

# THE CHAKRAS

AN

## OVERVIEW

**Campbell M Gold**

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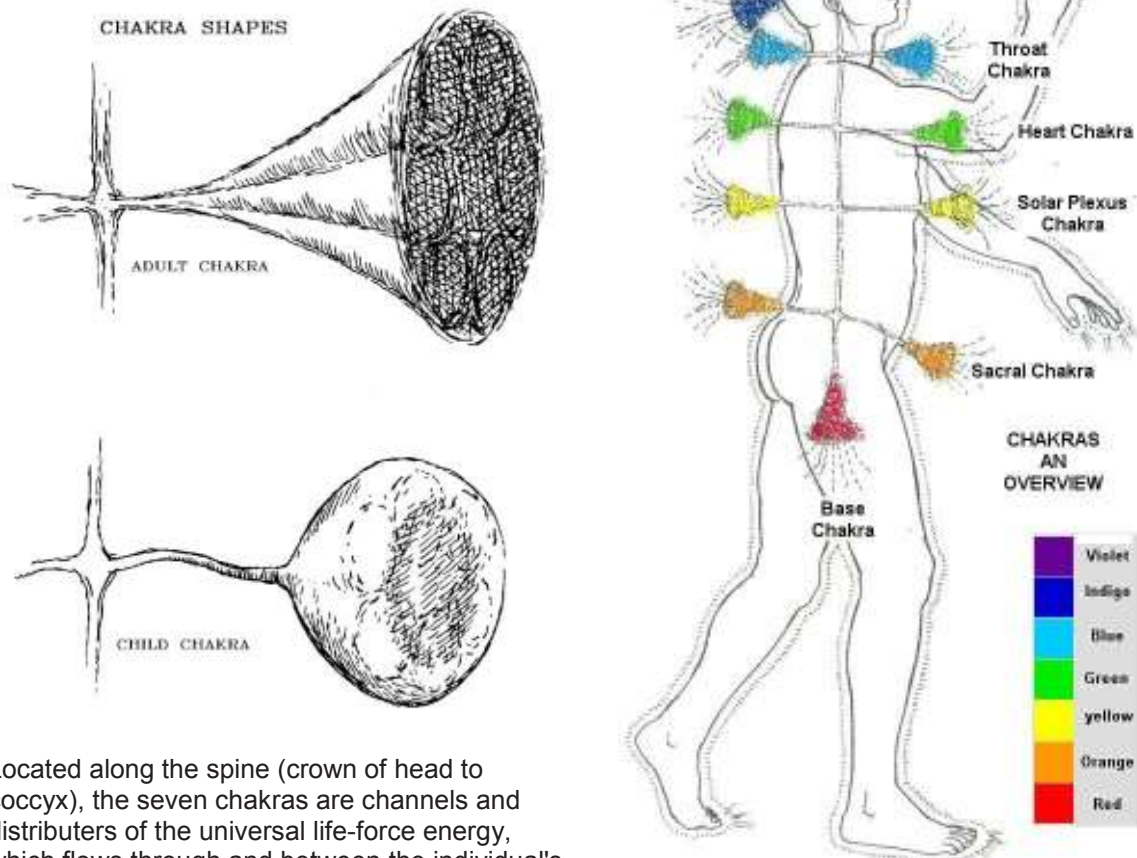
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## Introduction

The chakras are seven energy centres, rooted in the subtle body, which can be detected and evaluated in the physical body. The chakras appear as spinning cone-shaped vortices of energy, or as saucer-shaped depressions. The shape and size of any specific chakra is dependent upon the health, and 'spiritual' condition of the individual. However, anyone can learn to sense a chakra's energy with their hands or a pendulum. Typically, the chakra manifestation on the front of the body (which is stronger than the one manifested on the back of the body) is used for visualisation, evaluation, and manipulation purposes.



Located along the spine (crown of head to coccyx), the seven chakras are channels and distributors of the universal life-force energy, which flows through and between the individual's physical and the subtle bodies.

