the depths of our emotions as the flowing polarity of our soul.
- ◆ To transmute this energy into soulful honesty and face life with courage and acceptance.

Heart Chakra

Human Challenges

- ◆ To love and to allow ourselves (and others) to be, without judgment and self-criticism.
- ◆ To live in a heart space where kindness, forgiveness, and an attitude of gratitude are our natural state of being.

Soul Desires

- ◆ To compassionately embrace everything the way it is and have reverence for all life.
- ◆ To devote our life to experiencing and sharing Universal Love.

Throat Chakra

Human Challenges

- ◆ To release our fear of communicating and interacting truthfully in the world.
- ◆ To be heard and understood, to listen and discern the truth.

Soul Desires

- ◆ To transmit and receive the truth.
- ◆ To transform ourselves and our environments with our words and presence.

Sixth Chakra

Human Challenges

- ◆ To activate our neutral mind and move out of doubt, confusion, and distracted worry.
- ◆ To listen to and follow our intuitive inner guidance.

Soul Desires

- ◆ To focus our mind at the point where one-pointedness, clarity, and peace occur automatically.
- ◆ To know our own truth and command from inner integrity.

Seventh Chakra

Human Challenges

- ◆ To awaken to and experience our Divine Connection.
- ◆ To witness life from a transcendent state of unity consciousness and oneness.

Soul Desires

- ◆ To understand the higher purpose and meaning in our human life and in everything that happens.
- ◆ To align our human will with Divine Will.

Aura

Human Challenges

- ◆ To experience wholeness in our energetic self.
- ◆ To establish boundaries and containment of our energy, to feel safe and protected in the world.

Soul Desires

- ◆ Individualization of personal identity as the embodiment of our soul.
- ◆ To project our light into the world and to attract and share from our radiant Self.

Do you want to get rid of fear? Never say the word "God" or anything similar because then you have personified It. You have made God into a ritual, you have personified It and now you are too well acquainted with It. Always say, "the Unknown will come through."

– Yogi Bhanjan



Part IV: Working with the Chakras

19. The Voices and Projections of Our Chakras

Awakening our chakras is about tapping into the energies that sustain and animate us so we can use their faculties and powers to more optimally live our life. To do so, we must discover our inner reality and learn to listen to the voices that talk to us.

Our Inner Creates Our Outer Reality

The extent to which we participate in creating our reality is both scary and empowering. Since our inner reality creates our outer reality, we must carefully examine our internal conversation. Our chakras' voices send out messages that determine how we are relating and what we are creating. We must become conscious of what we are saying to ourselves, each other, and to the Universe.

Have you ever noticed that there is more than one inner voice speaking to you? Have you ever felt like a battlefield of conflicting energies? There is more going on inside ourselves than we are consciously aware of. Understanding what each of our chakras is saying can help us decipher our inner communication system.

Chakra Communication

Yogi Bhanan told us to pay attention to which chakra we are talking from. However, there is no simple formula since, at some level, all our chakras are always communicating. Their messages depend upon the level of development of each chakra and our ability to use their highest expressions consciously. Each of our chakras influences in its own way (1) what we say and how we say it; (2) the purpose and projection of our words, thoughts, and silence; (3) whether our nonverbal projection and words confront or empathize, irritate or uplift; and (4) how another person receives and understands our messages, or not.

Miscommunication happens when those talking to each other don't want, or are unable, to hear or understand. For example, if we, or the other person, are not grounded in our body (first chakra), we may not even hear what the other person is saying.

Chakra Energies

Each chakra expresses and is a voice for its own unique energy. Each energy expresses in a less-than-optimal manner if it is repressed, disowned, or ignored. On the other hand, each energy can express in favorable and supportive ways when we acknowledge and are able to positively use its faculties and powers. We work with our chakras to bring their unconscious energies into consciousness and to develop their higher expressions.

How each chakra expresses depends upon whether its energies are (1) developed or

undeveloped, (2) open or closed, (3) balanced or unbalanced, (4) aligned or misaligned, (5) honored or suppressed, and (6) conscious or unconscious. Whatever our chakras express or suppress, their vital energies are alive within us and (1) are projected into the world, (2) are reflected in our environments, and (3) create our outer reality. Denial cannot hide what is going on. It can only feed self-sabotage.

What Are Your Chakras Communicating?

We will identify the scripts of each of our chakras, but first let's simplify the process. We want to communicate from an empowered feeling from each chakra. We communicate not only with our words, but also with our energetic projection, which is a nonverbal statement of how we feel inside — our mental, emotional, physical, and spiritual inner reality. Here is a touchstone list that we can use to align the projection of each of our chakras with a satisfied feeling.

The Feeling Cs of Chakra Communication

First Chakra: *Contained, Connected to the Earth and Our Body*

We feel energetically contained inside our skin and present to our own aliveness, here/now.

Second Chakra: *Cozy and Comforted*

We feel emotionally content, self-satisfied, self-nurtured, and cozy inside our body.

Third Chakra: *Centered and Self-Focused*

We feel our power center at our navel, which radiates through the whole length of our spine.

Solar Plexus: *Courageous and Emotionally Honest*

We are able to face life as it presents itself and not hide from our emotional reactions.

Fourth Chakra: *Caring and Compassion*

We are kind and caring to ourselves and to those we communicate with.

Fifth Chakra: *Clear*

We listen within and hear clear messages from both our intuition and instincts about what we wish to say or not to say. And we are available to listen and feel what others are communicating.

Sixth Chakra: *Conscious*

We are in our neutral channel and conscious of the impact of what we choose to communicate.

Seventh Chakra: *Connected*

We experience our Divine Connection and trust we are being guided for the highest good of all.

Aura: *Complete*

We feel whole, integrated, and able to maintain our personal sense of self in challenging times.

The Human Developmental Process

The awakening of consciousness takes us from vulnerability to self-empowerment and involves all our chakras. The first three chakras deal with our human vulnerability and instinctual energies. When we disown or ignore the screaming voices in our lower chakras, we feel insecure and out of control. We try to control to compensate, but navigating life remains a struggle, and creating healthy human relationships is difficult or impossible.

Humans are born vulnerable. As a child we develop an ego self from our vulnerable state. Our identity is created from our perceived need to protect ourselves and to get our basic needs met. Later on in life, we discover that these basic programs are still in place. We may be in an adult body, but our psyche is run by hidden agendas that try to (1) make sure we get approval and love, (2) control our environments and others so that we feel safe, and (3) monitor our feelings and calculate our behaviors to avoid being rejected or abandoned.

Our maturation process involves identifying the energies that, in their unconscious state, sabotage our happiness and success, and empowering them into their higher expressions. Our awakening process can be painful (and embarrassing) when we begin to see our subconscious patterns and identify the scripts that run our life. We become aware that we robotically act out or react rather than consciously respond, and miss the experience of life in the moment.

Perceptions and Experiences

Our perceptions of reality are determined by our mental constructs, belief systems, and training. We are trained to feel, think, and see in specific, predetermined ways. We assume that we and the world exist in a certain way. Our narrow perception defines and seriously limits our experience of life and who we are. To expand our view and experience of reality, ourselves, and others, we must develop heightened awareness by awakening our inner sensory system. We train ourselves to *feel* and *listen to* another reality.

Exploration of Our Instinctual Energies

In our lower chakras, we develop a relationship with our instinctual, emotional energies that are activated in our reptilian brain: fear, anger, sadness, aggression, and passion. These energies either support or sabotage us, energize or destroy us. We don't get rid of these primal energies; we elevate them. Each primal energy (1) is an aspect of the whole person; (2) is an independent, distinct energy that animates us; (3) has a distinct facial expression, posture, and tone of voice; (4) creates a different set of energetic vibrations within our being and in our surroundings; and (5) has a message to share with us.

For each chakra, there is a disowned or less-developed energy that is controlled by the need to (1) protect, (2) control, (3) compare, (4) compete, (5) criticize and judge, (6) be perfect, or (7) please. The above basically speak for (1) our vulnerable and sensitive inner child, who is afraid of being abandoned and unloved, and for (2) our parental selves — good/kind mother and father or angry/critical mother and father.

Our awakening process requires identifying the programs that unconsciously run (and ruin) our life. Once we can be honest about this programming, and compassionately hear all these voices, the lower expressions can be elevated to their higher powers.

Results of Suppressing Our Instinctual Energies

When our instinctual energies are disowned or judged as unacceptable, they express as

First chakra: fear, pettiness, shyness, abandonment

Second chakra: jealousy, inadequacy, shame, guilt

Third chakra: anger, rage, urge to destroy and kill

Solar plexus: escapism, denial, closed heart

Fourth chakra: coldness, unkindness, withdrawal

Attempts to suppress, ignore, deny, or reject our primal energies can result in the following dysfunctional behaviors:

- ♥ ***Distorting*** — The energies become distorted, threatening, and destructive.
- ♥ ***Burying*** — The primal energies are driven into our subconscious, where they operate beyond our awareness.
- ♥ ***Reinforcing*** — Repressing our instinctual energies actually gives them power. They create problems to get our attention.
- ♥ ***Reacting*** — Immature energies trigger uncomfortable fear and anger-based emotional reactions: defensiveness, shame, blame, rage.
- ♥ ***Creating stress and illness*** — Buried emotional energies cause physical illness, exhaustion, stress, and anxiety.
- ♥ ***Limiting ourselves*** — Misdirected “good” qualities (hardworking, caretaking, always right, always nice) divert our attention and efforts. They restrain us to certain approval-seeking behaviors, limit our joy in life, and make us intolerant, inflexible, and unable to relax and accept ourselves and others as we are.
- ♥ ***Negating information*** that we need to evaluate, assess, and make wise choices.
- ♥ ***Being a victim*** — What we disown, we project. What we project, life brings to us. Unconscious energies are always projected. We believe our enemies are outside, but they are inside. The more conscious we become, the more we can recognize and change our projections.

Owning All Our Energies

Each reclaimed energy gives us increased vitality and effectiveness and adds meaning and joy to our life. We awaken to untapped gifts, new ideas, inspirations, and solutions to once unsolvable problems. We gain an expanded sense of self-confidence and self-sufficiency and a greater degree of choice and freedom.

As we own our instinctual energies, these primal powers become available to function appropriately and creatively. For example, navel chakra fire energy is available to protect and take action, not to harm or blame others. Our assertiveness is not confrontational. We simply express from a position of inner honesty. Our aware ego witnesses, honors, and takes information from both our wise parent and honest inner child. All our energies express for our soul and are sources of strength, wisdom, and productivity.

Perspective and Journey

Life is an adventure in learning about oneself, a training ground for growth, change, and transformation. Our job is to both commit to and surrender to the process of awakening to our soul. The evolution of consciousness requires embracing all parts of ourselves so that the love of our soul flows naturally. Beyond suffering, we can discover an expanded Self, depth of being, and a meaningful life.

Voices of the Chakras

Next we will examine each of our chakras from both their (1) fear and anger-based condition and (2) empowered state. We monitor our progress in moving out of disempowered into empowered states by paying attention to (1) how we feel, (2) listening to the voices of each chakra, and (3) by noticing our behaviors, attitudes, and reactions to life challenges.

Your Aware Intuitive Observer

We use our third eye to tune in to each chakra so that we can receive and decode its messages from a non-critical, non-judgmental point of view. From a third eye vantage point, we can avoid dualistic mind activities that interfere with their judgment and interpretations and attempts to control or suppress. Our neutral observer simply witnesses and acknowledges what is going on. Recognizing the truth of what is happening is a critical first step. Train yourself to feel disowned energies and hear their voices speak from this place of observation. Connect with your inner world and find your truth from this unattached perspective.

First Chakra (Root) Voices

Our first chakra voices communicate about

1. Our attitude toward physical survival
2. Our ability to manifest and to meet our basic needs and be self-sufficient
3. Our relationship with our body, physical reality, and Mother Earth

♥ Fear and Anger-Based Voices

Disempowered voices are consumed by survival issues and believe that we do not and cannot have enough. We do not feel taken care of and feel unable to take care of ourselves.

♥ Empowered Voices

Empowered first chakra voices are confident that we can support ourselves financially and that our basic needs are being taken care of.

Empowered voices reflect our ability to tune in to the power of gravity and use it to be present in our body so that we don't get caught off balance, feel unstable, or escape into our mind. With our ability to stay focused on and feel energetically contained in our body, we are able to build a powerful presence and feel supported and nurtured by Mother Earth.

Second Chakra (Sex) Voices

Second chakra voices relate to the state of our emotions. These voices communicate about

1. Our level of emotional independence vs. co-dependence
2. Our ability to meet our own emotional needs and feel emotionally satisfied within ourselves
3. The extent to which we can act from instinctual intelligence, be realistic, and not be controlled by relationship fantasies

♥ Fear and Anger-Based Voices

Disempowered voices express emotional neediness that tries to please to get approval, attention, and love. We lack energetic boundaries and give away our power when we interact to try to get our needs met or to feel safe. Our inner voice fantasizes about save-me relationships.

♥ Empowered Voices

Empowered voices express the self-satisfaction that comes from being emotionally contained and self-nurturing.

Our personal boundaries define our energetic presence. Because we feel our emotions in our body and are emotionally self-contained, our emotional energy becomes a charismatic attractor mechanism.

We are able to avoid emotionally entangling ourselves with others and can interact without feeling the need to please or base our actions on others' expectations or reactions. We function independently with or without the approval of others.

We do not feel the need to maintain personal connections at all times and separate from others when we feel guided to do so. We do not feel responsible for taking care of how others feel or victimized in relationships.

Third Chakra (Navel) Voices

Our third chakra voice speaks for

1. Our sense of an individualized identity, our personal integrity, and our capacity to self-focus
2. The energy we have available to take action for ourselves and accomplish our goals
3. The extent to which we feel vital, energized, and healthy in our body

♥ Fear and Anger-Based Voices

Fear and anger-based voices express frustration, impatience, and victimization, which can be expressed as either aggressiveness or passivity and hesitation. Poor self-esteem indicates a weak navel center, which we try to overcompensate for through overachievement or giving up with a poor me mentality.

Too much underdeveloped fire can make us overly competitive, an egomaniac, seek to dominate (power over), and try to be the best without taking others into consideration.

A weak navel center (not enough fire) makes us prone to inaction, procrastination, feeling powerless, and easily intimidated.

♥ Empowered Voices

The fire at our navel chakra leads us beyond victimhood into being co-creators in our life. Our empowered voice takes responsibility for and has faith in our own actions and path.

Our fire energy motivates us and gives us the physical power to participate fully in life.

Our inner-empowered will is achievement-oriented and has the courage to do what it takes to accomplish our realistic goals.

We listen to, trust, and follow our instinctual guidance. We allow our inner voice to lead us in life and serve our soul.

We can make our needs and truth known in a clear, non-confrontational manner that isn't needy, whiny, or apologetic.

As we align and strengthen our third chakra, we experience courage, new energy, and an awakening to new possibilities.

Solar Plexus Voices

Our solar plexus is our gauge for

1. Our ability to be honest and authentic
2. Our willingness to feel both pain and pleasure
3. Our progress in moving from ego to soul consciousness

♥ Fear and Anger-Based Voices

We are afraid of our weakness and believe we are not good enough. We experience deep sadness and grief about abuse, failures, “mistakes,” and “missed opportunities.” We are so afraid to feel deeply that we escape into denial to avoid emotional pain. Thus, we are unable to be real while still clinging to our fantasies of perfectionism and hoping to be saved from ourselves.

♥ Empowered Voices

We do not try to escape into our minds and can stay with uncomfortable feelings and acknowledge all feelings as the flowing polarity of our soul. We recognize that we are embodied to learn and grow from experiences in physical reality.

We are willing to go through life challenges and both engage in and flow with what is happening. We can be totally honest with ourselves and stand tall during the tests of life. We are able to be with anger, fear, and sadness and take the energy from these primal emotions.

Our honesty about what we must face as we move through life connects us to the indomitable strength and perseverance of our soul. We awaken to the deep meaning and purpose of our life path.

As we move into our upper chakras, we tap into transpersonal energies. Our inner voices speak for new ideas and experiences and reflect that we are able to tune in to an authority beyond our ego.

Fourth Chakra (Heart) Voices

At our heart chakra, we are challenged

1. To love ourselves
2. To experience neutral transcendental Love
3. To live our life from love consciousness

♥ Fear and Anger-Based Voices

Fear-based voices are an indication that we are still operating from the disempowered lower chakras and have not yet connected with the love that hides underneath the wounds that close our heart. We also still operate from fantasies that we will find love when someone else loves us and saves us from our primitive state of neediness.

♥ Empowered Voices

The love we experience in our heart chakra is very personal and expresses both deep self-love and higher, transcendental Love. In our heart, we gain clarity about *what we love* and *how we love*. The love we find deep in our heart and in our neutral mind is not a flashing, passionate, externalized affair. It is a soft, warm, feeling embrace by the Infinite. In our cozy heart space, we fall in love with our inner experience and name it our Beloved.

We know that we can call upon our Divine Connection (this experience) and allow our Beloved to support and comfort us simply by tuning in to and feeling IT in our heart.

At our heart, we awaken to the core of our being, where we are able to expand and nurture a more profound and loving inner life.

The power of the heart chakra comes from its ability to hold the space of love. When we open our heart to ourselves and are able to hold the vibration of Universal Love in our heart space, we discover our capacity to be *in* Love. We discover that, indeed, we are immersed in the infinite space of Love.

The voices from our heart are no longer co-opted by hidden agendas to protect, control, please, be perfect, or be saved by an external white knight/soul mate. Our heart becomes the executive that runs the show and makes decisions consciously, not subconsciously. The voice from our heart synthesizes soul information from both our upper and lower chakras.

Fifth Chakra (Throat) Voices

Our fifth chakra is our mouthpiece to give expression to our heart and all our chakras. Our throat chakra has a big job to

1. Listen to,
2. Communicate for, and
3. Uplift every other chakra out of fear and into the love vibration.

♥ Fear and Anger-Based Voices

We are afraid to express ourselves when there is fear in our other chakras. Fear at the fifth chakra comes from not tuning in to, i.e., listening to and computing, what is going on in our other chakras. Our throat chakra feels disempowered when it is not yet aware of its power to

use sound and resonance to release the fear in our other chakras.

♥ Empowered Voices

The power of the throat chakra comes from its ability to interact with, be influenced by, impact, and communicate for each of our chakras. The courage and conviction from our third chakra support speaking our truth. The honesty from our solar plexus, self-love of our heart chakra, relaxation and acceptance in our second chakra, and feeling present in our body at our first chakra all empower our throat chakra.

An empowered throat chakra listens to and hears the messages from all the chakras. It responds by sending uplifting vibrations that imprint higher messages in all our chakras and through our whole being. It uses its power to impact by vibrating/chanting universal sounds (mantras) until it feels the whole body resonate a peaceful feeling. Our throat chakra finds its power when it discovers the power of the Word and experiences its effects.

Sixth Chakra (Third Eye) Voices

Our third eye has the following very important functions, which it can perform only if it is awakened and used:

1. Our awareness expands and we become conscious.
2. We can neutrally perceive the truth without emotional involvement.
3. Our intuition guides our words and actions.

♥ Fear and Anger-Based Voices

Actually, we do not experience fear at our third eye. Fear in our mind indicates that our third eye is closed and that we operate solely from our dualistic mind, which is fear-based until it has a neutral partner. Conflict, confusion, and judgment are the voices of the dualistic mind.

♥ Empowered Voices

We find the power of our sixth chakra in our neutral mind, which is able to hold and focus on the qualities of the Divine: stability, silence, stillness, neutrality, peacefulness, freedom, vastness, and more.

Our third eye acts as an impartial observer. It has the ability to witness things as they are, not as we wish them to be. Above the fray of dramas, it has the power to see the truth and perceive the higher meaning of our issues.

The power of our third eye comes from the capacity of non-attachment to thoughts, feelings, and beliefs, which provides an objective point of reference so that we can look at all aspects of ourselves with equanimity.

With consciousness and awareness, we acquire the capacity to witness life without evaluation or judgment or the need to control the outcome of events. Instead, we are intuitively guided to compute the outcome of our actions before we take them and thus act from our higher self.

Seventh Chakra (Crown) Voices

An awakened crown chakra

1. Infuses Light in our mind
2. Awakens us to our soul and our oneness with Universal Light
3. Become conscious of the reality where there is no fear, only Love and Light

♥ Fear and Anger-Based Voices

Like the sixth chakra, the seventh chakra knows no fear. However, when it is closed, we deny expanded realities due to our lack of experience and limited beliefs. We insist that to believe something it must be proven with measurement tools, which limits us to proven physical realities. Life can be very boring and restricted. We feel alone and separate. Cynicism is indicative of an inactive seventh chakra.

♥ Empowered Voices

The empowered voice of the crown chakra reflects an authentic Divine Connection that is based on personal experience. We are thus able to trust and have faith in the Unknown and feel that we are protected and guided by a higher power.

When our mind and sensory system compute our oneness with the Infinite Source, we merge in the silence, peace, vastness, and timelessness of the Infinite Divine. There is only the voice of silence. We have nothing to say, only experiences to enjoy. The Light and purity in our mind illumine our way to a more satisfying and fulfilling experience of all aspects of our being and beyond.

Aura Voices

Our aura reflects all our chakras. Our aura is a statement of the power of our presence and our projection.

♥ Fear and Anger-Based Voices

When there is fear in any of our chakras, there is weakness in our entire aura, which can be dull and grey and appear to have holes in the section that computes for the weak chakras. Fear-based voices are protective and defensive, try to hide, and feel unsafe.

♥ Empowered Voices

Our empowered aura speaks from wholeness, coherency, satisfaction, a feeling of safety, and Love. When all our chakras align to speak as one self-supportive voice, our empowered auric voice is self-confident, self-reliant, convincing, endearing, and magnetic.

Characteristics of Fear-Based and Empowered Chakras

The following charts offer guidelines for identifying the status of our chakra development from fear to love.

First Chakra — Root, Foundation

Fear-Based

Possessiveness and excessive materialism
Poverty consciousness and scarcity mentality
Financial issues, not enough money, debt
Feelings of instability and insecurity in the world
Feelings of isolation and disconnectedness from our environment
Desire to leave the body, escapism
Feel like you do not belong
Ungrounded

Empowered, Love-Based

Satisfied with material possessions and what you have
Belief in and experience of abundance, prosperous state of mind
Physical plane and finances are in order
Feeling secure and safe in physical world
Feeling of connection with the Earth
At home in your body
Grounded, desire to be here and enjoy life and the planet

Second Chakra — Sexuality, Creativity

Fear-Based

Neediness
Obsessive behaviors, including sexual
Emotions controlled by hurt inner child
Crave connections that you feel you don't really deserve and cannot have
Rigid ideas/fantasies that perpetuate separateness
Lack of fulfilling creative expression
Self-rejection

Empowered, Love-Based

Feel secure with yourself, open to relationship, but do not *need* one

Sexuality and sensuality are integrated and fulfilling parts of your life
Healed, playful inner child
Easily connect in satisfying relationships
Can be spontaneous and relax into the flow of life
Opportunities for creative expression in all aspects of your life
Self-acceptance

Third Chakra — Physical Center and Energy

Fear-Based

Lack center, scattered
Lack vitality and susceptible to illness
Inability to commit and sustain action and intentions
Addictive behaviors and inability to break habits
Lack consideration for others, possessive, me-first attitude
Victim, blame mentality
Lack of integrity, dishonest, manipulative
Quest for external power and control
Inability to take action for self, feel thwarted and oppressed by external authorities
Angry, revengeful, destructive to self and society

Empowered, Love-Based

Centered within yourself
Vitality and health
Ability to commit, persevere, keep up
Ability to change and make new habits
Ability to take others and the common good into consideration
Take responsibility for own life
Operate from personal integrity and honesty
Satisfied with inner sense of personal power in your life
Action-oriented and able to act
Desire to contribute to society

Mid-Chakra Solar Plexus — Depth of Emotions

Fear-Based

Afraid of life's challenges
Feel emotionally insecure and protective
Poor posture, caved in at solar plexus to "protect" self
Superficial sense of vulnerable self

Empowered, Love-Based

Accept life's challenges with courage and inner conviction of your power to deal with them
Feel emotionally secure in self and safe
Good posture, comfortable, standing tall in life
Deep relationship with soul

Fourth Chakra — Self-Love

Fear-Based

Emotionally attached
Feel need to control others to be like you want them to be
Codependent relationships and behaviors
Self-hate, lack of self-confidence, feeling unworthy
Selfish, jealous
Weak immune system
Self-sabotaging
Alienation from life purpose
Depressed and full of inner conflict

Empowered, Love-Based

Compassionate detachment
Caring and compassionate without control
Balanced relationships between whole individuals
Self-love, self-confidence, and self-esteem
Independent, empathetic
Strong immune system and ability to heal oneself and others
Committed to life purpose
Happy and at peace

Fifth Chakra — Hear and Speak the Truth

Fear-Based

Fear of communicating
Inability to express self and speak own truth
Hesitant in interactions
Inability to listen to and hear self and others

Empowered, Love-Based

Ability to fearlessly communicate
Hear and speak your own truth
Self-confident in interactions
Ability to listen to self and others

Sixth Chakra — See the Truth

Fear-Based

Have to analyze and figure everything out
Rational mind dominates
Have to have physical proof: “I’ll believe it when I see it”
Cannot perceive the truth
Need to ask for others’ opinions
Foggy or lack of vision

Empowered, Love-Based

Listen to and trust intuitive knowing
Neutral mind rules for higher self
Inner knowing, don’t need proof
Can sense when things work or don’t
Can ask, listen inside, and get an answer
Can see the truth and the future

Seventh Chakra — At One with the Truth

Fear-Based

Know and accept only physical reality
Deny existence of realities beyond what can be perceived with the five senses
Distrust and negate higher forces: “I have to take control and go it alone”
Alienated from soul and inner being

Empowered, Love-Based

Experience realities and energies beyond those perceived through the physical senses
Open to the existence of realities and energies that we haven’t experienced
Trust the Infinite, a power beyond oneself
Ability to experience inner self and soul

Aura — Integration and Wholeness

Fear-Based

Have to protect self because you feel threatened from outside influences
Entangled with outside forces and others and don’t know what to do about it

Empowered, Love-Based

Self-contained and confident
Independent with clear energetic boundaries

20. Chakra Consciousness

To review, the chakras are located at nerve plexuses along the spine, where the nerves combine to create activity and send messages through our nervous system to the body and brain. Each chakra gives us certain powers and creates a projection in relationship to its power. For example, the throat chakra gives us the power to speak. The navel chakra gives us the power to act. The seventh chakra gives us the power to trust.

Each chakra offers us special gifts that help us to live an empowered life. As our chakras open, activate, vibrate, and balance, we can experience physical sensations. We can feel pressure at our third eye, a coolness or warmth along our spine, and many other sensations. People often ask, what does this mean? The short answer is *that is the wrong question. The spiritual path is about consciousness, not about an explanation.* Instead of focusing on analysis, we gain deep understanding and inner knowing through our personal experience.

Chakra Consciousness

Chakra consciousness is about using and refining our inner sensory faculties so that we can

1. Wake up and become *more conscious*
2. *Deepen our sensitivity* and enjoy feeling more alive
3. Activate *abilities and functions* and use them to operate more effectively in physical reality

If thinking about colors, animals, or a specific number of petals helps you become more sensitive to and conscious of each chakra, fine. There are different techniques that work for different people. Here we offer other ways to focus our attention so that we can cultivate *awareness, consciousness, and feeling sensitivity.*

Monitor Our Progress

To monitor our progress, we can pay attention to

1. Our consciousness (sixth and seventh chakras)

- ◆ Are we more awake and aware?
- ◆ Do we see life through the neutral lens of consciousness?
- ◆ Can we simply observe what is happening and avoid judging and reacting?
- ◆ Do we listen to our intuition and make conscious decisions?

2. Our sensitivity (first–fifth chakras and solar plexus)

- ◆ Can we stay present to what we are feeling in our body?
- ◆ Can we notice when we are conscious and feeling and not thinking?

Your Life Is in Your Chakras

- ◆ Do we honor our instinctual feelings as messages from our soul?
- ◆ Can we relax into the flow of life?

3. Our Mode of Being and Acting (all chakras)

- ◆ Are we able to operate more and more effectively and efficiently in 3-D?

Outline and Themes for Each Chakra

As we've discussed, the spine and the human energy field contain energy centers, or chakras, that vibrate at different frequencies. Each frequency holds the gift of certain powers that enhance our human experience on planet Earth. Each power helps us deal with specific life challenges.

After summarizing the goals for each chakra, we will look more closely at it in regards to the following themes:

1. Our relationships
2. Where to focus our attention
3. Essence energies and powers
4. Primal feelings and experiences
5. Cultivating experiences — the process
6. Results and empowerment
7. Gifts, abilities, and powers

Then we will ask ourselves some *questions* and respond with *affirmations* and *touchstones*.

There are no secrets, only our inability, unwillingness, or resistance to using the gifts we have been given.



First Chakra: Root — Anchor, Plug In, Stay Here Now

Goals for the First Chakra

To gain access to the powers of the first chakra, we must activate *full-body feeling consciousness*. As we *awaken our feeling awareness* and are able to maintain it, our attention is no longer dominated by mental activity. We tune in to the energy in our lower chakras and experience aliveness in our body.

Mental stress dissipates as the concentration of our energy shifts from our head and shoulders and is distributed throughout our body. In grounded feeling awareness, our Kundalini can safely rise and our psychic abilities can open up without getting physically sick or drained from the intense energies.

1. Relationships

At the first chakra, our relationships are with

- ◆ Our physical body
- ◆ Our feeling sensations
- ◆ Gravity
- ◆ Physical reality
- ◆ Mother Earth
- ◆ Nature and natural forces

2. Where to Focus Our Attention

To experience the energy of the first chakra, we focus at the base of the spine and extend our awareness through our legs and feet. We also feel our skin to establish our body as the container of our soul and Spirit in physical reality.

3. Essence Energies and Powers: Gravity and Earth

The essence energies at the first chakra are *gravity* and the *solidity of the earth element*.

4. Primal Feelings and Experiences: Grounded

The first chakra has the slowest and densest vibration. The primal feelings at the root chakra are grounded, solidity, stability, and stillness.

5. Cultivating Experiences: The Process

As we develop our first chakra and move into feeling awareness, we can cultivate empowering experiences. We can

- ◆ Find our root and establish our foundation in our body

- ◆ Feel grounded and connected to the Earth and physical reality
- ◆ Create an anchor so that our energy can move up and back down again
- ◆ Feel our body as the container of all our energies

6. Results and Empowerment: Containment

When we feel energetically contained inside our skin and present to our own aliveness, we can satisfy our soul desires and meet our human challenges.

We can instinctually feel our own body and our physical surroundings and tune in to their messages.

We feel at home in our body, on Earth, wherever we are.

We can be present in the moment — here, now.

We are aware of our own energy presence.

We feel our body as a welcoming vessel to embody our soul.

We can release stress and relax and rest peacefully.

We achieve a sense of physical security.

We feel self-sufficient and content.

We tap our basic instinctual ability to *trust* our life.

7. Gifts, Abilities, and Powers: Attract and Manifest

By cultivating our relationship with our body and its sensations, we develop

- ◆ The capacity to absorb, integrate, and contain higher frequencies, i.e., to pull spirit and our soul into our body

We acquire the capacities

- ◆ To attract and to manifest
- ◆ To receive — to be home when the letter carrier comes
- ◆ To hold and enjoy what we are given

Questions

Where am I?

Where do I want to be?

Affirmations

I am here now.

I feel, therefore I am.

I am safe and taken care of.

I am at peace and at home in my body.

Mother Earth is my home. I receive nurturing from Mother Earth.

Touchstones

Plug in
Foundation
Root
Anchor
Container

Second Chakra: Sex — Flow, Expansion, Self-Nurturing

At the second chakra, we learn how to take care of our emotional energy — to allow, release, accept, and go with the flow. We use consciousness to relax our emotional energy into its rhythmic expressions. When our emotional energy is flowing, we are able to be flexible in our approaches and interactions, and as a result, we are able to enjoy life with less fear and more love.

Goals for the Second Chakra

To gain access to the powers of the second chakra, we must cultivate our ability to use both our *emotional* and our *sexual energies* for self-nurturing and healing, and as a magnetic attractor mechanism.

At the second chakra, we embellish the experience of containment from the first chakra with emotional fullness and freedom by feeling the expansion of our flowing energy within our body.

We avoid dissipating our energy by creating *energetic boundaries* and learning to expand inwardly. At the same time, we avoid reaching out and losing our center. Without energetic boundaries, our energy is easily scattered and depleted, we project neediness, and we attract exploitation.

For *women*, it comes naturally to create a feeling of a secure and cozy womb, which is the safe home for their emotions. As *men* learn to connect with their emotional energies, their hearts open and their whole body becomes an instrument of love.

Two Approaches to the Lower Chakras

As explained earlier, in the *transcendental system* (upper chakras good, lower chakras bad), practitioners avoid and try to suppress sexual and emotional desires and focus on moving this energy up the spine.

In the *integrative system* (all chakras good), we first use second chakra energy to cultivate *containment* and *inner satisfaction* in our lower chakras, i.e., we deal with (not avoid) our sexual and emotional desires. We recognize *emotional self-nurturing as a first step*.

Once we have activated the spiral vortex flow of our second chakra energy, we simply need to direct our sexual energy up our spine. No force or suppression is required.

1. Relationships

At the second chakra, our primary relationships are with (1) our emotions and emotional body, (2) our sexual energy, and (3) our inner child. How we relate to these aspects of ourselves determines how we relate to others.

2. Where to Focus Our Attention

To tune in to the energy of the second chakra, we become aware of our whole reproductive system, our lower abdomen and belly, and our spine at the sacrum. Women focus on their womb.

3. Essence Energies and Powers: Generative and Flowing Creativity

Second chakra energy and power come from two sources: (1) the *fluidity and nurturing nature of the water element* and (2) the *generative, transformative, and creative power of our sexual energy*. It takes both to move sexual energy and the Kundalini up the spine.

Both our sexual and emotional energies are magnetic, generate charisma, and serve as attractor mechanisms.

4. Primal Feelings and Experiences: Spiral Flow

Movement is the defining quality of second chakra energies. The natural feeling movements at the sex chakra are expansive, flowing, and spiral, like a vortex of energy.

5. Cultivating Experiences: The Process

As we awaken to the movement and flow at the second chakra, we cultivate the following empowering experiences:

- ◆ We allow our emotional and sexual energies to freely move, unencumbered by fear and shame.
- ◆ We relax into our own flow and rhythm.
- ◆ We hold, contain, and expand our energy within our personal boundaries.
- ◆ We define and satisfy our own emotional needs and feel self-nurtured.

At the second chakra, we practice feeling comfortable in our body and in the world. We learn how to respond to external situations without reacting as a victim. As we release fear, we experience our emotions as a source of regenerating power.

6. Results and Empowerment: Self-Nurturing

Our ability to hold and expand our flowing energy within and feel emotionally cozy inside our body offers us many empowering benefits:

- ◆ We experience the pleasure and freedom of self-nurturing and emotional contentment.
- ◆ We can nurture and receive nurturing without being needy and codependent.

- ◆ We can give and feel pleasure while staying centered and connected within.
- ◆ We feel safe to reach out and connect with others without the risk of losing ourselves.
- ◆ We unconditionally accept ourselves and know we are worthy of love.
- ◆ We spontaneously delight in our creative endeavors.

7. Gifts, Abilities, and Powers: Charisma

By cultivating our relationship with our emotional body and sexual energy, we develop

- ◆ The power to relax into our natural flow and rhythm and connect with the Universal Flow
- ◆ The ability to transmute neediness into charisma and use our energy as a magnetizing force
- ◆ The joy of being free to create with our own energy

Questions

How are my emotional and sexual energies being used?

What do I want to do with my sexual, emotional, and nurturing energies?

Affirmations

I can connect and maintain my energetic boundaries.

I contain my emotional and sexual energies and use them to nurture myself.

I am at choice and choose to use my creative energy for my creations.

I am totally free to be me and who I am is worthy of love.

I create for my highest good at every moment.

My relationships are defined by my own inner nurturing.

I am at peace within myself.

Touchstones

Unleash flowing, spiral energy

Freedom

Deep relaxation into my own rhythm

Self-nurturing and self-satisfaction

Third Chakra: Navel — Come Alive!

In the early years after Yogi Bajan arrived in the West, he began by teaching us techniques to empower the third chakra. There are very good reasons why. Our third chakra determines

1. Our sense of an individualized identity, our personal integrity, and our capacity to self-focus
2. The energy we have available to take action for ourselves and to accomplish our goals
3. The extent to which we feel vital, energized, and healthy in our body
4. Our ability to make and break habits and commit to our own well-being

Goals for the Third Chakra

To tap into the power at our third chakra, we must activate the pranic fire energy at the navel, which is the source of our chi (self-generated prana), power, and inner will. Ultimately, we would like our navel chakra to automatically engage to generate the energy that our body needs to optimize its functions and to operate effectively throughout the day. Our goals are to cultivate our navel as our power center and to gain a sense of our individual identity.

1. Relationships

The navel chakra is our most personal chakra; here, we develop a relationship with ourselves! As we develop the centering mechanism at our navel chakra, we are able to develop a relationship with our personal will and individuality.

Energetically, our relationship is with the internal fire power that our navel center generates.

2. Where to Focus Our Attention

The third chakra is the centering point in the physical body. We focus at our navel and allow the pranic energy to feed our kidneys, adrenals, and digestive system, and invigorate our entire metabolism. We feel the fire power provide vitality and aliveness to our whole body, warm our spine, and descend to the base of our spine to release the Kundalini.

3. Essence Energies and Powers: Fire, Prana, and Aliveness

Third chakra powers come from the transformational power of the fire element. We experience the power of tappa (generated heat) and pulsing prana.

4. Primal Feelings and Experiences: Self-Centering

The primal feelings that we experience at our navel chakra are (1) concentrated centeredness, (2) fiery aliveness, and (3) vitality.

5. Cultivating Experiences: The Process

Generate your fire energy with Breath of Fire and other navel exercises, and then feel the beat of your pulse at your navel. Focus on yourself and find your physical center at your navel. Feel your navel as the radiating pranic center of our whole spine, body, and being. Feeling centered within consolidates and focuses your energy and attention, making it possible to experience a sense of individual autonomy and the activation of your free will.

6. Results and Empowerment: Aliveness and Action

When our third chakra is strong, we can face life from a position of self-determination, self-discipline, self-worth, and personal well-being. We have (1) the will power to act, (2) the integrity to know and follow the right course of action, and (3) the energy to do what we want and need to do.

