

(If you only want the "cheat sheet", just scroll past this first section)

First, some important discussion on "chakras":

Where are the chakras?

Nowadays, most people assume that the chakras are situated in or near the human spine. This fits numerous Indian paintings. But how can the spine and the chakras interact? The spine is a physical part of anatomy that can be felt, touched, dissected, and so on. The chakras cannot. **In short, the spine and the chakras exist on different "maps".** The spine is part of the dense, material map and the chakras are part of the subtle, energetic map. They coincide roughly with one another, but the link between them is subtle.

A number of occult authors have proposed that the chakras correspond with the glands. This is a very materialistic way of interpreting ancient lore (though not necessarily "wrong"). Some of the chakras are indeed located close to glands, but others are not. Some of them are on top or above the head. The chakras influence the function of the glands, but they are not the occult counterparts of them, as Sir John Woodroffe, who wrote as Arthur Avalon, explains at considerable length in *The Serpent Power*. Nor do the chakras exactly follow the spine. For instance, the "third eye" between and behind the brows is not very close to the spine, nor is the sexual center, the solar plexus, or the root chakra at the perineum. In Indian lore, the chakras are not located on the physical spine but in a much more refined concept, the *suṣumnā*, a subtle *nāḍī* (energy connection, nerve, channel). The *suṣumnā* is roughly equivalent to the spine on a subtle and not quite defined level, but it is not identical in position or function. Indeed, the *suṣumnā* can be considered a model of vertical awareness of which the spine is but a crude manifestation. Nor do all chakra systems follow this model. Some works, like the *Kaulajñāna niraṇaya*, prefer to speak of a *linga* within the body, adorned with many-coloured flowers. Here the *linga* is a pillar or tree connecting heaven and earth. The *linga* has its ups and downs, but as it is a more metaphorical concept than the *suṣumnā* it is not as easily mistaken for the spine. **If we want to understand the chakras we have to get away from purely physical explanations.** *Suṣumnā* and the body *linga* may be metaphors, but so is the physical spine. Everything that you perceive, think, and communicate is metaphor/representation.

A word on models, maps, and metaphors:

Let's take "Chakra", for example. "Chakra" is just a word. This word/idea *points to* a category of *qualitative experiences*. "Chakras" cannot be seen, heard, or touched except in the imagination/mind's eye. It is the trained imagination that sees and activates the chakras, moves Kundalini, and drenches the body/mind/world in the nectar juice of immortality. All of these things are **metaphors**, all of them are parts of **models**, and like all models and stuff that people make up to handle the incomprehensible, they are **false**, in the sense that they are necessary distortions of "reality" (but they are **true**, in the sense that they bear some relationship to "reality"). A model is a description, and it is valuable as long as it's useful. **Each branch of yoga developed models and metaphors to handle "the Mystery". These models are useful. They are not the real thing, as none of us is equipped to perceive or comprehend the "real thing", but they are convenient to contact and activate the living reality.** Thus, ideas like chakras, Kundalini, the

linga are all attempts to describe and handle the Mystery that lies at the very core of the play of reality. Don't mistake the words for the living truth. You will read of several widely different models in these notes, and each of them is valid and useful in some way.

What are the chakras?

Here we get into deeper waters. In classic literature, the chakras are rarely defined. Concepts like disks, wheels, lotuses, blossoms, flames, precious stones, palaces, islands, heavens, or worlds suggest possibilities, but they do not attempt to describe what really goes on. This is a good thing because a metaphor is sometimes more efficient than a prosaic definition. As the chakras are never quite limited to a specific meaning, they allow for any amount of direct experience and wholesome subjectivity. What people see as chakras when they allow themselves to have visions or dreams is not the real thing. **Every item that you see with your mind's eye is not a thing as such but a representation.** Now, some people have wonderfully detailed and vivid visions. This tells us that their visual imagination/mind's eye is well developed, but it does not mean that any of their visions is *particularly true and generalizable*. In the same way, a hazy vision may seem less convincing, but it is not necessarily unreal. We are talking about representations, not about reality. Reality is *behind* the representation and we make up images to handle it. A vision is never the reality, just as a word is not the thing it represents. Whatever the chakras are, they remain safely incomprehensible.