In the physical body, each chakra corresponds to a specific endocrine gland, and relates to a specific area of the physical, emotional, mental, and conscious components of the individual's being.

## Harmony

Balanced chakras and harmony between the chakras results in maximum vitality and health for the individual. Conversely, distortion of any chakra(s), through physical, emotional, mental, or conscious trauma, will reflect as a distortion (pathology) in the associated area of the individual's physiology.

However, the Chakras can be readily manipulated and balanced through esoteric-healing. Thus, during a healing procedure, the chakra associated with dis-ease, etc, is manipulated to encourage a balancing and healing process (cause and consequence). Chakras can be manipulated by visualisation, massage, pendulum insertion, crystal therapy, aromatherapy, colour therapy, etc. The purpose of such esoteric-healing is to aid the individual in restoring their personal life-force energy flow at a synchronised maximum with the unfolding universal life-force energy. This results in the

individual being in harmony with 'themselves' and with the 'universal now' in which they exist.

Within the Physical Plane, the chakras manifest as energy vortices. However, they have vibration and connection to the corresponding higher planes (Etheric, Mental, and Conscious). Thereby, an individual can experience the reality of the higher planes while they are expanding their existence through experiential reality gathered by their physical body in the physical plane.

Thus, when considering the structure of the universe, it is possible to identify seven distinct 'planes of awareness/existence'\*. Each of these planes of awareness/existence has a specific energy-band associated with it, and corresponding experiential reality. As the seven planes are related to the complete conscious-being in the physical plane (composite of physical, etheric, mental, and conscious bodies), it is again possible to identify seven distinct energy centres within that complete being; and it is those seven energy centres which apply to the principle of the chakras.

(\* The seven planes of awareness/existence are (lower to higher): physical, lower etheric, upper etheric, lower mental, upper mental, lower conscious, and upper conscious planes.)

### Chakra Analogy

The chakra colours reflect life-force energy as it flows through the individual. To better understand this, imagine a hose, one metre long, with seven small holes spaced equidistantly along its length. This represents the spine, and the seven chakras or energy centres. Pressurised water, flowing through the hose, represents life force energy. It is noted that the hole closest to the water inflow exhibits the strongest jet, and the farthest hole exhibits the weakest. Water pressure falls across the length of the hose.

This principle applies to chakras. Life-force energy (white light) flows through the spine, from the crown to the base chakra. The crown chakra exhibits the highest frequencies (violet), and the base chakra exhibits the lowest (red). Life-force energy is attenuated across the length of the spine, and colours ranging from violet (high frequency end) through red (low frequency end) are reflected.

Therefore, the colours observed in the aura (red, orange, yellow, green, blue, indigo, and violet) are reflections of chakra conditions. The colours can be analysed and interpreted to evaluate the condition of the individual. Typically, bright colours suggest vitality, and dull colours suggest lethargy and possible illness, etc. Methods for viewing aura colours include normal sight, projection, clairvoyance, trance-state, drug-induced, guides, etc.

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### Chakra - General Correspondences

The following table outlines the chakra general correspondences:

CHAKRA GENERAL CORRESPONDENCES					
Chakra	Physical Position (vertebrae)	Colour	Endocrine Gland	Physiology	Expression
Crown	Crown of the head (n/a)	Violet	Pineal	Cranium, cerebral cortex, right eye	Transcendence, complete understanding, 'will to be', will to self-determination