7. Gifts, Abilities, Powers: Strength and Will

When we feel the pulse of energy at our navel, we have tapped into the source of our personal power, inner strength, and the will to take action, to change, and to transform. The activation of the self-sustaining mechanism at our power center causes our pranic body to naturally breathe deeply to generate sustaining energy.

In our daily life, our internal fire gives us the capacity and the courage to transmute (1) anger into action and light, (2) restlessness into directed action, (3) victimization into responsibility, and (4) powerlessness into the ability to make and break habits and to make healthy and wise choices.

Questions

Do I have the energy to sustain, support, and take action for myself?

Do I consciously direct my own life or does my source of direction come from outside myself?

Am I controlled by subconscious programming?

Can I remain centered within myself and not succumb to distraction?

Affirmations

I am the source of my own power.

I am self-sufficient.

I am able to act.

I can choose.

I can commit.

I can keep up.

I have the courage and will to take action for myself and the good of the whole.

Touchstones

Vitality, aliveness

Centeredness

Personal integrity
Self-awareness
My identity

*In fire and pulse, find your center.
From your center, consolidate your identity.
Feel the transformative power of fire.*

Solar Plexus — Deepen into the Gateway to the Heart and Soul

Goals for the Solar Plexus

At our solar plexus, we connect with our emotions as the flowing yin polarity of our soul, which expresses through our emotional/subtle body. Our emotional flowing polarity has two very important functions: (1) to act as a feedback mechanism to guide our life, and (2) to awaken us to soul and divine consciousness. The problem arises when, instead of simply giving us subtle, feeling information, negative emotions activate subconscious programs that tell us that we are unlovable, flawed, not good enough, weak, worthless, guilty, etc.

The problem becomes even more serious when we identify with these definitions of who we think we are, and our inner voices repeat these messages as though they were true. Thus, the often-repeated phrase: *We are not our emotions. We are not our thoughts.* It is true that we are not these negative interpretations, but our emotional body is the feeling yin polarity of our soul. And it is this nagging issue about the nature of our emotions that we must resolve at our solar plexus in order to move into our heart. We must figure out how to identify with our subtle essence, but not with the negative messages.

Our goal at the solar plexus is to free ourselves from self-sabotaging, subconscious emotional imprints that are the source of the negative voices and messages. We must consciously process our subconscious fears, anger, and sadness through deep honest feeling. Rationalizations, justifications, and explanations are mind games to both our physical and emotional bodies. To release negative emotional imprints from our body, we must *feel* the energy that is bound up in stuck emotions. When we experience our emotions as energy, we can tap into their power.

Dark, stuck energy is transmuted by (1) embracing it with the light of consciousness in our neutral mind where there is no judgment, and (2) engaging our emotional body to *love every feeling* until our body relaxes and releases the negative charge. We experience a sense of freedom when our emotional energy moves through our body.

1. Relationships

Our relationships are with the flowing yin polarity of our soul, which expresses through our emotional/subtle body, specifically with our primal emotions: fear, anger, sadness, and joy.

2. Where to Focus Our Attention

The solar plexus is located between the navel and the heart, which we usually experience as a hollow and vulnerable feeling in our “gut.” We often try to protect this sensitive psychic center with poor posture and crossing our arms.

3. Essence Energies and Powers: Depth

The solar plexus is a deeper expression of the flowing water element of the second chakra. The essence powers of the solar plexus are the transformative powers of depth, feeling, honesty, and self-acceptance of the flowing yin polarity of our soul.

4. Primal Feelings and Experiences: Self-Acceptance

The natural feeling at the solar plexus is profound pulsating aliveness. Often agitated, it can become both alive and peaceful through allowing, acceptance, and love.

5. Cultivating Experiences: The Process

a. Loving feeling awareness

To awaken to our soul powers at the solar plexus, we must heal our unresolved emotional issues by *feeling* the energy of our emotions in our body. We stay present in feeling awareness to this area and go deep into the emotions of anger, sadness, and fear.

These primal emotions are the lions that guard the gate to our heart. With loving patience, they must be acknowledged and honored in order for us to pass through the gate to our heart, where we find happiness and joy.

b. Acceptance and honesty

We do not engage in over-analysis of our past. The process at the solar plexus involves accepting our life experiences from a soul-growth perspective and giving ourselves credit for going through our challenges.

We must be honest that certain things in life have been and are painful and unpleasant. But instead of complaining and feeling like a victim, we extricate ourselves through the indomitable, determined power of our soul.

We can *and must* be truthful about what sucks, but we suck it up and move on toward the light of our soul and the gift of the heart that waits to welcome us when we are able to open the gate to our heart. To quote folk singer Pete Seger: “Take it easy, but take it!”

c. Do not identify with negative emotions

A key to processing negative emotional imprints hidden in the solar plexus is to not identify with them or to draw the wrong conclusions. We do not assume that we are weak because we feel afraid or that we are bad because we feel angry. These primal emotions have been legitimately activated by painful and abusive real-life experiences.

d. Do not try to get rid of emotions

It is critical to understand that we don't try to get rid of or suppress our emotions. We release misinformation and misinterpretation and understand the often-traumatic nature of the human experience. Through love, we empower fear, anger, and sadness to be wise, honest messengers of our soul.

6. Results and Empowerment: Making Peace with Your Past

As we move through the healing process at our solar plexus, we uncover the power of our soul to endure, to persevere, and to meet life with courage, conviction, and tenacity. Our job at the solar plexus is to move beyond the past, wounded inner child, and hurt ego to soul consciousness. We don't have to like what happened to us and we won't. But we need to be at peace with our past to enter into the place where we meet our soul.

7. Gifts, Abilities, Powers: Strength and Courage

At the solar plexus, we experience the power and strength of deep authentic feeling. We witness the power of self-love to transmute stuck energy into liberated energy. We also acquire the capacity to free ourselves by being fully present to the sensations in our body until our body relaxes and releases. We touch the core of our being and make the transition from ego to soul consciousness. We tap into our *courage* to face life as it presents itself and not hide from our emotional reactions.

Questions

- How can I honor my courage to face life's challenges instead of shame myself?
- How can I open my heart to myself?
- Who am I and why am I here?
- How can I get out of victimization?
- How did I create this? How can I create something else?

Affirmations

- I safely enter the depths of my being.
- I feel the profundity of who I am and find my soul. I am free to be me.
- I choose to live courageously and authentically with full respect for my life, its challenges, and my soul.

Touchstones

- Depth of feeling honesty. At peace deep within myself.

Fourth Chakra: Heart – Spiritual Love

Goals for the Heart Center

Our upper and lower chakras meet at our heart chakra, which embodies and integrates both the stable/neutral (upper) and flowing/feeling (lower) polarities. At our heart we integrate Spirit into our human life. Our heart exudes warmth (feeling) and it has no opinion (neutral).

At our heart, we tune in to the rhythm and pulse of our heartbeat, which connects us to the universal pulse. Our heart's rhythm integrates all parts of our system and connects us to the core of our being.

Rhythms perpetuate themselves. The rhythm of our heart aligns us with our soul and the Universe and brings us into a state of peace.

Our goal at the heart chakra is to discover our heart as a place of power, not a wishing well of naive fantasies. At our heart, love is no longer identified with the dysfunctional emotional attachment of an imbalanced second chakra. We engage our emotional body (especially with devotional chanting) to love the Divine and thereby upgrade the functioning of our emotional body.

1. Relationships

At our heart chakra, we experience and anchor in the Universal Love vibration. We open up our feeling awareness and consciousness to experience the Infinite Force that connects and gives life to all. We awaken to spiritual love as an inner state of being, which is not object-oriented or humanly dependent.

We are so touched by this experience that we desire to develop a relationship with IT as our Beloved. Loving the transcendent force of Higher Love opens us up to witness the cosmic law of reciprocity: the more we give, the more we receive. The more we love the Divine, the more we make ourselves available to experience that IT loves us. Divine Love shows up in ways that we cannot imagine with human interpretations and calculations. It is the magic of Divine Love that brings inexplicable miracles into our life.

2. Where to Focus Our Attention

The heart chakra is located in the center of the chest and extends through our arms and hands. We feel it as the warmth in our spine at the level of the heart and in our heartbeat.

3. Essence Energies and Powers: Spiritual Love

The essence power of the heart chakra is the transformative power of the air element to expand and to include all in total neutrality. In the expansive neutral heart space, we encounter the transcendent energy that can be called Love that both animates and holds everything in the universe together.

4. Primal Feelings and Experiences: Radiating Warmth

The natural feeling at the heart chakra is a deep radiating warmth and the pulse of our heartbeat. We also experience a deep neutral peace and contentment in an ever-expanding space.

5. Cultivating Experiences: The Process

We cultivate the experience of spiritual love through self-love and devotion to the Divine. *In order to have it, we must love IT.* As we surrender to Higher Love, old feelings of neediness and dependency are transmuted to Soul and Divine Connection. We are then capable of unattached sharing with integrity, compassion, and kindness.

We tune in to both the warm and neutral qualities of the heart center. We know we are in our heart when we feel balanced, experience clarity of purpose, and are open to both giving and receiving with no expectations and no strings attached.

6. Results and Empowerment: Unattached Love

When our heart chakra opens, we can love ourselves without judgment and self-criticism and interact with empathy and compassion. We can rise above the petty grievances of our human issues. *In the purity and humility of our heart, we are able to love and be loved.*

As our heart opens, we are also able to connect with the hearts of others. We can feel the pulse that unites all with the universal pulse. We thus connect with higher spiritual love (the Divine), which we experience as our Beloved companion and guide.

When we are in tune with the natural rhythm of our heart and experience the warm, nurturing glow that it generates, we know we are connected to the Source of all healing and spiritual power. We are able to unconditionally accept and delightfully enjoy life as it presents itself moment to moment. We are in love with life, and that is more than enough to make us happy and at peace with ourselves, each other, and the world.

When we are empowered by our personal experience of Higher Love, we can move through our life challenges from a whole different perspective. We bring the sacredness of spiritual love into human form and become more human. Instead of struggle, we see opportunities around us and act in synchronicity with the Universal Flow.

7. Gifts, Abilities, Powers: Humility, Gratitude, and Forgiveness

At the heart chakra, we tap into the powers of acceptance, humility, gratitude, and forgiveness. We also witness the transformative power of engaging our emotional body to love ourselves and the Divine. We acquire the gift of being able to love unconditionally and to be loved. In this way, we experience the reciprocity of Divine Love, i.e., the more we love the Divine, the more we feel loved.

When we truly operate from our heart, we can be involved and contribute without being attached, manipulative, or needy. With an open heart, we can bring kindness, reverence, and meaning to

our own life and to the lives of others. Through our commitment and contribution to the highest good of all, we give what we have to offer and we receive and attract to us what we need in order to do what we came here to do.

Questions

How can I love myself and my life?

What makes me happy and gives me peace?

How can I accept others without attachments or hidden agendas?

Affirmations

I follow my heart and love myself. My heart is my soul guide and decision-maker.

I am connected to the source of divine power, and I surrender to Higher Love.

Divine Love heals me and all those I touch.

Touchstones

We know we are in our heart when there is no discussion.

Gratitude

Purity

Humility

Forgiveness

*Embrace the transformative power of humility, acceptance, forgiveness, and gratitude.
Witness the cosmic play of reciprocity. The more we love, the more we **feel** loved.*



Fifth Chakra: Throat — Vibration and Resonance

Goals for the Throat Chakra

At the throat chakra, our main challenge is to release the fear of communicating honestly and directly. Our main goal is to cultivate our ability to interact truthfully and gracefully in the world.

As the connector between body and mind, our throat chakra is the focal point for resolving the fight between our head and our heart. Until resolved, the throat chakra carries the burden of our inner conflict, while at the same time playing an important role in resolving this conflict.

The throat chakra speaks for and is influenced by all of our chakras. How the throat chakra carries out its tasks is dependent upon the functioning of the whole chakra system. For example, if our fire energy at our navel is angry, our words will project anger. If our water energy at our second chakra and solar plexus is afraid, our throat chakra will communicate fear.

1. Relationships

Our throat chakra relates to sounds, vibrations, and thoughts and their feeling impact in our whole body and aura and in each of our chakras. The primary relationships of our throat chakra are determined by what we choose to listen to and what we vibrate with. Because our throat chakra has the special task of expressing for all our chakras, what it relates to depends upon the strengths, weaknesses, and development of each chakra.

2. Where to Focus Our Attention

The throat chakra is located in the throat and reptilian brain at the back of our neck (lower brainstem and subconscious mind). The neck and the shoulders carry the stress of an unexpressed and conflicted throat chakra. To connect with our throat chakra, we pay attention to our mouth, tongue, face, neck, and shoulders.

3. Essence Energies and Powers: Sound, Vibration, the Word

The essence power of the throat chakra is the vibration of sound and the Word, i.e., the Infinite Frequency that transmutes lower fear frequencies into Higher Love, thus dissolving feelings of powerlessness. Love vibrations compute unity and oneness, making it possible to overcome fear-based feelings of aloneness and separation.

At the throat chakra, we create transformation with sacred sounds. The power of “the Word” gives the throat chakra the capacity to impact both our inner and outer realities by raising the frequency at which we operate and by projecting harmonious vibrations into our environment. We can use divine frequency sounds to uplift our own physical, mental, and emotional being and shift the manner in which we “chew” life. With sound, we “set the tone” of our being, which determines the nature and impact of our actions, our reactions, and our communications. “Keeping our word” acquires higher meaning when we consciously choose and are able to maintain the vibration of love.

4. Primal Feelings and Experiences: Freely Vibrating

The primal sensation at the throat chakra is the vibration of sound. The natural feeling at the throat chakra is freely vibrating resonance, which we experience not only in our throat, but throughout our whole body and in our aura. Through deep inner listening and feeling, we hear our intuition and feel the messages communicated by our chakras and our soul.

5. Cultivating Experiences: The Process

At the throat chakra, we cultivate experiences with the magical technology of sound. Through uplifting sounds (mantras), we alter (1) how we feel, (2) our perception of reality, and (3) our personal projection. We thus liberate ourselves from the vibrations of fear and anger and uplift ourselves into vibrations of Love.

We also use our throat chakra to awaken to inner experiences by (1) using our *listening faculty* to listen within to our own voices and (2) using our *feeling faculty* to be sensitive to how the sounds we make impact our body.

It is important to be able to monitor our own input and reactions so we have our personal gauge to listen to others and to the sounds in our environment. As our subtle sensitivity awakens, we can (1) hear and feel our own truth, (2) tune in to the essence of what others are communicating, (3) enjoy the sound of Silence, and (4) resonate with universal truth, unity, and Love.

6. Results and Empowerment: Fearless Truth

Empowerment and fearlessness at our throat chakra come as we release subconscious fears encoded in our reptilian brain. We claim our voice by listening to and following our intuition and by refraining from giving away our power to external authorities and subconscious programming. We thus acquire the ability to listen to and connect with others from a stance of detachment and independence.

The wisdom embedded in the vibration of divine mantras connects us with our soul and universal truth. By sensing and vibrating with the truth, our pride, shame, and fear are transmuted to confidence, self-trust, and courage.

7. Gifts, Abilities, Powers: Vibration and Resonance

At the throat chakra, we connect with the transformational power of vibration, sound, and resonance. When we touch the purity at the throat chakra, (1) we can listen without interpretation; (2) our words have impact and can transform our relationships and environments; (3) we know when to speak and when to be silent; (4) we are able to confidently, courageously, and calmly speak our truth; (5) we achieve our soul goals of being heard and understood; (6) we acquire the capacity to listen and to discern the truth; and (7) we have the power to transmit and receive the truth and Love.

Questions

What and whom am I listening to?

What do I want to say and communicate?

How can I express my truth to others, the world, and the universe?

Affirmations

I can hear and discern the truth.

I claim my voice and fearlessly and honestly speak my truth without agendas.

My words have impact and help create a reality of love.

I can hear the cosmic sound within.

Touchstones

Peaceful vibrations resonate with the truth.

Sixth Chakra: Third Eye — Neutrality and Consciousness

Goals for the Third Eye

The pivotal goal at our sixth chakra is to train our mind to serve us instead of us being its slave. To do so, we must awaken our neutral mind, where we can transcend inner conflict and the worrisome thoughts of our dualistic mind. In our neutral channel, we can tune in to and trust our intuition and personal truth and direct our life from inner integrity.

In our neutral mind, our perception of higher truth and the divine design supports us (1) in using universal energies and knowledge for elevated purposes, and (2) in holding a higher vision as the foundation for our work in the world.

1. Relationships

At the sixth chakra, our primal relationships are with our inner world (sacred space) and our neutral observer. In our neutral mind, we cultivate our relationship with the divine qualities of neutrality, peace, stability, silence, stillness, and vastness.

2. Where to Focus Our Attention

At the sixth chakra, we focus on both the point of the third eye (our neutral observer) and in the space inside our head (our sacred sanctuary where only we can go). We also focus on the divine qualities listed under “Relationships” to awaken and encode them in our psyche.

3. Essence Energies and Powers: Non-Duality and Consciousness

Our sixth chakra powers become available when we “change channels” and awaken our neutral mind, where we discover non-duality (neutrality and oneness) beyond the inherent duality of our rational thinking mind.

The essence power at the third eye is soul consciousness. With awareness, we transcend ego thinking in our dualistic mind and become *conscious* that *consciousness is the driving faculty* of the higher mind and our soul.

4. Primal Experiences: One-Pointed Clarity

The primal experiences available at our third eye are freedom, openness, vast space, inner peace, clarity (and all the divine qualities: silence, stillness, neutrality, stability, purity, and more), and one-pointed mental centeredness. We discover our intuition as the voice of our soul.

5. Cultivating Experiences: The Process

Our big job is to train our mind to pay attention in our neutral channel. Focus and paying attention are not possible in our dualistic mind because, by its very nature, it is always fluctuating. The more we are able to maintain an internal focus, the more our mind gets hooked on the bliss of the divine qualities present in our internal space. We must also train our mind to pay attention to feelings in our body (our flowing emotional energy/polarity) so that this part of us feels loved and can relax.

We must avoid spacing out and stay consciously connected to an experience that is so pleasing and powerful that we are drawn into it. We use consciousness to lock our attention into the non-dual dimension of reality by being fully present, but unattached, to our inner experiences. Interpretations, judgments, and evaluations are functions of our dualistic mind and will quickly cause us to exit our neutral channel.

6. Results and Empowerment: Intuition and Neutral Observation

As we open our third eye and train ourselves to pay attention within, one-pointed concentration, clarity, neutral observation, and inner peace all become available. At some point we realize that our soul and a higher power live within us and are always available to support and guide our life.

In our neutral mind, unity beyond the duality is ever-present to inspire our thinking mind. We access information beyond what the rational mind can perceive. We also attain inner vision and begin to understand ourselves, others, and the world from an expanded perspective, not just from habitual interpretations and outward appearances.

Our belief system is simplified to universal truths and natural laws that we observe operating in life. We are no longer limited by our personal desires, judgments, and dogmatic definitions. It is quite liberating to let go of ideologies and judgments that once constrained our thinking and restricted our mental freedom.

7. Gifts, Abilities, Powers: Consciousness, Neutrality

As we experience inner knowing, awaken our intuition, and tap into psychic powers and clairvoyance, our ability to make wise decisions and to use our free will is empowered. Conscious in our neutral channel, our intuition makes us aware of the impact of our actions before we take them. We gain self-confidence from knowing our truth, tuning in to and trusting our inner

guidance, and consciously participating in the creation of our own reality.

We witness, enjoy, and take advantage of the powers of clarity, neutrality, silence, stillness, peace, non-judgment, consciousness, and awareness.

Questions

What is really going on within and without?

What is hidden behind the words, actions, and interpretations?

What is my best course of action?

Affirmations

I know and see the truth.

I am the source of my own guidance.

I trust my soul and the Universe within.

I can consciously participate in the co-creation of my own reality.

I see (and accept) the bigger picture and meaning of events.

Touchstones

Consciousness versus thinking

Neutrality

Honesty

Clarity

Truth

Seventh Chakra: Crown — Light and Oneness

Goals for the Crown Chakra

Our goal at the crown chakra is to awaken our consciousness so that we can experience the transcendent Infinite Force. Our crown chakra is our “hotline to the home office,” where we plug in our personal antenna that connects us to the Divine. Our awareness opens up to reality beyond reason, the elements, the senses, and the physical world. We tune in to the true nature and meaning of everything, as well as receive direction, inspiration, and guidance from the spiritual realms. We thereby gain a visionary perspective of what to do and where to go from a deep comprehension of our soul.

At the seventh chakra, we feel and open ourselves to receive support and nurturing from universal energy. As we expand our conscious awareness into unity and experience our oneness with Source, we enjoy this blissful state in mind, body, and emotions.

1. Relationships

Our relationship is with the Divine that simultaneously lives in every cell of our body and is present everywhere.

2. Where to Focus Our Attention

We focus on the top of our head, slightly back from center, where infants have a soft spot. We also focus on the space within and the vastness and other qualities of this space: peace, stillness, silence, stability, and neutrality.

3. Essence Energies and Powers: Light and Oneness

The essence powers of the crown chakra are Universal Light and oneness of the Divine.

4. Primal Feelings and Experiences: The Divine

We can experience sensations on the top of our head. We can feel our whole spine, mind, and body being infused with cosmic energy. Our perception of reality shifts when we experience our connection with the Divine. The experiences that occur are oneness, bliss, and Light beyond time and space. Our consciousness of self expands. We don't lose ourselves; we find our Soul Self in oneness with the Infinite.

5. Cultivating Experiences: The Process

We feel the pulse at the crown chakra as a lotus flower. With subtle sensitivity and attention, we let it open and bloom.

To awaken our crown chakra, we use consciousness (not thought) to pay attention to the quality of vastness in our neutral mind.

Universal energy, like air, has no boundaries. With every breath, we can connect with the universality of existence.

6. Results and Empowerment: Divine Connection

The opening of the crown chakra moves us beyond the three-dimensional reality of the physical world and mental concepts, beliefs, and thoughts. With subtle sensitivity, we experience the omnipresence of Universal Love and Peace. Our connection and oneness with the Infinite makes it possible to trust that we are guided for our highest good. We are able to surrender to and receive universal wisdom and Infinite Love.

7. Gifts, Abilities, Powers: Maintain and Enjoy Our Divine Connection

At the crown chakra, we fulfill our soul's goal of experiencing our oneness with the Divine in a human body. We thus find transcendental meaning in our human life. We perceive, connect, and merge with, and are able to be healed and transformed by, infinite energies. We witness the power of oneness, openness, vastness, Light, and being connected to the Divine. We discover the power of prayer.

Questions

What is eternal?

What is always there to nurture and support me?

How can I know IT and become one with IT?

Affirmations

I am at one with what is, was, and always will be.
I am one with the Universe.
God and me, me and God are one.
I surrender to and trust the higher Infinite Power.
I surrender to God's Will. My will is God's Will.
There is always more in an infinite universe.

Touchstones

Oneness
Let go and let God
Trust
Surrender

Aura — Wholeness, Presence, Projection

Goals Related to Our Aura

Our aura is an energetic expression of all our chakras. Our aura includes the arc line, or halo, around our head, which is illuminated by the light in our mind resulting from the awakening of our sixth and seventh chakras. Our aura extends around our entire body and thus reflects not only our mental, but also our physical and emotional states. We work on all aspects of our being to establish a coherent aura that is an integrated statement of both our personality and our soul. We learn how to establish boundaries so that we can contain our energy. Our goals are to experience a consolidated energetic self and to project authenticity and the radiant light of our soul into the world.

When we practice Kundalini Yoga and chant sacred mantras, we are working with our aura and the radiating light around our aura, which is called our radiant body. Our radiant body is like the frosting on a cake. Cake is good, but cake with frosting is much better. Our discussion of the aura includes our radiant body.

1. Relationships

Our relationship is with our own energy and presence.

2. Where to Focus Our Attention

We pay attention to the subtle energies in and around our body. To build our aura, (1) we establish our center in our spine, (2) we focus on our inner space, (3) we feel the sensations in our body, (4) we develop feeling sensitivity to our emotions, and (5) we cultivate awareness of all of the above inside our skin. Together our spine, body, and emotions create our aura. *We*

build our aura from the inside out.

3. Essence Energies and Powers: Radiance

The essence power of our aura is the radiant light of our soul.

4. Primal Feelings: Protected

When our aura is weak, we feel vulnerable and afraid. We are overprotective and reticent to interact in the world. When our aura is strong, we feel alive, cozy, and secure inside our skin. When our radiant auric light protects us from outside interference, we can maintain our independence and interact without feeling threatened, imposed upon, or controlled.

5. Cultivating Experiences: The Process

We build our aura one chakra at a time. We feel the power of each chakra in our body and let it extend around our body as a protective shield. We can also work with the energy around our body, which in turn impacts our chakras. In other words, there is always an interactive relationship between our chakras and our aura.

We build our radiant body through our Divine Connection and by shining our heart light. It is the crowning glory of Divine Love that illuminates our radiant body.

Aura consciousness requires sensitivity. Initially, sensitivity makes us feel vulnerable. We have to allow fear-based feelings and befriend and transmute them into love and light. With subtle feeling awareness, we get to know the delicate energy in and around our body. What we can feel is what we can hold. What we hold is what we attract.

6. Results and Empowerment: Wholeness

With a strong, coherent aura, we feel whole, integrated, strong, contained, safe, protected, and self-satisfied. As a result, we project light and love into the world.

7. Gifts, Abilities, Powers: Presence and Projection

Through awareness of the subtle energies around our body, we discover the transformative power of our personal presence and projection, which comes from both our aura and our radiant body. We witness the magnetic power of our energetic presence to attract opportunities to us and to arrange our affairs.

Questions

Where is my energy and how is it being used?
How can I contain my energy and use it for my own life?

Affirmations

I contain my energy in and around my body.
I feel safe and protected inside my skin.

Your Life Is in Your Chakras

I am radiant and radiate light to everyone everywhere.
My projection and protection is love.
My Divine Connection is strong and stable.

Touchstones

Radiant
Safe and protected
Expanded heart space
Sense of completeness and wholeness
Clear, golden, radiant light in me and around me.

How we command our space determines how others see us. They can see us as in charge or as unavailable. Take charge of your space and do what only you can do.



21. Evaluating Our Chakras

Our soul blueprint, which defines the energies that we have to work with during this lifetime, is established at the time, date, and place of our birth. We are also influenced by heredity, education, family, and culture. We work with our soul blueprint, in the context of our social and physical environment, to activate our latent potential so that we can learn and grow in this human incarnation.

The chakra system provides an inclusive methodology to identify the basic aspects of human life and the nature of the challenges, lessons, gifts, and faculties inherent in our being. The chakras awaken us to the multiple dynamics of being human and help us tap our natural potential.

When our subconscious controls our chakras, our gears get jammed, and we experience pain and struggle in life. As we develop the basic faculties of each of our chakras, we can adjust to our life circumstances and effectively face our challenges. Each chakra gives us access to the inner powers required to automatically shift gears and to embrace the unfoldment of life. Our chakras lead us on a journey to be infinite, to be able to love, to be free, to be ourselves, to be happy, and to be real.

Information and the Search for Meaning

As detailed throughout this book, each of our chakras gives us vital information. Through developing our chakras, we can more accurately receive and process their messages. We train ourselves to listen to the voices of our chakras and to respond to their intuitive and instinctual directives. As we become conscious of our inner reality, we can more effectively participate in our own life and more efficiently adjust to changing energies and life situations.

Meaning and Choices and Our Inner Operating System

It is interesting to observe how we consciously and unconsciously make choices from the vast amount of information that continually bombards us. When something lacks meaning and doesn't match up with what interests us, we let it go, don't respond, and usually don't even notice. We in effect filter information and our experiences through an internal operating system, accepting what fits and discarding/rejecting that which does not compute as relevant.

This inner operating system is created from (1) our personal *belief system*, which includes both unconscious and conscious assumptions about life and ourselves, (2) our calculations regarding what is *meaningful*, and (3) the *principles* that we use to guide and organize our life. We live our life through this master program that works to find and maintain a sense of order and meaning and to achieve a sense of balance, peace, and wholeness.

Meaning gives us (1) a context within which to connect the dots, (2) a framework within which we can develop and maintain our individuality, (3) an underlying methodology for directing our

life, and ultimately (4) a way to create unity between ourselves and the Universe. Through continuous alignment and reorganization, all our chakras do their best to achieve coherency between our inner reality and our outer experiences.

As an integral part of our inner operating system, the most basic activities of our chakras are to (1) filter the information that they receive, (2) figure out what it all means, (3) determine what is of value to us, and (4) advise us on the best course of action (or inaction). Each of our chakras computes purposefulness and determines what is relevant or not to our life. Chakra consciousness makes it possible to be selective, to decide what to let go of and what to accept, to make choices, and to integrate our experiences.

The cosmic information field contains infinite possibilities that are filtered through our individual design, karma, and belief system, which together selectively determine what we respond to and play out today, next week, next year, and throughout our lifetime. Our filtering process both creates traps and provides openings that either prevent or encourage the expansion of consciousness and manifestation.

Each Chakra Processes Information

Each chakra acts as our personal guide. The *first three chakras* connect us to the wisdom of our body, most of which is unconscious. We use the organizing principles of time and space to process the wisdom of our body in physical reality.

The *upper three chakras* operate beyond physical reality and the concerns of time and space. At the fifth chakra, we use non-physical vibrations to impact physical reality. At the sixth chakra, we awaken consciousness and intuition. At our seventh chakra, we expand our mind into the vastness of infinite reality. We become aware of the Divine and perceive cosmic order and unifying universal truths.

The desire for an experience of unity is the driving force of the seventh chakra. The information gathered at our seventh chakra gives us a foundation for higher understanding and meaning. In expanded consciousness, unifying universal principles reorganize our operating system. In oneness consciousness, we perceive a comprehensive wholeness that transforms our perception of who we are, why we are here, and the nature of the interactive cosmic/human dance.

Meditation gives the mind space to organize information, let go of what is not useful, and allow the principle of unity to upgrade our operating matrix. We defrag our hard drive and open space for more efficient operation and receptivity to more meaningful information and experiences.⁵³

Information and Consciousness

Different types of consciousness make it possible to process different information. *Cognitive consciousness* is the term used for our mental capacity to focus on the finite world. We use our rational dualistic mind to pay attention to useful concrete information that we use for living our life. We engage our rational mind in thinking, reasoning, logical analysis, learning, memory, and

organizing information relative to ourselves, things, situations, and relationships.

Our spiritual practice awakens *non-dual consciousness* — both *intuitive* and *transcendent consciousness*, where the scope of our awareness (and processing ability) expands beyond physicality.

Intuitive consciousness awakens in our neutral mind, where we are able to compute above “rational” thinking and listen to the voice of our higher self and soul. In our neutral mind, we can navigate our life above the confines of limited thinking, subconscious programming, hidden agendas, and social impositions. In our neutral mind, we also connect with *universal consciousness*, the unifying infinite intelligence that awakens us to oneness.

Your Personal Chakra Evaluation

Everyone is a different concoction of the same ingredients — five elements and two polarities — all of which express in our chakras. There is an infinite variety of behaviors, temperaments, ways of thinking, body chemistries, and ways of reacting. Our job is to be conscious of our own design and how we relate to ourselves and our life.

Dominant Themes

Use the lists below to identify dominant themes and to investigate patterns, blocks, and strengths in your chakras. Keep in mind your age and stage of life. Evolutionary growth takes time and requires life experience. Every step of the way, we change and grow. Be sure to give yourself credit for both your efforts and your progress.

The Multiple Dynamics of Our Being

We investigate the consciousness of each of our chakras, uncover tendencies, and monitor our progress by examining the multiple dynamics of our being:

- ◆ Our *physical condition*, health, and posture
- ◆ Our *mindset*, including values, beliefs, and obsessive thoughts
- ◆ *Reoccurring problems* and issues that uncover programming
- ◆ The *habits, behaviors, and activities* that we engage in or avoid
- ◆ The state of our *emotions* and the extent to which we are controlled by fear, anxiety, or anger
- ◆ Our *desires, needs, and goals*

Areas to Evaluate for Each Chakra

- ♥ First Chakra — Financial security and ability to meet our basic needs
- ♥ Second Chakra — The quality of sexual and emotional relationships
- ♥ Third Chakra — Personal power, action, energy
- ♥ Solar Plexus — Depth of feeling and honesty
- ♥ Fourth Chakra — Self-love, empathy, kindness
- ♥ Fifth Chakra — Mode, purpose, and content of communication
- ♥ Sixth Chakra — Mental inner-guidance system: intuition or fantasies/stories
- ♥ Seventh Chakra — Transcendent consciousness, Divine Connection
- ♥ Aura — Wholeness, presence, and protection

Indications of Closed and Underactive Chakras

We can identify closed, undeveloped, and underactive chakras by our inability to handle life. Denial and repression in the first three chakras also lead to their shadow expressions. For the following two lists, note that fixations, both underactive and overactive, indicate a lack of fulfillment and a need for growth.

- ◆ First Chakra — Avoid worldly involvement
- ◆ Second Chakra — Emotionally disconnected from self, avoid emotional and physical intimacy
- ◆ Third Chakra — Chronically tired, do too much and too much to do, relate to power as outside oneself, which leads to conformity instead of individuality
- ◆ Solar Plexus — Emotionally repressed
- ◆ Fourth Chakra — Lack self-compassion and self-love
- ◆ Fifth Chakra — Fear suppresses self-expression
- ◆ Sixth Chakra — Ideological and fixed opinions about what “should” be
- ◆ Seventh Chakra — Denial of Spirit and non-physical realities and experiences
- ◆ Aura — Vulnerable and overly protective

Overactive and Underdeveloped Chakras

One or more of our chakras can be underdeveloped, yet overactive. We can be overextended in that area of life and overemphasize that activity.

- ◆ First Chakra — Obsessed with accumulation of money, overly materialistic, and attached to possessions
- ◆ Second Chakra — Act out wounded inner child behaviors, prone to sexual fantasies and addictions
- ◆ Third Chakra — Aggressive, need to be in control, like to dominate others and situations
- ◆ Solar Plexus — Ego mania, self-importance
- ◆ Fourth Chakra — Actions motivated by the need to feel loved and accepted and to get attention. Second and fourth chakras collaborate in a search for idealized romantic love.
- ◆ Fifth Chakra — Talk too much and think that is communication
- ◆ Sixth Chakra — Think too much, try to figure everything out and explain things logically
- ◆ Seventh Chakra — Dreamy and spaced out. Indulge in out-of-body experiences
- ◆ Aura — In your face behavior, demand attention

Up and Down Chakra Interaction

Our energy flows in two sets of directions (1) up and down, and (2) in and out. Below we discuss how all our chakras influence the upward and downward flow.

Our energy comes from both the earth and the ethers. When both our root and our crown are connected to their energy source, each chakra receives what it needs to express its combination of cosmic and earth energy. We therefore need an even flow of both ascending and descending energy through our spine so that all our chakras are nourished and activated. Both ends of our system — our root and our crown — must be open to create this flow, which impacts the functioning and the relationships between all our chakras.

In addition, blocks in any chakra can create problems in the other chakras and disrupt the upward and downward flow of energy. For example, if our first chakra is undeveloped or blocked and our connection with earth energy is weak or missing, there is no energy to flow upward. There is also no pull from our root to invite cosmic energy from above to descend. (No Shakti to seduce Shiva.) Energy then stays in the upper chakras resulting in lots of “good” ideas that never manifest into reality.

Awakening to Spirit at our crown chakra is also not enough. We embody Spirit by being in our body and grounding at our first chakra. Spirit has to be anchored in the physical body to protect and nurture the physical body.

If our crown chakra is undeveloped or closed (and the first is active), there is no inspiration to make things happen. Our practical energy can get stuck in a rut. We may then find ourselves burdened by routines and attached to our security blankets and fail to expand into new territory.

If the root chakra is undeveloped and our upper chakras are dominant, we will be mentally oriented. If our lower chakras are dominant, we are more practical and earth-oriented. In mentally dominant people, blocks in the fifth chakra keep one in the head spinning ideas and fantasies without the possibility of communicating clearly and bringing ideas into creation. In physically dominant people, blocks in the fifth chakra lead to empty communication.

The flow of energy from both the first and crown chakras can also be impeded by blocks in the other chakras. The second chakra must be available and flowing for the earth energy to rise and to nourish the other chakras. Stuck energy in the third chakra deprives the whole system of the fire energy it needs to function. The heart chakra must be open to draw in energy from both above and below and to make mind/body communication possible.

Checklist for Monitoring Your Progress

Monitor your progress by considering some of the major goals of our lower and upper chakras and how they interact.

Lower Chakras — Physical Presence and Action

We face our human challenges and do what we need to do to find resolution.

We feel secure in our environment and connected to our body and life purpose.

We feel emotionally stable and self-contained.

We can transform our emotions (1) fear to energy/prana, (2) anger to light, (3) sadness to bliss.

We have a self-nurturing relationship with our body and our individuality.

We relate to our instincts, feelings, and emotions as messages from your soul.

We can create and maintain boundaries.

Upper Chakras — Consciousness and Connection

We overcome our sense of aloneness and separation and enjoy our oneness with Source.

The light in our mind awakens us to an expanded perception of reality.

In our neutral mind, we step out of duality and conflict into oneness and peace.

Our relationship with universal energies is a source of power.

Our connection with Spirit is a source of inspiration and trust.

Upper/Lower Chakra Interaction — Direction and Authority

We use the power and wisdom of higher consciousness to upgrade all our chakras to their higher expressions.

Consciousness in our upper chakras directs our lower chakras.

We listen to and follow our intuition: our soul and the Divine are our ultimate authorities.

22. Working with Our Chakras

Kundalini Yoga

This manual offers Kundalini Yoga and Meditation practices to develop and optimize the energetic potential of our chakras. The practice of Kundalini Yoga helps activate, deprogram, and reprogram our human computer so that we can experience inner coherency, peace, and harmony. What may seem to be diverse and conflicting elements of our self are refined into a unified, harmonious, and whole Self.

Kundalini Yoga, as brought to the West by Yogi Bhanan, is a practical technology with many effective techniques to liberate ourselves from negative self-sabotaging programming, habits, and thoughts. In unawakened consciousness, we live by impulse and habit and are uncontrollably emotional, reactive, and conflicted. Our subconscious programming causes us to repeat the same mistakes and create self-generated misery. Through the activation of our glandular system, the strengthening our nervous system, and the development and alignment of our physical and subtle bodies, the practice of Kundalini Yoga helps us awaken from our unconscious slumber, expand our consciousness, and enjoy a more satisfying life.