But metaphors, while sometimes misleading, *are* useful. Think of the lotus. Lots of pictures show people with lotus blossoms in their bodies. What few realize is that the lotus flowers horizontally. In Indian art, the lotuses are generally shown upright, which comes from mixing two perspectives. What else is there to the lotus? Its petals have fine hairs that prevent dirt or water clinging to them. Thus, the lotus, no matter what life throws at it, remains pure and clean. Then there is the growth of the plant. The roots of the lotus are firm within the darkness of the underworld. Like you and me the plant grows through mud and slime and rises through the murky water until it reaches light and air. Above the surface of the lake the petals open and the flower blossoms. Take it as a metaphor for the evolution of humans through earth, water, fire, and air. And there is more to follow. When the blossom at the surface dies, the next bud rises from the deep to unfold its beauty. A lotus is not a single plant, it is a plant with numerous rebirths. This suggests motion.

All of these ideas, and more, function in the realm of metaphor. All of them are meaningful, and all are easier to contemplate than abstract junctions of energy and sentience. Now think of the other metaphors used for the chakras. What can be communicated by images of crystals, flames, wheels, palaces, heavens, temples, worlds, and the like?

How many chakras exist?

This depends a lot on the age and history of a given system. Early Tantric texts tend to be really confusing with regard to the number and location of chakras. It is not that a brilliant seer had a sudden vision of hidden reality and convinced all the world what things are really like. Seers rarely agree with each other (it's part of the job description) and, as you know, the initial act of each new faith is rebellion. Even within single texts there is often confusion!

However, three chakras, sites of power/sentience, are at the core of most chakra models. You can find them in Chinese Daoism where they are described as alchemical ovens, furnaces, cauldrons, caves, courtyards, temple spaces, or palaces. Generally they are located in the belly (a little below the navel), near the heart, and in the head. It is useful to think of them as spheres, or as wide inner spaces. We are dealing with general realms of body and intelligence. It is interesting that these three correspond with the three major locations of intelligence in the body.

In the head we can find the brain, i.e. that miraculous bit of nervous tissue that makes you think that you are thinking. Near the heart is that complex web of nerves called the solar plexus, where the organs, such as lungs and heart are coordinated. If you ever got a fist in your solar plexus you'll know how essential its function is. In the belly is the seat of "enteral intelligence", where the bowels do their highly complicated job. Enteral intelligence is a comparatively new discovery. It turns out that the guts are the "third nervous system" and that they are capable of doing their job independently from the brain. These three realms of intelligence and power have been recognised by several cultures, each of them making up its own lore and explanations.

VERY useful advice on exploring your chakras:

If you want to explore the various chakra systems, you might start with the three zones of intelligence in your body by installing three deities, power beasts, spirits, or whatever representation of the divine you fancy. What will "turn you on"? Ask yourself, ask your deep mind, and ask your personal deities. Think of them daily. Install them with mantra and/or visualization. Above all, lie or sit quietly and go traveling into each realm in your imagination. Repeated journeys to each inner space make it come alive. To reach full understanding, assume the form and consciousness of the deities of each realm.

As you may have noticed, I am very much in favor of "making up" or "discovering" chakras according to personal needs. **It is your job to discover how many chakras you can find in your body/mind system and how they fit together and function as a whole.** There is a large amount of literature describing the nature and functions of chakras. **Each of the chakra systems that are hallowed tradition nowadays used to be the personal and highly unique subjective experience of some crazed loony or saint.** Each of them started out as **direct experience**, and became tradition by a process that discourages creativity and innovation.

So let me offer an abridged summary of the chakras in the understanding that **if you simply imitate what the authorities propose, you'll never find what works best for you.**

→ Muladhāra, the Root chakra

- Literally "root support" or "basis of Existence"
 - "Mula" means root and "adhara" means basis
- Located at the base of the spine in the coccygeal region, tailbone
 - The *kshetram*, or superficial activation point, is located between the perineum and the coccyx or the pelvic bone
- Seed syllable: Lam

- Sanskrit mantras:
 - Om bhur [aum bur] (Om and salutations to the earth plane/first chakra)
 - Om namah shivaya [aum nam-ha shi-whyah] (Reverence to Shiva, the all-pervasive Divine Awareness, that which is both the ground and substance of all reality)
- Affirmations: I am
 - I trust
 - I am supported
 - I am safe to be myself
 - I ground down to rise up
- Element: Earth
- Governs: grounding in physical plane, feeling safe, survival, primal energy, intentionality
 - Feet, pelvis, reproductive issues, coccyx, immune system
- **Potentially Blocked by:** Fear. What are you afraid of?
- Symptoms to watch for:
 - Insecurity
 - Aggressiveness
 - Excessive anger
 - Restlessness
 - Eating disorders
 - Psychology of Scarcity
 - Tendency to Somatize
- Tips to heal:
 - Reconnect with the earth
 - Anchor yourself in your environment
 - Physical activity
 - Take care of immediate needs
 - Develop feeling of self-reliance
 - Introspection to discover true aspirations
 - Moving from material to inner abundance
 - Base decisions on trust instead of fear
- When Open: You'll feel safe, secure, stable, fearless, trusting, and connected to the Earth as well as to friends, family, partners, and coworkers.
- The body's primordial energy center. Its focus is the awareness, comfort, and care of your physical body. Understanding who you are and how to operate your body allows you to be present in physical mastery.
- Traditional:
 - The kundalini shakti is said to sleep here, waiting to be aroused and brought back up to Brahman, the source from which it originated.
 - Situated at the Mouth of the Suṣumnā, between genitals and anus. Four crimson petals, golden letters: Va, Sa, Ṣa, Sa. This lotus is hanging, its head (mouth) points down. Contains the yellow square of Prthivi, the earth tattva, and its bija Lam, surrounded by eight spears pointing in eight directions. The spears are like Kulācalas, which may mean the breasts of women. Dharā (Indra) abides in this chakra. He has four arms, rides an

