

# The Body Mirror System of Healing - How It All Works

## **Your Body Is The Mirror Of Your Life**

Everything begins with your consciousness. Everything that happens in your life, and everything that happens in your body, begins with something happening in your consciousness.

Your consciousness is who you are, your experience of Being.

You decide what ideas to accept and which to reject. You decide what to think, and you decide what to feel. When these decisions leave you with residual stress, you experience the stress as if in your physical body. We know that stress creates symptoms. The interesting question is, "Which stress creates which symptoms?" When we are able to quantify this process, we are then able to see the body as a map of the person's consciousness, relating particular symptoms to particular stresses and particular ways of being, in the same way that Type "A" Behavior has been able to be associated with heart disease.

## **Everything Starts In Your Consciousness**

To understand this map, we must first orient ourselves to the idea that the causes of symptoms are within. While it's true that germs cause disease and accidents cause injuries, it is also true that this happens in accord with what is happening in the consciousness of the person involved.

Germs are everywhere. Why are some people affected and not others? Something different is happening in their consciousness.

Why do some patients in hospitals respond better to treatment than others? They have different attitudes. Something different is happening in their consciousness. When someone is injured in an "accident," why is it that a very specific part of the body is affected, and that it is the same part that has had habitual problems? Is that an "accident," or is there a pattern and an order to the way things happen in our bodies?

**You Are A Being of Energy**

Your consciousness, your experience of Being, who you really are, is energy. We can call it "Life Energy" for now. This energy does not just live in your brain; it fills your entire body. Your consciousness is connected to every cell in your body. Through your consciousness, you can communicate with every organ and every tissue, and a number of therapies are based on this communication with the organs which have been affected by some kind of symptom or disorder.

This energy which is your consciousness, and which reflects your state of consciousness, can be measured through the process known as Kirlian photography. When you take a Kirlian photograph of your hand, it shows a certain pattern of energy. If you take a second photograph while imagining that you are sending love and energy to someone you know, there will be a different pattern of energy shown on the Kirlian photograph. Thus, we can see that a change in your consciousness creates a change in the energy field that is being photographed, which we call the aura.

This energy field shown in the Kirlian photographs has been quantified, so that when there are "holes" in particular parts of the energy field, these are said to correspond to particular weaknesses in specific parts of the physical body. The interesting thing about this is that the weakness shows up in the energy field before there is ever any evidence of it on the physical level.

Thus, we have an interesting direction of manifestation shown through what we have described.

1. A change of consciousness creates a change in the energy field.
2. A change in the energy field happens before a change in the physical body.

The direction of manifestation is from the consciousness, through the energy field, to the physical body.

Consciousness--1-->Energy Field--2-->Physical Body

When we look at things in this way, we see that it is not the physical body creating the energy field, the aura, but rather the aura or energy field that is creating the physical body. What we see as the physical body is the end result of a process that begins with the consciousness.

## **We Each Create Our Reality**

When someone makes a decision that leaves them with stress, creating a blockage in the energy field with a sufficient degree of intensity, this creates a symptom on the physical level. The symptom speaks a certain language, which reflects the idea that we each create our own reality. When the symptom is described from that point of view, the metaphoric significance of the symptom becomes clear. Thus, instead of saying, "I can't see," the person would have to say, "I have been keeping myself from seeing something." If they cannot walk, they would have to say, "I have been keeping myself from walking away from something." And so on. We must understand that there are no accidents and no coincidences. Things do happen according to a pattern and order.

## **The Human Directional System**

We can say that we have an inner guidance system, a connection to our Higher Self, or our Inner Being, or whatever name we choose to give this Higher Intelligence. This inner guidance system functions through what we call our intuition, or our instinct. It speaks a very simple language. Either it feels good, or it doesn't. All the rest is just politics.

We are told we should move with what feels good, and do not do what doesn't feel good to us. We are told to trust this inner voice. When we don't follow this inner voice we feel tension. We feel not-good.