Kundalini Yoga incorporates physical postures and movements, pranayama breathing, and the recitation and chanting of mantras. In the practice of Kundalini Yoga, (1) we exercise our body to move energy and to have a healthy vessel to hold our soul; (2) we use the breath to strengthen our nervous system, calm our mind, and soothe our emotions; and (3) we chant mantras to clear old patterns and to encode new ones, so that we can operate and attract from a higher frequency.

The powerful combination of techniques helps us effectively elevate and integrate mental, emotional, and physical energies. Working with both the lower and upper chakras, our vital energy increases, the flow of energy in our spine awakens, and our nervous system is strengthened. A strong nervous system is very important because our nervous system sends information to our brain by means of rhythmic energy pulsations. A weak nervous system may not send the best information.

Meditation Techniques

Chanting mantras combined with mudras (hand positions) and pranayama techniques stimulate the pituitary, pineal, and hypothalamus glands to release their chemical secretions or nectar. The release of beneficial hormones changes the chemistry of the brain, which awakens the frontal lobe (neutral mind) and activates our capacity to hear the sound of the Infinite. The pure, neutral, and peaceful qualities of the breath and mantras clear negative, subconscious patterns and seed purity, neutrality, and peace into our being.

There are many Kundalini Yoga practices that are both meditations themselves and preparation

for deep contemplative meditation. These techniques link our mind with the Universal Mind and relax our body and emotions into the Universal Flow. When our physical vessel is properly calibrated to synchronize with universal energies, we can enjoy pleasurable and empowered states of consciousness.

Mantras: Mouth and Tongue Yoga

Chanting mantras (Naad Yoga) is a form of yoga using sound, the mouth, and the tongue. Enunciation of the sounds causes the tongue to stimulate the meridian points in the upper palate of the mouth, which impacts the brain. The patterns of energy and meaning encoded in the sounds activate dormant parts of the brain.

Out Loud and Silent

Chanting mantras both out loud and silently requires deep listening and paying attention to feeling their vibration in our emotional and physical bodies. Initially, many find it easier to stay attentive when chanting out loud. As the sounds imprint their vibration into our being, internal chanting becomes more effective: we are better able to hold our attention on the sound current and not be distracted by other thoughts. After chanting out loud, we listen to the sounds reverberate in our head and enjoy hearing them chant back to us. We take advantage of silent chanting while we are doing exercises that engage the breath.

Mantras Are Sacred Sounds

Mantras are sacred sounds that vibrate with universal frequencies. The Word, sound, is the vibratory foundation of the Universe. When we repeat mantras, their vibrations connect our mind and body with universal vibrations.

Chanting mantras infuses their meaning and messages into our being. When their vibrations are imprinted in our mind, the way we think and perceive is transformed. We undergo a shift in consciousness that takes us above the limitations of time and space. We tap into our ability to intuitively perceive relationships, connections, and cause and effect.

Usually our receptivity is clouded by our own thoughts and the thought waves around us. With rhythmic repetition of sacred mantras, our vibration becomes smoother and steadier, and our receptivity increases. We perceive reality with less interference and more clarity.

Mantras Remove the Veil of Illusion

The technology of Naad (sound) Yoga penetrates through the dense veil of physical reality, awakening our mind to the Divine and to deeper levels of connection with the creative universe and our soul. Through the technology of sound, chanting mantras shifts our state of consciousness by

- ◆ Transforming our chaotic thoughts into cohesive patterns. Their vibrations bring order to fragmentation and integrate us into wholeness.

- ◆ Creating one-pointedness and peace in our mind by working at the subconscious level on our inner rhythms.
- ◆ Creating resonance between our brainwaves and cosmic frequencies. Sacred mantras resonate with universal energy patterns and guide our evolution at the etheric level.⁵⁴
- ◆ Calming, strengthening, and balancing the nervous system so that our physical and emotional bodies can hold the higher frequencies.

Mantras Work on All Our Chakras

In sum, rhythmic repetition of mantras works on all our chakras to

- ◆ Raise the vibratory frequency of our mind, body, and emotions
- ◆ Liberate us from the dense grip of the mass consciousness of material reality
- ◆ Release imprints of fear and darkness and to deliver us to the Light
- ◆ Awaken and connect our mind to transcendent spiritual reality

As our body, emotions, and mind resonate with universal vibrations, we begin to understand and experience reality in ways unavailable to our intellect.

We can HEAR the sound of silence.

We can FEEL the vibration of peace and stillness in our physical and emotional bodies.

We witness the cosmic play and perceive God/the Infinite as the doer.

Yogi Bhajan on Mantras

Yogi Bhajan explains that mantras impact the mind through their wavelengths, which have the power to penetrate the waves of thoughts that create a shield of resistance to higher vibrations. Repetition of mantras creates a beam of energy that has amazing effects. “There is a defense against everything, but against mantra even God is defenseless. That is one place where Almighty God got surmounted by man, through the power of the mantra.”⁵⁵

Yogi Bhajan further explains that the whole universe is an electro-psychomagnetic field. We cannot see it, but we can penetrate it and become a part of it. When we perfect our mantra, nobody can penetrate our mind, because we can take refuge in our mantra and in our own vibration, “which is a fixed vibration, so no vibration can undo it. It is called a shield.”⁵⁶

Through repetition, we perfect mantras until they become part of us. When a mantra is encoded in our psyche, we can call on it, and it can come through. At that stage, “It works flawlessly, accurately, and is foolproof. Because there is no scientific explanation, people call them miracles. But it is the power of the mantra.”⁵⁷

Developing Our Chakras

We work with our chakras to develop their potential and powers. The whole spine is actually a pole of energy vortices, including many smaller centers, all of which work together as a whole. We work with each chakra separately in order to identify and experience their unique attributes and contribution to our human experience. However, Kundalini Yoga works on the chakras simultaneously and progressively. As we open and balance one chakra, we impact the others. As we activate and open the channels in our spine, strengthen our nervous system, and stimulate our glandular system, all our chakras can serve us.

Chakras are energetic gateways, whose dormant energies must be activated and developed with physical exercise, meditation, and life experiences. We have to relax after the stimulation created by each exercise to feel the effects and to tune in to what is going on (or not).

The chakras operate at a nonverbal feeling level. Theories and facts that may satisfy the rational mind do not awaken the chakras. Thinking too much distances us from intuitive communications and feeling experiences. Feeling gives us information. For example, we get information about our second chakra by monitoring if our belly feels tight and tense or relaxed, fluid, and alive.

We must be intuitively and instinctually conscious to compute the meaning and messages of physical and emotional sensations. Exploration is a key touchstone. Proof and validation are available only through our personal experience. Through exploration and experience, we grow, develop, and evolve.

The Gradual Awakening of the Kundalini

Our Kundalini is activated in our spine. Raising the Kundalini is actually a process of raising the frequency of our energy. When all our chakras vibrate at higher frequencies, we release ourselves from negative mental and emotional conditioning. Our perception and experience of ourselves and reality shift. Certain things in our life are automatically cleansed and healed. Others we must work on. At the higher frequencies, we are empowered to do so.

Raising the Kundalini opens all the chakras so that our soul force can flow through our body and illumine our mind. We may tune in to our spine as a fountain of energy, with many balls of light, each shining brightly. As each center awakens, they line up and energy flows freely between them. Our whole spine becomes a river of energy. The energy in our chakras radiates and flows up, down, and around. Tributaries (nadis) carry the energy to vitalize our whole body.

The technology of Kundalini Yoga gradually awakens the Kundalini. We avoid ungrounded symptoms of spontaneous Kundalini risings by maintaining our root at the first chakra. Over time, we become more awake and happier. We used to ask Yogi Bhanjan when and how we would experience our great awakening. His response was always that our goal is not a one-time spectacular experience, but to live conscious lives. Therefore, we monitor our progress by our ability to be more at peace within ourselves and to enjoy life from a compassionate heart.

Working with Chakra Colors

Variations in frequency produce different colors. The colors assigned to each of the chakras increase in frequency as the energy ascends up the spine. Dark red of the first chakra is the slowest frequency. The higher frequencies of blue and violet of the upper chakras actually produce a sound current and Light.

Anodea Judith observes that the classic colors of the chakras can be perceived in the chakras and in the aura when the chakras are *fully developed and clear*. However, “It is far more common to see many colors in each chakra, twisting in and out of the chakra and forming patterns and images that relate to that person’s life.”⁵⁸ This observation substantiates the holographic theory applied to the chakra system, i.e., the activity, patterns, and development of each chakra are connected to and impact all the other chakras.

The chakra colors do have power because they vibrate the frequency of specific chakras. Using colors to move into feeling sensitivity of a chakra can be valuable. When a color arises within, it is healing to focus on and feel the experience. However, if you are trying to make up the idea of the color only in your mind, it can be distracting. As mentioned later in working with our aura, gold is grounding, anchors Spirit in the body, and connects our soul with physical reality. We can always work with gold, as opposed to white, which does not have enough density to be grounding. When you feel a color, add gold to it to draw that energy into your body.

It All Happens in Our Body

We employ Kundalini Yoga techniques to refine all our body systems and change our brainwave patterns. *We train our body to become an invaluable asset. We do not relate to our body as a cage that we aspire to escape. We honor our body as our sacred vessel to contain our soul while we are on planet Earth.*

Soul awareness happens in the body. The more we feel our body, the more we can embody our soul. As we practice Kundalini Yoga and Meditation, we pay attention with feeling awareness in our body so that we can more fully access, bring in, and experience our soul.

Our body stores both positive love-based and negative fear-based emotions. In lower consciousness, our physical/emotional bodies are interpenetrated with fear. We release the grip of fear by raising our vibration to the frequency of love and integrating it into our body and all our chakras.

Working with our physical and emotional bodies to awaken feeling awareness is the key to being aware of more than the thoughts in our mind. With feeling awareness, we can enjoy our own life force, tune in to higher vibrations without leaving our body, and experience our energetic connection to the Universe.

We stay grounded by feeling our tailbone connected to the Earth and periodically pulling root lock. Using all the locks/bandhas helps us feel completeness and to stay in our body, while giving direction to our energy.

How Long Does It Take?

Both the transcendental and the integrative paths take time, effort, discipline, and patience to attain their goals. And in fact, in the realm of spiritual awakening, like life, there is always more. I used to wonder why it is taking me so long to wake up. I became aware of the answer as I began to understand the nature of the integrative spiritual path. I realized that awakening the mind *and* preparing the body to hold the Light of consciousness is a long incremental process.

We must also keep in mind that we live in a vibrationally toxic environment. In a fear-based world, we are constantly being bombarded with lower frequencies. We have to deal with all types of environmental pollution. In many places in the world, we don't even have clean air to breathe! We are trying to purify ourselves while being immersed in a mud puddle, simultaneously working to clear out the outer and inner mud. It is a big job. So give yourself credit for putting in the effort to tackle the daunting task of raising the frequency of the planet so we can create a heart-centered world.

I have also noticed a consistent pattern when teaching about the two polarities (stable and flowing): Finding neutral and peace in the upper chakras is invariably easier than dealing with the issues that arise when we try to relax into the flow of the lower chakras. Because it is easier to have glimpses of Light in the mind, the transcendental path is alluring. But without shutting down the lower chakras and defying our humanness, we cannot get very far in being able to maintain the "enlightened" consciousness as pursued by the transcendental path. Thus, we have to simultaneously deal with all the issues of our lower chakras and the challenges of being human to attain our goals of an awakened mind *and* a body capable of being a vehicle of Light.

The good news is that with the powerful technology of Kundalini Yoga and Meditation, we can experience and enjoy progress every day on our path of self-initiation. Our journey to expanded consciousness never ends. There is always more!

Sadhana: Daily Practice and Results

The basic principle of Kundalini Yoga is sadhana or daily practice. It takes consistent practice of the technology to cut through our subconscious garbage and to deliver our personality to our soul and the Divine. Our dedication delivers the results in the currency of experience. We discipline ourselves to have an experience so we can live and share from our awakened experience.

Sadhana is a test of self-discipline and dedication to our spiritual growth. If you ever wonder how many times you have to repeat the same mantra and do so many exercises every day, ask yourself, "How long have I felt the same debilitating fear, anger, or sadness and had the same self-effacing thoughts?" The reality is that it takes time and effort to break the spell of past programming and to wake up to soul consciousness.

With consistent practice, we can integrate love vibrations into our physical and emotional bodies and reprogram our mind to resonate with higher thought forms. As we continue to work at it, we are able to maintain this state for longer periods of time and can return to it quickly when we get distracted. As a result, we attract more harmonious relationships and situations into our life.

We achieve higher consciousness through disciplined dedication to our practice, which leads us to devotion to higher truth and Love. We measure the results by our increased inner peace, graceful interactions, and contentment. As we become more neutral, the scope of our awareness expands until we realize that what we are experiencing is Love.

The Kundalini Yoga techniques offered in this manual and the chakra system work independently of religion, dogma, belief, or opinion. Ultimately these practices satisfy our desire to establish attunement with our soul and the Divine.

Guidelines to Activate, Balance, and Align the Chakras

The chapters that follow offer *basic exercises* and *directives* for tuning in to each chakra. Although each chakra is discussed separately, in reality, the chakras are interdependent. Working on one invariably impacts the others. While the Kundalini Yoga kriyas shared by Yogi Bhajan often focus on one theme, they all create balance in our whole system.

For each chakra, we activate its energy and feel its power. We cultivate the experience of what it does, how it works, and how it feels. (See the chapter on Chakra Consciousness.) At each chakra, we gain an understanding of (1) *human physiology* and how the body functions, (2) *human psychology* and how the mind and emotions work, and (3) the *human spirit* and how our humanness and soul work together.

As we learn to awaken and use the faculties and gifts of our chakras, we can awaken to an expanded sense of self and know our soul reality. We realize how all our chakras function and express together to offer us deep and amazing experiences of life.

The Basic Formula

We use yogic techniques to nurture the sacred vessel of our soul and to synchronize our personal energy and rhythms with natural and universal energies and rhythms. Our alignment (1) makes it possible to release blocks and resistance, (2) promotes our growth and development, (3) helps us use these energies for our benefit and for our pleasure, and (4) awakens us to higher states of consciousness.

As you practice Kundalini Yoga, consider each exercise as an activation tool to awaken your higher mind and increase feeling sensitivity in your emotional and physical bodies. The basic formula for activating chakra powers and consciousness is

1. Do a yoga exercise to create a stimulation
2. Feel the activation and the sensations that result
3. Be with your experience
4. Take your expanded awareness and use the chakra powers in your life

Paying Attention with Our Inner Sensory System

Paying attention is critical to our awakening process. We cannot just pump the exercises and space out and expect results. We have to cultivate mental focus and feeling awareness to consolidate the effects of our practice and to contain the higher-frequency energies in our body. Our capacity to pay attention is made possible in our neutral mind, where consciousness is awakened. With the faculty of consciousness, we can use our inner sensory system to focus on our experiences.

Our inner sensory system has three components:

1. **Inner vision** — the ability to look inside and see beyond the range of visible reality, i.e., the ability to see the unseen.
2. **Inner hearing** — the ability to listen inside to the sounds of our breath, heartbeat, inner silence, divine sounds, the Infinite, *and* our intuition.
3. **Inner feeling** — the ability to feel our body and to be with its sensations without thinking or analyzing, and the ability to be receptive to the nonverbal communications of our soul, i.e., being present in feeling awareness to our soul's instinctual wisdom.

It is a primal human instinct to want to be in control. On our spiritual journey, we learn the critical importance of controlling what our mind pays attention to. Training ourselves to use our faculties of internal observation, internal listening, and sensitive feeling gives us the capacity to be in control of how we use our mental, emotional, and physical energy through attention. As we redirect our “need to be in control” instinct to paying attention in our neutral channel, our need to control and manipulate others and our external environment diminishes.

Ego to Soul Consciousness

Training ourselves to pay attention with our inner sensory faculties is absolutely essential in the move from ego to soul consciousness. Our dualistic mind, which is controlled by our subconscious patterns and programming, speaks for our ego. In our neutral mind, we can hear our intuition, which speaks for our soul. Developing our inner sensory system makes it possible to shift our mental attention from “thinking” to awareness, listening, and feeling, thus awakening our intuitive/instinctual intelligence. As the guidance system of our soul becomes more and more accessible, we are able to use the gift of free will consciously and wisely. When our intuition and instinctual wisdom commands our decision-making process, we graduate from ego to soul consciousness. This is a major milestone in our spiritual journey.

Spinal Centering

The nerve plexus of our first five chakras are in our spine. This energetic centering line also includes the sixth and seventh chakras. Therefore, activating and focusing on the spine is of critical importance. We use spinal centering to facilitate the comprehensive awakening of our complex being. When we focus on our spine as our center, our attention helps activate all our chakras, preparing our body for the awakening of our Kundalini.

All the physical exercises in Kundalini Yoga help us develop awareness of our spine as our energetic core. As we practice Kundalini Yoga, we maintain a conscious connection with our spine and feel it as both the stability and flowing center of our being.

After doing each exercise, consolidate the effects by feeling the energy vibrate in your spine and enliven your body. Train your mind to be present to the chakra you are working on. Feel both the front of your body and along your spine. Allow yourself to experience what is happening without any judgment or intention of making something happen. There is much to discover when you gently let yourself be in feeling awareness in your body. Consciously allowing feeling awareness in your lower triangle is your foundation for opening your heart and keeping it open. There is much to gain and enjoy when you are home in your body.

Personal and Impersonal

We must learn to be both personal and impersonal with our inner experiences. We have to be very personal in our lower chakras, where we awaken to and deal with our individual reality. Our personal experience makes it possible to link up with the impersonal in the upper chakras. Then our experience of the impersonal can become very personal. The Divine becomes our personal Beloved and our heart opens.

Adjust to Your Capacity

If you are young and vital and need to use a lot of energy, the exercises in a set can be done for the longer times indicated. If you are in one of the many other categories of age and physical condition, choose times appropriate for you and work up to longer times as possible. The time and effort that you put into a set should bring you into a state of deep relaxation, but not wear you out to the point of exhaustion. If you choose to do a set for longer times and for an extended period of time (40 days), work up to the maximum times. Allow at least 5 minutes and up to 15 minutes (or more if needed) after your physical practice and before meditation.

If you want to accord with the Tao, just do your job and let go.
– Tao Te Ching #24



23. Working with the First Chakra — Root

Through physical movement and awareness, we develop our first chakra faculties to (1) contain, (2) magnetize, (3) have, and (4) hold. We activate our body to be our container for love and peace. A stable root at our first chakra organizes and synthesizes our energy and serves as a foundation to feel aliveness in our body.

Our ability to materialize Spirit in the physical world requires a stable base. Thus our root at our first chakra helps us maintain a connection with Spirit in our body. The physical exercises for the first chakra presented in this book help us consolidate our energies in a dense enough form to manifest. The integration of mind and matter to achieve spiritual/human wholeness must replace the idea of “mind over matter.”

Self-Evaluation Questions for First Chakra

- ◆ Are you realistic or immersed in unrealistic fantasies that someone else will take care of you?
- ◆ Do you listen to your body and take care of its needs?
- ◆ Do you nurture your body, making sure you have enough rest, good food, and physical exercise?

Directives for First Chakra Energy — Earth

Direct your attention to the transformative power of the earth element and gravity.
Stay present in feeling awareness to the sensations in your body.
Feel that all your energy is contained in your body, inside your skin.
Feel your breath breathe with Mother Earth.
Feel your feet and tailbone connected to the Earth.
Stop thinking. Be aware. Be still. Be here now.
Concentrate on the feelings and experiences that are yours.

*At the base of your spine, find your root and foundation.
In containment, find your energetic presence.
In your body, find stability.
In stability, find peace.*

Exercises for the First Chakra

Grounding is the primary goal of the first chakra. Being grounded is a question of both attention and technique. It is important to practice asanas that activate and balance the lower three chakras. However, simply doing the exercises is not enough. We must be mindful of what is happening in our body. We must train our mind to be present to our breath and to the movement of energy in our chakras and physical body. The exercises listed below work with the first chakra, but you will notice that the second and third chakras are also stimulated. We also develop our aura as we develop each of our chakras. The root chakra plays an important role in keeping our electromagnetic field connected to the Earth.

- ◆ Root lock
- ◆ Suspending the breath and root lock
- ◆ Spinal Flexes
- ◆ Leg stretches
- ◆ Squats
- ◆ All standing exercises
- ◆ Grounding and connecting with the Earth

Sets and Meditations

- ◆ Ground and Claim Your Aura
- ◆ Awaken Body and Spine
- ◆ All mantras with HAR

Concentrating on the First Chakra

Because the anus controls 72,000 nerve centers,⁵⁹ the first chakra is important for physical vitality, rejuvenation, and projection. Yogi Bhajan advises us to make a conscious effort to remember our first chakra for one week. Feel it when we are going to the bathroom, when we are sitting or standing with nothing else to do. Concentrating on and feeling the anus and tailbone stimulates the nerve endings and directs the spinal fluid up to the brain.

Root Lock at the First Chakra

The root lock or Mulband involves the activation of the first three chakras. However, since each chakra embodies a different element, we need to work with them separately in order to connect with their specific energies and attributes.

To activate the first chakra, very lightly tighten the muscles at the anus and the perineum (located in the pelvic floor between the sex organ and the anus) and then release.

At the first chakra, gently pump the anus, feel it, and relate to it. With this stimulation, the body adjusts and awakens to the earth element, which gives you strength and grit. Practice lightly squeezing (and releasing) the anal sphincter, and your first chakra will serve you. You will not only establish your root, you will arouse Kundalini energy to move up the spinal column.

The application of the root lock at the first chakra (1) stops the downward movement of energy and redirects our energy upward, (2) creates an energetic foundation at the base of the spine, (3) activates the Kundalini energy, (4) creates a wave-like energy up the spine, (5) awakens a feeling of aliveness, (6) connects us to Mother Earth energy, and (7) activates feeling awareness, which allows us to get out of our mind and into our body.

- ♥ Position your sit bones on the ground by lightly tilting your pelvis forward and pulling in your belly and navel slightly. This very subtle movement activates the flow of energy in the lower spine.
- ♥ As you pull the root lock, invite consciousness down into your body. When we are in our neutral mind, we can embody consciousness. When we are in our dualistic mind, we become more conscious of our stories and negative thoughts. What comes down, stories or consciousness?
- ♥ When doing root lock, try to feel a tail going down into the center of the Earth receiving energy from Mother Earth. Use root lock to pull this energy up from the center of the Earth.
- ♥ Practice root lock when you are thinking too much or afraid. Connecting to your physical source helps release fear and calms you down as you connect with Earth energy.

Suspending the Breath and Root Lock

In Kundalini Yoga, root lock (incorporating the first three chakras) is applied at the end of an exercise to consolidate the effects and to direct sexual and Kundalini energy up the spine. A general rule is to do root lock at least once on both the suspended inhale and the suspended exhale while focusing at the third eye. The directions below relate specifically to the first chakra.

1. Sit in Easy Pose. Inhale deeply until you can inhale no more. Then relax the body as you hold the breath (this is suspending the breath). While suspending the breath, lightly pull and release the anus and perineum as many times for as you can comfortably hold the breath. Exhale. Inhale again and repeat for 1 or more minutes.
2. Do the same while suspending the breath on the exhale. Inhale, exhale, hold the breath out. Gently pull and release root lock several times or as long as you can comfortably hold the breath out. Note that in order to hold the breath out, you do not exhale completely. As you exhale, begin to apply a mini root lock that you will retain as you pump deeper. Repeat for 1 or more minutes.
3. To end, inhale deeply and enjoy the inner peace as you retain the breath. Feel the energy current in your spine and the aliveness in your body. Exhale and let go and release stress and negativity.



Spinal Flexes

Spinal Flexes done in Easy Pose with the hands holding the ankles stimulate the base of the spine. Lightly pull on the hands as you inhale pressing the spine forward. Exhale as you release the spine backwards. The head is relaxed and can move slightly, but it does not bounce up and down. Concentrate on massaging the base of the spine with the ground. 1-3 minutes.

Spinal Flexes can be also be done (1) in Easy Pose with the hands on the knees, keeping the elbows straight, and (2) sitting on the knees with the hands on the knees. The former awakens the upper spine and the later works on the mid-spine.

Leg Stretches

The sciatic nerve is the largest peripheral nerve in the body. It runs from the center of the buttocks through the legs and into the feet. It serves as the root for the nervous system, connecting our nervous system to the Earth.

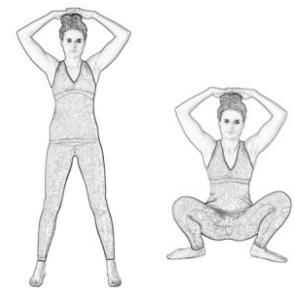


Leg stretches work on the sciatic nerve if you do them correctly. The knee must be straight, and the heel must be pulled away from the body so that you feel a stretch from the heel all the way up the leg to the center of the hip. After creating this stretch, grab on to your leg where you can maintain the sciatic activation. Keep the spine straight, and do not bend the head and collapse the chest to try to bring your head to the knee. Leg stretches should activate the spine as well as stretch the hamstring muscles. Do with Breath of Fire or long deep breathing

Squats

There is a trick to doing squats. As you squat down on the exhale, push your feet into the ground and let the rebound energy from the Earth propel you back up on the inhale. You will feel the energy come back up through the legs and spine. Do 10 to 26. Work up to it!

Squats can be done with the arms (1) stretched out in front with palms facing down, (2) overhead, or (3) interlaced behind the head.



All Standing Exercises

We should include standing exercises in our daily practice before meditation. Stand still after each standing exercise and practice any of the grounding exercises below.

Grounding Root or Tail into Center of the Earth

While practicing all the exercises below, feel life-giving energy coming up from the Earth into your legs, feet, and body. Feel a cord or root connecting the base of the spine to the Earth. Feel your feet connecting you to the Earth.

Keep in mind the following benefits of being grounded:

1. The farther your energy connects down into the Earth, the more you can manifest.
2. When you are solidly grounded, others can pick up on your vibration.
3. They can contact and find you. Others can hear what you say.
4. You can receive universal energy and gifts.

♥ **Mirror Image into the Earth**

Feel a double of your body as a reflection into the Earth. Anchor yourself and then ask a partner to push on your sternum to try to push you back. If you are anchored into the Earth, you will not budge. Take turns testing the strength of your root into the Earth.

♥ **Tiger Toes Grip Earth**

Stand with both feet solidly connected to the Earth. Grip your toes to the Earth and then relax. Repeat when standing or while walking, gripping the Earth as you take each step.

♥ **Breathing with the Earth**

Standing, inhale, pull energy from the Earth into the soles of your feet, up your legs to the base of your spine and up the spine to the crown chakra. Feel your spine come alive. As you exhale, send energy back down your spine, through your feet to the center of the Earth. Continue. On the inhale receive energy and calmness from the Earth. On the exhale, give back. Feel integrated and at one with Mother Earth.

♥ **Chi Gong Exercise**

Standing, very slowly inhale as you attentively raise the right leg and right arm, pulling the foot from the Earth. As you slowly exhale, plant the right foot on the ground and lower the right arm. Then do the same with the left leg and left arm. Feel that the leg and arm are connected.

♥ **Walking with the Earth**

Feel your feet connecting with the Earth when you walk. Simultaneously feel the top of your head connected to the cosmos. To maintain good posture, be sure that your navel and heart lead (not your head!).

♥ **Feel Your Body While Engaged in Various Activities**

Tune in to how your body feels as it interacts with the world. How does your body feel while you are working on the computer, talking on the phone or texting, standing in line, driving, walking, etc.? How does your body react to different stimuli — colors, smells, textures, sounds, temperature? What do you miss if you are thinking, not feeling?

◆ All mantras with HAR or its other forms activate the first chakra (see mantras given for third and fourth chakras). While pulling in the navel as you chant HAR, feel the navel connecting with the muscles along the lower spine that also activate the root at the anus.

24. Working with the Second Chakra — Sex

At the second chakra, we work with the water element, whose nature is very different from the stable earth element of the first chakra and the fire energy of the third chakra. Water must be free to move and to flow. To unleash our flow, we must be able to allow, relax, and let go.

Working with the second chakra involves working with (1) emotional energy, which must relax, and (2) sexual energy, which must be directed upward.

Self-Evaluation Questions for Second Chakra

1. Do you need the approval of others to feel emotionally comfortable?
2. Do you use your sexual energy to attract attention?
3. How do you feel when you don't get the attention you need?

The Polarities

Although the second chakra expresses for our flowing polarity, its empowerment depends upon our ability to work with both the stable and flowing polarities. Focusing at the third eye provides a stable centering focus around which we can relax, and it establishes the direction for raising both our sexual energy and Kundalini up our spine.

We need our neutral mind to work with the second chakra and to heal our emotional body — the feminine polarity of our soul. It is necessary to have a neutral viewpoint from which to observe our responses, determine their origin, and identify subconscious motivations. From neutral, we can make conscious choices and witness transformation as we awaken to both our programming and to the essence of our soul.

Polarities in Men and Women

Man is created to embody more of the stable polarity in the upper chakras. Woman is created to embody more of the flowing polarity in the lower chakras. Both men and women embody both polarities and must activate their higher expressions to experience internal harmony and peace.

Men and women (and same-sex couples) are attracted to each other to balance their polarities. However, partnership and sexual relationships cannot substitute for personal wholeness. Everyone must activate both polarities within him- and herself to feel complete. Internal wholeness is the foundation for non-codependent relationships. That is why we all work at (1) building our stable polarity at the third eye and crown chakra, *and* (2) learning to use our emotional energy for self-nurturing.

Self-Nurturing

Our first and ongoing task at the second chakra is to release stuck emotional energy, which causes stress and frustration. To empower our second chakra, we cultivate our ability to use our emotional energies for self-nurturing. Both men and women must allow their emotional energies to freely move unencumbered so they can relax into their own flow and rhythm. If we skip this step and fail to release the flow of our emotional energy, raising our sexual energy and Kundalini may not happen. And the awakening in our upper chakras cannot be sustained.

To create a safe home for our emotions, we must relax our belly and feel our emotional energy flow. We must quit trying to hold in our stomach, which creates stress and blocks our flow. When a woman can let go of the insidious programming that compels her to try to flatten her belly, she naturally creates a feeling of a secure and cozy womb within.

Man must also learn to relax his belly and feel the loving power of his emotions and thereby cultivate his own internal self-nurturing. As he awakens his own feeling flowing polarity, man can overcome his dependence upon woman (surrogate mothers) for nurturing.

Sexual Pleasure and Higher Consciousness

Activating both our flowing and stable polarities gives us the formula for achieving sexual pleasure and experiencing higher consciousness.

Women can lightly pull the muscles in the vagina (kegels) to release and direct her sexual energy up her spine, being careful not to block the flow by being too forceful. By simply relaxing the circular flow of her second chakra energy, women may find it will naturally spiral up her spine and through her body. Women who can relax into their own flow feel the essence of their womanhood.

Man's vital sexual energy nourishes his body and brain and provides a source of self-regeneration. Therefore, he should not waste it! For men, the lock at the second chakra involves pulling the muscles at the base of the penis like trying to stop urination. Combined with the first chakra lock, man focuses on directing the flow of his sexual energy up to his third eye. A delicate root lock, which does not block or over stimulate, coaxes sexual energy up the spine and produces *spinal orgasms* that are very pleasurable. In other words, man does not get left out of the pleasure game. His experience is simply different and requires a different focus. Men who are able to channel their sexual energy up their spine and into the brain experience the essence of manhood.

Directives for Second Chakra Energy — Water

- ♥ **Relax and Activate Flow with the Breath** — Expand and relax your belly with your breath. Relax into the flow of your breath in your belly. Feel the movement and flow of your breath as energy feeding your whole body. Enjoy the ebb and flow of the breath. Concentrate on relaxing your belly so your emotional energies can flow.
- ♥ **Feel Nurturing Emotional Energy** — Feel your emotional energy in your belly and merge the breath and the emotions into a satisfying, nurturing feeling.

- ♥ **Cultivate Energetic Boundaries** — Use your inhale to monitor how much you can expand and comfortably contain without losing your center and boundaries. Feel your skin as your boundary.
- ♥ **Maintain Both Flowing and Stable** — Keep both polarities in your consciousness: (1) feel the spiral flow and (2) look inside your neutral space and focus on stability at your third eye.

After we relax and find our flow, we can use root lock to delicately spiral our sexual energy up our spine.

In rhythm, find relaxation.

In spiral flow, find freedom — once unleashed, the flow freely sustains itself.

In flow and relaxation, find freedom and security, and let go.

Enjoy the transformative power of relaxing into the flow.

Exercises for the Second Chakra

- ◆ Deep abdominal breathing to fill the belly with prana and to expand from within
- ◆ Spinal rotations to activate spiral energy — feel it move up the spine
- ◆ Root lock — focus at third eye to direct energy up the spine
- ◆ Spinal Flexes in Easy Pose and then on the knees to open, stimulate, move energy in the spine
- ◆ Chair Pose to raise sexual energy and to “harness your horniness”
- ◆ Abdominal and hip exercises to open up pelvic region
- ◆ Bow Pose to massage and relax belly
- ◆ Camel Pose to release tension in sexual organs, especially for women
- ◆ Frog Pose to raise sexual energy

Sets and Meditations

- ◆ Sat Kriya to raise sexual energy — engage root lock
- ◆ Awaken Your Flow
- ◆ Emotional Release and Digestive Cleansing
- ◆ Laya Yoga Spiral Meditation
- ◆ Auric Protection Mantra and Moving Meditation

For emotional balance, drink plenty of water. We tend to dry out as we get older. A baby is 95% water. Later our body weight can be reduced to 75% water, or even less.

Abdominal Breathing

Begin practicing deep abdominal breathing by lying on the floor. Then practice while sitting. With the hands on the belly, inhale and expand the abdomen as far as you can. Exhale and contract. The hands should move, and the abdomen should puff up and then sink in. Be sure to expand your back at the level of your kidneys as well as at the front of your body.

On the inhale, feel, expand, and awaken the energy. Experience how you can be energized and peaceful at the same time. Feel nurtured by your breath.

Spinal Rotations (Sufi Grinds)

With hands on knees in Easy Pose, rotate the lower body, moving outward from your spinal center. Gradually allow the whole abdominal area to relax and release. Stay conscious of the breath as it helps create the movement. Move in the direction that feels most comfortable to you. Let your body decide. Feel the base of the spine connect to the Earth, creating a base for your body to relax into the movement. The movement becomes a self-propelled meditation. Practice 1-5 minutes or more.



Root Lock

The second chakra portion of the root lock has a very different dynamic than the first and third chakras. To learn to work with the water element at the second chakra, first isolate the relaxed feeling in the belly and connect with your sexual energy. Experiment with how you can allow this energy to move up the spine. To isolate second chakra energy, don't pull the anus. Women pull the muscles in the vagina; men pull the muscles used to stop urination at the base of the penis. Monitor how focusing at the third eye and activating the pituitary directs energy up the spine.

After relaxing and feeling the flowing energy, add the power of the first chakra. Feel the anus and perineum connected to the sex organ and contract them to direct your sexual energy up your spine. Use *a delicate application of root lock*. No force or suppression is required, and neither work. *Allowing the energy to flow in a spiral movement up the spine is the essence of the second chakra part of the root lock. You may not feel the "spiral," but you can feel aliveness in the spine.*

Everyone has to experiment to find his or her own root lock formula for moving flowing energy upward. We also use root lock to play with the energy and to stimulate experiences in our spine. It is pleasurable and empowering to spiritualize sexual energy.

Root lock is a powerful personal tool to (1) shift an emotional and angry mood, (2) cultivate internal strength and inner peace, (3) generate a powerful presence and projection, and (4) awaken our mind to intuitive guidance and to divine consciousness and bliss.

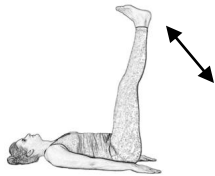


Spinal Flexes

With hands holding the ankles, inhale forward and exhale back, enjoying the wave of motion. Feel your whole body flow rhythmically.

Chair Pose — “Harness your Horniness”

Chair Pose with Breath of Fire for 2-5 minutes is very effective in channeling sexual energy up the spine. Apply root lock before coming out of the position. This exercise is so powerful that you may notice that root lock is not needed to awaken a meditative state. Upon completion, sit quietly in Easy Pose and enjoy your experience.



Abdominal and Hip Exercises

All exercises that involve raising the legs and moving the hips align the energy in the entire pelvic region, which is required for emotional balance, especially for women.

Bow Pose

Rock back and forth on the belly to massage and relax belly.



Camel Pose

Camel Pose releases tension in the sexual organs and is especially effective in preventing menstrual cramps. Women are advised to do Camel Pose every day, along with other hip-opening exercises like leg lifts.

Frog Pose

Frog Pose activates, releases, and raises sexual energy. Start with what you can do and work up to at least 26. For potency, men need to do up to 108 or for five minutes on a regular basis.



Laya Yoga Spiral Meditation

Laya Yoga awakens the spiral flow up the spine (see instructions in Meditations section).



Sat Kriya

Although the focus in Sat Kriya is on pumping the navel, we engage the first two chakras in a subtle root lock to raise sexual energy (see instructions in Meditations section).

25. Working with the Third Chakra — Navel

At the third chakra, we want to identify our story and burn through it. The third chakra gives us the fire power to break old habits and make new ones.

Third Chakra Challenges

There are two basic types of third chakra dysfunction, both of which are addicted to their own story:

1. Victim — A weak navel center perpetuates our story of feeling like an unlovable victim. Our need to be loved causes us to cave in to unacceptable demands to get acceptance. Victims often resort to passive-aggressive behavior because they are too afraid to confront and take direct action. One approach is to claim that “ ‘Spirit’ told me to ...” instead of stating clearly what we want.

Those with a weak navel tend to personalize every situation and categorize innocent comments as criticism and rejection.

2. Egocentrics — Those with too much uncontrolled fire try to be in control to prove their self-worth and need to be right. Egocentrics perfect a whole variety of ways to manipulate others and “control” situations. They exhibit erratic and demanding behavior to which others are forced to respond. When others have their own point of view or needs, the egocentric accuses them of not being flexible, tolerant, understanding, etc.

Actually, the egocentrics are the ones who are not flexible. They manipulate through their self-absorbed perspective and do not choose to, or are unable to, take others’ needs into consideration. Others have three choices: (1) respond to the egocentric’s whims, (2) confront the egocentric with their own truth, or (3) leave and don’t participate. Those with a weak navel may choose to cave in to protect themselves from being abandoned. We need a strong center to stay with our own truth and not abandon ourselves.