elephant, and carries four-headed, four-armed Brahma as a radiant, solar child on his lap. The Devi of the chakra is red eyed, beautiful, four-armed Dākini, shining like a million suns, revealing pure intelligence. In the center of the square is a downward pointing triangle, Traipura, which is Kamarūpa, where dwells beautiful red Kāmadeva, the god of desire. Within the triangle is Svayambhu (Self-Existent, a name of Siva) in the form of a linga, like molten gold with his head turned down, or like a whirlpool. Coiled 3.5 times around the linga is Devi Kundalini in her serpent form, asleep, shining like lightning flashes, humming like a swarm of love-mad bees. Here is the source of all poetry and literature. She is the world-bewilderer, gently covering the mouth of Brahma-dvāra by her own... It is She who maintains all the beings of the world by means of inspiration and expiration, and shines in the cavity of the root (Mūla) Lotus like a chain of brilliant lights. She is the supreme, the Parameśvarī, the omnipotent kalā, the awakener. She is the receptacle of that continuous stream of ambrosia which flows from the Eternal Bliss. By Her radiance it is that the whole of this Universe and this Cauldron is illumined. Meditating on the chakra (shining like ten-million suns) grants mastery of speech, learning, gives gladness, frees from disease, and makes the adept king among men and a lord of speech.

• Law of One: Red Ray, Malkuth, the Earth vibratory complex

- Firstly, the basic energy of the so-called red ray. This ray may be understood to be the basic strengthening ray for each density. It shall never be condescended to as less important or productive of spiritual evolution, for it is the foundation ray.
- The first balancing is of the Malkuth, or Earth, vibratory energy complex, called the red-ray complex. An understanding and acceptance of this energy is fundamental.
- The red-ray body is your chemical body. However, it is not the body which you have as clothing in the physical. It is the unconstructed material of the body, the elemental body without form. This basic unformed material body is important to understand for there are healings which may be carried out by the simple understanding of the elements present in the physical vehicle.

→ Svādhiṣṭhāna, the Sacral chakra

- Literally "the residence of the self" or "where your being is established."
 - "Swa" means self and "adhiṣṭhāna" means established.
- Located at root of the sexual organ at the base of the spine, roughly two finger-widths above the Muladhara
 - The *kshetram* is in front of the body, barely below the belly button.
- Seed syllable: Vam
- Sanskrit mantras:
 - Om bhuvaha [aum bu-vah-hah] (Om and salutations to the atmospheric plane/second chakra)
 - Om vyava sayaya namaha [aum vyah-vah sah-yah-yah na-ma-ha] (Invoking determination to be successful in efforts leading to self-mastery)