CHAKRA GENERAL CORRESPONDENCES					
Chakra	Physical Position (vertebrae)	Colour	Endocrine Gland	Physiology	Expression
Forehead	Centre of forehead (1st Cervical)	Indigo	Pituitary	Forehead, pituitary, ears, nose, left eye, base of skull, medulla, nervous system	Intuition, intellect, mentalisation, clairvoyance, 'will to see'
Throat	Middle of throat (3rd Cervical)	Blue	Thyroid	Arms, hands, throat, thyroid, mouth, vocal cords, lungs, cervical vertebrae, respiratory system	Self-expression, creativity, clairaudience, 'will to express'
Heart	Over heart, centre of body (4th Thoracic)	Green	Thymus	Heart, lower lungs, chest, breasts, thoracic vertebrae, circulatory system, liver	Love, compassion, altruism, service to humanity, 'will to belong'
Solar Plexus	Upper abdomen - 3" above naval (10th Thoracic)	Yellow	Pancreas	Stomach, gall bladder, liver, diaphragm, nervous system, pancreas, lumbar vertebrae	Raw emotional energy, desire, personal power, 'will to expand', 'will to dominate'
Sacral	Lower abdomen - 3" below naval (2nd Lumbar)	Orange	Gonads	Pelvis, genitals, reproductive system/organs, womb, sacrum, prostate, lumbar vertebrae	Vitality, movement, sexual expression, grounding, 'will to reproduce'
Base	Base of dorsal spine, between anus and genitals, bottom of pelvis (4th Sacral)	Red	Adrenals	Legs, feet, genitals, ejaculation, anus, coccyx, kidneys, bladder, intestines, spine, physical body in general	Physical will 'to be', primordial origins, 'will to survival'

### Agreement

Unfortunately, not all 'authorities' agree on chakra names, composition, colour, etc. Consequently the individual must rely on their own experience, intuition, and rational thought, in the final analysis of chakras, their structure, influence, operation, and vibration. Following are tables of various chakra correspondences which can be used as a basis for further investigation.

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### Chakras - The Golden Dawn

Following, is chakra information from the Golden Dawn:

THE CHAKRAS (Golden Dawn)				
Chakra	Divisions	Colour	+/- Root Position	Sympathetic Plexus
Crown	96	Violet	Crown of skull	n/a
Brow	96	Dark blue	1st cervical	Carotid
Throat	16	Blue	3rd cervical	Pharyngeal
Heart	12	Green (some Golden Dawn documents identify the heart chakra as yellow)	4th thoracic	Cardiac
Navel	10	Yellow (some Golden Dawn documents identify the navel chakra as green)	10th thoracic	Coeliac
Spleen	6	Rose	2nd lumbar	Spleen
Root	4	Orange-red	4th sacral	Coccygeal

### Chakras - Traditional

The following table gives a traditional overview of the various chakras, and their areas of influence:

THE CHAKRAS - TRADITIONAL AREAS OF INFLUENCE	
Chakra	Overview
Crown (Violet)	Traditionally speaking, it is through the crown chakra that contact is made with the higher self. Consequently, all energy flowing through the chakras is believed to be controlled by this chakra.
Forehead (Indigo)	The forehead chakra is traditionally seen as the seat of the higher mind and consciousness. Consequently, 'clarity and vision' (e.g. the third eye) is this chakra's dominant characteristic, and it acts as the 'command tower' for the other chakras. Many authorities believe that the forehead chakra must be controlled in terms of power; and any individual who is ruled by mind over heart is believed to be an incomplete person. In many belief systems, this chakra is the centre of spiritual vision (third-eye, etc).
Throat (Blue)	The throat chakra is traditionally seen as the seat of the higher level of creativity, and is believed to be closely linked to the sacral centre - from where it can receive 'intuitive support' if the two chakras (throat and sacral) are synchronised. A balanced throat chakra develops great satisfaction and fulfilment; whereas a distorted throat chakra prevents self-expression, which can lead to frustration and pathology.
Heart (Green)	The heart chakra is traditionally seen as the seat of compassion, altruism, and charity; which qualities can enable the individual to think beyond themselves, and eventually experience unconditional love.
Solar Plexus (Yellow)	The solar plexus chakra is traditionally seen as the seat of self-identity, feeling, and personal emotions. Consequently, this is the centre of strong emotions (e.g. anger, excitement, fear, love, frustration, passion, etc). Physiologically, these emotions can manifest at those 'butterflies in the tummy' feelings. Many authorities believe that this is the chakra that is used in psychic work, and they warn that the solar plexus chakra is the most vulnerable to psychic attack and negative imprintation. However, not all authorities are in agreement on this point.