We cultivate a strong navel so that after being mad, we can be glad to move on. Meeting every life challenge head on helps us achieve a higher level of clarity and responsibility for who we are in the world. We become more aware of our own needs and capabilities and learn how to direct our own ship.

Both categories of navel chakra dysfunction foster a false sense of identity. In the absence of our personal truth and sense of self, we identify with stories, disabilities, illnesses, childhood wounds, roles, and other illusions. A weak navel chakra doesn’t want (and is unable) to be challenged or held accountable. When we lack a strong confident sense of self that can maintain and defend our personal truth, we are unable to back off, honor others, or just relax

and enjoy life.

Self-Evaluation Questions for Third Chakra

Use the following questions to identify the status of your third chakra and to monitor your progress in claiming its powers.

- ◆ Observe how your energy is being used. In what ways is your energy caught up in drama? How prone are you to being interrupted by distractions? To what extent is your vital energy dissipated with stress and unfruitful endeavors?
- ◆ If something doesn't work, and you know it, can you detach and move on?
- ◆ Attention focuses energy. Where is your attention?
- ◆ Fire provides energy for purposeful action. How do you use your fire?
- ◆ The energy released by the combustion at the third chakra feeds our metabolism. How is your digestion and elimination?
- ◆ What is your level of motivation and will to take action? As you develop your navel chakra, monitor how the fire element awakens your vitality, will, and ability to act. Do you feel an increased sense of direction and a deeper sense of purpose?
- ◆ One definition of *disciple* is "the willingness to be a student."⁶⁰ Willingness requires humility. What is your approach to being a student of life?
- ◆ Fire either explodes or warms and radiates. Monitor the emotional component of the fire and heat generated at your navel and in your body. Is it exploding? — a manifestation of anger. Or is it warm and radiating? — a sensation of love.
- ◆ Monitor your level of self-confidence by how secure you feel in your interactions with others. Can you clearly, without fear or anger, explain your own needs and be your own authority?
- ◆ We move up the chakras by empowering each chakra. How does your navel chakra prepare you to move up to the solar plexus and heart?

Cultivating Navel Power

We need to be conscious of our personal center to be able to operate effectively in the world and to not be pulled away from ourselves. The fire power at our navel makes it possible to stay centered within ourselves.

Our body should be able to stimulate itself and generate energy as we need it from the first three chakras. We tune up our transmission with the transmission fluid produced in chakras one, two, and three. The third chakra is the point of pure energy needed to live and the key to balance.

We kindle and develop navel power to the point where it automatically generates the energy we need. Activating the third chakra is physical. According to Yogi Bhanan, "It's the center nerve,

between the brain and the neutrons, and it has one pattern, like a master key; they call it the master pattern. Once this is aroused, and the master pattern is set, you have absolutely no insecurity.”⁶¹

We cannot buy navel power. But with the technology of Kundalini Yoga, we can initiate navel power so it will start working for us. Then we “can sit like a lotus in the muddy waters and enjoy life; that is the power of the third chakra.”⁶²

Exercises for the Third Chakra

As with every chakra, we need to know how to use it and have a relationship with it. At the third chakra, we balance two basic energies: prana and apana. Prana gives us physical strength and projection. Apana releases, gives back, and regulates the body’s elimination. When the two are functioning well, we feel energized and centered.

Directives for Third Chakra Energy — Internal Fire and Personal Identity

- ◆ Generate your fire energy and feel the beat of your pulse at your navel.
- ◆ Focus on yourself and find your physical center at your navel.

In fire and pulse, find your center.

From your center, consolidate your identity.

Feel the transformative power of fire.

When we constantly have to pump ourselves up through outside stimulation to maintain our energy, we eventually become tired, run down, depleted, and burned out. The goal of navel exercises is to activate our energy center so that it becomes our active ongoing source of energy. We do navel exercises whenever needed to reset our navel center and to give us a lift.

After practicing any breathing or yoga exercise, be with your breath at the navel without influencing your breath in any way. Monitor your ability to stay self-focused and centered.

Exercises for Navel Chakra

- ◆ Navel breathing
- ◆ Pump the navel
- ◆ Breath of Fire
- ◆ Root lock
- ◆ Leg stretches and other exercises with Breath of Fire
- ◆ Leg lifts, Stretch Pose, and other navel exercises
- ◆ Check the pulse at the navel and set it each day

- ◆ Sat Kriya
- ◆ Horse stance — standing with knees bent slightly

Take action. Energy moves when you take action. Something happens.

Sets

- ◆ Exercise Set to Develop Navel Power
- ◆ Exercise Set for Core Strength
- ◆ Find Your Rhythm and Center
- ◆ Chant “Har” mantras

Navel or Dan Tien Breathing

Breathe long and deep at the navel point. As you inhale, press the navel out. As you exhale, pull it in toward the spine. Make sure to also expand the back slightly at the level of the kidneys to feed them prana. With long deep breathing, practice cultivating the following:

- ◆ Feeling warmth at the navel and at the spine behind the navel
- ◆ Building a cauldron of energy between the navel and the spine. The Taoists call this packing the chi.
- ◆ Moving energy between the front and back of the body

Pump the Navel

After you establish the “inhale expand” and the “exhale pull in” rhythm of the breath, shorten this sequence until it becomes a staccato movement. Then allow this quick breath to continue by only lightly pulling in the navel on the exhale. The inhale will happen automatically. This is how we “pump the navel” while chanting, and this quick movement is the basis of Breath of Fire.

Breath of Fire

Breath of Fire is one of the most powerful Kundalini Yoga exercises to build the navel center. It activates the fire within and establishes our molten core. To pump the navel point powerfully and quickly, focus only on lightly pulling in the navel on the exhale. The inhale is automatic. A common mistake is to actively inhale as well as exhale. This slows down the breath. Only the exhale is active. The inhale is the same length as the exhale, but we allow it to happen instead of making it happen. Engage only the navel and lower diaphragm, not the belly, which will also slow down the breath. Once you have learned Breath of Fire, you should be able to do it easily for 11 minutes and longer.ⁱ

ⁱ For those new to Kundalini Yoga, see my second revised edition of *Transitions to a Heart-Centered World* for more detailed instructions on doing Breath of Fire and for a detailed summary of the basics of Kundalini Yoga.

Root Lock

Practicing root lock grounds our attention in the lower chakras, expands our sensory awareness, and creates a sense of warmth, fullness, aliveness, and vitality. It seals the effect of an exercise and helps us contain our energy in the body.

Root lock engages the first, second, and third chakras. Because each chakra embodies a different element, we work with them separately at first to feel how to empower that element. At the first chakra, we pulse the anus to establish our relationship with the Earth and to feel a stable grounded base. At the second chakra, we relax so that the fluid water energy can move and flow. At the third chakra, we stimulate the awakening of the fire energy.

Full root lock, or Mulband, engages the anus and perineum, the sex organs, and the navel point. Although not always specified, it is understood that we apply the root lock on the suspended inhale and/or the suspended exhale after an exercise. The goal of root lock is to direct subtle energies produced by the various Kundalini Yoga exercises. Root lock focuses our energy, moves it up the spine to feed our brain, and circulates the energy produced by the exercise throughout the body. Root lock can be applied with a variety of intensities. However, its goal is to move and direct energy, *not* to block it. Therefore, everyone is invited to experiment with how to use this internal positioning to create enjoyable and sensual awakenings in the spine and body.

Root lock can be done at any time in your practice or during the day to activate the spine and third eye, to feed the brain, to release tension, to dissipate depression, to become vitally alive, and to change any mood or behavior. Practice generating and releasing energy with Breath of Fire and other lower chakra exercises and then experiment with the locks. Focus at your third eye to awaken the sixth chakra.

Years ago, a woman came to my class and said she could not do any of the exercises. I said, "Fine, just sit in a chair, breathe, and do root lock." At the end of the class, she was beaming with radiant energy. She said she felt fantastic and thanked me for a great class. Everyone can breathe and do root lock and benefit from the amazing effects!

Root lock can cause the blood pressure to rise momentarily, but it will quickly stabilize. One of the causes of high blood pressure is blocked blood flow, which puts extra pressure on the heart. The exercises below can help release blocks, keep our blood flowing, and help maintain normal blood pressure.

Leg Lifts and Abdominal Exercises

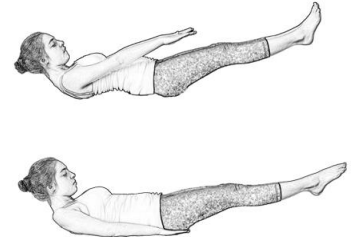
When performing leg lifts and other abdominal exercises, we engage an internal root lock to prevent the muscles in the lower back from being strained. Do leg lifts with and without this internal lock and notice the difference. Placing the hands under the hips also protects the lower back muscles. The main point is that we are supposed to use our abdominal muscles (which are often weak and need to be strengthened), not the delicate muscles in the back to perform leg exercises.



There are many varieties of leg lifts. One sequence includes first raising the right leg up to 90 degrees on the inhale and then releasing it down on the exhale. One minute with the right leg and one minute with the left leg. Relax. Then raise both legs together to 90 degrees. Inhale up. Exhale down.

Stretch Pose

Lying on back, raise head and feet 6 inches off the ground and hold with Breath of Fire for 30 seconds to 2 minutes, or as long as possible. Eyes look at big toes. Hands face inward and point toward feet. If the small of the back comes up, place hands beneath hips for support. If held for less than a minute, rest and repeat pose, increasing time as core muscles strengthen. Before coming down, apply root lock and set your navel. It's okay to start out by doing one leg at a time.



Check the Pulse at the Navel

Before and after Breath of Fire and navel exercises, touch your navel with your fingertips to feel a pulse. When there is a strong pulse, your navel is set. If the pulse is absent or weak, do more navel exercises until it is stronger.



Sat Kriya

Pulling the navel in and up while saying “Sat” engages the root at the first chakra. The muscles along our spine, from the navel to the base and thus all three lower chakras, work together to move the energy up our spine.

Horse Stance

Horse stance is a traditional martial arts pose. Stand with your knees slightly bent, as though sitting on a horse. The thighs will burn. Feet are about 2-3 feet apart. Tailbone is slightly tucked. This position activates the navel center.



Chant “Har” Mantras: HARI HARI HARI HAAAAR

All mantras that incorporate any form of “Har” are used to activate both the navel and the heart chakras. This mantra invokes the Infinite, Divine, God into physical reality, thus its manifesting power is called upon.

Chant in a monotone, enunciating each sound clearly. Pump the navel with each sound. The full mantra is chanted on one breath. Inhale deeply, chant the first three sounds, and then extend the “aaaaaaaaaaaa” of the “Haaaar” until the end of the breath. Then inhale deeply again and continue for 3-11 minutes.

26. Working with the Solar Plexus

At the solar plexus, we encounter the primal human emotions that control our chakras, especially the lower three. Here, we undergo a major restructuring of our psyche in order to release the past and open ourselves to the vibration of love. In addition, we create the internal freedom necessary for all our chakras to vibrate at their clear, unencumbered frequencies and to express their basic essences, talents, and powers.

Self-Evaluation Questions for the Solar Plexus

- ◆ What are you afraid of, mad at, sad about?
- ◆ Do you cave in at your solar plexus and try to protect yourself?
- ◆ Or do you stand tall and confident with an open solar plexus and an open heart?

Inner Child Healing

At our solar plexus, we focus on healing the ego damage created by our childhood traumas. *The key is to open our heart to ourselves.* The strategy for healing our wounds and claiming our power includes

1. *Being with your hurt inner child from your neutral mind.* Look at the painful things that happened in your life with detachment and without judgment. Obviously, you don't say, "Oh, that was great!" when it was hurtful and abusive. You allow yourself to be both vulnerable and honest.
2. *Identifying how those events determined your evaluation of yourself and your approach to life.* See how you adopted beliefs that perpetuate shame and guilt and feeling bad about yourself.
3. *Choosing to release beliefs that no longer serve you as an adult.* Choose self-affirming thoughts that can free you from your past. For example, "I courageously do the best I can."
4. *Listening within to the voice of your hurt inner child,* which can often serve as an access point to your higher self and heart. What does he or she want? — To be loved and accepted unconditionally! This is your job now. Love and accept your inner child with all your heart.

The Three Emotional Gates to the Heart

Fear, anger, and sadness are the three lions that guard the gate to our heart.

Fear — We have to face our fears to release programs of rejection and "not good enough." When we love our fear, it is transmuted to the heart-centered frequency. We feel safe, connected, recognized, and worthy.

Anger — When we acknowledge and feel our anger, we release blocked energy that can express passion for life and motivate us to take action. We can move forward and manifest our destiny instead of our fate.

Sadness — When we no longer try to avoid, but instead surrender to, our sadness, we release resistance. As we relax and quit resisting, what once bothered us no longer sets us up to react and be thrown off center. Sadness gives way to sweet surrender. We move from powerlessness to dynamic stillness. Yin flowing stillness is expansive. Yang stable stillness is one-pointed.

As we open the path to our heart, we experience a calm deep within our solar plexus. Agitation gives way to peaceful aliveness. We find a deep inner connection with our soul that opens our heart.

Exercises for the Solar Plexus

Directives for Solar Plexus — Emotional Soul Identity

- ◆ Stay present to the emotional rumblings and reactions in your solar plexus.
- ◆ In every situation, feel how you react and what your emotional energy is doing.
- ◆ Be willing to go deep and stay present, even when you feel uncomfortable.
- ◆ Let the fire of the navel burn into the solar plexus.
- ◆ Be willing to let go and surrender.
- ◆ Stay with what you are feeling until you feel a comfort and coziness deep within.
- ◆ *Feel your emotions become the subtle substance that is your soul.*

Exercises for Solar Plexus

- ◆ Correct posture
- ◆ Diaphragm breathing
- ◆ Diaphragm lock on exhale
- ◆ Arm rotations — middle fingers pointed out, make circles backwards
- ◆ Angry fists to heart and release
- ◆ Spinal Twists
- ◆ Chant “Raaaaa” to generate the light of the Sun and your soul
- ◆ Prayer with hands in Prayer Pose

Sets and Meditations

- ◆ Kriya for Solar Plexus and Heart
- ◆ Inner Freedom at the Solar Plexus
- ◆ Kriya to Awaken Your Core
- ◆ Meditation for Opening up Psychic Abilities
- ◆ Natal Rebirthing Meditation

Correct Posture

Awakening our solar plexus involves training ourselves to stop slumping and bending forward at the solar plexus to protect ourselves. Practice pulling up on the diaphragm and elongating the spine at the solar plexus.

Diaphragm Breathing

Practice long deep breathing at the solar plexus.
Engage both the navel and the heart.
Be with the rising and falling in the diaphragm.
Expand, fill, and empty the kidneys with the breath.
Get in touch with your deepest emotions.

Diaphragm Lock on the Exhale

The diaphragm lock can be done only on the suspended exhale. Almost all our breath (not all) must be released to be able to pull the diaphragm in and up from the navel toward the heart. On a deep inhale, open and expand the diaphragm, chest, and heart. Then as you slowly exhale, lightly pull the locks at the first, second, and third chakras, and then pull the diaphragm in and up toward the heart.

When the diaphragm lock is released on the next inhale, we experience greater freedom and fullness in the diaphragm. It moves solar energy up to the heart, and our heart space becomes more available and expansive.

Press Sides of Nail of Left Middle Finger

Using the thumb and forefinger of the right hand, press the left middle finger where the nail meets the flesh of the finger. The pressure creates an emotional release. Hold for 1-3 minutes. Then relax and feel the effects.



Arm Rotations

All arm movements to the sides stimulate the solar plexus. One such exercise is done with the arms out to sides, parallel to ground, making circles backwards.





Fists to Heart with Angry Face

Bring the arms out to 60 degrees in front of the body. Inhale deeply, hold the breath, and make the hands into fists as you slowly bring the fists to the heart. Exhale powerfully when fists reach the heart. Make an angry face while bringing the hands to the heart. Repeat 3-8 times or until you just want to let go and surrender.

Spinal Twists

All Spinal Twists open both the solar plexus and the heart. Twist side to side with hands on the shoulders, fingers in front, thumbs in back. Inhale twist left, exhale twist right.

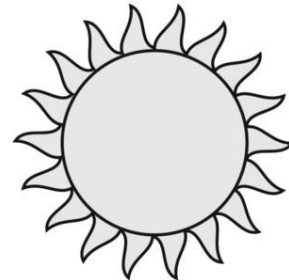


Chant “Raaaaa” at the Solar Plexus

With your hands on your heart, inhale deeply and chant “Raaaaa” until the end of the breath. Inhale deeply again and continue for 5 or 11 minutes.

Meditate on the Sun

Feel the Sun releasing fear and washing away sadness.
Breathe in golden energy with each breath.
Release darkness and negativity with the exhale.
Feel the Sun give light to your own body.
Feel that your soul is a Sun. Let it shine within you.
Be your own Sun and feel it warm your body.
Feel the warmth attract all good things to you.



Natal Rebirthing Meditation

We project fears out from the solar plexus. We manifest what we project. The process for releasing our deepest negative emotions — fears, anger, and sadness — involves (1) breathing, (2) feeling, and (3) introspection. As you do this meditation, jump into the black hole at your solar plexus and feel deeply. Be vulnerable with yourself. Be honest with yourself about what you see and feel. Touch your innocence. There is freedom in the void. See page 311 for meditation instructions.

Prayer Pose

Base of hands at the pericardium, right below the breasts.
Release the watchdogs of fear, anger, and sadness.
Open the gate to your own heart.
Surrender to God and your own soul.



Your Life Is in Your Chakras

Pray in humility, innocence, honesty, purity, and sincerity:

I come to You as an innocent child.

I come to my own heart as an innocent child.

Prayer Pose releases the feeling of powerlessness and aloneness.

Ask for what you want — be straight with yourself and with God.

Ask for clarity. Ask to be released from fear. Accept divine grace.

May my fear be transmuted to energy and prana so that I may feel alive, vital, and free.

May my fire energy of anger be transmuted to light so that I can see my way and walk forward.

May the energy of sadness be released into sweet surrender so that I may experience bliss.

May I move from powerlessness to stillness and reverence, and from regrets into gratitude.

Feel a deep sense of calm as self-love opens your heart.

*Notice that every living thing lives in a state of sweet surrender except humans.
We too can relax and surrender to the sweetness of our soul.*



27. Working with the Fourth Chakra — Heart

Our physical heart rhythmically pumps blood throughout the body to nourish every cell and organ. The heart has its own electromagnetic field. The magnetic charge from the heart is five times greater than that emitted by our physical brain. (Some claim it is much higher.) We stimulate our heart chakra to strengthen its field, which produces a feeling. The intensity of the feeling produces an experience of well-being and happiness. When the feeling becomes powerful enough, we recognize it as Divine Love. Expanding and maintaining this experience of love becomes our most ardent desire.

Self-Evaluation Questions for Fourth Chakra

1. Can you be neutral and kind at the same time?
2. Do you have expectations (attachments to) the outcome of your compassionate actions?
3. Can you bless others instead of judge their attitudes or action?
4. Is your spiritual path supportive of your worldly life and is your worldly life supportive of your spiritual path?

Exercises for the Fourth Chakra

Directives to Open Heart Chakra

Feel the warmth in your spine at the level of your heart. *Stay in this warmth until you can feel that it is more powerful and commands your attention away from the thoughts in your mind.* Feel that your mind and its belief systems no longer control you.

How do we listen to our heart? There is no discussion at the heart chakra. Its subtle warm feeling simply gives us the nod of approval. We experience Love as a state of being and a warmth that radiates outward.

Exercises for Heart Chakraⁱ

- ◆ Breath of Fire
- ◆ Correct posture
- ◆ The wave of the breath

ⁱ There are many, many meditations and exercises to open the heart in *Transitions to a Heart-Centered World*.

Your Life Is in Your Chakras

- ◆ Spinal Twists
- ◆ All exercises with arms out to the sides
- ◆ Arms up 60 degrees with Breath of Fire

Sets and Meditations

- ◆ Opening the Gate to Your Heart
- ◆ Claim and Open Your Heart Space
- ◆ Enjoy Your Space
- ◆ Jod Kriya Meditation
- ◆ Chant HAR mantras
- ◆ Meditation to Listen to Your Heartbeat
- ◆ Hands on Your Heart

Breath of Fire

Our navel fire contributes to opening our heart. Do Breath of Fire and feel the flame of light ascend up to your heart.

Correct Posture

Use posture to help open your heart. Pull up on your diaphragm to sit tall. From the back of your neck, pull up on your spine, and feel your chest rise up and heart open.

The Wave of the Breath

Feel the wave of your breath in your chest and the air in your lungs. Use deep breathing to awaken your heart and open your expansive heart space.

Spinal Twists

All Spinal Twists stimulate the thymus and the heart chakra. Hands on the shoulders, fingers in front, thumbs in back. Inhale left, exhale right.



Arms out to the Sides

All exercises where the arms are out to the sides, both stable and moving, stimulate the heart chakra. Bring your hands straight out to the sides, parallel to the ground, palms up. Feel a rainbow of energy between your palms as you do Breath of Fire for 1-3 minutes.



Arms up 60 Degrees

Stretch arms up to 60 degrees with Breath of Fire for 1-3 minutes. This angle corresponds to the arc line around the head. If the hands are within the arc line, it will be easier to hold the arms up. Feel your hands filled with the healing love of your heart.



Mantra Meditations Using “Har”

All mantras incorporating variations of the mantra HAR stimulate both the navel chakra and the heart chakra. Feel the “H” sound at your heart chakra. “Har,” “Hari,” “Haray” are sounds that invoke the Infinite in your heart. Each of the mantras below can be chanted for 5, 11, 15, or 31 minutes.

HAR HARAY HARI WAHE GURU

This mantra means, “The Infinite brings me into a state of ecstasy.” WAHE GURU opens the heart). Each sound is enunciated clearly. Pump the navel with each sound and feel the “H” at the heart.

HARI HARI HARI HAAAAAR

This mantra invokes the Infinite, Divine, God.

Inhale deeply, chant the first three sounds, and then extend the “aaaaaaaaaaaa” of the “Haaaar” until the end of the breath. Then inhale deeply and continue for 3-11 minutes.

HARI NAM SAT NAM HARI NAM HARI HARI NAM SAT NAM SAT NAM HARI

This mantra means, “The Name (NAM) of the Infinite is Truth (SAT).”

Chant this mantra in a monotone from your heart. The vibrations will align you with divine frequencies, and as a result, you will experience happiness! With all your heart, focus on and feel the pleasurable experience.

Hands on the Heart Meditation

Place your hands on your heart and go deep into your experience.

My heart home is at peace.

The pulse of Higher Love beats in my heart home.

My deepest desire to feel the Presence of the Divine has been fulfilled.

My heart is now the sanctuary of Divine Love.

The more I love Love, the more IT loves me.

My relationship with my Beloved grows with each breath.



28. Working with the Fifth Chakra — Throat

Although the throat chakra is the voice that speaks out loud and our means of communicating with others, its functions begin at a deep inaudible level. The job of our throat chakra starts with the critical task of *listening* inwardly to ourselves — to the voices of all our chakras and to the voice of our soul.

The throat chakra speaks for all our chakras. As such, it must be trained to listen to the messages emanating from each of our chakras in order to determine if they are telling us stories or the truth. In short, we need to discern whether they are projecting fear or love. An empowered throat chakra refrains from giving voice to fear-based emotions and false identities, e.g., helplessness or angry victim. We use sacred mantras to uplift fear-based vibrations so that our throat chakra can verbalize love-based, honest, and direct communications from our soul.

Emotional Energy and Speaking

Words are magical sounds that have meaning and impact. Our fifth-chakra challenge is to respect the power of the Word and to use the sound current in elevated ways. With inner listening and awareness, we can become conscious of the relationship between our speech, emotions, mind, and mouth, and how we impact and create our reality.

With deep inner listening, we realize that our words are not just sharing factual information. We too often use speaking as a way to release emotional energy and tension, i.e., when we don't want to feel, we talk. When we don't know how to deal with our emotional energy, we spit it out through our speech. Yogi Bhanan calls this *emotional compensation*. We are wasting our emotional energy instead of using it productively. We are speaking for our wounded child and challenged ego instead of our soul.

Chanting Mantras

Chanting mantras opens, aligns, and empowers the throat chakra — to liberate the mind and emotions from undesired habits and thoughts. Mantra sounds produce vibrations that encode our being with divine qualities and tune us in to frequencies that allow us to choose behaviors and ways of being that support our soul (not our limited ego).

We use mantras to transform our life. Consistent recitation of mantras gradually reprograms our mind, and we are thus liberated from being slaves to the lower vibrations of our environment and past conditioning. This is possible because mantras have the power to

- ◆ Cleanse subconscious programs and erase negative patterns that prevent us from experiencing inner peace

- ◆ Heal fragmentation and bring coherency and harmony in our brainwave patterns
- ◆ Rearrange random, destructive, and chaotic brainwaves into coherent and creative rhythms
- ◆ Connect and synchronize the right and left hemispheres of the brain
- ◆ Calm and focus the mind and align our consciousness with universal neutrality

It is part of the human condition that when our mind is clogged up with mental garbage, we cannot relax, and we feel unfulfilled, empty, and upset. We can always take a mental shower with divine mantras and allow the pulse of the sacred sounds to imprint the cells of our brain and body with messages of harmony and peace.

The sound waves of mantras affect matter and reverberate silently within us long after we have chanted them. As a result of practicing them over time, the cosmic frequencies and meaning are encoded in our being. Our personality changes. Our projection is transformed. We manifest a reality that reflects our divinity and grace.

Self-Evaluation Questions for the Throat Chakra

Identify whether you emotionally compensate through speaking, i.e., when you don't want to deal with your emotional energy, do you escape into your mind or into a conversation? Does this make the feelings you wished to avoid go away?

What are you listening *to*? Outside yourself? Inside? Thoughts? Silence?
What are you listening *for*? Disturbances? Danger? Soothing sounds?

Exercises for the Fifth Chakra

Directives to Open the Throat Chakra

In the spaces between the exercises, focus on relaxing and letting go of tension and tightness in the entire fifth chakra area, which includes the shoulders, upper back, neck, throat, mouth, jaw, tongue, face, and ears. Feel each muscle group one at a time to allow the release.

LISTEN to and FEEL Mantras

There are many, many mantras and meditations, and all open the throat chakra. To optimize the effects of chanting divine mantras, work on the following:

- ◆ Engage your chanting so your attention is drawn from outside to inside your body/mind/throat.
- ◆ Chant to yourself and for yourself.
- ◆ Feel the vibrations of the mantras impact and move through the base of the skull — the reptilian brain — to clear the subconscious.

- ◆ Focus on each chakra separately to infuse the vibrations of the mantras in each part of your body. Create space and allow relaxation in each chakra area and then in your whole body.
- ◆ Listen to the sounds you are making; don't just mindlessly repeat mantras. Listening is a critical part of the transformative power of mantras. Feel their vibrations imprinting a new pattern in your physical and emotional bodies and in your individual chakras.
- ◆ Be aware of how listening helps shift your mind to your neutral channel and maintain access to the neutral mind. As you gain access to this channel, *listen to* intuitive messages!
- ◆ Know that sacred mantras take us beyond fear, ego, and conflict. There is no personality, no one to be afraid of. No one is telling you what to do. A higher power is at your service, supporting and loving you.
- ◆ Allow thoughts and emotions to be processed through the power and projection of the mantra. Call upon the power of the mantra to do the work.
- ◆ Open yourself to receive healing, cleansing, and blessings. Allow negativity to be neutralized. Trust the process. Witness the transformative power of sound.
- ◆ Practice listening to vowels as the sounds of Spirit. Feel the consonants as matter that grounds.

The following exercises open and relax the throat chakra and prepare your whole body to be receptive to encoding divine frequencies into your being.

Exercises for Throat Chakra

- ◆ Breathe to open the throat
- ◆ Inhale SAT, exhale NAM
- ◆ Chant long SAAAAAT NAMs to call upon, command, declare, and identify with the Truth
- ◆ Chant ONGs
- ◆ Lion Pose — open mouth, stick tongue out, and roar like a lion
- ◆ Shoulder Shrugs and Spinal Flexes
- ◆ Eye Exercises and Neck Rolls
- ◆ Neck lock
- ◆ Notice your posture
- ◆ Mantra to Neutralize Negative Thoughts

Sets and Meditations

- ◆ Wahe Guru Ecstasy Kriya
- ◆ Natal Rebirthing Meditation — chant “Akkhh” for freedom and release
- ◆ All mantra meditations

Breathe to Open Throat

Our breath enters our body at the throat chakra. Feel and listen to your breath coming in and going out through the nose, mouth, and lungs. Slow down your breath to relax and open your throat chakra, which includes not only the entire neck area, but also your face and shoulders. Listen to the breath and silent mantras in the neck, throat, and inside the head.

Inhale SAT, Exhale NAM

The default instruction for practicing Kundalini Yoga is to mentally listen to the mantra SAT on the inhale and NAM on the exhale. We do the same during the day. At every opportunity, we take advantage of the power of this mantra to imprint our psyche with the truth of our being. SAT means the Truth. NAM calls upon and identifies us with the Truth.

Chant Long SAT NAMs

Inhale deeply, chant a long “SAAAAAAAAAAT,” almost to the end of the breath, and a short NAM to complete the exhale. NAM is grounding. Feel the sound in the throat and whole body. Repeat three times or for 11 to 31 minutes. Slightly pull in the chin so the back of the neck is straight. (See neck lock below.) Aligning ourselves with our own truth and universal truth has a very calming effect.

Chant ONGs

Vibrating several long and shorter ONGs stimulates the parathyroid and thyroid glands associated with the fifth chakra. When they are stimulated, some people cough. If so, raise your hands above your head and take a couple of long deep breaths. (Do the same if you choke while eating or drinking.) ONG also stimulates the pituitary and pineal glands of the sixth and seventh chakras.

Lion Pose

Open your mouth, stick out your tongue, stretch your jaw wide, and roar like a lion. Stimulate the whole area with the sound that you make from the very back of the throat. Don't be shy.



Spinal Flexes, Spinal Twists, and Shoulder Shrugs

Before chanting, do Spinal Flexes, Spinal Twists, and Shoulder Shrugs so that your body is free to receive and vibrate with the chanting. Spinal Flexes are always good for opening the spine to the flow of energy in all the chakras. The more you can feel and reverberate the sounds in your spine and body, the more profound and liberating the effects.



Eye Exercises and Neck Rolls

Eye exercises actually help relax the neck and spine. Begin by doing Neck Rolls and monitoring the flexibility of your neck. During Neck Rolls, make sure your head feels like it is floating on the spine and not protruding forward. Make adjustments by pulling up on the back of the neck. Then with the eyes closed, move the eyes in various directions — up and down, right to left and back, circles, figure eights, etc. Then repeat the Neck Rolls and witness that your neck is more open and flexible. See page 286 for instructions.



Neck Lock — Jalandhar Bandh

Neck lock is done as a subtle alignment that positions the head comfortably over the spine. We need to be constantly vigilant of the position of the head and adjust it and the spine so that our head is not hanging in front of our body.

To locate and relax the muscles involved in the neck/head adjustment, (1) swallow and taste to feel the inside of your throat, mouth, and tongue, (2) breathe deeply and relax your tongue, and (3) feel your breath in your throat.

When making the neck lock adjustment,

- ◆ Pull your Adam's apple toward back of your neck as you slightly tuck the chin and elongate the spine by pulling up on the back of the neck. (Make sure you also pull up on and elongate the spine at the diaphragm/solar plexus area.)
- ◆ From inside the neck/throat, bring the head back so that the head is over the shoulders and above the spine. You may feel that your head is back too far. Check by looking in the mirror.
- ◆ Feel what happens in the chest and the heart. This movement of the head opens the heart by pulling the chest up.
- ◆ Notice what happens to the muscles in your back. They are now free to relax. One of the reasons we have tight muscles and stiff shoulders is that they are used (inappropriately) to carry our head, which is extended forward. When the head is over the spine, instead of out in front of our body, the muscles in back of the heart can be used to hold the heart open.

Neck lock pulls up on the spine almost to the extent that we can feel that our body rises off the ground and there is little weight on hips. Neck lock should be applied during silent and chanting meditation. Practicing neck lock for extended periods of time, i.e., during daily meditation for 11 minutes (or more) for a year, can have a rejuvenating effect on the face.

Neck lock opens up awareness inside the head and connects the space inside the head to the body/heart space. The body and head are no longer isolated. Used with the other locks, neck lock aligns and distributes our energy so we become aware of our body in its totality and wholeness.

Notice Your Posture

Notice your posture when you speak to someone. When we talk, we often bend forward, indicating that we are speaking from our head and not our heart and that we are disconnected from our lower chakras and body. Of course, notice your posture when you are at your computer and on your cell phone. It is shocking to observe the posture of many people when fixated on their cell phone.

Other Fifth Chakra Exercises

Practice silence and listening. Listen deeply to sounds in your environment (and your thoughts) until you hear the universal sound of silence underneath the noise. Hear the universal sound resonate frequencies that support your soul and help you find inner peace.

Record and listen to your own voice tone and patterns.

Speak and Hear the Truth

We empower our fifth chakra by monitoring what we are communicating from each chakra and by practicing speaking for their higher wisdom. Here are some guidelines: (1) Choose your words to communicate and send out vibrations that create peace, harmony, and love in and around you. (2) Don't react. Respond only if you feel like it. (3) Neutrally speak your truth or be silent. You are not obliged to talk. (4) A smile speaks louder than words. (5) Make your default response SAT NAM!

Exercise — Awareness of Your Words

Before you speak, are you aware of what you are going to say? Do you pay attention to the possible impact of your words? How often do you ask yourself the following questions?

1. Output Component

- ◆ What am I communicating with the sounds that I make?
- ◆ What messages am I sending out into the world and the universe with my thoughts and words?
- ◆ What am I creating in my mind and with my speech?

2. Input Component

- ◆ What am I hearing?
- ◆ What am I listening to? What am I listening *for*?

It is very interesting to observe how we scan and filter what we listen *for*. There are many choices. A mother is attuned to the sounds of her child. Sometimes we are very much on guard and listen for what might disturb us or for sounds that might indicate danger. We may also listen for soothing sounds like birds singing, the wind blowing, or the sound of silence at night or in our mind. We can also listen to the infinite sound.

What Are You Thinking and Saying

We cannot underestimate the importance of learning how to effectively communicate with ourselves, others, and the Universe. Before you speak, ask yourself

- ◆ What am I thinking?
- ◆ What am I about to say?
- ◆ Why am I going to say this?
- ◆ What impact will it have?

Listen to what you are saying to yourself.

Listen to what you are saying to others.

Is this what you want to say to the universe?

If not, change your thought, or have no thought.

Upgrade Your Internal Conversation

We can train ourselves to listen to what we are telling ourselves and then use mantras to neutralize negative self-talk and encode a higher-level dialogue. Daily recitation of divine mantras reprograms our mind, upgrades our internal conversation, and imprints new patterns. We can also chant in the moment to counteract negative thoughts.

Mantra to Neutralize Negative Thoughts

When your mind is caught in negative thoughts, inhale deeply and chant UNG SUNG WAHE GURU 10 times to neutralize negative thoughts and to encode neutral and positive thoughts. This mantra means, "Ecstasy vibrates in every cell of my body!"

As you chant,

- ◆ Recognize that what you are saying is the truth.
- ◆ Listen to the sounds without thinking about what they mean.
- ◆ Feel the resonance and let your throat, mouth, tongue, face, shoulders, head, and heart relax.
- ◆ Allow your body to vibrate with resonating sounds and enjoy the feeling.
- ◆ Notice that something has changed afterwards. You may think and speak to yourself differently.

29. Working with the Sixth Chakra — Third Eye

Our third eye is the lens that sees the unseen — that which cannot be seen with our earthbound eyes. When our third eye opens, we can see the truth; we can know the unknown. We have to activate the pituitary gland to awaken our neutral channel, where we can transcend duality, enter the realm of oneness, find peace of mind, and focus with one-pointed concentration.

Self-Evaluation Questions for Sixth Chakra

1. Can you observe yourself and your life without emotional involvement?
2. Can you listen to and follow your intuition even when your negative or positive minds are insisting on other options?
3. Can you elevate your dualistic mind to your neutral channel when you get caught in unproductive thoughts?

Training Our Mind

The mind is our mechanism for accessing information about the most banal aspects of physical reality and the most sublime qualities of non-physical reality. Through our mind, we open the door to peace, power, wisdom, and the Divine. It is our job to learn how to use this amazing masterpiece in the most beneficial ways. Like with all our chakras, we have the innate ability to master our lessons. Activation, training, and expanded awareness are required.

The Nature of Our Mind

The mind requires/demands mental stimulation. The mind is not driven by the touchy feely desire energy of second chakra water and first chakra earth. The mind can disconnect from the physical body and feelings. It can avoid emotional involvement and attachment and remain aloof. It talks about emotions instead of feeling them.

The good news is this means that our neutral mind can detach and not get emotionally involved in dramas. It can stand back, watch the fray, and enjoy the play. At our sixth chakra, we can distance ourselves and withdraw energetically from situations and relationships that attempt to manipulate and consume our energy.

When our neutral channel (sixth chakra) is available, we can feel our feelings (lower chakras) and then extricate ourselves from murky emotional waters by letting go and simply observing events. The gift of the sixth chakra is not only the ability to jump out of emotional quicksand, but also to see what is really happening and to identify hidden meanings and the truth.

Pay Attention with Consciousness and Listening

The mind needs an activity. Our dualistic mind loves to think, analyze, mull ideas, dream, and fantasize. Therefore, to acquire sixth chakra skills, we must train our mind to be *alert* and *aware*. We pay attention in our neutral channel with *consciousness* instead of thinking.

In collaboration with the fifth chakra, we also train ourselves to *listen*. More importantly, we develop our neutral mind to perform the very important task of *deeply listening to the sound of silence*. In the space of silence, we hear the infinite sound and our intuition.

Real connection and communication with ourselves, others, and the Universe begin when we can truly listen in our neutral channel and not just babble from our uninitiated dual mind. Deep listening installs neutrality in our mind and love in our heart. We can then communicate with a clear arc line (which includes the fifth, sixth, and seventh chakras). Combined with the pleasurable feeling in our body and heart, our radiant presence (aura) communicates happiness, peace, and joy.