- Affirmations: I feel
 - I am creator
 - I am open to receive
 - I feel deeply
- Element: Water
- Governs: Sensitivity, sensuality, expressing needs, letting go, emotional balance, creativity, desire
 - Spleen, urinary tract, uterus, ovaries, blood sugar
- **Potentially Blocked by:** Guilt. What do you blame yourself for?
- Blockages cause: being out of touch with emotions, being unable to let things go, sexually closed off or low libido
- When open: feelings are generated and expressed naturally, you feel empowered to create and share from a place of openness, you may take more risks and allow that momentum to carry you forward into greater spaces of balance and unique outer expression.
- Traditional:
 - The energy center linked to creativity, receptivity, passion, sensuality, and emotions
 - Contains unconscious desires, especially sexual desire.
 - ◆ It is said that to raise the kundalini shakti above Svadhishtana is difficult
 - Situated inside the Susumna at the root of the genitals, coloured vermilion, with six petals containing the letters from Ba, Bha, Ma, Ya, Ra, and La. Inside it is the oceanic realm of Varuna, in the form of a half-moon, white, shining, containing the bija of the water tattva, Vam, seated on a Makara (a crocodile-fish-dragon). Resting in the bija is blue Hari (Viṣṇu), clothed in yellow, four armed, adorned with the auspicious breast curl, and a lustrous jewel on his heart. This is the home of Rākini Devi, coloured like a blue lotus, clad in a celestial raiment, holding various weapons (spear, lotus, axe and damaru-drum), drunk on ambrosia. Meditation on this chakra destroys enemies such as egoism, anger, lechery; activates yogic power, and promotes inspired and well-reasoned discourse.
- **Law of One: Orange Ray, Emotional/Personal complex**
 - The next energy complex which may be blocked is the emotional or personal complex, also known as the orange-ray complex. This blockage will often demonstrate itself as personal eccentricities or distortions with regard to self-conscious understanding or acceptance of self.
 - The orange ray is that influence or vibratory pattern wherein the mind/body/spirit expresses its power on an individual basis. Thus power over individuals may be seen to be orange ray. This ray has been quite intense among your peoples on an individual basis. You may see in this ray the treating of other-selves as non-entities, slaves, or chattel, thus giving other-selves no status whatsoever.
 - The orange-ray body is the physical body complex. This body complex is still not the body you inhabit but rather the body formed without self-awareness, the body in the womb before the spirit/mind complex enters. This body may live without the inhabitation of the mind and spirit complexes. However, it seldom does so.

→ Manipūra, the Naval/Solar Plexus chakra

- Literally "lustrous/resplendent gem"
- Located either the naval region or slightly below the solar plexus, along the spine
- Seed syllable: Ram
- Sanskrit Mantras:
 - Om swaha [aum swah-hah] (Om and salutations to the solar region/third chakra)
 - Om Suryaya namaha [aum soor-yah-yah nah-mah-hah] (Ode to the sun/solar power inside you)
- Affirmations: I do
 - I am strong and powerful
 - I radiate light
 - I am the central sun of my universe
 - I am enough
 - I manifest my reality
- Element: Fire
- Governs: personal power, courage, excitement, motivation, vital energy,
 - Metabolism, pancreas, stomach, liver, gallbladder, bile, small intestine
- **Potentially Blocked by:** shame. What are your greatest disappointments/letdowns in yourself?
- Blockages cause: feeling drained, internal battery will have less power, you may feel anxiety and confusion about your path, or unable to make decisions.
- When open: You feel motivated, energized, and capable of manifesting what you desire on the physical plane.
- Traditional:
 - Manipura is your center for vitality and strength, connection to purpose, and is associated with fire and the power of transformation. It is said to govern digestion and metabolism as the home of Agni. Weak Agni (fire) leads to incompletely digested food, thoughts and emotions, and is a source of ama (toxicity).
 - Manipura is considered the center of dynamism, energy, will power, and achievement, which radiates prana throughout the entire human body.
 - The chakra is located near the root of the navel. The lotus has ten petals, coloured like dark, rain-heavy clouds, adorned with the letters Da, Dha, la, Ta, Tha, Da, Dha, Na, Pa, Pha. Here is the region of fire, an upward pointing triangle, red like the rising sun, surrounded by three svastikas and containing the bija of Vahni (Agni, the fire god), Ram. Agni is seated on a ram and on his lap is Rudra, who is vermillion-red and also white from being smeared with funeral ashes. Rudra shows the gestures that dispel fear and grant boons. Here dwells Lākini, who has a dark complexion, wears yellow, and is tipsy from swilling ambrosia. She holds the Sakti weapon, a thunderbolt, and shows the same gestures. Meditating on the navel chakra gives the power to create and destroy the world, and grants the blessings of Vāni (Sarasvati).