THE CHAKRAS - TRADITIONAL AREAS OF INFLUENCE	
Chakra	Overview
Sacral (Orange)	The sacral chakra is traditionally seen as dealing with all that is regenerative, and reproductive. Consequently, it is believed that from here stems all our creativity; including any thought or action which manifests as something new or something 'born'. It is with the sacral chakra that sexual energies and drives move from the purely instinctual level to a more conscious, complex, and self-directed one. Conversely, this chakra is also concerned with the cycles of experience including birth, death, and birth. Here we see the need for the individual to understand and flow with his cycles; and to regenerate himself and the world around him through self-determined experiential action. It is also believed that the solar plexus chakra controls the anima/animus energies within the individual - duality in all things..
Base (Red)	The base chakra is traditionally seen as the seat of our basic drive and will to survive; and is also the centre for sexual urges at the purely instinctual level. Distortion in this chakra induces listlessness at all levels (physical, emotional, mental, and conscious/spiritual). And many authorities believe that an excess of energy in this chakra will manifest destructive behaviour, which may be directed at the self as well as at others.

### Chakras - Perception

The following table identifies the chakras and their believed correspondence to perception:

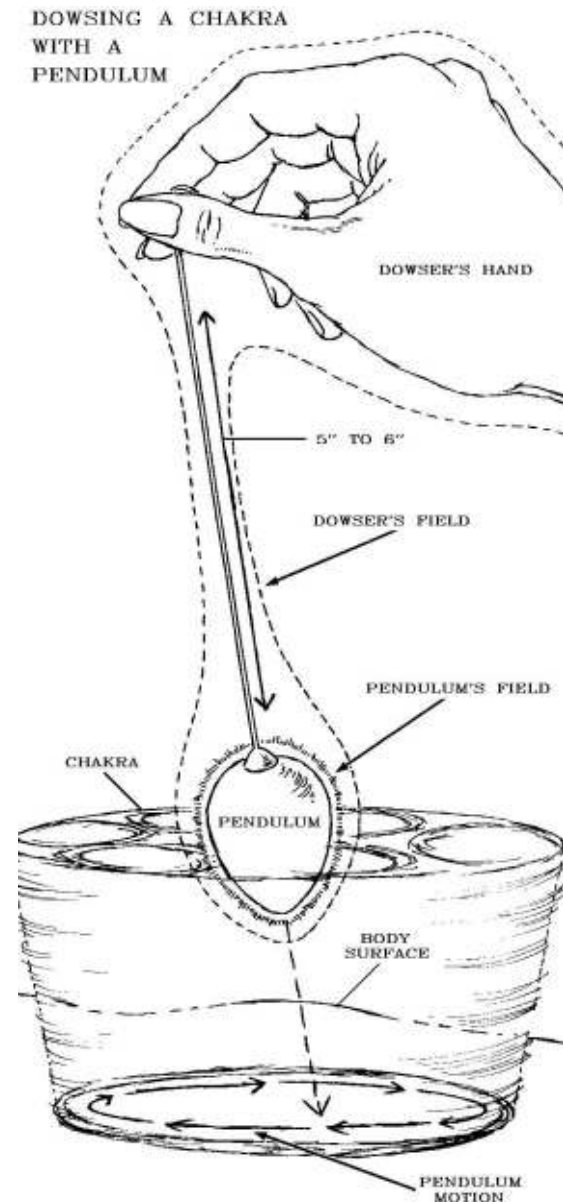
CHAKRAS - PERCEPTION			
Chakra	Perception	Experiential	Meditation
Crown (Violet)	Complete knowing	Understanding all things - all that transcends the five senses and three dimensions	Be still and know thyself as the centre of the universe and every-thing
Forehead (Indigo)	Seeing, Visualising	Understanding pictures - energy, symbolic, thought, or physical	Synchronised and flowing with the Universal Life-Force Energy (ULFE) in the reality of the 'universal now'
Throat (Blue)	Hearing, Speaking	Understanding vibrations - words, music, tastes, and smells	Exploring the energy vibrations of universal reality (physical, symbolic, fundamental energy bands, and the ULFE white light)
Heart (Green)	Loving, feeling	A sense of love for all things and beings - unconditional altruism	The rose light of love, and love as an evolving flower
Solar Plexus (Yellow)	Intuition	A sense of absolute knowing - an abstract representation of that which is, and of that which can be, and of cause and consequence to effect physical manifestation.	Exploring and expanding the mind and its ability to create new thoughts and manifested reality. The law of cause and consequence. The law of attraction. Probing all things and the resultant understanding thereof.