Directives to Awaken Inner Space and Observer

To awaken to your inner space, simply close your eyes and look inside your head until you become aware that you are looking into a space inside yourself. Often this space is simply dark and initially seems empty. Actually, you are lucky if you see nothing and can concentrate on the qualities of empty, dark, and space. If you see visuals or colors, look beyond the activity into the background. Focus your attention in the space inside your head and concentrate with consciousness, not thinking. Go deep into the dark space inside.

After you have identified your inner space, locate the neutral point of the third eye, where you can stay centered and balanced. Witness that you can observe life from this neutral position. Practice being the observer of your life and watch external events from this unattached point of view.

As we awaken our third eye, it emits light. We may not see the light, but we can experience it through increased clarity. We can also visualize light projecting from our third eye.

Experience that in your inner space and observing center, you are free to be you, to relax, to be at peace, and to receive the nurturing of the cosmic womb within yourself.

In observation, find peace and the truth.

In neutrality, find balance and peace.

Witness the transformative power of consciousness.

Witness the transformative power of neutrality, clarity, silence, stillness, peace, and non-judgment.

Awakening to the Truth

Before practicing third eye exercises, identify a situation in your life for which you would like to tune in to a higher perspective. Drop any expectations of when you might receive this

information. Focus on making yourself available. After your practice or sometime later, the truth will speak to you. Listen.

Listening, Intuition, Silence, and Feeling

Once you have access to both your inner space and inner observer, practice the following sequence to connect body and mind:

- ◆ Listen to your thoughts and spoken words. Become aware of how your thoughts are mirrored in your outer world.
- ◆ Listen under your words and thoughts and hear your intuition — the subtle voice of your soul.
- ◆ Listen to your intuition and realize that it is communicating your soul truth.
- ◆ Listen even deeper until you hear the sound of silence.
- ◆ Pay attention to your body. Deep listening awakens your feeling function, which makes you aware of your body and your heart.
- ◆ Keep feeling until you realize that feeling connects your mind with your body. Feeling makes your whole body vibrate with love.

To find your truth, pay attention, be aware, focus, and deeply listen.

Exercises for the Sixth Chakra

The following exercises activate and stimulate the pituitary gland, open the third eye, and awaken your neutral channel. Train yourself to pay attention from the eye that operates above duality, that sits in the eye of the storm, that is your stable center. Enjoy the pleasure of observing duality and not being ensnarled in conflict.

Exercises for Third Eye

- ◆ Chant ONG
- ◆ Chant ONG ONG ONG ONG SO HUNG SO HUNG SO HUNG SO HUNG
- ◆ Slow the breath down to four breaths or less per minute to awaken the neutral mind
- ◆ Breath of Fire — pulse navel and third eye
- ◆ Leg stretches, pressing big toe
- ◆ Root lock to third eye
- ◆ Focus at tip of nose
- ◆ Eye exercises
- ◆ Candle Meditation

- ◆ Bowing to the Infinite
- ◆ Arms out to the sides

Sets and Meditations

- ◆ Activate the Pituitary Gland
- ◆ Awaken Your Silent Observer
- ◆ Your Intuitive Heart/Mind
- ◆ Kirtan Kriya Meditation
- ◆ Dhrib Dhristi Meditation

Chanting Ong

The vibration of ONG is one of the most powerful mantras for opening up our inner space. It activates the thyroid, pituitary, and pineal glands and thus works on the upper three chakras. It is chanted powerfully in the throat and nasal passages. Do not be shy. Let it vibrate.

Chant ONG by itself or in combination with other mantras. Three to ten repetitions are usually enough to move you into a deep state. Sit quietly after chanting and concentrate on your inner space. Then focus at the brow point and check if you can see a point or beam of light.

Ong Ong Ong Ong So Hung So Hung So Hung So Hung

This is a powerful mantra to stimulate the pituitary gland and awaken to the soul reality of “I am the creative consciousness. I am that.” Sit in Easy Pose, hands on the knees in Gyan Mudra (thumbs and forefingers touching). Eyes are one-tenth open, looking at the tip of the nose. Inhale deeply and chant the mantra in a monotone. There can be a small breath between the ONGs and the SO HUNGs, but inhale deeply only before chanting the ONGs. Chant for 11 minutes or longer. The focus is on stimulating the third eye to awaken.

Four Breaths per Minute to Awaken the Neutral Mind

Mental energy is nervous energy that can tax our nervous system. We need to strengthen our nervous system with long deep breathing to calm our mind and relax our body. When we slow our breath down to four or fewer breaths per minute, our neutral channel awakens and our nervous system relaxes. We witness the relationship between our mind and breath.

Breath of Fire — Pulse Navel and Third Eye

The navel center and the third eye are our two centering mechanisms. They give us the power to focus. First pump your navel with Breath of Fire and establish a rhythmic pulse. Then feel this pulse at your third eye. When the two chakra friends find each other and pulse together, they can work together to pull us into centered awareness. The collaboration of the navel and third eye is a great energy saver. Together they empower us to maintain our focus. Instead of being wasted, our energy is available to nurture and sustain us. Practice using Breath of Fire with Leg Stretches and other exercises. At some point you can feel your whole body pulse.

Leg Stretches Pressing Big Toe

Leg stretches can stimulate the awakening of the third eye if you pressurize the nail and the fleshy part of the big toe while doing the stretch. With the right leg stretched out and the left leg bent, foot touching the right thigh, inhale and stretch the spine up and then as you exhale, bend from the hips. Reach with the right hand to grab on to the big toe. Place your left hand behind your back. Pull up on your spine to keep the spine as straight as possible. The knee of the outstretched leg should not be bent. If you cannot grab on to your big toe, keep your leg straight and grab on to another part of your leg. Do Breath of Fire, pump the navel, and feel the pulse at the third eye. The energy will flow from the toe, up the leg, up the spine, to the third eye, and make a circle to your big toe. Repeat on other leg.



Root Lock to Third Eye

We focus at our third eye as our default mental point of reference. When we apply any variation of root lock, focusing at our third eye directs our Kundalini energy up our spine. The combination of root lock and maha bandha (combining all the locks) stimulates the opening of all the channels in our spine. The ida, pingala, and sushumna all come together at the third eye, where the three rivers of energy meet as one.

Focus at the Tip of the Nose

The pituitary gland needs to be stimulated to awaken the sixth chakra. One master strategy given by Yogi Bhanan is to look at the tip of our nose with both eyes, which causes the optical nerves of our right and left eyes to cross at the location of the third eye. The eyes will resist, especially the non-dominant eye. We can feel great pressure and maybe pain at the brow point in about a minute and a half. According to Yogi Bhanan, there is no other way to hold the mind stable. Our dualistic mind is unable to be still, but when optical nerves merge, the sushumna commands and our one-pointed neutral mind awakens.

As Yogi Bhanan explained, man's gate to God lies "where the root of the nose meets the skull bone." The pituitary gland is the master gland that controls the entire glandular system. The pituitary controls the pineal, and the pineal controls the neural patterns. Our sensitivity, organs, nervous system, and blood circulation are all dependent upon our glandular secretions. When "the pituitary and the optical nerve are locked and you can totally command the balance of the glandular system ... that's the secret to health."⁶³

Eye Exercises

In addition to the benefits discussed under fifth chakra exercises, eye exercises strengthen your physical eyes so that they can look at the tip of your nose. You will notice that it is easier for one eye to look at the tip of your nose. But without the participation of the weaker eye, the optic nerves will not cross and stimulate the pituitary. Exercise both eyes together and one eye at a time to make sure that the weaker eye participates.

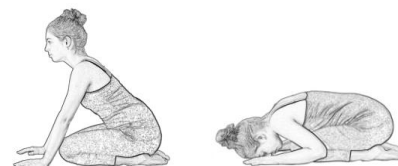
Candle Meditation

Staring at a candle flame is a classic third eye meditation to stimulate the pituitary and to develop the art of one-pointed concentration. With eyes slightly closed, gaze at the flame for 1-5 minutes. Then close your eyes and look at the image of the flame that remains at your third eye.



Bowing to the Infinite

The ritual of bowing has its roots in the fact that this motion stimulates the pituitary gland to secrete.



Arms Out to the Sides

All exercises with arms and hands out to sides balance the hemispheres of the brain and awaken our neutral channel. 1-5 minutes with Breath of Fire is a great practice before meditating.

Kirtan Kriya — Sa Ta Na Ma Meditation

Kirtan Kriya is a classic Kundalini Yoga meditation that has many benefits. It releases subconscious imprints and creates emotional balance. Japa is a great centering device. The steady rhythm leads our way. See page 309 for the full instructions for Kirtan Kriya.

Consciousness Directs All Our Chakras

Practice being conscious in your neutral channel and connecting your expanded awareness in each chakra. Use consciousness to direct and integrate the activities of all your chakras.

- Throat — speak and listen from a neutral place.
- Heart — breathe and feel from a neutral place.
- Solar Plexus — perceive underneath the drama.
- Navel — act from your neutral stance.
- Sex — feel your honesty beyond fantasies.
- Root — embrace physical reality from neutrality.

Exercise — Cultivating Intuitive and Psychic Attunement

Our intuitive and psychic abilities awaken at our sixth chakra. We need a clear screen to see with clarity and to perceive deeply. We look with consciousness (not thinking) into clear spaces or fields of energy. We are not looking at objects or for something specific, and we are not visualizing what we want or expect to find. We see what is there, not what we make up. Our inner eye perceives relationships and understands information in the context of the whole story. With acute and neutral awareness, we call up relevant information from the holographic memory bank.

By further focusing third eye awareness, we attain a heightened attunement to nuances. We

first pay attention to what we see and then look (feel, hear) through that — the space, darkness, images, or sensations. Our awareness increases as we allow and validate subtleties. First impressions and what may seem to be random intuitive hits are usually the most valid. After that, our mind has the tendency to exit our neutral channel and start analyzing messages in our rational mind.

Our ability to access information at our third eye transcends time. In our neutral channel, we are not limited by current explanations and beliefs. We must be able to not just look, but to intuitively perceive beyond thoughts. We notice what lights up and attracts our attention. We pay attention to the quality of feelings and how they change. Everyone has his or her own combination and predominance of sensory methods of perception. Some people see images. Some hear messages. Some feel vibrations. The more our mind is able to focus in one-pointed attention, the deeper we can look and the more we can hear, feel, see, and understand.

My Sacred Space

There is a place inside our mind
where we can focus and concentrate
where our mind serves us instead of us serving our mind
where our mind gets hooked on the neutrality beyond duality
where we let go of conflict and observe and live in peace.

How do you know when you have found it?

It is so pleasing that your attention is automatically attracted to this peaceful place.
You hear your intuition and know your soul.
You hear the sound of silence and know the Infinite.

Amid the swirling, confusing, unfocused energies of the modern world, there is a light, a calm, and a healing in the center of all things.

– Yogi Bajan



30. Working with the Seventh Chakra — Crown

How do we experience the Divine? Yogi Bhanan offered us this advice in the early 70s: “It is a very simple attitude. Meditate on the Name of God and feel that Universal Flow within you. When the inflow starts, the outflow becomes universal. This is how I learned it. It is the most convenient way to beautify yourself.”

We can experience the Divine (the Name of God) as Peace, Silence, Stillness, Vastness — all of the divine qualities. From the sensory perspective, we experience the Divine as a Sound, a Vibration, a Feeling, or as Light. Pick what works for you and use it to plug in.

Basically, we have to listen, feel, and be aware with consciousness to experience the Divine. We awaken our crown chakra by cultivating our sensitivity and awareness. We notice where our attention goes and train ourselves to focus, expand, and relax while paying attention to our inner experience.

Self-Evaluation Questions for Seventh Chakra

1. Where do you turn when you have doubts?
2. Do you feel connected to a Source greater than your individual self?
3. Can you trust that a higher power is taking care of you?

Meditation — Time OUT for Time IN

To appreciate and experience the depth of our being and to awaken to our oneness with the Infinite, we must be able to sit and focus on the *silence* and *stillness* within. Only then do we exit our dualistic mind and give up rationality and analysis for a period of time. We call this special time meditation — we take time out to spend time within. We then enter our neutral channel and allow ourselves to rest peacefully in the emptiness, the darkness, and the void.

Our neutral inner space is also called shuniya, or zero. When we are really there, we have zero thoughts, zero opinions, and zero judgments. We catch random thoughts in the neutral net and let them dissolve in the waters of acceptance and love.

In solitude, silence, and stillness, we find what feeds our soul and give IT time to nurture us. We see through the illusion of separation. We witness universal truths. We touch our soul, which is patient and peaceful.

How do we experience something that is infinite and nonverbal? We don't think or talk about it. *We feel it. And we let it feel us.* We do not try to understand. Our quest is to trust and surrender to the mystery and to feel the blissful embrace of Higher Love.

Exercises for the Seventh Chakra

All Kundalini Yoga exercises contribute to raising the Kundalini and opening the crown chakra so that we can have divine experiences.ⁱ To prepare for meditation, practice yoga exercises like Spinal Flexes, Chair Pose, Leg Stretches, and, of course, a kriya. Below are a few meditation facilitators and pointers for awakening the seventh chakra.

- ◆ Locks and posture
- ◆ Arms above the head
- ◆ Tune In and ONG

Sets and Meditations

- ◆ Awakening the Lotus Crown
- ◆ Chant divine mantras

The Locks and Posture

Practice *root lock* and tune in to your first chakra before and while meditating. Feel the aliveness in the spine increase as the first and seventh chakras open and connect. We use all the locks to move the Kundalini up the spine so that our crown chakra can awaken and we can become conscious of our connection with the Divine. Use the locks during the meditations to enhance your experience and to stimulate the awakening of the Kundalini.

Neck lock, to elongate the spine and to maintain a posture that opens the throat and heart chakras, is part of every meditation, even if not specified. While sitting and performing postures, monitor your *posture* to facilitate the alignment of your chakras and an optimal transmission of energy up and down your spine. Complete the spinal activation up to the crown chakra by touching the tip of the tongue to the roof of the mouth.

Also while chanting, use the tip of your tongue to touch the upper palate to enunciate the sounds. The stimulation of the meridians in the upper palate impacts the brain and causes the pituitary and the pineal glands to secrete, opening the sixth and seventh chakras.

Arms above the Head

All postures with the hands held above the head awaken the crown chakra. (See Sat Kriya and Cosmic Connections.) Also, all exercises with the arms up to 60 degrees activate the arc line and sixth and seventh chakras. Pull up on the spine and focus on the pulse at the top of the head to feel the activation.



ⁱ We are currently under Pisces influence for a while, which facilitates the activation of our crown chakra. Asteroid Chiron entered Pisces in February 2011, where it remains for 7 years until April 2018. Neptune entered Pisces in February 2012, where it stays in its home sign for 14 years, through 2025.

Chant Ong Na Mo Guru Dev Na Mo

The tune in mantra initiates our inner journey. NA MO means to call upon. ONG activates divine creativity. GURU DEV awakens us to Divine Wisdom. Feel the ONG resonate in the center of your head so it can do its job to stimulate the pituitary and pineal glands to secrete.

Chant “Ong” or “Aum”?

Chanting both ONG and AUM open the crown chakra, however, they affect us in different ways. ONG is the universal creative active form of the sound, which brings cosmic vibrations into physical manifestation. AUM, on the other hand, is the stillness and beingness vibration, which we experience when we die. It can cause us to leave our bodies and to space out. Yogi Bhajan taught us to chant ONG to be consciously connected and active in physical reality. When shifting our spiritual practice from the transcendental goal of escaping physical reality, chanting ONG is a revolutionary concept.

Yogi Bhajan once told us a story about how he gave a presentation at a conference of yogis in India where he admonished the other yogis for chanting AUM instead of ONG. After his presentation, while talking to a yogi, he asked him why he didn't practice ONG. The humble yogi replied, “I was never taught to chant ONG. *You were the lucky one.*” Yogi Bhajan said he himself was very humbled by this encounter. He reminded us how lucky we are to know ONG.

Mantra Meditations

We use sacred mantras to connect our mind with universal vibrations. Mantra meditations are the master tools for awakening the crown chakra and tuning in to the Divine. They harmonize our brainwaves, releasing old patterns and confusion, so that our brain is capable of having a divine experience. The meditation process elevates our mood, creates clarity in our mind, increases subtle sensitivity to our inner world, helps us tune out external influences and find our center, and harmonizes all parts of our being. In short, the recitation of sacred mantras creates synchronization of all the elements and chakras, which awakens us to our wholeness and unity with the Divine.

Rhythmic repetition of sacred mantras also enhances our own self-perpetuated rhythm and builds an auric field that sustains and protects us and impacts our environment. Physiologically, chanting mantras makes our body calmer and less agitated. Psychologically, it generates inner peace and a sense of well-being. Mentally, our attention increases and our awareness expands. Mantras nurture our soul.

Alone Time and Silence

After chanting, spend silent time with yourself. The recitation of mantras is actually preparation for silent meditation. Take advantage of the space that you have created to enjoy being silent, still, and at peace within. Be available to experience clarity, insight, guidance, and direction, which may come later in ways that you cannot anticipate. Don't expect anything specific. Don't expect anything at all! Simply enjoy the sacred space within that connects you in oneness to all that is.

It is critical to allocate time when you can be free of the need to be thinking and in intentional action. What is required at your navel chakra won't work at your seventh chakra! Alone time gives you the much-needed rest to take care of yourself emotionally and spiritually.

The Divine Is Sound, Feeling, and Light

Silent time is about listening deeply so we can hear the sound of the Infinite that resonates through and around our being. Listening to the infinite sound involves the three upper chakras that make up the arc line. The pictures of the saints and enlightened ones show a light “arc line” around their heads. This halo indicates awakened consciousness, or enlightenment, and the ability to be in continual communication with the infinite sound/vibration.

Directives during Mantra and Silent Meditation

- ◆ Relax your neck, throat, shoulders, mouth, tongue, and face so that the energy can flow between your body and your head.
- ◆ Breathe into the nasal passages and into your head. Breathe into and feel the sensation at the top of your head.
- ◆ After chanting mantras, listen to them reverberate inside your head and chant back to you.
- ◆ If other sounds (thinking and external noise) are demanding your attention, listen *underneath* them to hear the background of silence.
- ◆ Listen deeply to whatever you hear that does not change, that pulls you into its vibration — silence, emptiness, space, stillness. Pay attention with consciousness, not thinking.

Sound, Feeling, and Light Are Your Divine Connection

- ◆ *Listen* deeply to the Sound. Be surrounded by the Sound. Be pulled into and immersed in the Sound. Love the Sound.
- ◆ *Feel* the vibrations in your body. Be at one with the vibrations. Love the Feeling.
- ◆ *See* the Light. Feel the Light. Be in the Light. Love the Light.
- ◆ Trust the Sound, the Feeling, the Light. Trust them to guide you and be your guru.
- ◆ For a moment, let go, surrender to the Sound, the Feeling, the Light.

Feeling Experience to Connect All Chakras

After you have tuned in to the Divine Sound, Feeling, Light, feel a funnel at the top of your head and a shaft of golden Light/energy streaming in and feel IT ...

Seventh Chakra — Penetrate and open the top of your head

Sixth Chakra — Illumine the center of your head

Fifth Chakra — Expand and free your throat, back of neck, and shoulders
Fourth Chakra — Bring warmth to your heart
Solar Plexus — Shine in your solar plexus
Third Chakra — Pump your navel
Second Chakra — Expand your abdominal and sexual area
First Chakra — Connect to the base of your spine
Ground Zero — Reach deep into the center of the Earth, where we join as one

Experience oneness within yourself, with the Earth, with the Universe, with all life.

Trust and Surrender

Trust and surrender are the two basic goals of the seventh chakra and often the hardest goals for us to understand because trust and surrender are not about understanding; they are about experiencing a shift in consciousness. Here is a process that can help us move into this exalted state of consciousness.

1. Trust Your Experience Will Always Be There for You

How do we introduce the concept of trust into our psyche? And even then, *what* do we trust? Trust is not the domain of the rational mind. We cannot convince ourselves to trust. We can agree that it is a good idea, but it is an organic awakening that cannot be manipulated or induced with affirmations and good intentions. Trust is possible in the domain of the neutral mind.

To cultivate our ability to trust, we can ask ourselves, what can I, as a human being, trust? Ask yourself and listen to *your* answer. This is the answer I got: “I can trust that my experience of the Infinite will always be there for me.” If you can align around that idea, here is what I suggest:

- ◆ Cultivate and practice being with an experience that you can always return to — your inner space, darkness, silence, stillness, neutrality, vastness, etc.
- ◆ Learn to trust that IT will always be there. IT is the Infinite.
- ◆ Every time you experience IT, spend a few intimate moments trusting IT and loving IT for always being there for you.
- ◆ Over time, build your relationship and capacity to trust IT.

Trust Is NOT ...

Trust is not a belief. *The basis of trust is a perceptual awareness made real by a sensitive feeling. Trust is about our experience*, not about our ideas of what we want. Trust is not about having agendas, expectations, and a list of what we want. Trust is not conditional upon the Universe saying yes to our specific requests. We are free to ask for whatever we want, but trust is about accepting the outcome and life as it unfolds, knowing that a higher power and our soul

(not our limited ego) are in charge.

We remind ourselves, “I can trust that I will be served to the extent that I can receive. There are so many factors that I cannot even know. What I can do to increase my chances of good results is to stay present and trust and love my experience of IT. I can stay in my body and be home when the letter carrier comes.”

Trust and Love require attaining an expanded level of consciousness, where we realize that what we know is limited, but that we are always connected to that which is unlimited. Trust and Love are about staying present and enjoying, deepening, and expanding our Divine Connection. The more real our experience of IT, the more we are able to trust IT. And the more we are able to love IT and witness the presence of Love, the more we realize how we are receiving at every moment.

2. Participation — Co-creation

The second part of trust is about participating in the co-creation process. We take responsibility for making ourselves more and more available to receive and to be in an attraction mode of being. We do our best to upgrade our vibration, stay grounded, and maintain internal balance and alignment so that the Universe can serve us.

We cultivate our Divine Connection and deepen our feeling of oneness to strengthen our alignment. At our first chakra, we stay grounded. At our second chakra, we relax into the flow. At our third chakra, we take action. We definitely do not sit around and wait for whatever we want to magically appear. We take the initiative to make things happen and respond to opportunities. If we don't, we will be angry with ourselves and may blame others. But it is we, and not the Universe, who are to blame.

At the fifth and sixth chakras, we monitor our words and thoughts and listen beneath them. We allow ourselves to feel our feelings without judgment. We know that our words, thoughts, and feelings have power. Knowing that we empower and give importance to whatever we speak about, think, and feel, we monitor what we are paying homage to. What we give energy to determines what we attract.

3. Surrender to What We Get

Trust is the foundation for surrender. Ultimately, surrender is about acceptance, gratitude, and peace.

Surrender is not giving up before doing our best to do our part and to participate to the extent that we can. Our input (step two) is required. But after we do our job, we let go. We can request whatever we want, set our goals, and define our priorities (also step two). But at the third step, our job is to be at peace with what is and what we get. And be in gratitude for what we have! At this point, we must give up the illusion that we can control outcomes. When we surrender to the Infinite, we find inner peace.

31. Working with the Aura

As discussed earlier, the status of our aura reflects the state of all our chakras. Every exercise and meditation works in some way to remove blocks and to strengthen our aura. As each of our chakras is awakened to its soul expression, our aura projects and attracts at a more optimal level. We are able to perceive, create, and hold a new internal matrix. We can then react and magnetize in a more empowered way.

The practice of Kundalini Yoga creates a clear, bright, strong aura that vibrates at a high frequency. When the frequency is high and strong enough, it generates an energetic shield or *radiant body* around our aura. Reciting sacred sounds or mantras that infuse our aura with divine light is an important tool for building our radiant body. *Our aura is personal; our radiant body is Divine.*

Self-Evaluation Questions for Aura

1. To what extent do you feel that your energy is being used beyond your control?
2. To what extent do you feel unsafe and unprotected in situations that are actually safe?
3. To what extent do you notice that your presence makes an impact on others and your environments?

Protection and Boundaries

In order for our aura to shine brightly and coherently, we have to clear old patterns and energize and build our light. It is the quality of the light that establishes our aura and radiant body as a protective field. The discussion below includes our radiant body.

Auric boundaries are not rigid walls. The invisible energy is a malleable filtering mechanism that allows us to both give and receive what is appropriate for us. With a healthy aura, we give only to the extent and in ways that we can maintain our energy and sense of identity. We receive only what works for us and nurtures us.

Energetic boundaries are especially important in relationship to the water element of our second chakra, which naturally wants to relate, extend itself, and flow. The water element must be contained to nurture and serve us. Otherwise, our energy leaks and depletes our emotional life force. Boundaries do not imply rigidity. They define, not prevent, interaction. Holding our stable polarity at our navel chakra and third eye creates the internal strength needed for our flowing polarity to relax and flow without causing us to lose our center and our personal identity structure.

Build Your Aura from the Inside Out

When we speak of the aura, we may think that our attention should be on our energy field around our body. However, building our aura and establishing and maintaining energetic

boundaries require inner focus. We build our aura from the inside by (1) establishing our center in our spine, (2) focusing on our inner space, (3) feeling the sensations in our body, and (4) developing feeling sensitivity to our emotions in our belly and solar plexus. Our emotional state is an important component of our aura.

We cultivate awareness of all aspects of our inner reality being held inside our skin. Our ability to stay consciously connected in feeling awareness in our body, in our sacred space, determines the strength of our aura and the extent to which we can expand without losing ourselves.

We must also avoid being distracted by the many things going on in our environment. External focus distracts us and weakens our aura. Divine focus not only strengthens our aura, it forms our radiant body.

Lastly, many practices direct us to “send” energy to someone or to a situation. This practice can cause us to lose self-focus and thus destabilize and even deplete our aura. An alternative is to hold those we wish to bless in the sacred space in our heart, which allows us to stay energetically contained, increase our own radiance, and be even more effective. It is important to remember that our auric light is always impacting our environments and relationships. Our job is to cultivate a strong, radiant aura that blesses others while remaining self-contained.

From the Outside In

We also develop our aura, and thus impact our inner space and all our chakras, from the outside in. Exercises that move the legs and arms help us clear and claim our aura for ourselves. After doing the exercises below, monitor your inner space. You will find more peace within. It will be easier to come home to your inner world. These aura-strengthening exercises increase the light in the aura and have the effect of pulling us inside ourselves. We feel more complete after working with both the legs and the arms and thus with both our lower and upper chakras.

Exercises for the Aura

Directives for the Aura — Presence and Boundaries

- ◆ Connect with your inner space.
- ◆ Feel your skin contain and protect your inner space.
- ◆ Expand your inner space only to the extent you can maintain the feeling inside your skin.
- ◆ Feel your inner space inside your skin as your energetic presence.
- ◆ Make your energetic presence your primary relationship.
- ◆ Allow and love any feelings of fear or emotional distress and physical stress.
- ◆ Work with all feelings and sensations until your space becomes relaxed and peaceful.
- ◆ Feeling safe and divinely protected inside your skin builds a radiant shield around your aura.

Love-based attitudes (kindness, gratitude, forgiveness, trusting, surrender) raise our vibration and attract more light and act as magnets for more divine light in our aura. Connecting with the Earth grounds our aura.

- ◆ Connect with and receive nurturing energy from the Earth.
- ◆ Breathe with the Earth on both your stomach and back when relaxing.
- ◆ Become one with the Earth and Spirit at the same time — root and crown chakras.

Inside your skin, feel expansive and contained at the same time.

Feel protected and strong inside your skin.

In wholeness, find strength and peace.

Radiating Divine Light, feel secure and protected.

Coming Home

A friend shared with me his experience of hiking on a remote trail in the mountains of Alaska. He felt tired and his body ached. His young companion was in a bad mood, but that morning they decided to explore. They hiked out of the village and found a path that took them up to a pristine path in Alaska nature. A few feet into the virgin territory, he noticed that the pain in his body had totally disappeared, he had lots of energy, and felt relaxed and at peace. The magic of the purity of the sacred space of nature, untouched by human chaos, profoundly shifted their mood. They felt like they could hike for hours.

We can cultivate this grounded transcendental state in our own inner space with a strong supportive aura (energetic environment). While doing aura exercises, pay attention to the moment when you can “come home” and relax in your pure inner space. Also, when you relax after your practice, enjoy being home in your “body bed” and let go and enjoy the result of your practice and reaching the destination of your journey.

Exercises to Strengthen the Aura

- ◆ All exercises moving the arms and legs
- ◆ Arms up to 60 degrees with Breath of Fire
- ◆ Leg lifts and other leg exercises
- ◆ All standing exercises
- ◆ Chanting and reciting all sacred mantras clears and reprints our aura with Divine Light

Sets and Meditations

- ◆ Long EK ONG KAARs
- ◆ Kriya to Claim Your Aura
- ◆ Auric Protection Meditation and Moving Meditation

Arm and Leg Movements Clear the Aura

While doing exercises using the arms (both standing and sitting), feel your fingertips (or other parts of your arms) as the edge of your aura. Feel the space between your fingertips (arms, elbows) and your body as “my space.” Do the same with exercises that move the legs and feet. While you do these exercises, actively clear and claim the space within the movements. After these exercises, feel the energy in your aura join as part of your inner space.

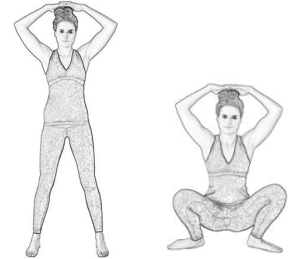


Arms up to 60 Degrees — in Front and to the Sides

Exercises with the arms up to 60 degrees work to clear the arc line. Exercises with the arms to the sides and in front of the body work to clear the aura at the heart and solar plexus chakras.

Squats

Squats are a good exercise to extend your aura into the Earth. As you push your feet into the ground, feel the energy from your feet and legs move deep into the Earth.



Standing Exercises

After standing exercises or any other time, ground your aura by feeling your feet connect deep into the Earth. The center of the foot connects to the front of the body and the flowing polarity. The heel connects to the back of the body and the stable polarity. Feel both energies go up and down the spine and into the Earth with your breath.

Gold versus White

To build a grounded aura, relate to the *color gold* and the other chakra colors. White light energizes the seventh chakra, but, unlike gold, white lacks the density to descend into the lower chakras and to connect with the Earth.

Chanting Mantras

As we chant mantras, we awaken to the infinite sound of silence. With deep listening to the sound of silence, our whole being becomes absorbed in the sounds that resound in all our chakras. Our inner light begins to shine and our radiant body (the golden shield around our aura) forms. As Yogi Bhanan explains, “Your radiant body illuminates and passes through all the chakra centers and throughout the entire body. You experience absorption and the grace of the Light beyond you and within you.”⁶⁴

Mantra for Protection: AAD GURAY NA MEH

This mantra is chanted three times after tuning in. It can also be done as a meditation. See meditation section.

All-Chakra Exercise to Build and Consolidate Your Aura

The following feeling/visualization can be done after any exercise set to consolidate your aura and radiant body. Feel a funnel at the top of your head drawing in golden light. For each chakra, feel this light bring

- Clarity and consciousness to your mind
- Relaxation to your throat and shoulders
- Warmth to your heart
- Deep honesty to your solar plexus
- Pulsating aliveness to your navel
- Spiraling expansion to your belly
- Rooted security from your tailbone and feet to the center of the Earth

Feel the golden light energize all your chakras simultaneously.

Consolidate the energies of your whole being in a radiant golden aura forming a strong protective shield, which both contains your identity and selectively interacts with the world and the universe to promote your highest good.

We cultivate awareness of all aspects of our inner reality being held inside our skin. Our ability to stay consciously connected in feeling awareness in our body, in our sacred space determines the strength of our aura and the extent to which we can expand without losing ourselves.



32. Chakra and Aura Integration

Many Experiences of Universal Love

The empowerment of all our chakras connects us with the presence of Universal Love. We can feel this experience in many ways: peace, joy, freedom, contentment, satisfaction, fulfillment, wholeness, and more. Whatever your special experience is, enjoy it, embody it, and above all *love it!* Then take this feeling into your life activities.

Chakra Power Exercise

Each chakra has its own unique power, which we can feel by paying attention with our subtle sensory faculties: *awareness, listening, and feeling*. The more we tune in to these powers, the more we can use them in our life, the more we experience their healing powers, the more they serve us, and the more we contribute to world peace.

This exercise consolidates your chakra powers after the practice of any kriya or meditation. Practice experiencing the energy/power at each chakra individually. Then expand your experience of each attribute in your whole body and your entire inner space.

- ◆ **First Chakra:** Experience the power of gravity and a rooted foundation.
- ◆ **Second Chakra:** Feel the power of relaxed flow.
- ◆ **Third Chakra:** Experience the power of aliveness and pulsing prana.
- ◆ **Solar Plexus:** Experience the power of deep feeling.
- ◆ **Fourth Chakra:** Feel the power of acceptance, warmth, and engaging your emotional body to love yourself and the Divine.
- ◆ **Fifth Chakra:** Feel the power of vibration, sound, and resonance.
- ◆ **Sixth Chakra:** Witness the power of clarity, neutrality, non-judgment, consciousness, and awareness.
- ◆ **Seventh Chakra:** Witness the power of oneness, openness, vastness, Light, and being connected to the Divine.

Chakra Healing Powers Exercise

This exercise is similar to the one above, but applied to a real-life situation for which you need some help in finding a solution. Identify an issue or challenge and the one or two main chakras associated with that life challenge. Of course, all our chakras work together. So include doses of all the chakras that play a role in the issue at hand to assist your healing. Choose exercises, a kriya, and meditation that relate to the chakras involved. During and at the end of your practice, embody the healing power of that chakra. Here is a summary checklist:

First Chakra: Stability — in stability, find the present.

Second Chakra: Flow — in rhythm and flow, find relaxation.

Third Chakra: Aliveness — in aliveness and centeredness, find the gift of your unique life.

Solar Plexus: Space, depth — in depth and honesty, find self-acceptance.

Fourth Chakra: Acceptance, warmth — in warmth, find self-love.

Fifth Chakra: Vibration, resonance, and sound — in sound, find resonance and harmony.

Sixth Chakra: Clarity, non-judgment, light — in neutrality, find peace.

Seventh Chakra: Oneness, openness — in oneness, find bliss.

Aura: Radiant light — in light, find your own purity.

Expansion and Projection of Light and Love

Our journey through the chakras awakens our subtle sensory system to the presence of Light, Peace, and Love in us and around us. Our goal is to hold these and other divine qualities in our aura and in our consciousness. As our being radiates more light and less subconscious anger and fear, we can focus on the Light and use our sensory system to hold, project, and direct Light and Love into the world.

Practice seeing how much Light or divine quality you can consciously hold/feel in your body without getting distracted and while maintaining your center in your spine. Centered in your heart, use your awareness and sensory perception to expand any divine quality into your environment and into the world. Or hold whom or what you wish to bless in your heart and sacred space.

Kundalini Yoga Kriyas and Meditations

Although each of the Kundalini Yoga kriyas given below are designated for working with one or more specific chakras, each set is complete within itself. The beauty and power of Yogi Bhajan's kriyas come from their integrative effect. Although we may choose to focus on one chakra, area, or theme, the exercises work together to empower our whole being. Even with individual exercises, we experience the interdependent nature of the human system. Working on one chakra invariably impacts the others, creating awakening and balance in our entire system.

Key Chakra Experiences

The chart below summarizes ways to focus on each chakra as you practice the kriyas and meditations. (The powers and experiences of each chakra are also set out in the chapter on Chakra Consciousness.)

Chakra	Powers	Experiences
First	Present, presence	Embodiment
Second	Pleasure	Separate and equal relationships
Third	Power, pulse	Autonomy and free will, self-esteem, self-discipline
Solar Plexus	Potent feelings	Self-acceptance
Fourth	Position — balanced	Self-love, empathy
Fifth	Purification	Communication
Sixth	Perspective	Intuition
Seventh	Prayer	Spiritual connection
Aura	Protection	Wholeness of self

Quick Chakra Power Fix

The following simple exercises can be done separately or as a set for a “quick chakra fix.” It is always beneficial to stay consciously connected to your chakra powers.

First Chakra: Root

Feel your feet. Pull (and release) root lock at anus. Feel the weight of gravity in your body.

Second Chakra: Sex/Creation

Long deep belly breathing; expand and relax energy in abdomen. In movement, find rhythm and flow.

Third Chakra: Navel

Breath of Fire. Feel aliveness accumulate in the navel area, in front and at spine.

Solar Plexus

Diaphragm breathing. Be with the rise and fall of the breath. Expand solar plexus and massage kidneys with the breath. The breath connects us to everything.

Fourth Chakra: Heart

Place hands on heart. Hug yourself. Feel warmth in the spine at level of heart.

Fifth Chakra: Throat

Sigh, let out sounds. Listen to the eternal sound. Chant any mantra a few times. Be with the vibration in your body.

Sixth Chakra: Third Eye

Look inside your inner space; expand the space in your whole body. Be present to the silence and stillness. Feel cozy in your sacred sanctuary.

Seventh Chakra: Crown

Feel the pulse at the top of your head. Receive cosmic energies.

Aura

Feel the radiant light around your body. Feel secure and present inside this protective shield.

Part V: Kriyas and Meditations

The Components of Your Practice

Begin your practice by sitting quietly and bringing your attention to yourself. Be present to the breath in your body. Feel your body and its sensations. Feel your spine as your center. Look inside your head and see your inner space inside your skin. Set your intention to be a channel for divine Light and Love. Make yourself available to receive energy for your healing and awakening.

1. Tune In

We initiate each session by tuning in with the Tune In mantra: ONG NA MO GURU DEV NA MO. When tuning in, vibrating the sound ONG in the center of the head awakens enough awareness in the upper chakras to serve as a motivating force to entice the Kundalini to awaken and rise up the spine. Not only is the energy now directed upward, a physical awakening occurs in the first chakra, which builds into a foundation of security in physical reality. See instructions below.

2. Warm Ups

The effects of the sets and meditations are enhanced by thoroughly warming up the spine and stretching. The individual exercises given to activate each of the chakras can be done as warm ups that complement the kriya and chakra you choose to work with.

3. Kriyas

Pick a kriya related to the chakra powers you wish to develop. As you will discover, each of the kriyas shared in the manual works simultaneously on several or all of the chakras in one way or another. Therefore, what you focus on will direct your experience.

During the Exercises: Close the eyes and focus at the third eye (brow point) unless otherwise specified. Be aware of your breath, posture, movement, etc.

To End an Exercise: Unless otherwise directed, inhale, and hold the breath (still maintaining the posture) and apply root lock, either with the breath held in or out.

Between Exercises: Relax a moment afterwards. Feel your body to observe and integrate the effects of each exercise (making the pauses between exercises a mini-meditation).