- Law of One: Yellow Ray

- The third blockage resembles most closely that which you have called ego. It is [in] the yellow-ray or solar plexus center. Blockages in this center will often manifest as distortions towards power, manipulation, and other social behaviors concerning those close and those associated with the mind/body/spirit complex.
- ray of self-awareness and interaction
- The next foundation ray is yellow. This is the great stepping stone ray. At this ray the mind/body potentiates to its fullest balance. The strong red/orange/yellow triad springboards the entity into the center ray of green. This is again a basic ray but not a primary ray. This is the resource for spiritual work. When green ray has been activated we find the third primary ray being able to begin potentiation. This is the first true spiritual ray in that all transfers are of an integrated mind/body/spirit nature.
- The yellow ray is a focal and very powerful ray and concerns the entity in relation to, shall we say, groups, societies, or large numbers of mind/body/spirit complexes. This yellow-ray vibration is at the heart of bellicose actions in which one group of entities feel the necessity and right of dominating other groups of entities and bending their wills to the wills of the masters. The negative path [of 'polarization'/spiritual development] uses a combination of the yellow ray and the orange ray in its polarization patterns. These rays, used in a dedicated fashion, will bring about a contact with intelligent infinity.
- [Associated with] self-conscious manifestations of a social nature as well as individual
- The usual nature of sexual interaction, if one is yellow or orange in primary vibratory patterns, is one of blockage and then insatiable hunger due to the blockage. When there are two selves vibrating in this area, the potential for [negative] polarization through the sexual interaction is begun, one entity experiencing the pleasure of humiliation and slavery or bondage, the other experiencing the pleasure of mastery and control over another entity. In this way a sexual energy transfer of a negative polarity is experienced.
- The yellow-ray body is your physical vehicle which you know of at this time and in which you experience catalyst. This body has the mind/body/spirit characteristics and is equal to the physical illusion.

→ Anāhata, the Heart chakra

- Literally "unhurt/unstruck/unbeaten"
 - Can mean "sound produced without touching two parts" and at the same time "pure" or "clean/stainless"
 - The name of this chakra signifies the state of freshness that appears when we are able to become detached and to look at the different and apparently contradictory experiences of life with a state of openness (expansion). At the Anahata chakra appears the possibility to integrate the two opposite forces and obtain the effect (sound, in this case), without the two forces being confronted (without touching of the two parts). This energy is specific to cooperation and integration, which brings peace and a new perspective in a world which, up to this level (considering only the energies specific to

the first three centers of force: Muladhara, Svadhishtana and Manipura) was made only of a more or less conscious confrontation between opposite forces. The name Anahata suggests, in fact, the synergetic effect of the interaction of energies at this level.

- Located at the central channel of the spine, near the heart
 - It is described as a tiny flame inside the heart.
- Seed syllable: Yam
- Sanskrit Mantras:
 - Om maha [aum mah-hah] (Om and salutations to the first spiritual region beyond the sun/fourth chakra)
 - Om tare tuttare ture soha [aum tah-reh too-tah-reh too-reh so-hah] (Calling upon compassion and divine love)
- Affirmations: I am love
 - My heart space is harmonious
 - I love myself with compassion
 - All love resides within me
 - I am Loved
- Element: Air
- Governs: heart, stubbornness, balance, sharing, coping skills, narcissism,
 - Lungs, allergies, circulation, lymph and immune systems, blood pressure
- **Potentially Blocked by:** Grief. What are you sad about?
- Blockages cause: Judgements, fears, disappointments, needless suffering, and attitudes of victimization
- When open: If you are anchored in unconditional love for yourself, your heart chakra vibration can radiate and begin to heal your physical body, and can heal others too.
- Traditional:
 - The gateway to the soul. Home to your amorous energies, this is where gratitude, compassion, patience, acceptance, joy, and Love reside. This center is a sacred space that connects you to all living things.
 - Anahata is associated with the ability to make decisions outside the realm of karma. In Manipura and below, man is bound by the laws of karma and fate. In Anahata one makes decisions ("follows one's heart") based on one's higher self, not the unfulfilled emotions and desires of lower nature. It is also associated with love and compassion, charity to others, and psychic healing.
 - The heart-lotus shines like a Bandhuka flower (Pentapoetes Phoenicea), it has twelve petals containing the letters Ka, Kha, Ga, Gha, Ya, Ca, Ccha, Ja, Jha, Jña, ua, ūha, coloured vermilion. It is called Anahata (self-sounding, i.e. sound not produced by striking two things together) and like the wish-fulfilling tree, it gives more than it is asked for. Inside it is a hexagram of gray smoky color. Inside is the bija of Vāyu, god of the air, Yam, four armed, riding a black antelope. On his lap is three-eyed Isa (the Lord, Śiva) who dwells in the abode of mercy, shines like the sun and makes the gestures of protection and boon-granting. This is the home. of Kākini Devi, the three-eyed, four-armed, yellow-skinned benefactress of all. Her gestures grant boons and dispel fear, the other two hands hold a noose and skull, and her heart is softened by consuming nectar. She

dwells in the form of a downward pointing triangle containing a Śiva linga called Bāṇa, which is gold and has a gem-like orifice (bindu, here a hollow) on its top. This linga is the abode of Lakṣmi, goddess of prosperity. Meditation on this lotus grants eloquence and the power to destroy and create like Isvara (the Lord, Siva), whose seat it is. The chakra is also the seat of the jivātmā, the incarnate soul, like the flame of a lamp in a windless place. Mastery of this lotus equals complete control of the senses (and passions), and makes the yogi wise, thoughtful of Brahman, do good deeds, and irresistible to women. The yogi becomes like Viṣṇu and gains the skill to enter the body of another (i.e. to assume another's point of view).