CHAKRAS - PERCEPTION			
Chakra	Perception	Experiential	Meditation
Sacral (Orange)	Emotional	Emotions - love, hate, joy, sadness, anger, fear, etc	Explore all feelings in a transcendent state and gaining understanding therefrom
Base/Root (Red)	Touch, Movement and Presence, (sensation)	Sensations of existence - taste, touch, sight, smell, hearing, physical pleasure or pain - all within five senses and three dimensions	Walking, movement, touching, sex, deep relaxation. The raw flow of life-force energy



## Chakras and the Pendulum

The Pendulum is a valuable tool in the evaluation of a chakra's condition and activity. The following Table describes the basic pendulum movements as they relate to chakra activity.



CHAKRA EVALUATION	
Pendulum Trace	Condition
Circle	Shows chakra in good health, and functioning correctly. Larger or smaller circles indicate greater or lesser energy present
Ellipse	Suggests chakra is in the process of closing. Top of ellipse to right - individual is voluntarily closing chakra. Top of ellipse to left - the chakra is closing involuntarily
Straight Line	Chakra closed or almost-closed. Line pointing to right - individual has voluntarily closed chakra. Line pointing to left - the chakra has been closed involuntarily.
No Movement	Chakra is in a state of confusion

## Chakra Balancing/Protection

Balanced chakras result in protection, vitality, and health. Distorted, unbalanced, or weak chakras can be a reflection of physical, emotional, or mental trauma; or they could be an indication of you being the target of psychic attack, or the emotional projections of others. However it is not necessary to identify any specific pathology or negative projection.

By simply balancing your chakras, you will be protected from negative projections and psychic attack of others, and the natural healing process, triggered by your subconscious mind, will be augmented. Your chakras can be easily balanced through the simple visualization procedure that follows.

### Chakra Position

The crown chakra is located on the top of the head and vibrates to the colour violet.

The forehead chakra is located in the centre of the forehead and vibrates to the colour indigo.

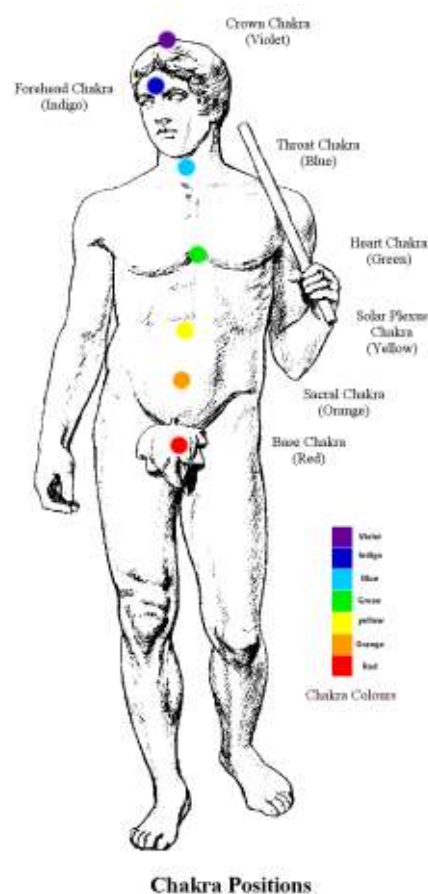
The throat chakra is located in the centre of the throat and vibrates to the colour blue.

The heart chakra is located in the centre of the chest, above the heart, and vibrates to the colour green.

The solar plexus chakra is located approximately three inches above the navel and vibrates to the colour yellow.

The sacral chakra is located approximately three inches below the navel and vibrates to the colour orange.