Procedure: Always follow directions as precisely as possible. Do not omit or add an exercise to the kriya, and don't skip around. Do the exercises in the order given to achieve the results that are greater than the sum of the parts.

4. Deep Relaxation

Deeply relax on your back after the exercises and kriya.

5. Meditation

End your session with a 5- or 11-minute mantra meditation. Some meditations are recommended for specific chakras, but all the meditations can be done after any kriya or chakra practice. You get to mix and match depending upon which chakras you are working on and the experiences that you wish to cultivate.

Tuning In

Before beginning Kundalini Yoga practice, always “tune in” by chanting the ADI MANTRA as follows: Sit in meditation posture with a straight spine and center yourself with long deep breathing. Then place the palms together in Prayer Mudra at the heart center, fingers pointed up to 60 degrees, base of thumbs pressing against the sternum.



This mantra is chanted on one breath. Although it is permissible to take a quick sip of air through the mouth, there is no long deep breath in between the ONG NAMO and GURU DEV NAMO. Therefore, none of the sounds are drawn out. Note the intonation given below. DEV is one tone. ONG is vibrated powerfully in the nasal passages and in the center of the head, which stimulates the pituitary and pineal glands to secrete, awakening the third eye and neutral mind.

Inhale deeply, focus at the third eye, and chant. Repeat the deep inhale and mantra three or more times until you feel that you are “tuned in.” This chant connects us with the Golden Chain of teachers of Kundalini Yoga, who guide our practice.

ONG NAMO — I call on Infinite Creative Consciousness
GURU DEV NAMO — I call on Divine Wisdom



After we tune in, we often chant the Mangala Charn Mantra, which gives us protective powers. We usually chant this mantra three times, but it can be chanted as many times or as long as you like. Still sitting in meditation posture with the palms together in Prayer Mudra at the heart center, inhale, focus at the third eye point, and chant

AAD GURAY NA MEH	I bow to the primal guru.
JUGAAD GURAY NA MEH	I bow to the Truth throughout the ages.
SAT GURAY NA MEH	I bow to true wisdom.
SIRI GURU DAY VAY NA MEH	I bow to the great unseen wisdom.

Concluding a Set

After a long relaxation, particularly one that follows a series of exercises, you will find that doing the concluding exercises below helps to ground you and bring you back to reality:

1. On your back, begin rotating your feet and hands in small circles. Continue in one direction for 30 seconds, and then in the other direction for another 30 seconds.
2. Cat Stretch: Keeping both shoulders and the left leg flat on the ground, bring the right arm back behind the head and the right knee over the left leg until it touches the floor on the far side of the body. Switch legs and arms and repeat the exercise.
3. Still on your back, bring the knees up and to the sides, and rub the soles of the feet and the palms of the hands together briskly, creating a sensation of heat. Continue for 1 minute.



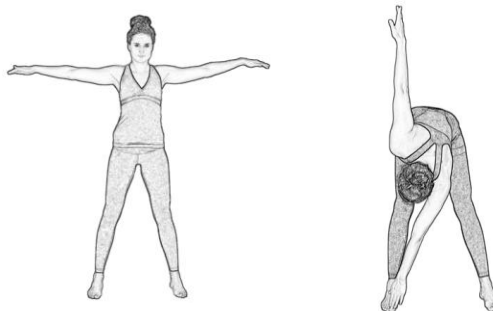
4. Clasping knees to chest with both hands, begin rolling on the spine. Roll all the way back until the feet touch the ground behind the head, and all the way forward until you're sitting up. Do this at least 3-4 times.
5. Sit up in Easy Pose, palms together in Prayer Mudra at the heart center. Eyes are closed. Inhale completely and say a prayer of thanks. Exhale and let the thought go.
6. A happy conclusion is to sing the lyrics: *May the long time sun shine upon you, all love surround you, and the pure light within you, guide your way on.* Repeat.

Kundalini Yoga Kriyas

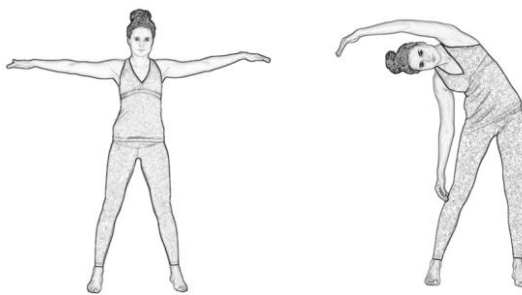
First Chakra: Ground and Claim Your Aura

Use these standing exercises to feel your feet and spine receiving energy from the Earth. Build your aura with the arm movements, feeling your fingertips as the outer edge of your aura. With each movement, clear and claim the space around your body as your own. Between exercises, stand for a minute and feel your feet connected to the Earth. Then shake your whole body to release stuck energy and further claim your aura.

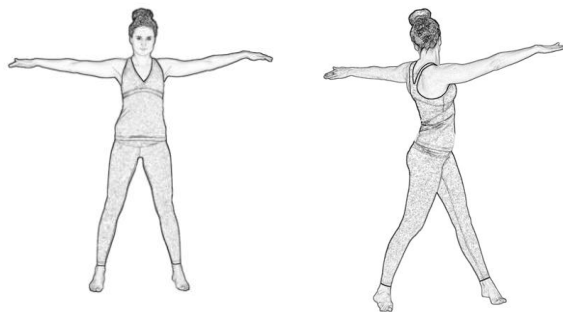
1. Stand with feet more than shoulder-width apart. Arms are out to the sides with palms facing down. (a) Bring the right hand to touch the left toe as the left arm comes straight up. Come back up with arms out to sides, and now bring the left hand to touch the right toe and raise the right arm. Continue in a slow conscious movement for 1 minute. (b) Continue the same movement, but pause and stretch with a long deep breath when in the down position. 1 minute. (c) Continue pausing for three long deep breaths while the hand is touching the toe. 1 minute. (d) Repeat holding each side for 1 minute or for five long deep breaths. To end, come up with the hands down to the sides and stand with the knees slightly bent for 1 minute.



2. Stand with the legs wide apart, arms parallel to the ground with palms facing down. Stretch to the left side while bringing the right arm over the head. Left arm reaches down the left side of the body. Come up to center with the arms parallel to the ground. Then stretch to the right side. Continue slowly at your own rhythm, getting a good stretch in each position. 1-2 minutes.



3. Stand with the legs wide apart and arms parallel to the ground, twist the arms and the upper torso to the left, back to center, and to the right in a continuous movement. Be aware of the movements in your aura. 1-2 minutes.

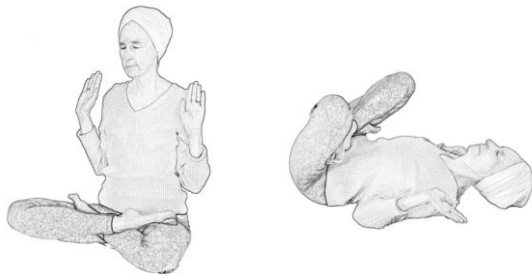
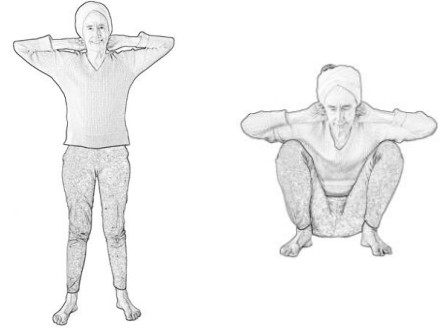


4. Deeply relax on your back and breathe with Mother Earth.

First Chakra: Awaken Body and Spine

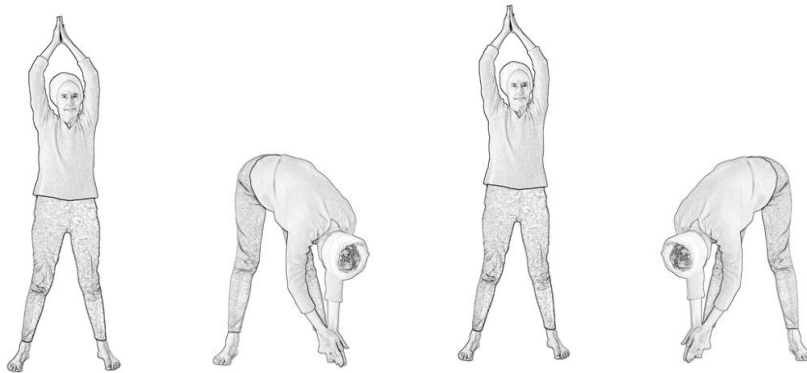
Focus on feeling alive in your body and creating your spine as your body's center. Self-centering makes it possible to create boundaries, to not be manipulated by outside forces, to maintain your personal integrity, and to take care of yourself. Self-centering is a great feeling.

1. Crow Squats: Interlace fingers behind your neck. Inhale in the standing position. Exhale as you squat down. Inhale as you come back up. Press your feet into the ground as you squat and feel the rebound energy of the movement push you up. It makes it easier. Begin with a few and work up to 26 or more.

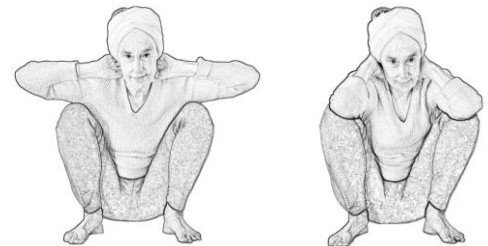


2. With your legs locked in Lotus Pose, your elbows resting next to your ribcage, forearms pointing up and palms are facing forward, rock back and forth on your spine. 1-2 minutes.

3. Standing with legs spread wide apart, arms straight above the head, palms together, bend to touch the left toes. Come up. Bend to touch the right toes. Frees the spine, especially at the solar plexus. 2-5 minutes.



4. In Crow Pose, lock your hands behind your head, elbows extended out to the sides. Move the elbows forward and back to the sides continuously. 1 minute.





5. In Crow Pose, adjust the width of your feet so they are flat on the ground. With arms bent, forearms touching the ribs, open palms facing forward, reach out 60 degrees and up 60 degrees. In the extended position, make your hand into a fist as though grabbing something. As you pull the right arm back to the side of the body, extend the left arm in the same manner. As you pull the left arm back, extend the right arm. Continue for 1 minute.

6. In Crow Pose or Rock Pose, place the fingertips on the shoulders, arms parallel to the ground, and inhale twist left, exhale right. 1 minute.



7. In Easy Pose, hands on the knees in Gyan Mudra, chant in a rhythmic monotone for 1-2 minutes

HARI HAR HARI HAR HARI HAR HAREE

At the end, inhale deeply and suspend the breath for 20 seconds or as long as you can. Repeat 2 more times.

Then relax on your back.



Mantra Meditation

End your session by chanting for 11 minutes

HARI HAR HARI HAR HARI HAR HAREE

Sitting in Easy Pose, hands on knees in Gyan Mudra, chant, vibrate the mantra in a monotone. Pull in your navel and feel the “H” sound at the heart with each sound. To end, inhale deeply, suspend the breath (hold breath while relaxing body), deeply listen, and deeply feel your body. Repeat 2 times. Sit quietly and feel centered and contained inside your skin. Feel the mantra vibrating in your body.



Second Chakra: Awaken Your Flow

The goal of this set is (1) to open your whole pelvic region so that your emotional energy can relax and be used for self-nurturing, and (2) to awaken the flow of your water/emotional energy. To end each exercise, inhale deeply and expand the belly with the breath. Then exhale and release energy from the belly (2-3 times).



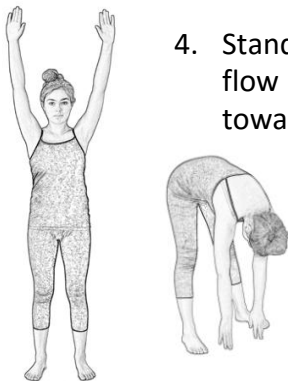
To increase the benefits of this kriya, first warm up your spine with Spinal Flexes, with hands holding the ankles. Loosen up your whole pelvic region, spine, and belly. Get into the rhythm of the movement. 2-3 minutes.

1. Bow Pose: On your belly, grab on to your ankles and pull up into a bow. Rock back and forth on your stomach, inhaling back, exhaling forward. Massage your belly with the movement. 1-2 minutes. Relax on your belly and feel your breath breathe with Mother Earth.



2. On your back, grab on to your ankles. Push your feet into the ground as you raise and lower your pelvis. Inhale up, exhale down. Use only your leg muscles to make the movement and apply a light internal root lock so that you do not strain the lower back muscles. Very good for women to reduce menstrual cramping. 1-2 minutes or 26 times.

3. Sitting, raise your arms over your head, elbows can be slightly bent. Rotate your whole body counterclockwise moving from the base of the spine and belly. Keep eyes closed and do as a moving meditation. 3-4 minutes. At the end, sit with your hands down. The body will continue to move as the circular flowing movement continues internally.



4. Standing with the arms overhead, begin to move with the flow that has been awakened. Periodically bend forward to touch (reach toward) the ground. Then continue your flowing dance. 3-5 minutes.

5. Remain standing and run in place. Punch out hidden anger. Everyone has inner anger, so don't be shy. Move vigorously. 2 minutes. To end, stand in stillness and feel alive.

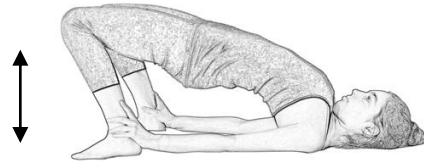


Lie down on your back, let go and feel the flow of energy in your belly.



6. Repeat Bow Pose (exercise #1) and feel the awakening of nurturing energy in your belly. 1-2 minutes. Relax on your belly and feel your breath breathe with Mother Earth.

7. Repeat exercise #2 ten times.



8. In Easy Pose, with hands on your knees, rotate your belly counterclockwise in a deep grinding motion. Coordinate long deep breathing with the movement. Feel the movement from deep within liberate the flowing energy in your whole pelvic region. 2-5 minutes. To end, stop consciously doing the exercise and allow the movement to continue on its own. Then feel the internal spiral energy continue even when the body looks still. You have awakened the flowing polarity of your soul.

Enjoy the freedom as you relax on your back for 5-10 minutes.



Our thousand-petaled lotus must keep its roots in the Earth to maintain its blossom.

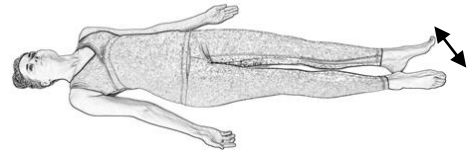
– Yogi Bhajan



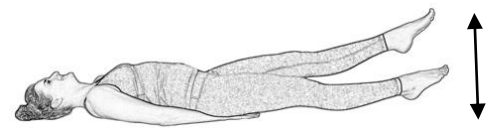
Second and Third Chakras: Emotional Release, Core Strength, and Digestive Cleansing

Use this set to relax your belly so your internal organs can perform their functions and your emotional energy can be used for self-nurturing.

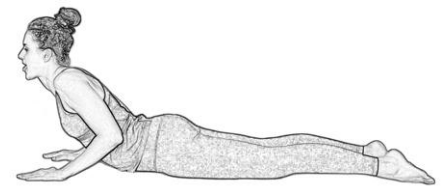
1. On the back, heels together, toes pointed upward and out to the sides (right to the right side and left to the left side). Alternately open and close the feet, keeping the heels together. 3-4 minutes.



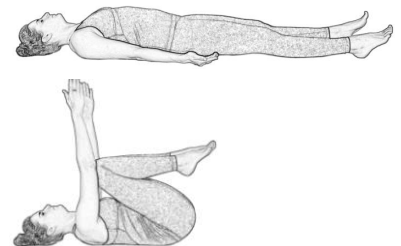
2. On the back, hands under your buttocks, apply a light root lock that you maintain during the exercise. Scissor kick the legs up and down without letting the heels touch the floor, keeping the knees straight. Works on the digestive system, sets the navel, and releases inner anger. Start with 1 minute and work up to 2-3 minutes. Relax afterwards and feel the fire in your belly and pulse at your navel.



3. Lie on your stomach, hands under the shoulders. Slowly push up into Cobra Pose, releasing stress in your back. Slowly exhale down. Repeat a few times to get the release. Then stick out your tongue and inhale through your mouth as you come up, and exhale through your mouth as you come down. Continue this movement with powerful breathing to release toxins from the body. 2-5 minutes. Then relax completely on your stomach and breathe with Mother Earth. Feel Her nurturing energy.



4. On your back, bend your knees as you inhale, and bring thighs to the chest. Simultaneously raise your arms straight up to 90 degrees. Then as you exhale, move your arms back down to your sides as you bring your legs to the floor without making any sound. Continue this movement for 2-3 minutes.



5. In Easy Pose, with hands on your knees, rotate your body counterclockwise from the belly in a deep grinding motion. Coordinate long deep breathing with the movement. Feel the movement from deep within liberate the flowing energy in your whole pelvic region. 2-5 minutes. To end, stop consciously doing the exercise and allow the movement to continue on its own. Then feel the internal spiral energy continue even when the body looks still.





6. Standing, bend from the hips and grab the ankles, knees and back straight. Keep holding on to the ankles and sit down into Crow Pose. Inhale back up into the up position, exhale down. Press the feet into the ground to rebound back up. Alternate between positions for 1-2 minutes.

7. Deeply relax before the meditation.



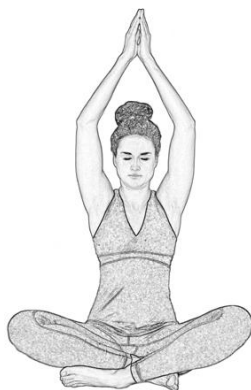
Meditation

In Easy Pose, pull up on the diaphragm and back of the neck to straighten and elongate the spine. Chant in a monotone. Very lightly pulse the sounds of SAT and NAM at the navel and third eye and throughout the spine, i.e., use the pulsing sounds as an activation and centering mechanism. WAHE GURU is felt at the crown chakra, through the whole body, and in the aura. There is no specified breath; therefore, do not break the rhythm with a deep inhale. Take in air as needed. 11 minutes.



SAT NAM SAT NAM
SAT NAM SAT NAM
SAT NAM SAT NAM
WAHE GURU

Calling upon and embodying the truth, “Sat Nam,” brings us into a state of ecstasy, “Wahe Guru.” Feel the sounds nurturing your whole being.



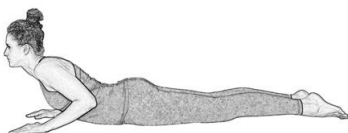
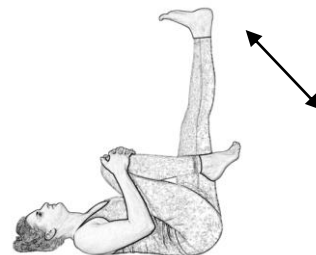
To end, inhale deeply, bring your arms over your head, palms touching. Stretch your spine from the base all the way up. Hold for as long as you can. Exhale powerfully and repeat 2 more times.

Sit quietly and enjoy feeling alive and the nurturing energy in your belly and spine.

Third Chakra: Exercise Set for Core Strength

Lie on your back or sit quietly and monitor your energy level. Feel your navel center and check for a pulse. Do the same at the end of the set and experience the difference in your core strength and vitality level. You can also monitor the effects of this set between exercises.

1. Lying on your back, bring your right knee to your chest. Hold the leg stable against the chest using both arms. Raise and lower the left leg, keeping the knee straight and the heel stretched so the foot is flat. Inhale up, exhale down. Breathe powerfully so you can hear the breath. Keep the face relaxed. 2-4 minutes.
Switch legs. 2-4 minutes.



2. Lie on the stomach with the chin touching the ground. With the hands under the ribcage, push the hands into the ground, arch up, and stretch the ribcage. Then lower the body and touch the chin to the ground, inhaling up, exhaling down. 1-2 minutes.

3. Sitting on your knees, grab on to the backs of your knees and bend forward, buttocks in the air and back arched, pressing the chest toward the ground. Rest your forehead (or chin if you can) on the ground. Find a position where there is a stretch, but not a strain, and allow the spine to adjust. 1-2 minutes.



4. Lying on your stomach, grab on to your feet below the toes. Lift up into Bow Pose as you pull the feet away from the body. Inhale lift up, exhale relax down. 1-2 minutes.

5. Lying on the stomach with the chin on the ground, kick your buttocks with alternate heels. 1-2 minutes.



6. Frog Pose: On tiptoes, with heels together, fingertips on the ground between the legs, inhale up, straightening the legs, then exhale down into a squatting position, looking forward like a proud frog. Work up to 26 and 52 (especially for men to channel sexual energy up the spine).



7. Leg Lifts: This exercise is given with the hands interlaced behind the neck. However, your abdominal muscles must be strong enough for you to keep the small of your back on the ground. If you cannot, place your hands under your hips to protect the small of your back. Also apply an internal lock so that you are using your abdominal muscles to raise your legs and not the muscles at the small of the back. Keeping legs straight, inhale and raise both legs up to 90 degrees, exhale down. 1-2 minutes.

8. Lying on your back, body relaxed, hands to the sides, rapidly chant LA LA LA LA LA ... with a relaxed tongue for 1-3 minutes.



9. Still on the back, arms resting to the sides, pump the navel (pulling in and releasing). Once you have the rhythm, begin chanting HAR HAR HAR HAR ... with the tip of the tongue in coordination with the pumping of the navel. Move the navel while keeping the body totally relaxed. 2-3 minutes. This can also be done as a meditative exercise by itself for up to 11-15 minutes. The benefits of sustained navel power include increased energy, renewal of cells, and rejuvenation.



10. In Easy Pose, raise your arms above your head and begin moving and shaking your whole upper body. Each movement should be different. Don't repeat the same movement or pattern. Be creative and let yourself go. 1-2 minutes.

Then remain sitting, but add your legs to the "dance." Move every part of your body spontaneously. 1-2 minutes.

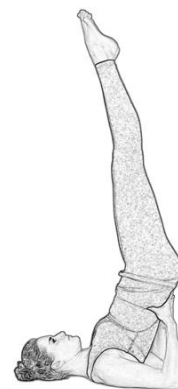


11. Come into shoulder stand, supporting your back with your hands and keeping your legs as straight as possible. Focus on your breath until you get your balance. Then chant in a monotone

HARI RAM, HARI RAM, HARI RAM, HARAY HARI

Pump the navel with each sound beginning in “H.” 2 minutes.

Come out of shoulder stand and relax on your back for 1-3 minutes. Listen to the mantra resonate in your body.



12. Then come into Easy Pose and sit in stillness and focus on feeling and listening with awareness. Let consciousness replace thinking. 3-5 minutes.

Then chant long SAT NAMs. SAAAAT is chanted 8 times longer than NAM, which is short. Chant for 1-3 minutes.

Relax deeply on your back. Let go. Enjoy being alive. After deep relaxation and in the following days, assess your energy level and vitality. Do this set daily or on a regular basis to build and maintain its powerful effects.



HARI RAM Meditation

Sit in Easy Pose, with hands on knees in Gyan Mudra, and chant in a monotone for 5 or 11 minutes

HARI RAM, HARI RAM, HARI RAM, HARAY HARI

Lightly pump the navel and root lock with each “H” sound.

Enjoy feeling good, alive, healthy, happy, and whole!



Third Chakra: Exercise Set to Develop Navel Power

This set of exercises can be done alone, before meditation, or as a warm up for any other set, especially sets working on the upper chakras and when most of the exercises are done in Easy Pose. Rest on your back between exercises and feel the fire build at your navel and the aliveness spread throughout your spine and entire body. Navel power consolidates a sense of self and awakens you to your potential. This is also an excellent set for women to do every day to center, balance the emotions, and move energy in the belly to avoid menstrual cramps. Do it with long deep breathing, not Breath of Fire, during menstruation.

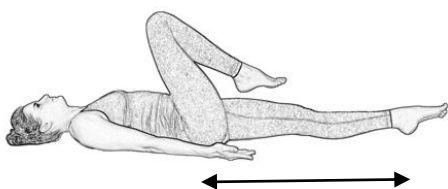
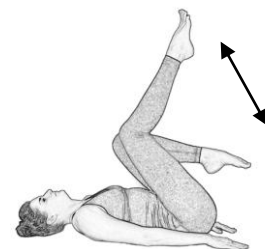
1. Life Nerve Stretch: Stretch the right leg straight out in front of the body. Left leg is bent, left foot pressed into the right thigh. Inhale, stretch both arms up, and stretch the spine. Bend from the hips with a straight spine and grab on to the right big toe with both hands. There should be no bend in the right knee, so grab on with one hand only if you cannot maintain a straight spine holding on with both hands. Otherwise grab on to your leg. If you can reach your foot, pressurize the fleshy part of the toe and the nail with the fingers. This activates the pituitary gland.



Heel of the extended foot is pressed out to create a stretch between the heel and the center of the hip. Pull back on the toe and stretch both the leg and the spine. Slightly tuck the chin toward the chest, but do not bend the head forward in an attempt to get the head to the knee. Do Breath of Fire for 1-3 minutes. Powerfully pump the navel and feel the pulse at the third eye. The third eye (with eyes closed) focuses on the big toe.

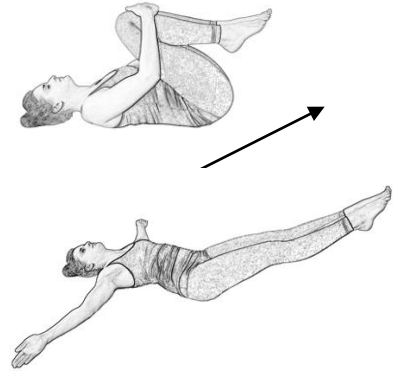
To end, inhale deeply, suspend the breath, relax the body, pull the root lock, and feel the energy move from the base of the spine up to the third eye. Exhale powerfully. Inhale deeply again and repeat. Switch legs and repeat on the left side.

2. Kick the buttocks: Lying on the back with the arms to the sides or under the hips, bend the knees and bring them to the chest. Inhale and exhale with the movement as you alternately raise one leg at a time and kick the buttocks. 1-2 minutes.



3. Push Pulls: Lying on back, lift both legs 1-2 feet (where you can feel an activation at the navel) and begin a push-pull motion, alternating between bending one knee toward the chest, moving from hips, and lowering the leg so it is parallel to the ground but still elevated, for 1-2 minutes. Rest.

4. Centerline Stretch: Holding your knees to your chest with your arms, inhale, open the arms straight out to the sides and down to the ground as you extend the legs straight out to 60 degrees. Exhale and return to the original position. Repeat and continue for 1-5 minutes. Your legs are at the proper angle when you feel a pull in the centerline of your body from the pubic bone up to the heart. You may do the same leg movements while moving your arms over your head instead of to the sides.



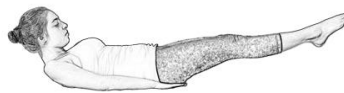
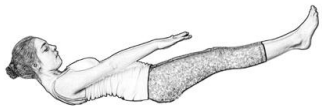
5. Leg Lifts: On back, bring one knee to the chest, hold it there with both hands, and raise and lower the other leg to 90 degrees, inhaling up, exhaling down for 1 minute or 26 times. Switch legs and repeat for 1 minute or 26 times. Repeat the complete cycle once more.



6. Cross-Crawls: Alternately raise opposite arm and leg (right leg, left arm, then left leg, right arm) for 1-3 minutes. Leg is lifted up to 90 degrees, while opposite arm is raised over the head.



7. Stretch Pose: Lying on back, raise head and feet 6 inches off the ground and hold with Breath of Fire from 30 seconds to 2 minutes, or as long as possible. Eyes look at big toes. Hands face inward and point toward feet. If the small of the back comes up, place hands beneath the hips for support. If held for less than a minute, rest and repeat pose, increasing time as core muscles strengthen. Before coming down, apply root lock and set your navel. It's okay to start out by doing one leg at a time.



Deep Relaxation

Relax completely on your back, feel the pulse at your navel, enjoy aliveness, flow, and an expansive space.

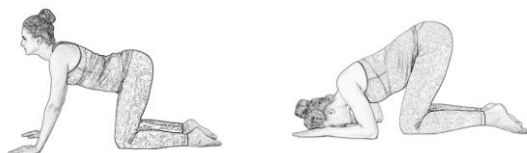


Third Chakra and Solar Plexus: Find Your Rhythm and Center

This set is good for activating the navel center, bringing emotional energy into a flow, and stimulating the glandular system. For some, it is good to do at the beginning of the day to build core energy. For others, it is good to do at the end of the day to release stress. The more you exert yourself, the more time you need to deeply relax afterwards and sleep.

The amount of exertion that is appropriate for your body depends upon your age and physical fitness. If your kidneys feel overheated during or after this set, you are exerting yourself too much. You should feel energized, but not worn out. It is up to you to determine the appropriate activation for your body. Focus on creating fire tappa and distributing it throughout your spine where it can be released to nourish your whole body.

1. In Easy Pose, with upper arms touching the sides of the body, elbows bent, forearms forward and parallel to the ground, palms down, move the forearms together from the elbows up and down as if you are bouncing a ball. Move powerfully and rhythmically as the breath becomes like Breath of Fire and coordinates with the movement. 2-4 minutes.



2. In Cow Pose with knees shoulder-width apart and hands next to each other under your chest, inhale into the up position and exhale as you lower your forehead to touch the hands. 2-4 minutes. Bow to your soul and a higher power.

3. In Easy Pose with arms out to the sides, elbows bent, forearms up to form a 90-degree angle and hands in fists, inhale and stretch the right arm to 60 degrees up and out in front of the body. Exhale, bring it back. Then do the same with the left arm. The upper body, shoulders, and ribcage will move. 1-3 minutes.



4. In Easy Pose, hands on the shoulders, fingers in front, thumbs in back, elbows up at shoulder level or a bit higher. Inhale, lean the whole upper body from the waist (without bending the neck) to the left; exhale, lean to the right. Repeat as a continuous movement. 1-2 minutes.



5. In Easy Pose with fingers interlaced, palms facing in, place hands in front of the heart about 12 inches out or where you feel balanced.

a. Hold the position, inhale deeply, suspend the breath, and pump your navel vigorously for as long as you can hold your breath. Exhale almost all the way out and pump your navel as long as you can hold your breath out. Find your own rhythm and pace. 2-3 minutes. Focus on creating fire at the navel.



b. Continue the pumping and focus on bringing the navel fire up the spine, first to the heart (1-2 minutes), and then to the third eye (1-2 minutes).



c. Continue the pumping as you flex and elongate your spine. 1-2 minutes.

d. With an elongated spine (no movement and no intentional breathing) chant HAR, touching the tip of your tongue against the roof of your mouth as you pump your navel. 1-3 minutes. This exercise can also be done lying on the back as a meditation (with hands on the navel or heart), in which case you can do it for up to 11 minutes.

To end, inhale deeply, suspend the breath for up to 30 seconds, feel the prana fill your whole body, and exhale powerfully. Inhale deeply again, repeating 2 more times.

Relax on your back. Enjoy feeling alive.



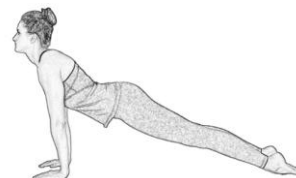
Our ability to focus both at our navel and third eye (sixth chakra) gives us the capacity to command our actions and determine how our fire is used. We can then be proactive, disciplined, and assertive when necessary, and excited about life. We empower ourselves to wisely direct our energy to support ourselves.



Kriya for Solar Plexus and Heart

It is best to practice this set following “Exercise Set to Develop Navel Power.” After a deep relaxation, use the fire power at your navel to open your solar plexus and heart.

1. Front Platform Push Up: Place hands under the shoulders and come up into platform pose, on feet for men and on the knees for women. Inhale in the up position and exhale down. Feel the muscles below the shoulder blades (the ones you wish someone would massage to release the tension). 1-2 minutes. End by relaxing on the belly and breathing with Mother Earth.



2. Fists to the Heart: Open the arms out to 60 degrees, parallel to the ground, as though offering someone a big hug. With the fingers stretched open, tense the fingers and take several long deep breaths. Then inhale powerfully, retain the breath, and slowly, with great tension, make the hands into fists and bring them to the heart. When they touch the heart, exhale powerfully. Seriously tense and release anger. Repeat for 1-3 minutes (or as long as it takes for you to let go!).



3. Bring the arms out to 60 degrees, again with the fingers tense. Breathe long and deep as you welcome in the heart energy. 1-3 minutes. Then focusing on the palms, slowly bring the hands in front of the heart about 4 inches apart. Fingers are pointing up. With eyes slightly open, gaze into the space between the hands and feel the energy flow there. Feel the wave of the breath in the chest with long deep breathing until you feel a warm sensation in your spine at the level of the heart. 2-5 minutes.



4. Bring the palms together and focus on the warmth in the spine at the heart chakra. Feel that this sensation at your heart chakra is more powerful than the thoughts in your mind. Your mind will welcome being in the neutral channel, letting go of thinking, and enjoying being conscious of feeling your heart space open and expand.

5. Bend forward from the hips. Bring the forehead and hands to the floor. Bow to your heart and to the presence of Love. Surrender to the power of love for several minutes. Then sit up and go deep into your experience at your heart.

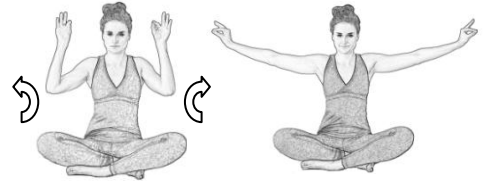


End by relaxing on your back and enjoying the space of Love in you and around you.

Inner Freedom at the Solar Plexus

Warm up with Spinal Flexes, Leg Stretches, Cat Cow, and any of your favorite exercises. Prepare yourself to go deep into feeling awareness at your solar plexus.

1. In Easy Pose, elongate the spine. Elbows are bent, upper arms to the sides, hands and fingers pointing up and forward in Gyan Mudra. Rotate the hands and arms to make circles as you move the arms outward until they are extended straight out to the sides with the palms facing out. Then with the same motion, bring the arms back to the sides of the ribs. Get into your own flowing rhythm. Continue for 2-3 minutes at a gentle pace and then speed up for another 2-3 minutes. This can be done for 10 minutes as a moving meditation. Do it at a pace that your mind relaxes into the flow of the movement.



2. Arms stretched up from the solar plexus, palms flat together over the head, elbows straight, pull up on the spine. Thumbs can overlap to maintain the stretch. Move your whole body in a circle from the belly. 2-4 minutes.

3. Arms are crossed; hands grasp the opposite arm above the elbow. In this position, alternately tap the arms against the solar plexus and then the forehead. Create a stimulation without making a hard impact. Increase the speed of the movement for the last half minute. 2-4 minutes.



4. Sit quietly and be in your neutral channel as you feel the energy in your solar plexus.



5. Hands in Gyan Mudra, arms stretched out to the sides, palms facing forward, spine pulled up at the diaphragm, chin tucked in slightly pulling up on the spine so that the heart is open. Do long deep breathing as you feel the energy in the center of your palms. Mentally chant your favorite mantra or inhale SAT, exhale NAM. Continue for 3-5 minutes. Then bring your palms (hands still in Gyan Mudra) in front of your face. The sides of the hands and small fingers touch. Feel the heart energy from your palms bring stillness and light into your mind. 3-5 minutes. Continue for up to 11 minutes sitting silently and deeply feeling the wave of your breath open your solar plexus and your heart.



To end, inhale deeply, suspend the breath as long as you can, go deep within. Exhale powerfully and repeat 2 more times. Inhale, stretch the arms up, stretch the spine, and shake the arms. Deeply relax on your back.

Solar Plexus: Awaken Your Core

Our core is a combination of our navel and solar plexus, which must be activated, integrated, and powerful to awaken our heart.

1. Lying on your back, raise your left leg up to 90 degrees. Keep the leg straight, foot flat, heel pressed up, and toe back. Grab on to the toes of the left foot if you can maintain the knee straight. If not, grab on to your leg. Open up the diaphragm with Breath of Fire for 1 minute. Then chant HAR, pumping the navel and feeling the release at the diaphragm. 3-5 minutes.
2. Repeat exercise #1 on the right side. 3-5 minutes.



3. Sitting with the legs stretched out straight, grab on to the toes (or your legs) keeping the legs straight. You can also use a strap around your feet to keep a good stretch. Inhale up and exhale down, each time stretching a bit on the exhale. Bend from the hips, keep the spine straight and stretched. Mentally chant HAR with the movement. 1-2 minutes. Once you have loosened up, chant HAR out loud on the downward stretch. 1-2 minutes.

Work up to practicing all three exercises for 5-11 minutes each. Or do each exercise for 1-3 minutes, and then repeat the whole set after a relaxation in between. You will have a great experience and enjoy a deep state of relaxation at the end.

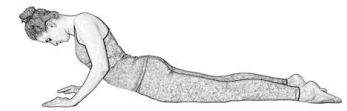
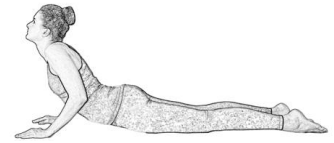
Trust and Love require attaining an expanded level of consciousness, where we realize that what we know is limited, but that we are always connected to that which is unlimited.



Fourth Chakra: Opening the Gate to Your Heart

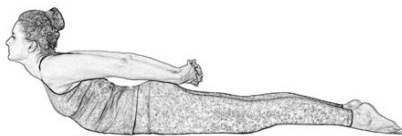
Warm up with Spinal Flexes, both sitting in Easy Pose and sitting on the knees, and Cat Cow. Stretch and liberate the whole length of the spine. Feel the spine between the navel and throat being stimulated. We are often not conscious of the muscles in the front of our body that support the solar plexus and heart. The exercises in this set activate these muscles and awaken the solar plexus and heart center.

1. On your stomach with the hands under the shoulders, slowly push up into Cobra Pose and then slowly come down, stretching and relaxing the spine. 1-2 minutes. Relax on your belly for a moment. Then come into Cobra Pose again with a good stretch in the upper spine, but do not overextend the small of the back; hips remain on the ground. Now slowly raise and lower your chin, stretching the muscles in the upper torso, 16 times. Relax on your belly (or back) and feel the release at the neck.



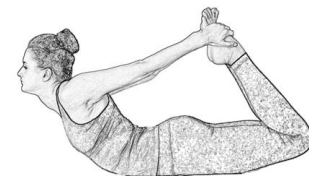
2. In Cobra Pose, place arms on the floor in toward the centerline of the body to help you keep your balance. Inhale and raise one arm parallel to the ground and exhale down. Alternate arms. Feel a stretch under your ribcage. 1-2 minutes.