■ Law of One: Green Ray, the Center of Heart

- Blockages in this area may manifest as difficulties in expressing universal love or compassion.
- The green ray is the center from which third-density beings may springboard towards infinite intelligence. Blockages in this area may manifest as difficulties in expressing what you may call universal love or compassion.
- In green/fourth ray [sexual energy transfers] there are two possibilities. Firstly, if both vibrate in green ray there will be a mutually strengthening energy transfer, the negative or female, as you call it, drawing the energy from the roots of the beingness up through the energy centers, thus being physically revitalized; the positive or male polarity finding in this energy transfer an inspiration which satisfies and feeds the spirit portion of the body/mind/spirit complex, thus both being polarized and releasing the excess of that which each has in abundance by nature of intelligent energy, that is, negative/intuitive, positive/physical energies as you may call them; this energy transfer being blocked only if one or both entities have fear of possession, of being possessed, of desiring possession or desiring being possessed.
 - ◆ The other green-ray possibility is that of one entity offering green-ray energy, the other not offering energy of the universal love energy, this resulting in a blockage of energy for the one not green ray, thus increasing frustration or appetite; the green-ray being polarizing slightly towards service to others.
- The green-ray body is that body which may be seen in séance when what you call ectoplasm is furnished. This is a lighter body packed more densely with life. You may call this the astral body following some other teachings. Others have called this same body the etheric body. However, this is not correct in the sense that the etheric body is that body of gateway wherein intelligent energy is able to mold the mind/body/spirit complex.

→ Viśuddha, the Throat chakra

- Literally "especially pure"
- Located in the throat region, near the spine
 - The *Kshetram* is in the pit of the throat.
- Seed syllable: Ham

- Sanskrit Mantras:
 - Om janaha [aum jahn-ah-hah] (Om and salutations to the second spiritual region beyond the sun/fifth chakra)
 - Om mani padme hum [aum mah-nee pad-me hoom] (Opening up the abilities of expression, developing an attunement with the throat chakra)
 - ◆ It is very good to recite the mantra Om mani padme hum, but while you are doing it, you should be thinking of its meaning, for the meaning of the six syllables is great and vast...
 - ◆ The first, Om symbolizes the practitioner's impure body, speech, and mind; it also symbolizes the pure exalted body, speech, and mind of a Buddha
 - ◆ The path of the middle way is indicated by the next four syllables. Mani, meaning jewel, symbolizes the factors of method: (the) altruistic intention to become enlightened, compassion, and love.
 - ◆ The two syllables, padme, meaning lotus, symbolize wisdom
 - ◆ Purity must be achieved by an indivisible unity of method and wisdom, symbolized by the final syllable hum, which indicates indivisibility
 - ◆ Thus the six syllables, om mani padme hum, mean that in dependence on the practice of a path which is an indivisible union of method and wisdom, you can transform your impure body, speech, and mind into the pure exalted body, speech, and mind of a Buddha
- Affirmations: I speak
 - I am free to express my truth
 - I deserve to be heard and understood
 - I speak with authenticity
- Element: Akasha/Ether/Sound
- Governs: communication (verbal, non-verbal, internal, external)
 - body balance, ears, sinus, endocrine system, respiratory system, thyroid, master glands
- **Potentially Blocked by:** Lies. What are the lies you tell yourself? What are you in denial about?
- Blockages cause: cascading effects in your entire chakra system, feeling lost for words, miscommunication and being misinterpreted, grinding teeth, earaches
- When Open: Greater ability to turn your blueprints into reality, ability to express yourself in a healthy, honest way
- Traditional:
 - Vishuddha chakra is known as the purification center, where the nectar amrita drips down from the Bindu chakra and is split into a pure form and a poison. In its most abstract form, it is associated with higher discrimination and is associated with creativity and self-expression. It is believed that when Vishuddha is closed, a person undergoes decay and death. When it is open, negative experiences are transformed into wisdom and learning.
 - The success and failure in one's life are said to depend upon the state of this chakra, whether it is polluted or clean. The feeling of being guilty is given as the most prominent reason for this chakra to block the Kundalini energy moving upwards.

