

The Chakras

Forces - Organs to Reconnect Centers of
Consciousness - Energy - Sacred Spirituality

F ocus

O rgans

R econnect

C enters of Consciousness

E nergy

S acred S pirituality

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Co-Author with Ken Page

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CHAKRAS

“Chakra” is a Sanskrit word that literally means ‘wheel’ or ‘vortex’ of light. These energy vortices are the body’s internal energy centers and are aligned vertically, near the spine. This philosophy originated in the yoga systems of ancient India, from the Tantric texts. There has been a lot of New Age material written which does not distinguish between the Tantric chakras and the Taoist centers of circulation of energy. The secondary (Taoist) centers are much more easily accessed than the primary (Tantric) chakras, and would seem to pertain to the principle of chakras being etheric energy centers.

The idea of the subtle vital force (prana) and the channels along which it flows (nadis) appear in the earliest Upanishads (7th-8th century BCE). The heart was said to be the centre of the 72,000 nadis or subtle channels, and the place into which the senses are withdrawn during sleep. As with many ancient civilizations (e.g. Egypt, Homeric Greece), the heart was also considered the seat of waking consciousness. Yet it was only in the later Upanishads - the earlier of which were composed somewhere between the Second century BCE. and the Second century CE. – that reference is first made to basic Tantric concepts such as chakras, mantras, and so on.

Energy enters the body through the head (the heavenly chakra) and the base (the earth chakra). The seven major chakras are points where these forces mingle, each producing a distinctive energy pattern. Some view the chakras as lotus flowers, as described in the Vedic tradition. Others may see cones with vortices. That is equally valid as both embrace a different perspective. The purpose of the seven chakras is to absorb, transform and distribute the body’s internal energy. In other words, the chakras interpret our consciousness within the physical body. They are loci or life force energy, known by terms such as chi, ki, prana or shakti, which flows among them along pathways called nadis. The function of the chakras is to spin and draw in Universal Life Force Energy to keep the spiritual, mental, emotional and physical health of the body in balance. It is this unified system that we experience as the ‘self’. Through our chakras, our self grows, changes and interacts with our world.

We as humans, are made of the material of the physical world...a body containing chemicals in liquid, solid and gaseous states. This body is interpenetrated by another body which is its counterpart. The etheric body serves as the transmitter and receiver of all frequencies in the Universe. It is in full action when we are excited, afraid, in love – literally all feelings of emotion.

You are linked to all 12 planes of existence through your chakra centers. It is your task while on this earth-walk to wake up your chakras. These basic vibratory centers are used to progress from basic energies to the highly developed superhuman levels, and 22 additional points, or energy paths, that together pulse and move the entire body. The chakras in the etheric body come into being where the energy strands cross and re-cross each other. The chakra energy system forms where these energy lines cross and intersect.

Within the physical body, these seven chakras correspond to major nerves, glands of the endocrine system, specific organs and body parts as well as various bodily processes such as digesting, breathing and reproduction. Additionally, each chakra corresponds to various behavioral, emotional and personality patterns. There are 122 (some systems say 121) chakra points or energy vortices throughout our bodies. This book brings focus primarily on the seven (7) major Chakras of the physical/etheric body, and in clearing, balancing and initiation of these seven main chakras. Information is also provided on the five (5) backside chakras (some systems may speak to the backside of the seven main chakras), as well as the Astral and Divine Chakras.

The Tantric texts describe the chakras as ‘emanations of consciousness’, an energy emanating from the spiritual which gradually turns concrete, creating the distinct levels of chakras and eventually finding its rest in the lowest, the base/root or Muladhara chakra. The energy that was unleashed in creation, called the Kundalini, lies coiled and sleeping at the base of the spine. It is the purpose of the Tantric or kundalini forms of yoga to arouse this energy and cause it to rise back up through the increasingly subtler chakras, until union with God is achieved in the Sahasrara chakra at the crown of the head.