3. Repeat exercise #2 but alternately raise the arms straight up. If there is too much strain on your back, rest on your upper arms to do the exercise. 1-2 minutes.



4. On your stomach with the arms behind your back, fingers interlaced, lift the arms up as far as possible and raise the upper body. Apply root lock and use the abdominal muscles to maintain the position. Inhale deeply through the nose and exhale powerfully through the mouth. 1-2 minutes. To end, inhale deeply, pull the root lock, stretch. Exhale down. Relax on your stomach.

5. In Bow Pose, pull on the ankles and rock back and forth, massaging your stomach. 1-2 minutes.

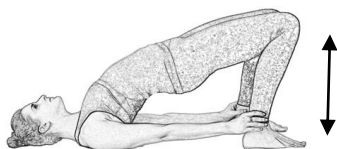


Your Life Is in Your Chakras



6. On your back, grab on to your knees, hugging them to your chest and rock back and forth on your spine, giving the whole spine a good massage. 1 minute.

7. Lying on the back, bring both legs up to 90 degrees. Maintain this posture with the knees straight and heels pointing up to get a good stretch from the heels to the sciatic nerve in the hips. Be with your breath and feel the rest of your body relax. 1-2 minutes.



8. On your back, bend your knees, bringing your feet flat on the ground and grab on to your ankles. Inhale, raise the buttocks off the ground, pressing the upper chest to get a good stretch in the chest muscles and at the heart. Exhale down and repeat, inhaling up and exhaling down. End in the up position, stretch, pull the root lock. Exhale and relax on your back. 1-2 minutes.

9. From a sitting position, stretch the legs out in front and inhale, bringing arms up overhead to stretch the spine, and then on the exhale, bend from the hips and grab your toes if possible. Hold the position with spine and knees straight while doing long deep breathing for 1 minute.



10. Balance in Crow Pose with the feet flat on the ground. Alternately raise one arm at a time from straight out in front, parallel to the ground, to above the head at a 90-degree angle to the opposite arm, moving with a powerful breath. Clear and claim the space in front of your heart. 1-2 minutes.

11. Sitting in Easy Pose, bring your hands to your heart and be with the flow of the breath in the chest. Feel the wave at the heart. Bring all your attention to what you are experiencing at your heart. 3-11 minutes.



Deeply relax on your back with your hands on your heart.

If you are young and vital and need to use up a lot of energy, the exercises in this set can be done for up to 7 minutes each. Otherwise, choose times appropriate to your physical condition and work up to 2-5 minutes each. This set will bring you into a state of deep relaxation. If you do these exercises for longer times and do the set over an extended period of time (40 days), work up to 5-7 minutes. Allow plenty of time to rest and even sleep (at least 15 minutes or more) after doing this set.

Fourth Chakra: Claim and Open Your Heart Space

This short set grounds, clears the aura, and opens your heart to yourself. Practice when you are depressed and want to lift yourself up and when you simply want to feel good and support yourself in moving forward in life.

1. In Easy Pose, with the arms out in front parallel to the ground in a "V" shape, palms facing down, rotate the arms outward in big circles with a powerful Breath of Fire, increasing the speed and width of the movement with the speed of the breath. Stimulate the heart with the breath and the movement. 1-4 minutes.



2. In Bow Pose, rock back and forth on the belly from the knees to the shoulders with a powerful Breath of Fire. 1 minute.

3. On the back, grab on to the knees and rock back and forth along the entire length of the spine with Breath of Fire. 1-2 minutes.



4. Squats: Stand with the hands interlaced on top of the head, exhaling as you squat down, pushing the feet into the ground. Inhale up. Work up to 26 and then 52.

5. Repeat exercise #1 for 1-2 minutes. Clear and claim your heart space.
6. Sit with your hands on your heart. Go deep, deep into your heart space. Feel the warmth. Feel your heart space expand into Infinity. Love the space. Hold yourself in this space. Love yourself with all your heart. 11-31 minutes.



Fourth Chakra: Enjoy Your Space

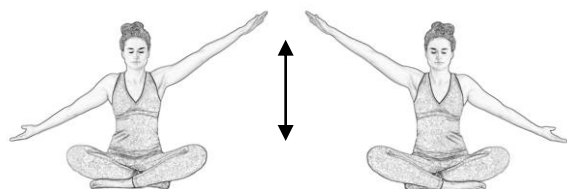
This is another great set to uplift yourself, create inner connection, and open your heart.

1. In Easy Pose, lightly tuck the tailbone to ground yourself at the base of the spine. Apply root lock to consolidate an inner posture, and apply neck lock to pull up on the spine and open the heart. Lean back slightly using the above to maintain a straight spine. Spread your arms out wide with fingers stretched open. Arms are stretched so you feel a stimulation in the muscles under the shoulder blades. Hold the posture with a powerful Breath of Fire for 1-3 minutes. Then continue Breath of Fire with the mouth open and tongue out for 1-2 more minutes.



2. In Easy Pose, stretch the arms above the head with the palms pressed together, thumbs can be interlaced. Stretch the spine, pull up on the ribcage, and pull armpits in and up. Do long deep breathing, inhaling through the nose, exhaling through the mouth. Internally chant a mantra of your choice. Keep the palms together. 1-3 minutes.

3. Make the hands into fists with the thumbs inside touching the mound below the ring finger. Lean back slightly as in exercise #1. With arms stretched out to the sides, make small circles backwards as you first raise and then lower the arms. Elbows are straight but not locked. Feel the activation of the muscles underneath the shoulder blades. Clear and claim your aura. 2-5 minutes.



4. In Easy Pose, stretch arms straight out to the sides, left palm down, right palm up. Keeping arms in a straight line, raise one arm up to head level as you lower the other arm down to knee level. Again, clear and claim your space. 1-3 minutes.

5. In Easy Pose, bend elbows, forearms up perpendicular to the floor, palms facing forward, and thumbs on mound below little finger. With closed eyes, look toward your chin. Breathe long and deep, mentally inhaling SAT, exhaling NAM. Whatever comes up, gently and lovingly integrate the breath and the mantra into the image, feeling, or thoughts. After 5-11 minutes, inhale deeply, suspend the breath, and tighten every muscle of your body. Exhale powerfully and repeat 2 more times. Sit quietly and hold yourself, your inner child, and your innocence in your heart.

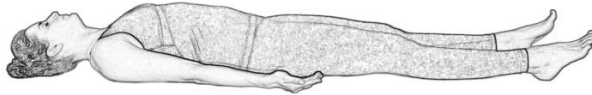


6. When you are ready, stand up and shake your body and dance. Liberate every part of your body. Feel free to be your unique self. 5 or more minutes.



7. Sitting in Easy Pose with hands in Prayer Pose, place thumbs gently against the eye sockets under the eyebrows. Chant ONG NA MO GURU DEV NA MO out loud for 3-5 minutes. Inhale deeply, suspend the breath, and deeply listen within for 10 or more seconds. Exhale powerfully and repeat 2 more times.

Deeply relax on your back and enjoy yourself.



Fifth Chakra: Wahe Guru Ecstasy Kriya

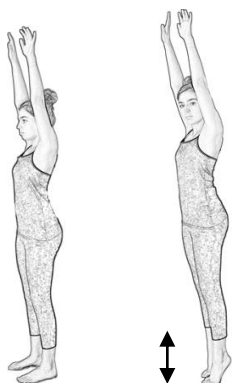
This set activates the thyroid, parathyroid, pituitary, and pineal glands of the fifth, sixth, and seventh chakras. The whole spine is awakened to be an open channel for the Kundalini. Use your throat chakra and the power of the mantra to infuse your whole body with the sound current of ecstasy: WAHE GURU (pronounced WHA HAY GUROO).

1. In Chair Pose, back parallel to the ground, arms come inside the legs and the hands come around and grab onto the ankles. As you turn the head toward the left, say WAHE. As you turn the head to the right say GURU. Continue at a moderate rhythmic pace for 2-3 minutes. To end, inhale deeply, suspend the breath, and deeply listen to the mantra within. Exhale powerfully and sit down in Easy Pose and continue to deeply listen within.



2. Standing with hands on the hips, apply an internal lock and lean back. Pulling up on the spine, let the head fall back to where there is no stress on your neck. Turn head toward the left as you say WAHE. As you turn the head to the right, say GURU. Continue at a moderate rhythmic pace for 2-3 minutes. To end, stand up straight, pull up on the spine from the diaphragm and neck, inhale deeply, suspend the breath, and deeply listen to the mantra within. Exhale powerfully and stand for a moment listening within to the mantra chant back to you.

3. Standing, bend at the hips with a straight spine, hands resting on the knees. Head is in a straight line with the back. Turn head toward the left as you say WAHE. As you turn the head to the right, say GURU. Continue at a moderate rhythmic pace for 2-3 minutes. To end, stand up straight, pull up on the spine from the diaphragm and neck, inhale deeply, suspend the breath, and deeply listen to the mantra within. Exhale powerfully and stand for a moment listening within to the mantra chant back to you.



4. Standing with the arms stretched overhead and the feet flat on the ground, say WAHE. As you rise up on your toes, say GURU. Continue at a moderate rhythmic pace for 2-3 minutes. To end, stand with feet flat on the ground, pull up on the spine from the diaphragm and neck, inhale deeply, suspend the breath, and deeply listen to the mantra within. Exhale powerfully and stand for a moment listening within to the mantra chant back to you.



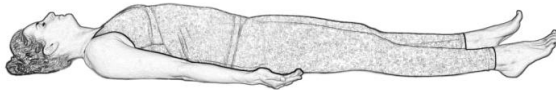
5. Sit on the heels, palms on the floor in front of the knees, spine and arms straight. Bend forward and touch your forehead to the ground as you say GURU. As you rise up, say WAHE. Continue at a moderate rhythmic pace for 2-3 minutes. To end, sit up, pull up on the spine from the diaphragm and neck, inhale deeply, suspend the breath, and deeply listen to the mantra within. Exhale. Listen within to the mantra chant back to you.

6. In Easy Pose, chant SA TA NA MA in a whisper for 2 minutes. Then chant out loud for 2 or more minutes.



7. Sit on your heels with palms on thighs. Flex the spine forward while whispering SA, then back with TA, NA forward, and MA back. 2-3 minutes. Then sit quietly and deeply listen inside your head with your inner ear. Feel your tongue, mouth, and neck relax.

8. Deeply relax on your back.



Ecstasy Meditation

In Easy Pose, hands on the knees in Gyan Mudra, chant WHA at the navel, HAY at the heart, and GU at the third eye and RU at the crown. 11 minutes. Then sit and feel the ecstasy of being awake and a vessel for the infinite truth. Listening and feeling, merge with the vibration in your whole body.

Fifth Chakra: Eye Exercises

Eye exercises release tension in the neck and upper back. Do Neck Rolls and Cobra Pose before and after eye exercises to notice their impact.

Neck Stretches and Rolls: Sitting on knees or in Easy Pose, slowly tilt the head from side to side. Then roll the head gently in small circles, ironing out kinks as you go. Then reverse directions and continue. Keep the spine straight with the diaphragm pulled up. Pull up on the neck, elongate the spine, and feel the head floating on the spine.

Eye exercises are done with the eyes closed. The following sequence can be done in any order:

Look up and down several times.

Look to the right and then to the left several times.

Look to 10:30 and then to 4:30 several times.

Look to 7:30 and 1:30 several times.

Make figure eights up and down and then switch directions.

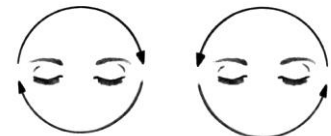
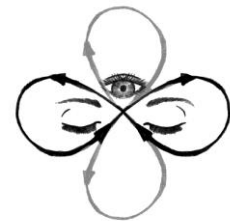
Make figure eights right to left and then switch directions.

Do them diagonally and then switch directions.

Make counterclockwise circles and then clockwise circles.

Do the exercises moving both eyes at the same time and then separately, if possible, so that you strengthen the weaker eye.

Repeat Neck Rolls or Cobra Pose and notice the difference.



It is the task of consciousness that descends from the upper chakras to define our intentions and to purposefully guide how we use our energy and communicate with the world. With consciousness, we move beyond uncontrolled reactions and emotionality to interact and to create with awareness.



Sixth Chakra: Activate the Pituitary Gland

This set uses a variety of postures to simultaneously activate the pituitary gland and to prepare the body and spine to be channels for Kundalini energy. In the spaces between exercises, sit for a moment and use root lock (pull and release several times) to connect the base of the spine with the third eye.

1. With right knee bent, right foot flat on the ground, extend the left leg straight back, hands on the floor to balance. Hold head up and slightly back, and elongate the spine at the neck and focus at the third eye. Breathe slowly and deeply into the neck and third eye for 1 minute, then do Breath of Fire for 2 more minutes.



2. From the position in #1, bring the right knee down to the ground and rest the body over the thigh, forehead on the ground. The left leg is stretched back. Use the hands to balance in this position. Breathe slow and deep into the third eye for 1-3 minutes.



3. Repeat exercises #1 and #2 on the other side.

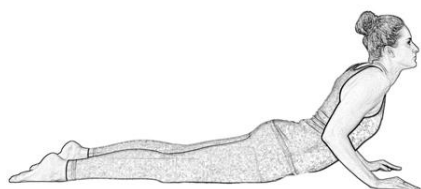


4. Standing with the legs about 2 feet apart, stretch up to elongate the spine. Bend from the hips and stretch forward, bringing the hands toward the floor, touching it if possible. Stretch up and down a couple of times to loosen the spine, and then hold the downward position with long deep breathing for 1-3 minutes.

5. Slowly stand up with the legs about 2 feet apart. Bring the arms up to 60 degrees, thumbs pointing up, fingertips on the pads below the fingers, elbows straight. Do Breath of Fire or long deep breathing for 1-3 minutes. Feel the thumbs as antennae and pulse the top of the head with the breath. To end, inhale deeply, suspend the breath as you slowly bring the fingertips together above the head. When they touch, exhale slowly and sweep the arms down the sides, clearing your aura.



6. Go into Triangle Pose with the feet flat on the ground. Begin with the fingertips on the ground and then switch to having the palms flat on the ground. The pressure on the fingertips strengthens the nervous system. Even 1-2 minutes once or twice a day will make a big difference. Hold the position for 1-3 minutes. Come down and relax on your stomach.



7. With hands on the floor under the shoulders, come up into Cobra Pose. Heels are together and pelvis is on the floor. Elongate the spine from the neck. Slowly come up and down several times to loosen the spine before holding the position with long deep breathing for 1 minute. Then inhale, slowly turning the head to the left. Exhale as you slowly turn the head to the right. 2 minutes. To end, inhale deeply, hold the breath, and pull the root lock. Repeat 2 times. Relax on the stomach. Let go and breathe with Mother Earth.

8. Sitting on the knees with the knees spread apart, bring the forehead and the palms to the ground in front of the spread knees. Inhale as you come up “standing” on your knees, stretching the arms up and out in a welcoming manner, opening your heart. Exhale down. Continue for 1-3 minutes.



9. Sitting on the heels, knees together, fingers interlaced behind the back, bring the forehead to the ground and lift the arms up straight as far as you can. Hold the position with long deep breathing. Focus at the third eye for 2-3 minutes. Then sit in Easy Pose or on your knees and go deep into the third eye. Look into your inner space that opens up at your “oneness” eye. Relax deeply on your back.

Meditate with a mantra meditation of your choice.

Sixth Chakra: Awaken Your Silent Observer

Warm up your spine with Spinal Flexes, Cat Cow, and Leg Stretches and any of your favorite exercises. Chair Pose is a very powerful preparation for awakening your silent observer.

Before doing this set, choose a situation in your life for which you wish to receive a neutral soul perspective. Then let it go and work on letting go of resistance, releasing your stories and being receptive to your soul and universal truth.

1. Sitting on your knees, pull up on your diaphragm and back of your neck to elongate your spine. Bring the right arm straight out in front of the body, palm facing down. Bring the fingertips of the left hand to the third eye in the center of the forehead. Thumb points up. Pump your navel fast with Breath of Fire so that your body shakes. The powerful movement cleanses the subconscious. 1-3 minutes. To end, inhale and exhale powerfully 3 times. Then inhale and exhale, hold the breath out as you squeeze every muscle in your body. Deeply inhale and exhale again, repeating the sequence twice for a total of 3 times.



Relax on your back and let go or sit and meditate at your neutral observer third eye. See with clarity and neutrality.



2. Arms are extended out from the heart center with the elbows slightly bent, palms facing up, hands slightly cupped. Tilt your head back slightly and open your mouth, relaxing the lips and tongue. Pump your navel with Breath of Fire, panting with open mouth, for 1-3 minutes. Bring the fire of the navel up to your heart. To end, inhale deeply, suspend the breath for 20 seconds as you lock the back molars and pressurize your jaw. Exhale powerfully and repeat 2 more times.

Feel your neutral space expand to include your heart. Mind and heart are one. Together they perceive with clarity, non-judgment, and kindness. Relax on your back and let go, or sit and meditate.

3. In Easy Pose, bring arms out in a welcoming manner. Inhale deeply and hold the breath as long as you can while crisscrossing the arms in front of the chest. Alternate which arm goes on top. Exhale, inhale again, and continue the motion. Do it slowly enough to feel the self-embrace. Embrace yourself and your whole life. 1-3 minutes.



Inhale deeply, extend your arms out, suspend the breath, and open your heart to yourself. Let go of stories and neuroses that don't compute from an awakened mind and heart. Exhale powerfully, inhale deeply, and repeat 2 more times.

Meditate deeply into your third eye and heart and simply be receptive to seeing the truth of life, yourself, and any situation.

Deeply relax on your back. Let every part of your body be rejuvenated, and allow yourself to sleep. It is time to let go of some baggage that no longer serves you. You will feel lighter, refreshed, and renewed.



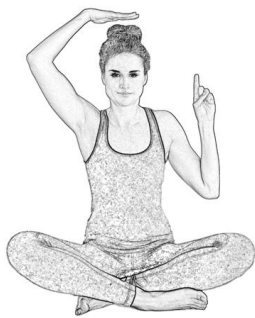
We commit to our daily sadhana to heal our mental and emotional wounds and to enjoy our Divine Connection. As we immerse ourselves in our neutral peace channel, we are healed by Divine Love.



Sixth Chakra: Your Intuitive Heart/Mind

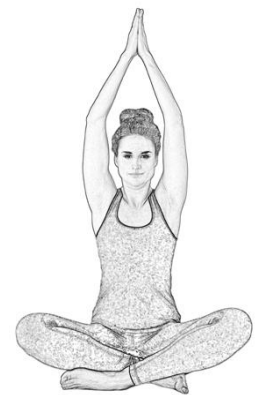
During these exercises and in the spaces between, train yourself to *listen deeply, feel deeply, and be aware without thinking*. These are the basic faculties that must be awakened to activate your inner-guidance system and to be able to use it. The breath works on strengthening the nervous system and calming the mind, which makes it possible to *listen, feel, and be conscious*. It is a great pleasure to activate your capacity to use these faculties and to become more connected to your inner self. You will enjoy a profound happiness that awakens within. You will know because a smile will appear on your face for no identifiable reason.

1. In Easy Pose, place left hand over the heart chakra, right hand facing forward with thumb over last three fingers, forefinger pointed up. Right arm is to the side and very slightly back so you can feel an activation at the heart chakra and in the spine at the level of the heart. Pull up on the diaphragm and back of the neck to keep the spine activated and straight, with no weight on the buttocks. Inhale slowly and deeply through the nose, suspend the breath, then exhale slowly with a whistle through the mouth. With each breath, reach deeper into your heart and inner space. Connect with the silence, the stillness, and the purity of your soul. Find the quality that is the essence of your soul and merge with and enjoy that quality. 5-7 minutes.



2. Place left hand in the same position as the right hand in exercise #1. Right hand is slightly above the crown chakra or lightly touching. Feel the sensation at the crown to determine the right position. You may feel a pulse and the hand will create an activation. Maintain the upward pull on the spine. Continue with the same breath for 4 minutes.

3. Bring your hands above your head, palms touching, thumbs interlaced, and fingers pointing up. Stretch your spine from your armpits. Continue with the same breath and feel the activation in the spine. 2-3 minutes.



Your Life Is in Your Chakras



4. Place left hand on the chest at the level of the heart, right hand on top. Feel deeply into your heart space that expands to include head, heart, and body. Feel the wave of your breath in your chest connect your whole being in oneness. 3-4 minutes or more.

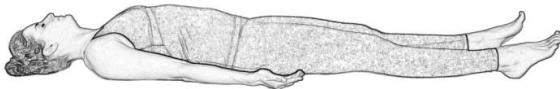
5. Place your hands (right on top of left) on your navel. Chant HAR as you press the navel gently with your hands. 3 minutes. Feel the HAR connect heart and navel.



6. Interlace your arms in front of your chest, hands grab on to the opposite arm above the elbow. Hold arms shoulder level, parallel to the ground. Inhale deeply, suspend the breath for 10 seconds or more, squeeze the muscles of the whole body and pressurize the spine with the locks. Exhale powerfully. Inhale again and repeat 2 more times.

Simply be available to receive messages from your inner-guidance system. Mind, navel, and heart have merged into a coherent inner-guidance system. Listen and feel deeply with consciousness. Absolutely resist thinking!

Relax on your back. Enjoy feeling whole and trusting yourself.



Seventh Chakra: Awakening the Lotus Crown: Cosmic Connections

When we get to our crown chakra, it is like reaching our destination. Bliss awaits us if we can be still and sensitive enough to process the experience. Yet, we cannot jump off the top of the mountain and expect to fly. We have to stay connected to our earthly roots to pull in the higher vibrations.

1. Stand with the legs about 2 feet apart. Bring the arms up to 60 degrees, thumbs pointing up, fingertips on the pads below the fingers, elbows straight, and do Breath of Fire or long deep breathing. 1-3 minutes. Feel the thumbs as antennae and pulse the top of the head with the breath. To end, inhale deeply, suspend the breath as you slowly bring the fingertips together above the head. When they touch, exhale slowly as you sweep the arms down the sides to clear your aura.



Stand and feel the soles of your feet connected to the Earth. Feel the top of your head open to the cosmos. Feel your feet and your crown connected along the whole length of your spine.

Cosmic Connections

All postures with the hands held above the head awaken the crown chakra. Do them with long deep breathing or Breath of Fire as you hold the hand positions in the following three exercises for 1-3 minutes each. Feel the pulse at your navel activate the pulse and sensations at the top of your head.

To end each exercise, inhale deeply, suspend the breath, relax the body, and pull the energy from the base of the spine up to the third eye and out the top of the head. Exhale powerfully and repeat 1 or 2 more times. Then bring your hands down and deeply listen to the silence within and feel the vibration in your body for 3 to 5 minutes or as long as you wish.

2. Hands interlaced above the head about 4 inches. Pull on the hands and resist opening them.



3. Hands interlaced above the head about 4 inches with forefingers pointing up. Pull on the interlaced hands and resist opening them.

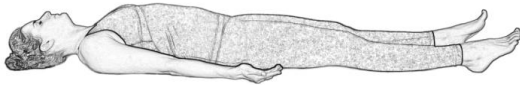
4. Tips of fingers and thumbs touching with fingers spread apart making a teepee 4 inches above the crown chakra.





5. Whistle Breath: Sit with arms over the head, palms held together, and thumbs interlaced. Stretch the arms up and back, leaning the body back slightly and applying a light root lock to stabilize the posture. Pull up on the spine with the arms, keeping the arms close to the head. Breathe long and deep through the puckered mouth, making a whistle on both the inhale and exhale (at least try to whistle). Continue for 3-11 minutes to awaken your Divine Connection. Listen deeply to the breath and the whistle inside your head. End as in the cosmic connection exercises.

6. Relax on your back and enjoy being infused with Light and Love.



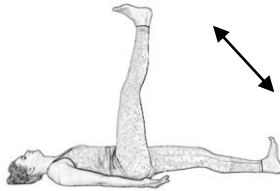
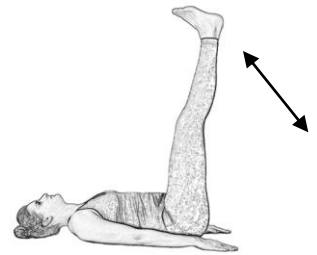
*In sound, find silence.
In resonance, find unity.
In vibration, find peace.*



Kriya to Claim Your Aura

We claim our aura by activating all our chakras and enjoying our physical and emotional energy and our inner space as our own. This set releases muscle tension, activates our spine, and grounds us in our body, so that our whole body can join in and support our inner awakening.

1. Lying on your back, heels together, flex the feet toward the head, heels pushed out. With the lips forming a circle, do Breath of Fire through the mouth as you raise the legs up to 90 degrees and lower them to the ground. Keep the feet flat and stretched from the heels up the back of the legs to the hips. As you move the legs, claim your space around your lower body. 1-3 minutes. To end, inhale deeply with the legs up, pull the root lock, and exhale down. Relax. Feel the pulse at your navel center.



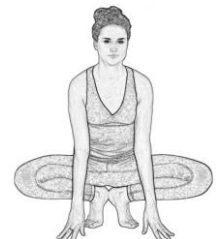
Then raise alternate legs with the same breath and flat feet for 2 minutes. Relax on your back. Feel the pulse at your navel.

2. In Cow Pose with hands under the shoulders, extend alternate legs back and slightly up, but do not overextend the back muscles. Again, clear and claim your space with your leg movements as you do the same Breath of Fire through the mouth in a circle. 1-3 minutes.



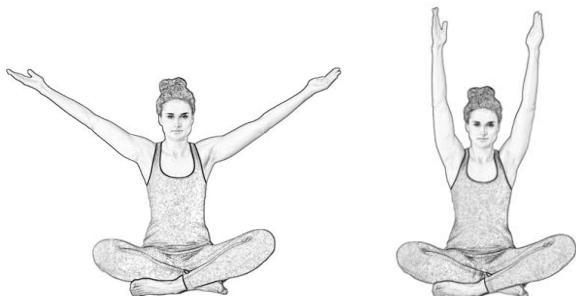
3. Still on your hands and knees, raise the right arm straight out in front as you raise the left leg out and back. Then lower them and raise the left arm and right leg. Alternate with the same breath as in the previous exercises for 1-2 minutes.

4. Frog Pose: On tiptoes, inhale into the up position, exhale down, keeping the fingertips on the ground and heels together. Work up to 26 and then 52. At the end, be sure to stretch your legs in the standing position with a few long deep breaths or sitting with the legs stretched out in front.



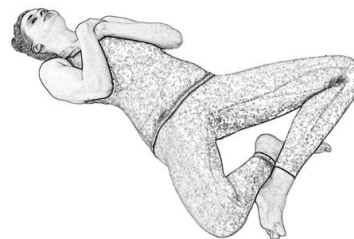
Your Life Is in Your Chakras

5. In Easy Pose, pull up on the spine from the diaphragm, tuck the chin, heart out. Maintain this extended posture as you bring the arms up to 60 degrees, palms facing each other, elbows straight. Inhale, bring the arms straight up overhead, then exhale and lower them to 60 degrees. Claim your arc line around your head. Continue rhythmically for 2-5 minutes. Mentally chant SAT on the inhale, NAM on the exhale.



To end, inhale deeply, stretch up on the spine as far as you can, exhale, and shake your whole spine and body. Relax and meditate deeply within. Claim your space within and without.

6. On your back with your legs crossed at the ankles, hands on the heart, relax deeply. Feel deeply connected to and enjoy your own space within and without.



Chant your favorite mantra for 11 minutes and enjoy the effects.

Kundalini Yoga and Meditations offer us a heart-centered approach to both our upper and lower chakras. Our experience of the stable polarity in our upper chakras helps us establish and maintain our Divine Connection. Our experience of the flowing polarity in our lower chakras honors our feelings, emotions, our body, and our connection with Mother Earth.



All-Chakra Set

This set works on all the chakras to produce an experience of aliveness in your body (lower chakras), an awakening of awareness (upper chakras), and centering in your heart. Each exercise works on many and sometimes all of the chakras at the same time. Be aware of how the chakras support each other; for example, (1) the connection in the spine between the first and seventh chakras, (2) how the root lock and the navel activate the third eye, and (3) how the fire at the navel clears the solar plexus and awakens the heart. Through focus and feeling, consolidate the many effects into an enjoyable experience of Self.

This set can also be used to become aware of your chakra voices. After the exercises for each chakra, deeply listen and deeply feel the spine at the location of that chakra.

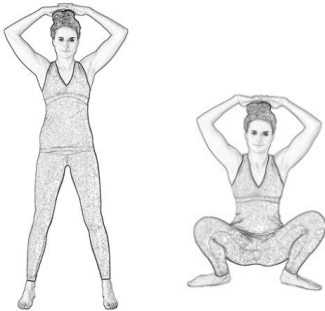
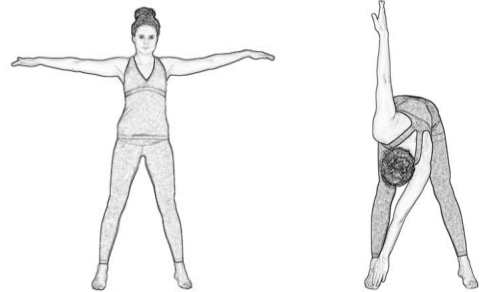
Do each exercise for 1-2 minutes depending upon how much time you have. Make sure to leave at least 30 seconds to 1 minute at the end of the exercises for each chakra to consolidate and enjoy that experience or to listen to and feel each chakra.

Sit quietly, slow down your breath

Feel the wave of your breath in your body and be aware of your spine. Pay attention to the feelings and experiences that are yours.

Root Chakra — Plug In

Standing Exercises: Stand with feet more than shoulder-width apart, arms are out to the sides with palms facing down. (a) Bring the right hand to touch the left big toe as the left arm comes straight up. Come back up with arms out to sides, and now bring the left hand to touch the right big toe and raise the right arm. Continue in a slow conscious movement for 1-3 minutes.



Squats: Stand with the hands interlaced on top of the head. Exhale as you squat down, pushing the feet into the ground. Inhale up. Work up to 26 and then 52. Makes your legs strong as steel.

Spinal Flexes: In Easy Pose with the hands holding the ankles, lightly pull on the hands as you inhale, pressing the spine forward. Exhale as you release the spine backwards. The head is relaxed and can move slightly, but it does not bounce up and down. As you flex your spine, connect the base of your spine to the Earth. 1-3 minutes.



Root Lock: Pull and release the root lock to activate your root at the base of your spine. Pull energy from the center of Earth. Feel the connection between the root and the crown.

♥ **Grounded:** Move out of thinking into feeling awareness. Feel your spine as the channel for the energy of your soul to move from the base of the spine up to the top of your head and back down again. Feel your body as your soul's home during your visit to Mother Earth.

Sex Chakra — Unleash, Freedom

Deep Abdominal Breathing: Fill your belly with nurturing energy. Expand from within on the inhale. Release and let go on the exhale.

Spinal Grinds: In Easy Pose with hands on your knees, rotate your torso from the belly counterclockwise in a deep grinding motion. Coordinate long deep breathing with the movement. Slowly in your own rhythm awaken the flowing spiral energy. To end, stop consciously doing the exercise and allow the movement to continue on its own. Then feel the internal spiral energy continue even when the body looks still. 1-3 minutes.

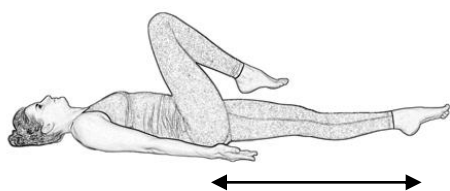


♥ **Flowing:** Sit quietly and feel the flow continue to move in your spine.

Navel Chakra — Come Alive

Leg Stretches with Breath of Fire

Extend the leg, knee must be straight and the heel must be pulled away from the body so that you feel a stretch from the heel all the way up the leg to the center of the hip. After creating this stretch, grab onto your leg where you can maintain the sciatic activation. Keep the spine straight and do not bend the head and collapse the chest to try to bring your head to the knee. Breath of Fire. 1-2 minutes each leg.



Push Pulls: Lying on back, lift both legs 1-2 feet (where you can feel an activation at the navel) and begin a push-pull motion, alternating between bending one knee toward the chest, moving from the hips, and lowering the leg so it is parallel to the ground but still elevated, for 1-2 minutes. Rest.

Stretch Pose

Relax on the back and feel the pulse at the navel. (See #7 on page 273.)



♥ **Alive and Centered:** Feel the pulse at the navel and the aliveness in your whole body.



Solar Plexus — Deepen

Posture and Diaphragm Breathing, long and deep

With the breath and posture, open the passageway to the heart. Pull up on the diaphragm to elongate your spine.

With long deep breathing, bring the fire from the navel up into the solar plexus.

Spinal Twists: Place hands on the shoulders, fingers in front, thumbs in back. Inhale left, exhale right. 1-2 minutes.



Hands in Prayer Pose

Feel the wave of your breath in your chest and heart. 1-2 minutes.

♥ **Depth:** Go deep within and find humility, innocence, honesty, purity, and sincerity.

Heart Chakra — Warmth, Self-Love

Check Your Posture and Breath

Sit tall, continue to pull up on the diaphragm. Pull up on the back of the neck and slightly tuck the chin to open the chest and your heart. Feel the wave of your breath in your chest and heart.

Arm Rotations

Bring your hands straight out to the sides, parallel to the ground, palms up, and rotate the arms backwards in circles. 1-2 minutes.



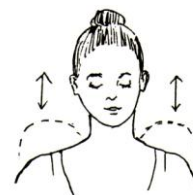
Hands on Your Heart

Listen to your heartbeat. 1-3 minutes.

♥ **Warmth:** Feel and love the warmth in your spine.

Throat Chakra — Express, Claim Your Voice

Shoulder Shrugs: Inhale, bring shoulders up; exhale, relax them down. Continue rhythmically for 1-2 minutes and then relax the shoulders down and let go of tension. Brush off your shoulders feeling yourself releasing burdens and stress. 1-2 minutes.

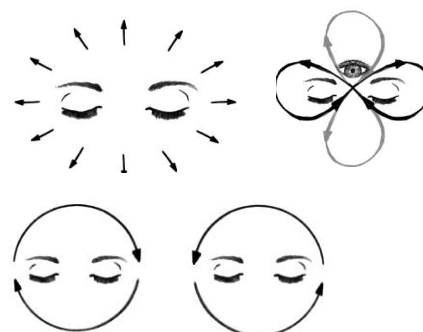


Neck Lock: Position head slightly back, pulling up on the spine, tucking chin to open throat and elongate spine.



Neck Rolls: Sitting on knees or in Easy Pose, slowly tilt the head from side to side. Then roll the head gently in small circles, ironing out kinks as you go. Then reverse directions and continue. Keep the spine straight with the diaphragm pulled up. Pull up on the neck, elongate the spine, and feel the head floating on the spine. 1 minute each direction.

Eye Exercises: With the eyes closed, look up and down several times; look to the right and then to the left several times; look diagonally (10:30 to 4:30 on the clock) several times; look diagonally (7:30 and 1:30) several times. Then make figure eights up and down and then switch directions; make figure eights right to left and then switch directions; do them diagonally and then switch directions. Make counterclockwise circles and then clockwise circles. 2-5 minutes.



Do Neck Rolls Again

Chant SAAAAT NAM

Open your throat. Relax mouth, tongue, neck, and shoulders.

SAT NAM: Call upon the truth and identify with this experience. 2-5 minutes.

♥ **Vibration:** Feel sound and breath in the throat.

Third Eye, Ajna — Neutral Observer

Bow to the Infinite: Sit on the heels, palms on the floor in front of the knees, spine and arms straight. Bend forward and touch your forehead to the ground as you say GURU. As you rise up, say WAHE. Continue at a moderate rhythmic pace for 2-3 minutes. To end, sit up, pull up on the spine from the diaphragm and neck, inhale deeply, suspend the breath, and deeply listen to the mantra within. Exhale. Listen within to the mantra chant back to you.



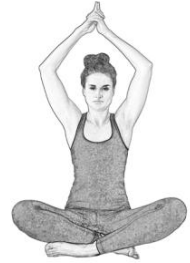
Root Lock to Third Eye

In Easy Pose or on the knees, lightly pulse the root lock to the third eye.

♥ **Awake:** Observe with consciousness.

Crown Chakra — Oneness with the Divine

Cosmic Connection: Hands interlaced above the head about 4 inches with forefingers pointing up. Pull on the interlaced hands and resist opening them while doing Breath of Fire. Pulse the Breath of Fire at the navel and crown chakra.



To end, inhale deeply, suspend the breath, relax the body, and pull the energy from the base of the spine up to the third eye and out the top of the head. Exhale powerfully, and repeat 1 or 2 more times. Then bring your hands down and deeply listen to the silence within and feel the vibration in your body for 3 to 5 minutes or as long as you wish.



Arms above the Head with Breath of Fire

Pulse the Breath of Fire at the navel and crown chakra, opening the 1,000-petaled lotus on top of the head. 2-3 minutes. End as in first exercise.

♥ **Oneness:** Merge into the vastness of your inner space.



Bring arms up to 60 degrees, palms facing up.

With long deep breathing or Breath of Fire, feel a funnel on the top of your head beaming in golden light, bringing

- Light to your mind
- Relaxation to your throat and shoulders
- Warmth to your heart
- Deep passion to solar plexus
- Pulsating aliveness to navel
- Spiraling, flowing expansion to abdomen
- Rooted security from tail to center of Earth



Aura — Wholeness

Feel your spine, body, and aura simultaneously to consolidate a sense of Self — I AM!

Enjoy Being You!

Spinal Awakening Chakra Set

Do each exercise to both unblock and generate energy. Then inhale deeply, suspend the breath and pull the appropriate locks to stimulate that chakra. Exhale and repeat again on the suspended exhale. Feel the aliveness in the spine at the level of that chakra.



Leg Stretches

With Breath of Fire, pulse the third eye with navel, activate spine between navel and third eye. 1-2 minutes on each leg.

Spinal Rotations

Slowly in your own rhythm awaken the flowing spiral energy in your spine. No locks. Let the energy flow. 1-3 minutes.

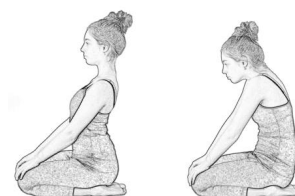


Spinal Flexes in Easy Pose

Enjoy the rhythmic movement and awakening at the base of the spine. To end, apply root lock just at the anus. 1-2 minutes.