- At the throat is a smoky purple lotus of sixteen petals adorned with the sixteen vowels in crimson. It contains the Ethereal Region, circular in shape and white like the full Moon. Ambara (Ethereal Region) sits on a snow-white elephant, holding a noose and goad, his bija is Ham. On his lap sits Sadā-Śiva (Everlasting Auspiciousness), snow-white, ten-armed, with three eyes and five faces, clad in a tiger pelt, embracing Girijā (Mountain-born, Pārvatī). Within the lotus, containing the whole region of the moon, dwells bone-white Śakti Sākini, in yellow garb, holding bow, arrow, noose, and goad. For those who have purified their senses, this chakra is the gateway to liberation. It frees from disease and sorrow, prolongs life, gives knowledge of past, present, future, and promotes peace of mind for those who have direct experience of Atma (Brahman). Who retains breath, fixing the mind on the chakra, may move the worlds and cannot be resisted by Brahma, Visnu, Hari-Hara, Sūrya, and Ganesa.

● Law of One: Blue Center

- The blue-ray center of energy streaming is the center which, for the first time, is outgoing as well as inpouring.
- Those blocked in this area may have difficulty in grasping the spirit/mind complexes of its own entity and further difficulty in expressing such understandings of self.
- Entities blocked in this area may have difficulties in accepting communication from others.
- The blue-ray energy transfer is somewhat rare among your people at this time but is of great aid due to energy transfers involved in becoming able to express the self without reservation or fear.
- The light body or blue-ray body may be called the devachanic body. There are many other names for this body especially in your so-called Indian Sutras or writings, for there are those among these peoples which have explored these regions and understand the various types of devachanic bodies. *There are many, many types of bodies in each density, much like your own.*

→ Ājñā, the Third Eye/Guru chakra

- Literally "authority/command/perceive"
- Located behind the center of the brow line, in the forehead
 - The *kshetram* is between the eyebrows
- Seed syllable: Om
- Sanskrit mantras:
 - Om tapaha [aum top-ah-hah] (Om and salutations to the fourth spiritual region beyond the sun/sixth chakra)
 - Om chandraya namaha [aum chahn-dra-yah nah-mah-hah] (Increases mental health and peace of mind, nervous system, ode to lunar energies)
- Affirmations: I see
 - I am guided by my intuition
 - My third eye connects me to my flow

- I see all that is with perfect clarity
- Element: Light
- Governs: understanding, over-thinking, negativity, imagination
 - Pituitary gland, headaches, endocrine system, hypothalamus, autonomic nervous system, eyes
- **Potentially Blocked by:** The Illusion of Separation
- Blockages cause: Doubt, loss of sense of direction in life, distrust of inner voice, dogmatism, insomnia, migraines, seizures, vision problems, sinusitis, sciatica
- When open: ability to see and navigate around life obstacles, greater faith, improved intuition
- Traditional:
 - In Hindu tradition, it signifies the subconscious mind, the direct link to the brahman. While a person's two eyes see the physical world, the third eye is believed to reveal insights about the future.
 - The third eye chakra is said to connect people to their intuition, give them the ability to communicate with the world, or help them receive messages from the past and the future.
 - When something is seen in the mind's eye, or in a dream, it is being seen by Ajna. It is a bridge that links gurus with disciples while allowing mind communication between two people.
 - Shining like the moon, the lotus has two petals with the letters Ha and Kṣa, radiant with the beauty of dhyāna (meditation). In its center is a downward pointing triangle inscribed with the letters a, u, and m (Om), the pure mind, the seed-point (bindu), the nāda (vibration) diffusing the rays of the moon. It contains the Devi Hākini, who exhibits six white moonlike faces, six arms holding a book, skull, damaru drum, rosary, and does the usual gestures. The chakra houses the subtle mind (manas). There is a yoni in the pericarp where Itara Śiva abides in phallic form. The worshiper whose Ātmā is nothing but a meditation on this Lotus gains the power to enter another's body (or house), and becomes an all knowing and all-seeing Muni, who realizes unity with Brahman and becomes creator, maintainer, and destroyer of the three worlds. The yogi who closes the house which hangs without support (shuts up the world and mind by doing yoni mudrā) and dissolves the chetas by regular practice in this region of pure bliss, sees the fiery sparks above and within the triangle. From these appears a light like a lamp, like the morning sun between earth and heaven (Mūladhāra to Sahasrāra), the omnipresent Bhagavān. it is the abode of Viṣṇu where the yogi places the prāṇa at the time of dying to unite with the absolute.