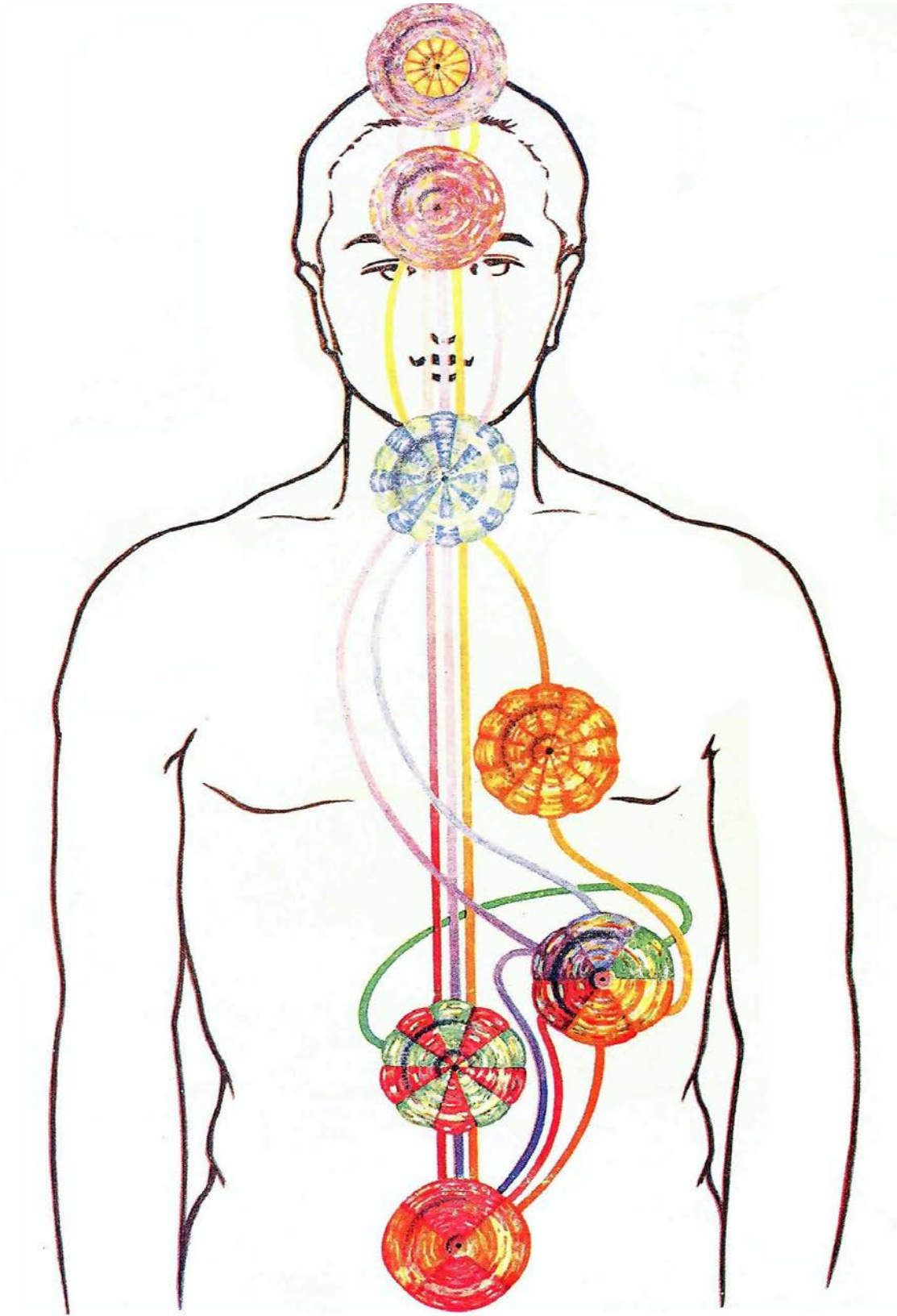
One school of thought is that as we evolve within the physical body, the concentration of ki, chi or life force energy moves up from the base through the various chakras, becoming higher in

vibration as it ascends. Each chakra is like a string on a guitar, tuned to a different frequency. Each chakra contains information relevant to its vibration. The physical, emotional and psychological aspects assigned to each chakra represent a journey – our progression through this life. This journey begins with the 1st base or root chakra, and moves through the three lower chakras, all operating within dense frequencies. As consciousness develops through experiences of basic issues (survival, trust, security, self-worth, identity, relationships, power and control), so do the chakras evolve through this life work and integrate all experiences. More ki, chi or life force energy is then available for distribution to the higher chakras. Issues for various learning experiences become lighter as we start developing understandings of compassion, healing, creativity, mindfulness and our divine consciousness and awareness of Self. Throughout our life journey and the development of the chakras, we have the choice to develop each chakra in a positive or negative manner.