Spinal Flexes on the Knees

Feel the rhythm and the stretch awaken the spine from the belly up to the heart. To end, root lock with navel and anus. 1-2 minutes.

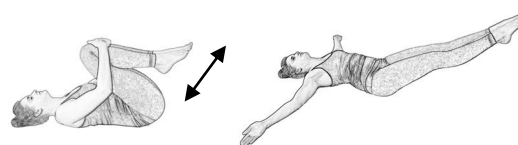


Leg Lifts

Inhale up, exhale down. 1-2 minutes. To end, inhale in the up position and pull in the navel and anus. Exhale down, pull navel, anus, and diaphragm lock.

Centerline Stretch

Feel the activation of the spine from the base of the spine up to the heart. To end, pull root lock with navel and anus and with diaphragm on the suspended exhale. 1-3 minutes.

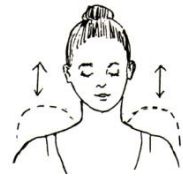


Spinal Twists

Awaken the solar plexus and heart. To end, pull diaphragm lock while suspending the exhale. 1-2 minutes.

Shoulder Shrugs

Do them at the speed that releases stress in the neck and shoulders. To end, pull all the locks, including neck lock, elongating the spine. 1 minute.



Neck Rolls

Relax the neck, mouth, and face. 1 minute each direction.

Cat Cow

Breath of Fire in Cow Pose down the chakras and then in Cat Pose up the chakras. 1-3 minutes each position. Then with root lock, pull energy from lower chakras up to the third eye.



Cosmic Connection

Hands in a teepee 4 inches above the head, tips of fingers and thumbs touching with fingers spread apart. To end, use all the locks, pulling energy from the base of the spine up to the top of the head.

Sat Kriya

See page 305.



Deep relaxation



This set can be followed by a mantra meditation of your choice. It is a good one to do before the Laya Yoga meditation.

Don't chase a teacher. Just take the technology and do it. Each kriya, each meditation, each mantra is your teacher.



All-Chakra Energizer

This is a quick all-chakra energizer that can be done alone, as a warm up exercise, or before any meditation. You will feel greatly energized and centered.

1. First, do a few Cat Cows to warm up your spine.

2. In Cow position with hands under the shoulders, kick buttocks with the left leg and then with the right leg. 1 minute each leg.

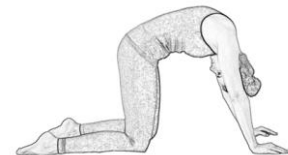


3. Still in Cow Pose, stretch the spine as you do Breath of Fire, focusing first on the crown chakra and then moving down the chakras. Spend at least 30 seconds and up to 1 minute on each chakra. Pulse each chakra with the pulse at the navel. You can spend more time on one chakra as you feel the need for its activation.



4. Inhale deeply as you slowly move into Cat Pose.

5. In Cat Pose, do Breath of Fire, focusing first on the root chakra. Progressively pulse each ascending chakra with the navel pulse until you reach the crown chakra.



Then inhale deeply as you slowly move into Cow Pose. Slowly move between Cow and Cat a few times and then lie down on your back and relax for a few minutes.

Follow with any meditation.

Kundalini Yoga Meditations

Sat Kriya

Sat Kriya can be done at the end of another kriya, after a few warm up exercises, or following a kriya and deep relaxation as a meditation. Sat Kriya is fundamental to Kundalini Yoga and is one of the most effective kriyas to repair and reverse the damage done to our system from stress. It is recommended to include at least 3 minutes of Sat Kriya in our daily practice. Sat Kriya activates the navel center, creating the tappa (heat) necessary to awaken the Kundalini. It stimulates the whole spine and impacts all the chakras as it clears the spinal pathways for the Kundalini to rise.



Directions for Sat Kriya

Sit on the heels and stretch arms overhead, elbows hugging ears, fingers interlocked, index fingers extended straight up. Mental focus is at the third eye, which creates a destination point for the awakened energy.

Chant SAT NAM in a constant rhythm of about 8 times per 10 seconds or at a pace that you find comfortable, being careful not to speed up. Chant from the navel and solar plexus, pulling the umbilicus into the spine on SAT and relaxing the belly on NAM. (“Sat Nam” rhymes with “but mom.”) This creates a wave-like motion in the spine, with SAT creating a wave up the spine, and NAM allowing a wave down the spine.

Focus on pulling the navel point in, but do not try to consciously apply root lock. The lock will occur naturally as the muscles used to pull in the navel are connected to the other muscles used in the root lock. The hips and spine do not flex, as the only motion is a slight up and down movement of the chest and arms with each SAT NAM.

To end, inhale deeply, suspend the breath and lightly apply the locks, using the muscles from the anus, sex organ, perineum, diaphragm, and neck to allow the energy to flow up the spine and out through the top of the head. Exhale powerfully. Inhale deeply, exhale, hold the breath out, and apply the locks. The locks on the suspended breath can be done several times. Do the locks while suspending the breath on both the inhale and the exhale to balance and mix prana and apana.

If you have not taken drugs, or have cleared your system of all their effects, you may choose to practice the kriya with the palms open, pressing against each other. This releases more energy but is not generally taught in a public class because someone may have weak nerves from drug abuse. It is also harder to maintain the position when the fingers are not interlaced.

Your Life Is in Your Chakras

Continue for at least 3 minutes. Time may be built to 31 minutes, but 5-11 minutes is good. One way to build duration is to start with 2-3 minutes and rest for 3-5 minutes, and then repeat 2-3 minutes practice, 3-5 minutes rest. Or simply increase by one minute a day, or as you feel appropriate for yourself.

Always end with a long deep relaxation immediately afterwards. Ideally, you should relax for twice the length of time you practice. Never jump right up after any amount of time, even if you are feeling strong. Give your body the time it needs to integrate the effects; you want to ground in the benefits.



*Our dedicated practice delivers results in the currency of experience.
We discipline ourselves to have an experience, so we can live and
share from our awakened consciousness.*



Meditation for Opening up Psychic Abilities



This pranayama meditation opens up psychic abilities. It is only in a deep sensitive state that we can instinctually identify our fears and the programming that activates our anger and sadness. In this way, we can free the lions of fear, anger, and sadness that guard our heart. When we love these powerful lions, they become guardians and cease to be saboteurs.

1. Form a pyramid with hands in front of solar plexus, tips of fingers and thumbs touching, fingers apart. Inhale through the mouth, breaking each inhale into 8 equal parts.
2. Exhale through the nose, breaking each exhale into 8 equal parts.
3. Lightly pump the navel with each inhale and exhale.
4. Mentally repeat **SA TA NA MA** on the breath.
5. Focus eyes down toward the chin.
6. Repeat for 11 minutes. Then inhale deeply, exhale deeply, and apply the diaphragm lock. Repeat 2-3 times.
7. Feel deep into your solar plexus and heart and love the lions until they open your heart.

Easy Meditation to Get Up and Go

This is the meditation of choice when you don't feel like going anywhere, but you have things that you must attend to. Also good for those unable to sit.



Lying on your back, body relaxed, arms resting to the sides, pump the navel (pulling in and releasing). Once you have the rhythm, begin chanting **HAR HAR HAR HAR** with the tip of the tongue in coordination with the pumping of the navel. Move the navel and gradually engage the root lock, activating the whole spine. Practice for 5, 11, or 15 minutes. The activation of your navel center and spine will give you energy to do what you have to do.

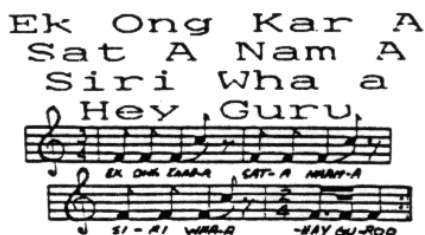
Laya Yoga — Spiral Mantra Meditation

This Laya Yoga meditation activates and spirals vortex energy in and up your spine.

Sit in a meditative posture with spine straight. Place hands in lap, left on top for women, right on top for men. Pull the muscles at the rectum, focusing at the base of the spine.

Chant the three-cycle spin chant, spinning the sound up the spine all on one breath. Let go and get lost in the spin.

**EK ONG KAR A
SAT A NAM A
SIRI WHA A
HEY GURU**



On EK, sharply contract the navel; allow navel energy to descend to the rectum and sex organs. On the first “A” (after KAR), pull root lock (anus and sex organs).

On the second “A” (after NAM), pull the diaphragm in and up, feeling energy spiraling up the spine and through the chakras.

On the “A” after WHA, pull the chin lock (pull up and elongate the spine from back of neck). Feel the energy spiraling up through the neck.

On “He,” relax the locks and allow the spinning energy to leave through the crown chakra.

The full cycle is chanted in one breath. Continue for 11 to 31 minutes.

COMMENTS: This meditation awakens us to the unseen creative Flowing Force that animates all life. When we feel the Flow in our body and spine, we are energized and uplifted to a higher vibratory level. This meditation merges us in oneness with the ever-changing movement of the creative process of life. *We begin to relate to the ever-changing dynamic of the universe and the flowing polarity of our soul.*

As Yogi Bhanjan explains, “Laya means the suspension of the ego as your consciousness dwells in the Infinite.”⁶⁵

Kirtan Kriya ***(Sa Ta Na Ma Meditation)***

This is one of the basic meditations given by Yogi Bhajan for clearing the subconscious. Practice it for 40 days at least. When you are ready to commit to a serious practice, 1,000 days is your ticket to inner mastery. It must be done with awareness for 31 minutes a day.

Releasing Imprints and Auric Cleansing

Do you think about an old lover and want to be liberated from the grips of the past and release him or her from your aura? This is the meditation! There is nothing more powerful to release the auric pain (attachment) caused by the pulling apart of intermeshed auras that women and men suffer from when they break up with a lover. This meditation *clears subconscious programming* that caused the situation in the first place, *and* it reestablishes your aura as your own.

Primal Sounds of Evolutionary Change

SA TA NA MA incorporates the nuclear sounds of SAT NAM. SA TA NA MA uses primal sounds to connect us to the evolutionary nature of existence itself. It is referred to as the *panch shabd*, which means a mantra with five sound currents. The fifth sound is "A." When we chant SA TA NA MA, we imprint the evolutionary code of the Universe into our human psyche.

SA is the beginning, Infinity, the totality of everything that ever was, is, or will be.

TA is life, existence, and creativity that manifests from Infinity.

NA is death, change, and the transformation of consciousness.

MA is rebirth, regeneration, and resurrection, which allow us to consciously experience the joy of the Infinite.

Sit with a straight spine, hands on the knees and elbows straight, and meditate at the brow point, chanting the five primal sounds:

SA TA NA MA

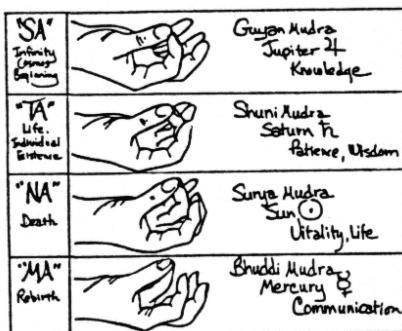


On "Sa," touch the Jupiter (index) finger to the thumb on each hand.
 On "Ta," the Saturn (middle) fingers and thumbs touch.
 On "Na," the ring fingers and the thumbs touch.
 On "Ma," the Mercury (little) fingers and thumbs touch.
 The pressure is about 5-10 pounds and should not create stress.



Your Life Is in Your Chakras

Meditate on these primal sounds in an “L” shape: let each sound, SA - TA - NA – MA, enter through the crown chakra and project it out to Infinity through the third eye.



Readjusting Brain Patterns with Finger Pressure

Jupiter/Gyan: Knowledge, expansion, opportunities

Saturn/Shuni: Wisdom, maturity, grounding, patience

Sun/Surya: Vitality, energy, radiance

Mercury/Budhi: Communication

- ◆ For the first 5 minutes, chant **out loud** (the voice of humans).
- ◆ For the second 5 minutes, chant in an **audible whisper** (the language of lovers).
- ◆ For the next 10 minutes, chant **silently** (the language of the divine). Continue the finger movement. Keep visualizing the mantras moving in an “L” from the top of the head and out the third eye. Use the mouth to make the sounds, even though they are silent.
- ◆ Then 5 minutes **whisper**.
- ◆ End with 5 minutes **out loud**.

During the last, 31st, minute, listen inside and hear the mantra and experience the “L” in the head, but discontinue the finger movements.

Each time you close a mudra by joining the thumb with a finger, your ego “seals” its effect in your consciousness. *It is important to do this meditation properly, using the “L” form so that the sound follows the “Golden Cord,” entering at the Tenth Gate (top of the head) and projecting out through the third eye to Infinity. As always, the spine must be straight and the chin lock applied. (Pull up on the spine from the back of the neck.)*

COMMENTS: All meditation begins and stops at “Sa Ta Na Ma” — there is nothing beyond it. Kirtan Kriya is the most important meditation in Kundalini Yoga. If you could do only one meditation, this is it! This meditation does everything for you as you need it and in the proper order. It can be your best friend.

Kirtan Kriya has many beneficial effects. It clears the subconscious mind and, as a result, disentangles us from stories and confusion of emotional reactions and attachment. We transcend conflictual duality as our mind goes into a neutral space of clarity and peace.

A powerful mental cleanser, Kirtan Kriya is a catalyst for change. You may go through a lot when you do it daily because you will be releasing a lot. Be present to what you are experiencing and be willing to let it all go. The process will allow you to give all your garbage back to the Infinite. If you want to maintain the status quo, don’t do this meditation. If you are willing to change and welcome a new dimension of being, this meditation is for you.

Natal Rebirthing Meditation

Sit in Easy Pose with a straight spine, arms at sides, hands at the level of the solar plexus, palms facing up. Lock index and middle fingers under the thumbs with the ring and little fingers straight, together, and relaxed. The last two fingers are pointing toward each other about an inch from the fingers on the other hand.

Inhale and exhale through the open mouth, creating the sound
AAAAAkkkhh

in the throat. Make deep intense sounds as you pull the sound with the breath deep from within on the AAAAA, and then let it go on the KKHHH. The rhythm is fast, about 40 inhales and exhales per minute. Do it for 3 minutes, which will feel like a long time if you do it powerfully, which is the intent of the meditation.

To end, inhale, lock the teeth, concentrate, and suspend the breath for 20 seconds. Then exhale powerfully. Repeat two more times and on the last suspended breath, feel and circulate the breath throughout the body. Then bring your hands down. Simply smile, silently, for 2 minutes. Then laugh, gently for 3 minutes. Then DEEPLY LISTEN!

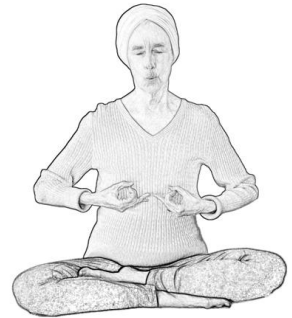
COMMENTS: Do not jump up after this meditation. Sit silently, listen, and feel deeply for at least 10 minutes. This meditation allows you to release a lot of garbage. As you are smiling, don't think of anything except that which makes you smile. Feel good, feel elevated, feel blissful. It will totally recuperate your personality. With this energy, you can heal yourself: the sad self, the destructive self, and the negative self. When laughing, it is as if you are seeing something wonderful happening and you are enjoying it. Don't get specific, simply enjoy the feeling experience.

Jod Kriya: Meditation for Heart Chakra

This meditation is very relaxing and good for the nerves. It heals a broken heart and opens one to receive love.

Palms are pressed lightly together in front of the face, tips of the middle fingers are at the level of the brow. Forearms are horizontal, parallel to the ground. Look within at the brow and feel the heart. There is no specified mantra or breath. Simply hold the position and connect within.

Practice for 11 or 31 minutes. To end, inhale deeply, press the hands together, pressurize the whole body, and pull the locks. Exhale powerfully and repeat two more times. Then stretch up and shake out your whole body.



Dhrib Dhristi Lochina Karma Kriya **Silent Meditation to Center and Balance**

Sit with a straight spine, hips and shoulders in a line. Lock the tips of the front teeth together. Focus the eyes on the tip of the nose with the tongue touching the upper palate (which should occur automatically within about 1 minute). From the third eye (between the eyebrows) silently project the mantra

SA TA NA MA

Beam it out, creating an internal harmony. Coordinate the mantra with the breath. Usually one or two repetitions of SA TA NA MA are used with each inhale and each exhale. Continue for 31 minutes.



Sit quietly and be aware of a light beaming out from your third eye. Even if you don't see it, focus and feel the energy consolidate. You will feel very centered.

COMMENTS: "Dhrib Dhristi Lochina Karma Kriya" means "the action of acquiring insight into the future." This powerful, simple meditation was first taught on the eve of a full moon when the effects are greatest, as the subconscious mind is then fully open to its vibratory action.

Although most meditations require long periods of practice for mastery, it is possible to master this one in a single or several sittings, because of the wide range of individual differences in practitioners and the uniqueness of the meditation.

Although the meditation should be practiced for at least 31 minutes at a sitting, the minimum (compromise) time is 15 minutes, and to master it you should practice for 90 minutes. Three hours of practice will open up your psychic capacities. But in only 3-11 minutes of practice, you can go inside, tune out external distractions, and center yourself. You can do it on the bus or standing in line, or at work when you cannot be alone.

Honestly practice it for the longer times and the following things will happen: Your eyes will have the power to heal anyone. Your words will have the power to penetrate deeply. You will learn to talk inspiringly, and your words will always represent the truth of a given situation ("vacsiddhi"). You will be able to project Light sensations for healing and upliftment. Lastly, you will know the consequences of any sequence before you engage in it.

Guru Ram Das Healing Meditation

This is a very blissful meditation that activates all your chakras, establishes your spine as your center, and fills your circle with healing energy. When you need help of any kind, chant this mantra. Vibrating this mantra in your spine produces healing, magic, and miracles. I love this meditation! It puts me into a deep connected space. I finish my sadhana with 11 minutes of this meditation, which consolidates “the feeling.”

Sit in Easy Pose, with hands on the lap, right on top of left.

Sit absolutely still for this meditation for the full effects.

Chant very quietly in monotone, almost, but not a whisper.

Enunciate with your lips, so you feel a vibration in the lips:

GURU, GURU, WA HE GURU, GURU RAM DAS GURU

Chant the designated sound in each of the chakras (see below). Bring your attention to the specific chakra, but do not move your body. (Tip: GURU is vibrated in every chakra except third and sixth.) Chant for 11, 22, or 31 minutes.

GURU — First chakra, base of spine

GURU — Second chakra, sex organ, abdomen

WA HE — Third chakra, navel

GURU — Fourth chakra, heart

GURU — Fifth chakra, throat

RAM DAS — Sixth chakra, third eye

GURU — Seventh chakra, top of head



Feel your body becoming a golden temple for your soul.

Mantra for Protection: AAD GURAY NA MEH

After we tune in, we often chant the Mangala Charn Mantra (below), which gives us protective powers. Actually, it is the light frequency created by the mantra in our aura that creates a protective shield. As you chant, feel the vibration in your space. Use this sacred mantra to create a circle around your space and to protect it with Light. You will begin to feel the Flowing Force in and around your circle. We usually chant this mantra three times, but it can be chanted as many times or as long as you like. It is a great 5, 11, or 31-minute meditation.

NA MEH translates to “I bow,” which in the context of this mantra also means to honor and surrender to. We acknowledge and humble ourselves before the Divine Power that *is, was, and will always be*, that which we cannot see but wish to have a deeper relationship with.

Sit in meditation posture with a straight spine and center yourself with long deep breathing. Then place the palms together in Prayer Mudra at the heart center, fingers pointed up to 60 degrees, base of thumbs pressing against the sternum.

Pronunciation note: The last sound actually has no vowel. The translated letters are MH. This sound is thus *not* pronounced MAY with a long “a.”



Inhale, focusing at the third eye point, and chant

AAD GURAY NA MEH	I bow to the primal guru.
JUGAAD GURAY NA MEH	I bow to the Truth throughout the ages.
SAT GURAY NA MEH	I bow to true wisdom.
SIRI GURU DAY VAY NA MEH	I bow to the great unseen wisdom.

Auric Protection Moving Meditation

Chant the protection mantra above as you do Sufi Grinds. This simple moving meditation awakens the flowing polarity of your soul and lights up your radiant body, creating a protective shield around your aura. Feel the power of the mantra illumine this protective Light.
5-11 minutes.



Long Ek Ong Kaars

Chanting EK ONG KAAR SAT NAAM SIRI WHAA HAY GUROO awakens all the chakras, purifies the aura, and builds a strong radiant body. It establishes our Divine Connection and integrates the divine vibration in our whole being.

Morning Call — LONG EK ONG KAARS

One of the most basic mantras in Kundalini Yoga, the Adi Shakti Mantra, EK ONG KAAR SAT NAAM SIRI WHAA HAY GUROO, was taught by Yogi Bhanan when he came to the United States in 1969. He actually gave it to his first student to resolve issues with her son. He told her to chant this mantra every day and things would work out. And they did. Six months later her missing son called her.

I consider this mantra to be like an insurance policy. It awakens and aligns all of our chakras and aligns us with the Infinite. It is in this alignment that problems in our human life get worked out. In other words, if we don't know what to do, we chant this mantra and let God do the work.

Yogi Bhanan always included the Adi Shakti Mantra in our morning sadhana meditations. It is highly recommended to include 7-11 minutes of this mantra in your daily practice. It is best done before sunrise, but it can be done other times.

When we experience the truth of EK ONG KAAR SAT NAAM, we witness the supreme truth beyond illusion. We vibrate with and experience our oneness with all that is.

EK — one, oneness, unity

ONG — the creative substance of which everything is made, the one primal cause

KAAR — the doer, the Force that makes things happen

SAT — the truth that is eternal, unchanging, and always present

NAAM — the Name, the Word, to call upon, to identify with

SIRI — great, awesome

WHAA HAY GUROO — ecstasy, this experience of joy is your Guru



Directions for Chanting Long EK ONG KAARS — Morning Call

This meditation is done in Easy Pose, with the hands in Gyan Mudra (forefingers and thumbs touching, elbows straight, hands resting on the knees). This mantra can be chanted in several different ways. Long EK ONG KAARS is the name given to the original version, a powerful chanting of the mantra up the chakras. When done during our morning sadhana, it is called the Morning Call. This version is chanted in a monotone as follows:

Long deep inhale.

EK — as you say EK, pull in the navel, engage the root, and pull the energy up the spine to the third eye.

Your Life Is in Your Chakras

ONG — powerfully vibrate ONG at the third eye to awaken the pituitary gland while maintaining the root lock. Vibrate ONG for half the length of the breath.

KAAR — navel

Vibrate KAAR for the second half of the breath.

Keep pulling in at the navel and strengthen the root lock.

Keep the root lock engaged as you take another deep breath. This breath will be shorter because the lower diaphragm is engaged in the root lock.

SAT — this sound goes up from the navel to the heart.

Engage a partial diaphragm lock as you pull the sound up to the heart.

This takes only a piece of the breath and is rather short.

NAAM — opens throat

The rest of this breath is used to chant a long NAAAAM at the throat.

The locks relax at first and then re-engage as you chant the AAAA.

The AAAA is long and uses almost all the breath.

The completion is the MM at the throat.

There is just a tiny bit of air left.

SIRI — third eye

With the last drop of air, pull the energy, using the locks, up to the third eye.

Take a short breath and then pull the sound of WHAA out the crown, as you engage the last part of the mahabhand up the spine.

Relax the locks. Inhale quickly and chant HAY GUROO, diffusing this sound in the aura.

HAY GUROO is fairly short, and in any case, the two sounds are not long and drawn out.

Summary Directions for Morning Call — Long EK ONG KAARS

Take a long breath.

EK — short, pull the root lock

ONG and KAAR — long and equal in length

ONG, focus at sex chakra and vibrate the third eye

KAR, focus at the navel, pull in navel

Inhale again while holding and deepening the root lock.

SAT — short at the heart

NAAM — long at the throat

Allow the root lock to relax and the energy to flow.

SIRI — at the third eye at the very end of the breath

Take half a breath.

WHA — lightly pull the root lock to shoot the energy out the top of the head

HAY GUROO — infuses in the aura

The creator of all is one. This is true and brings us into a state of ecstasy.

Meditation to Listen to Your Heartbeat

Sit comfortably with a straight spine. Place your hands on your heart so that you can feel your heartbeat. This meditation can also be done with the four fingers of your right hand touching your left wrist, placing your fingertips in a straight line so you can feel the pulse in each fingertip.

Focus with lightly closed eyes at the brow and then the heart. Tune in to the beat and listen carefully and lovingly. Then mentally listen to your pulse beat to the sound of SAT NAM. Start with 5 minutes and build up to 11 and even 31 minutes.



The beat of our heart tunes up and integrates all our parts. As we synchronize our consciousness with the rhythm of our heart, we simultaneously synchronize our being with the cosmic rhythm and flow.

If we can relax into our heartbeat, we can control our reactions to situations. This meditation brings one-pointedness to a scattered mind.

Hearts beat at a regular rhythm. The regular rhythm in your life is defined by the heart center, and if you do not have a regular rhythm in your electromagnetic impulse, in your electromagnetic psyche, it doesn't matter how good you are; nobody will trust you.... If your heart rhythm is in harmony, and it can project a frequency to another person, you don't have to say a word, but the person will follow you like a puppy dog.

– Yogi Bhanan



Meditation for Chakra and Aura Awareness

Precede this meditation with the “All-Chakra Set” or another set that stimulates your whole spine.

Sit in Easy Pose. Keep your spine activated by pulling up on the back of the neck and diaphragm. Place hands in Gyan Mudra. Eyes focus down toward the heart, mentally concentrating at the third eye.

1. Focus on one chakra at a time. Release the tension in that part of the body and spine. Feel your body relax and energy being activated in your spine. 1-2 minutes on each chakra.
2. Again, one chakra at a time, allow yourself to feel the empowered state of that chakra:

First Chakra: *Contained*

Second Chakra: *Cozy and Comforted*

Third Chakra: *Centered*

Solar Plexus: *Courageous*

Fourth Chakra: *Caring*

Fifth Chakra: *Clear*

Sixth Chakra: *Conscious*

Seventh Chakra: *Connected to the Divine*

Aura: *Complete*



This meditation develops our experience of expanded chakra awareness. With feeling sensitivity, we develop the ability to feel the essence of each chakra and to extend our aura out into our environment without losing energy. This meditation develops our capacity to be aware of both what is going on inside ourselves and also what is happening in our environments.

The Tao asks, “How do I know this is true?”

The Tao answers, “By looking inside myself. I look inside myself and see.”

– Tao Te Ching, #21 & #54



Hands on My Heart

Hands on my heart, I feel

the pulsating rhythm of my heartbeat
the vibrating aliveness of my being
the fire of my life.
I listen to the sound of my heart.
I hear the song of my soul.

Hands on my heart, I have found

the key that unlocks the door to Love
the switch that turns on the Light
the gratitude that fills the void
the power that renews my body
the life force that awakens me to my true identity.



Hands on my heart

I open myself up to my own love.
I hug my inner child.
I hold myself in my own arms.
I reunite with my Soul.
I am born again in my body, the fine-tuned instrument of my soul.

Hands on my heart, I have found

the clarity, the purity, the simplicity, and the humility of the eternal prayer of love.

Hands on my heart, I feel

a powerful force flood through my hands and whole body
bringing sacredness and oneness with Spirit into my human form.

The hand of my Soul touches me with the gift of Self-Love.
The hand of God blesses me with the gift of Divine Grace.

Namaste — Sat Nam!

I honor the place in you where the entire Universe dwells.
I honor the place in you where there is Love, Truth, Light, and Peace.
When you are in that place in you and I am in that place in me,
We are One.

Enjoy Being You!

Now for the finishing touches to your chakra journey.

Be cozy with yourself, your breath, and your feelings.
Relax inside your skin, in your body, safe inside your radiant aura.

Choose how you want to feel and how you want to project YOU into the world.
Possible choices include (1) the quality or qualities that you feel are the most you, (2) anything that makes you feel at home in your body, (3) your spiritual name, (4) what makes you feel happy and free.

Be the quality that makes you feel like you are YOU.
Spend time with the you that you choose until you become it.
Feel it and you are it.
Be it until you know that you can live it.

Yogi Bhajan used to tell us, "Fake it you can make it."
But now you don't have to fake it.
You ARE who you are.
Enjoy being YOU!

What we can feel is what we can hold. What we hold is what we attract.



Mantra Meanings

Mantras have meaning and messages, but they cannot necessarily be translated sound by sound. Chant these mantras in a monotone from your heart. Their vibrations will align you with divine frequencies, and as a result, you will experience happiness!

AAD GURAY NAMEH, JUGAAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GURU DAY VAY NA MEH

Aad Guray Nameh — I bow to the primal Guru (guiding consciousness who takes us to God-Realization)

Jugaad Guray Nameh — I bow to Wisdom through the ages

Sat Guray Nameh — I bow to True Wisdom

Siri Guru Day Vay Nameh — I bow to the great, unseen Wisdom

EK ONG KAAR SAT NAAM SIRI WHA HAY GUROO

EK means “One, the essence of all”; ONG is the primal vibration from which all creativity flows; KAAR is “creation”; SAT, “truth”; NAAM, “name”; SIRI, “great”; WHA, “ecstasy”; and GUROO is “wisdom.” Taken together, the mantra means, “There is one Creator whose name is Truth. Great is the ecstasy of that Supreme Wisdom!”

GURU, GURU, WAHE GURU, GURU RAM DAS GURU

This mantra calls upon Guru Ram Das (the first Sikh Guru who embodied the Christ light and enthroned the neutral mind) to evoke his spiritual guiding light and protective grace. This was Yogi Bhajan’s personal mantra, which he uses to call upon its healing force. It has been part of the recommended daily sadhana practice for years.

HAR

HAR, a name for God, means Creative Infinity. HARI and HAREE are other names for God. The various forms of HAR and their combinations are chanted to evoke the manifesting powers of the Divine. All HAR mantras are prosperity mantras which manifests Spirit into form.

HAR HARAY HARI WAHE GURU

This mantra means, “The Infinite brings me into a state of ecstasy” (Wahe Guru). Each sound is enunciated clearly. Pump the navel with each sound.

HARI HAR HARI HAR HARI HAR HAREE

This mantra is for manifesting. It works by imprinting the divine vibration into our whole being.

HARI HARI HARI HAAAAR

This mantra invokes the Infinite, Divine, God.

HARI NAM SAT NAM SAT NAM HARI

HARI NAM means the Name of God. SAT NAM means “Truth is His Name.”

HARI RAM, HARI RAM, HARI RAM, HARAY HARI

This mantra adds the power of Ram fire energy to the basic HAR HARAY HARI mantra.

LA LA LA LA

A sound to open the heart.

ONG NAMO GURU DEV NAMO

ONG is “Infinite Creative energy in manifestation and activity.” NAMO is “reverent greetings,” implying humility. GURU means “teacher or wisdom.” DEV means “Divine or of God,” and NAMO reaffirms humility and reverence. In all, it means, “I call upon Divine Wisdom.”

ONG ONG ONG ONG SO HUNG SO HUNG SO HUNG SO HUNG

This is a powerful mantra to stimulate the pituitary gland and awaken to the soul reality of “I am the creative consciousness. I am that.”

SAT NAM

The Seed, or Bij, Mantra is also one of the most widely used mantras in the practice of Kundalini Yoga. Chanting this mantra awakens the soul to Reality. SAT is Truth, and NAM means identity, or to call on the Truth, expressing the reality of existence.

SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM WAHE GURU

The truth, SAT NAM, brings us into a state of ecstasy, WAHE GURU.

SA TA NA MA

The panch (meaning five) shabd is one of the most frequently used mantras in Kundalini Yoga. Chanting this mantra clears the subconscious of negative thought patterns, awakens the intuition, and balances the hemispheres of the brain. It expresses the five primal sounds of the Universe and of SAT NAM: “S” is Infinity, “T” is life, “N” means death, and “M” is rebirth (the fifth sound is “A”).

UNG SUNG WAHE GURU

Ecstasy vibrates in every cell of my body.

WAHE GURU

Ecstasy.

Several times a day and before meals chant Sat Nam and bathe yourself in peace.



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Guru Rattana, Ph.D.

Guru Rattana earned her Doctorate in Political Science from the Graduate Institute of International Studies (University of Geneva) and received her Master's degree from Johns Hopkins School of Advanced International Studies (Washington, DC, and Bologna, Italy). She has taught International Environment and Development Studies at Dartmouth College, MIT, and New Hampshire College, and Philosophies of Life and History at the U.S. International University. She has also taught at the Institute of Transpersonal Psychology in Palo Alto, California, and at Stanford University.



She is author of four of the original and still globally popular Kundalini Yoga and Meditation manuals: *Transitions to a Heart-Centered World* (2nd edition, 2014), *Relax and Renew, Sexuality and Spirituality*, and *Introduction to Kundalini Yoga*, as well as *The Destiny of Women Is the Destiny of the World*. Her most recent books are *The Inner Art of Love*, *The Gift of Womanhood*, *The Power of Neutral*, and *Your Life is in Your Chakras* (expanded edition, 2014).

Guru Rattana began studying with Yogi Bhanan in 1977 and is a KRI certified Kundalini Yoga teacher. She has attended over 100 White Tantric Meditation courses, including Summer and Winter Solstices, and over a dozen Khalsa Women's Training Camps, where she has taught many courses.

A pioneering teacher and prolific writer, Guru Rattana has written over 200 issues of the *New Millennium Being* e-zine (now Guru Rattana Blog), featuring insightful articles on spirituality, astrology, and Kundalini Yoga.

Her international teaching tours have included England, France, Sweden, Russia, Ukraine, the Netherlands, Germany, Italy, Turkey, Czech Republic, Switzerland, Portugal, Denmark, Norway, Montenegro, and Croatia, including an annual Gift of Women Retreat. She is lead trainer and co-creator of KRIYA Kundalini Yoga Teacher Training Courses, registered with Yoga Alliance. Guru Rattana lives in Coronado (San Diego), California.



Guru Rattana's manuals and an extensive selection of Kundalini Yoga CDs, DVDs, and manuals are available from Yoga Technology, <http://www.yogatech.com>. You can also sign up for "Guru Rattana On-line" Streaming Video Classes (over 100 have been produced), discover a wealth of information, and subscribe to Guru Rattana Blog.

Endnotes

- ¹ Harish Johari, *Chakras: Energy Centers of Transformation* (Vermont: Destiny Books, 1987), 95-96.
- ² *Ibid.*, 46.
- ³ Anodea Judith, Ph.D., *Wheels of Life: A User's Guide to the Chakra System* (Woodbury, Minnesota: Llewellyn's New Age Series, 1999), 10.
- ⁴ *Ibid.*, 95.
- ⁵ *Ibid.*, 322.
- ⁶ The following discussions of balanced/unbalanced states for each chakra is drawn from "The Chakra Opera," an unpublished work by psychologist Michael J. Lincoln, Ph.D., Redmond, WA.
- ⁷ Judith, *Wheels of Life*, 108.
- ⁸ Paramahansa Yogananda, *Man's Eternal Quest* (Los Angeles, CA: Self-Realization Fellowship, 1982), 315.
- ⁹ *Ibid.*, 124-125.
- ¹⁰ Judith, *Wheels of Life*, 118.
- ¹¹ *Ibid.*
- ¹² Yogi Bhanan, *The Chakras — Kundalini Yoga as Taught by Yogi Bhanan* (Santa Cruz, New Mexico: Kundalini Research Institute, 2012), 49.
- ¹³ Judith, *Wheels of Life*, 152.
- ¹⁴ *Ibid.*, 153.
- ¹⁵ Johari, *Chakras*, 61.
- ¹⁶ *Ibid.*, 67.
- ¹⁷ Yogi Bhanan, *The Chakras*, 66.
- ¹⁸ Johari, *Chakras*, 72.
- ¹⁹ Judith, *Wheels of Life*, 243.
- ²⁰ *Ibid.*, 247.
- ²¹ *Ibid.*, 248 and 253.
- ²² Anodea Judith summarizes the work of Dr. Condon in *Wheels of Life*, 251.
- ²³ *Ibid.*, 252.
- ²⁴ Yogi Bhanan, *The Chakras*, 87.
- ²⁵ *Ibid.*, 80.
- ²⁶ *Ibid.*, 128.
- ²⁷ See Judith, *Wheels of Life*, 293, for a discussion of the hologram experiments.
- ²⁸ *Ibid.*, 296.
- ²⁹ Yogi Bhanan, *The Chakras*, 4 and 15.
- ³⁰ Judith, *Wheels of Life*, 336.
- ³¹ *Ibid.*, 351.
- ³² *Ibid.*, 113-114, 355.
- ³³ *Ibid.*, 83.
- ³⁴ *Ibid.*, 114.
- ³⁵ Johari, *Chakras*, 56-57.
- ³⁶ *Ibid.*, 57.

- ³⁷ Ibid.
- ³⁸ Ibid., 13-14.
- ³⁹ Judith, *Wheels of Life*, 353.
- ⁴⁰ Ibid., 351.
- ⁴¹ Ibid., 32.
- ⁴² Ibid., 31.
- ⁴³ Ibid., 329.
- ⁴⁴ Johari, *Chakras*, 33-34.
- ⁴⁵ Ibid., 35-36.
- ⁴⁶ Ibid., 36.
- ⁴⁷ Johari, *Tools for Tantra*, 2.
- ⁴⁸ Ibid., 121-122.
- ⁴⁹ Yogananda, *Man's Eternal Quest*, 122.
- ⁵⁰ Yogi Bhajan, *The Chakras*, 126.
- ⁵¹ Yogananda, *Man's Eternal Quest*, 312.
- ⁵² Ibid., 147.
- ⁵³ Judith, *Wheels of Life*, 328-329.
- ⁵⁴ Ibid., 258.
- ⁵⁵ Ibid., 127.
- ⁵⁶ Ibid.
- ⁵⁷ Ibid., 128.
- ⁵⁸ Ibid., 291.
- ⁵⁹ Yogi Bhajan, *The Chakras*, 8.
- ⁶⁰ Judith, *Wheels of Life*, 168.
- ⁶¹ Yogi Bhajan, *The Chakras*, 47.
- ⁶² Ibid., 50.
- ⁶³ Ibid., 100-102.
- ⁶⁴ Yogi Bhajan, with Gurucharan Singh Khalsa, *The Mind: Its Projections and Multiple Facets* (Española, New Mexico: Kundalini Research Institute, 1998), 393.
- ⁶⁵ Yogi Bhajan, *The Chakras*, 385.

***Love to all
Light to all
Peace to all***