● Law of One: Indigo Center, the Pineal

- Those blocked in this center may experience a lessening of the influx of intelligent energy due to manifestations which appear as unworthiness. This is that of which you spoke. As you can see, this is but one of many distortions due to the several points of energy influx into the mind/body/spirit complex. The indigo-ray balancing is quite central to the type of work which revolves about the spirit complex, which has its influx then into the transformation or transmutation of third density to fourth density, it being

the energy center receiving the least distorted outpourings of love/light from intelligent energy and having also the potential for the key to the gateway of intelligent infinity.

- The indigo ray, though precious, is that ray worked upon only by the adept. It is the gateway to intelligent infinity bringing intelligent energy through. This is the energy center worked upon in those teachings considered inner, hidden, and occult, for this ray is that which is infinite in its possibilities. As you are aware, those who heal, teach, and work for the Creator in any way which may be seen to be both radiant and balanced are those activities which are indigo ray.
- The indigo-ray [sexual energy] transfer is extremely rare among your people. This is the sacramental portion of the body complex whereby contact may be made through the violet ray with intelligent infinity.
- The indigo-ray body which we choose to call the etheric body is, as we have said, the gateway body. In this body form is substance and you may only see this body as that of light as it may mold itself as it desires.

→ Sahasrāra, the Crown chakra

- Literally "thousand-petaled"
- Located at the crown of the head
 - In some systems, it extends several inches beyond the body along the top of the "subtle" spine.
- Seed syllable: Om
- Sanskrit mantras:
 - Om satyam [aum saht-yahm] (Om and salutations to the abode of supreme truth/seventh chakra)
 - Sahasrara im [sah-has-rah-rah eem] (invokes the power and consciousness of the crown chakra to descend)
- Affirmations: I understand
 - I honor the divine aspects of myself
 - I am connected to infinite wisdom
 - I am peaceful, whole, and balanced
- Element: Thought/Consciousness
- Governs: focus, awareness, metaphysical energies
 - Nervous system, lymphatic system, cerebral cortex, upper spine, hair
- **Potentially Blocked by:** Attachment. What attaches you to this world?
- Blockages cause: headaches, fatigue, greed, materialism, disconnection, depression, boredom
- When open: enables a solid connection to your Higher Self, spiritual advancement, healthy hair
- The Portal to Divine Oneness, the Universe, and Cosmic Consciousness.
- Traditional:
 - Often referred to as a thousand-petaled lotus, it is said to be the most subtle chakra in the system, relating to pure consciousness
 - it is from this chakra that all the other chakras emanate

- When a yogi is able to raise his/her kundalini up to this point, the state of Nirvikalpa Samādhi is experienced.
- The lotus of one thousand petals, radiant white like the full moon, has its head turned downward. Its petals are tinged with the hue of the red morning sun. At its center (the crown of the head) is the stainless full moon, shedding its rays in abundance, moistening and cooling like nectar. Inside is a triangle, shining like lightning, containing the Great Void. Hidden within is the supreme 17th kalā, the root of liberation and abode of Parama Siva, the Brahman and Ātmā of all beings, the sun that dispels ignorance and delusion, uniting attachment and detachment of worldly bliss. Shedding a constant stream of nectar, the incarnate and absolute self are realized as one. The sages call it the abode of Siva, of Viṣṇu, of the Devi, the pure place of Prakṛti and Puruṣa. To know this chakra is to cease incarnating, as all bonds of attachment are severed. The yogi gains complete control of the mind and the ability to do as he wills, moving ever closer to Brahman. This is the location of Ama-kalā, the sixteenth kalā of the moon. She is radiant as the freshly risen sun, soft as the fragment of a fiber in a lotus stalk, and turns downwards. From her springs forth a stream of pure nectar, generated by Brahman (or by the blissful union of the supreme). Inside her is Nirvāṇa-kalā, much subtler than a hair, shaped like a crescent moon, the eternal Bhagavati who grants divine knowledge and pervades all beings. Within her shines the supreme and primordial Nirvāṇa- Śakti, more subtle than the tenth-millionth part of the end of a hair, radiant like ten million suns, from whom streams of Prema (absolute love) cascade. Inside her is the supreme abode (or state) of Śiva, free from delusion, full of bliss and pure knowledge, known by some as Brahman and by others as Hamsa, as the abode of Visnu, and the place of liberation.

● Law of One: Violet Center, the total expression of the self, a "spectrograph"

- The [last] center of energy influx is simply the total expression of the entity's vibratory complex of mind, body, and spirit. It is as it will be, "balanced" or "imbalanced" has no meaning at this energy level, for it gives and takes in its own balance. Whatever the distortion may be, it cannot be manipulated as can the others and, therefore, has no particular importance in viewing the balancing of an entity.
- [So basically, there is no "work" to be done on this chakra, according to Ra]