One way of looking at the chakras is to think of yourself as a tree. The roots beneath your feet ground you to the earth energy. The branches above your head reach toward the essence of your spiritual Self. Your physical body in the middle is where all energies meet, flow and are expressed in various ways throughout your life. At all times, energy is flowing from your roots and from your branches, passing through the energy centers in your body to be processed for development. This thread that connects you to the universal life force is vital as you exist on many levels at once. You are connected to them and by them. They come together within you and your life is the expression of their relationship and balance within you.

Traditionally, the seven major chakras are viewed from the front of the body. They appear as doorways of consciousness, located just in front of the physical body. Each chakra is a spinning vortex of etheric energy which channels its own specific frequency band of consciousness to or from the local environment. The backside chakras are viewed from the back of the body. The astral and divine chakras can be seen from both the front and the back of the body.

The first three chakras are below the chest: these are called the lower chakras. The heart chakra at the chest and the top three chakras are called the higher chakras. When life force energy





FOURTH CHAKRA

Anahatha (Unbeaten)

Heart Center

Location Heart

Color: Green / Pink

Tone: a (as in ah)

The symbol for the heart chakra is two triangles, one pointing down representing the force of spirit moving down into physical manifestation and one triangle pointing up representing matter moving upward towards enlightenment, freedom and liberation from the lower self. These upward and downward triangles also symbolize the phrase: 'as above, so below'. The six pointed star (also known as the Star of David), symbolizes the awakening of spirituality while being firmly planted on the ground. This symbol also contains a lotus with 12 petals.

The fourth chakra is the center of compassion – halfway through the seven-level chakra system. Located between the shoulder blades it superimposes the thymus gland. When the heart is uplifted in times of spiritual exaltation, it is a glowing radiant flame. Below the heart are the three lower chakras, relating to things and activities in the external physical world. Above the heart are the three upper chakras relating to our internal growth, awareness and spiritual connection. The fourth chakra is the balance, believed to be the home of the spirit and the location of the soul center.

The meaning of 'Anahata' is 'sound that is made without any two things striking' – representing a space of being when we are not fighting or confronting ourselves or others; moving in harmony to love and compassion.

When our heart chakra opens, we go beyond the limits of our own ego and identify with other people, plants, and animals - all living things within the universe. The fourth chakra is the area of "matters of the heart", which include jealousy, envy, love, abandonment, and hope. Of all the Archetypal energies, it's usually the 'Wounded Child' that leads us into the core of this chakra. Am I lovable? Am I capable of love? What do I need to do to be loved? These are all fourth chakra questions. When we are truly healed, seeing ourselves as whole and not "wounded", then we are in a position of self-love. In that state, we can then enter into healthy relationships because we are not using our wounds to "get" love for our inner child, nor are we using our wounds for emotional leverage. How we love and the openness of our heart becomes dependent on how we have evolved through the lower chakras. We place conditions on our present relationships because of being hurt in the past.

The heart chakra is also our most vulnerable place. When we are hurt in life and love, our first impulse is to close our heart, firmly announcing that no one will ever do that to you again. Of course, in building a wall around our heart, we aren't keeping anyone else out; we are just locking ourselves in. In truth, every relationship has the potential to show us where our own issues lie, for it is this reason that our heart center pulls us into relationship. Every time we experience a feeling, our heart chakra vibrates. If we accept the feeling, even if it is grief, anger or sadness, then our fourth chakra processes that feeling. If we deny the feeling, we close off our heart chakra and become numb to pain as well as pleasure. That is why there is so much apathy in the world - the majority of people have closed off their hearts. When our heart is closed, our fourth chakra feels divided between our mind and our body. We feel our core is suffering and we withdraw into ourselves, slowing down the energetic flow from our lower chakras to our upper chakras. This condition can often create indecision and leave people feeling 'stuck' or 'trapped'. Alternatively, giving too much of our heart chakra energy away causes us to lose our center of balance.