The base chakra is located at the base of the pelvis and vibrates to the colour red.



### Chakra Balancing/Protection Procedure

Read through the following procedure several times, and then carry it out.

#### Position/Comfort

Sit or lie down.

#### Sitting

If you are sitting, position yourself with your spine straight, feet flat on the floor, and your palms facing up on your lap. You may wish to place a firm pillow behind your back to help you achieve this position.

#### Lying

If you are lying down, lie flat on your back with your arms and legs uncrossed.

#### Open Body Position

By positioning yourself in an open-body position, sitting or lying, with your spine straight, you allow your natural channels of energy to open up and flow freely. In this position you will relax, and you will be able to balance and protect your chakras; and after you've finished, you'll come away feeling refreshed, positive, and full of new energy.

Close your eyes and take a long, slow, deep breath.

Be aware of the normal sounds around you - these sounds are unimportant, so just discard them. Whatever you hear will only help you to relax deeper, and deeper.

Breathe slowly and deeply - let your lungs expand to their fullest and release.

With every breath you take, you will become more and more relaxed.

Let go of tension and doubt.

This is your time; you are safe within this space of gentle peace and concentration.

Breathe slowly and deeply.

#### **Four Breath Relaxation**

You are going to take four, long, slow, deep breaths to remove all outside influences, and to slip into relaxation.

With each breath concentrate on relaxation, and just let tension flow away.

Now inhale fully and deeply, and relax from the top of your head, to the tip of your toes. Exhale, and feel all tension flowing out.

Inhale and just relax. Exhale, and feel the warmth of relaxation flow over you.

Again, inhale, relax, relax, and relax. Exhale and feel your body melting.

One more; inhale and let go. Exhale and just let go, and melt into complete relaxation.

Continue to breathe, slowly, and deeply, at your own natural level.

#### **Deepening the Relaxation**

Count down from 10 to 1, and with each descending number you will drift even deeper into peaceful and total relaxation.

10, 9, 8, drift deeper.

7, 6, 5, deeper, and deeper

4, 3, 2, drifting deeper, and deeper still,

1, deeper, and deeper.

You are now relaxed, and this is the ideal state for chakra visualisation.

#### **Opening/Balancing the Chakras**

Now focus your attention on your BASE chakra *at the base of your pelvis* and visualise a beautiful RED flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing RED light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the RED light.

See your aura completely filled with the RED light.

And see the RED light extending beyond the limits of your physical body.

Now focus your attention on your SACRAL chakra *about 3 inches below your navel* and visualise a beautiful ORANGE flower in bud at the centre of the chakra.  
Watch the petals unfold as the flower reaches its fullest size.  
Visualise a glowing ORANGE light radiating outwards from the flower.  
Feel the light expand and fill every part of your body.  
Visualise every cell in your body filled with the ORANGE light.  
See your aura completely filled with the ORANGE light.  
And see the ORANGE light extending beyond the limits of your physical body.

Now focus your attention on your SOLAR PLEXUS chakra *about 3 inches above your navel* and visualise a beautiful YELLOW flower in bud at the centre of the chakra.  
Watch the petals unfold as the flower reaches its fullest size.  
Visualise a glowing YELLOW light radiating outwards from the flower.  
Feel the light expand and fill every part of your body.  
Visualise every cell in your body filled with the YELLOW light.  
See your aura completely filled with the YELLOW light.  
And see the YELLOW light extending beyond the limits of your physical body.

Now focus your attention on your HEART chakra *in the centre of your chest above your heart* and visualise a beautiful GREEN flower in bud at the centre of the chakra.  
Watch the petals unfold as the flower reaches its fullest size.  
Visualise a glowing GREEN light radiating outwards from the flower.  
Feel the light expand and fill every part of your body.  
Visualise every cell in your body filled with the GREEN light.  
See your aura completely filled with the GREEN light.  
And see the GREEN light extending beyond the limits of your physical body.

Now focus your attention on your THROAT chakra *in the centre of your throat* and visualise a beautiful BLUE flower in bud at the centre of the chakra.  
Watch the petals unfold as the flower reaches its fullest size.  
Visualise a glowing BLUE light radiating outwards from the flower.  
Feel the light expand and fill every part of your body.  
Visualise every cell in your body filled with the BLUE light.  
See your aura completely filled with the BLUE light.  
And see the BLUE light extending beyond the limits of your physical body.

Now focus your attention on your FOREHEAD chakra *in the centre of your forehead* and visualise a beautiful INDIGO flower in bud at the centre of the chakra.  
Watch the petals unfold as the flower reaches its fullest size.  
Visualise a glowing INDIGO light radiating outwards from the flower.  
Feel the light expand and fill every part of your body.  
Visualise every cell in your body filled with the INDIGO light.  
See your aura completely filled with the INDIGO light.  
And see the INDIGO light extending beyond the limits of your physical body.

Now focus your attention on your CROWN chakra *on the top of your head* and visualise a beautiful VIOLET flower in bud at the centre of the chakra.  
Watch the petals unfold as the flower reaches its fullest size.  
Visualise a glowing VIOLET light radiating outwards from the flower.  
Feel the light expand and fill every part of your body.  
Visualise every cell in your body filled with the VIOLET light.  
See your aura completely filled with the VIOLET light.  
And see the VIOLET light extending beyond the limits of your physical body.

## **Confirmation**

Your Chakras are now fully open and balanced.

After the opening and balancing of the Chakras it is important to close them again.

Leaving the Chakras open for too long can leave you vulnerable to negative outside energies and influences.

### **Closing/Protecting the Chakras**

You are now going to close your chakras.

This will be done in the reverse order to that of opening and balancing process.

Now focus your attention on your CROWN chakra *on the top of your head* and visualise the VIOLET flower closing into a bud drawing all the VIOLET light back into it.

Watch the VIOLET bud shrink into a tiny point of light at the centre of the chakra.

Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.

The CROWN chakra is now closed.

Now focus your attention on your FOREHEAD chakra *in the middle of your forehead* and visualise the INDIGO flower closing into a bud drawing all the INDIGO light back into it.

Watch the INDIGO bud shrink into a tiny point of light at the centre of the chakra.

Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.

The FOREHEAD chakra is now closed.

Now focus your attention on your THROAT chakra *in the centre of your throat* and visualise the BLUE flower closing into a bud drawing all the BLUE light back into it.

Watch the BLUE bud shrink into a tiny point of light at the centre of the chakra.

Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.

The THROAT chakra is now closed.

Now focus your attention on your HEART chakra *in the centre of your chest above your heart* and visualise the GREEN flower closing into a bud drawing all the GREEN light back into it.

Watch the GREEN bud shrink into a tiny point of light at the centre of the chakra.

Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.

The HEART chakra is now closed.

Now focus your attention on your SOLAR PLEXUS chakra *about 3 inches above your navel* and visualise the YELLOW flower closing into a bud drawing all the YELLOW light back into it.

Watch the YELLOW bud shrink into a tiny point of light at the centre of the chakra.

Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.

The SOLAR PLEXUS chakra is now closed.

Now focus your attention on your SACRAL chakra *about 3 inches below your navel* and visualise the ORANGE flower closing into a bud drawing all the ORANGE light back into it.

Watch the ORANGE bud shrink into a tiny point of light at the centre of the chakra.

Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.

The SACRAL chakra is now closed.

Now focus your attention on your BASE chakra *at the base of your pelvis* and visualise the RED flower closing into a bud drawing all the RED light back into it.

Watch the RED bud shrink into a tiny point of light at the centre of the chakra.

Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.  
The BASE Chakra is now closed.

You are now completed and you may open your eyes when you are ready.

### **Conclusion**

At any time in the future you can use this procedure to balance and protect your Chakras.

Always close your Chakras before going into crowded places or meeting people you find difficult or any situation that you may find threatening. Also always close your chakras before working closely with clients to avoid depletion of your own life-force energy.

Once you are accustomed to the procedure you will be able to do it readily and quickly whenever you desire.

End.

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