Then, the voice must get louder. The next level of communication is through the emotions. As we move more and more in the direction that feels not-good, we experience more and more emotions that feel not-good, and at some point we can say, "I should have listened to myself when I thought to move in the other direction." That meant that we

heard the inner voice. Otherwise, we could not have said, "I should have listened." If we make the decision we know is the right one for us, and therefore change direction, there is a release of tension, we feel better, and we know we are again on the right track.

If we continue to move in the direction that feels not-good, the communication reaches the physical level. We create a symptom, and the symptom speaks a language which reflects the idea that we each create our own reality. When we describe the symptom from that point of view, we can understand the message.

If we change our way of being, we have received the message, and the symptom has no further reason for being. It is able to be released, according to whatever we allow ourselves to believe is possible.

If we created the symptom with a decision, we are also able to release it with a decision. As an hypothesis, we can imagine that someone makes a decision that it is not a good idea to express what they want. From that moment, whenever there is something they want, they keep themselves from expressing it, and therefore from having what they want. That feels not-good. The tension grows. They feel more and more not-good as they keep themselves from expressing what they want and not having it.

Eventually, something happens to create a symptom on the physical level, and their right arm is affected. It could have happened through falling from a ladder, or in an automobile accident, or by pinching a nerve in the neck, or by "sleeping in a draft."

Something had to happen on the physical level to create the symptom, in order to give the person the message on the physical level about what they had been doing to themselves.

We do to ourselves literally what we have been doing to ourselves figuratively.

The effect is that the person cannot move their arm. They are keeping themselves from reaching for something, and since it is the right arm, on the "will" side of the body, they are keeping themselves from reaching for or going for what they want. They have been giving themselves reasons to not believe that they could have what they want. When they begin to do something different in their consciousness, they notice that something different begins to happen with their arm, and the symptom is able to be released.

## **Chakras And The Map**

To understand the map of the consciousness that the body represents, we can turn to some ancient Hindu traditions which have been studying consciousness for thousands of years, and which use the language of the chakras.

Chakra is a Sanskrit word, and it means "wheel," or "vortex," because that's what it looks like when we look at it. Each chakra is like a solid ball of energy interpenetrating the physical body, in the same way that a magnetic field can interpenetrate the physical body. The chakras are not physical. They are aspects of consciousness in the same way that the auras are aspects of consciousness. The chakras are more dense than the auras, but not as dense as the physical body, but they interact with the physical body through two major vehicles, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a particular group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that chakra.

Your consciousness, your experience of being, represents everything it is possible for you to experience. All of your senses, all of your perceptions, all of your possible states of awareness, can be divided into seven categories, and each of these categories can be associated with a particular chakra. Thus, the chakras represent not only particular parts of your physical body, but also particular parts of your consciousness. When you feel tension in your consciousness, you feel it in the chakra associated with the part of your consciousness experiencing the stress, and in the parts of the physical body associated with that chakra. Where you feel the stress depends therefore on why you feel the stress. When someone is hurt in a relationship, they feel it in their heart. When someone is nervous, their legs tremble and their bladder becomes weak.

When there is tension in a particular part of your consciousness, and therefore in the chakra associated with that part of your consciousness, the tension is detected by the nerves of the plexus associated with that chakra, and communicated to the parts of the body controlled by that plexus. When the tension continues over a period of time, or reaches a particular degree of intensity, the person creates a symptom on the physical level. Again, the symptom served to communicate to the person through their body what they had been doing to themselves in their consciousness. When the person changes something about their way of being, they are able to release the stress that had been creating the symptom, and they are then able to return to their natural state of balance and health.

## **Reading The Map**

When we are reading the body as a map of the consciousness within, we work with the idea that the tensions in the body represent tensions in the person's consciousness concerning what was happening in the person's life at the time that the symptom developed. The person was feeling stress about something that was happening in their life at that time.

We are going to examine the map of consciousness that the chakras provide, in order to understand the language of the symptoms that are associated with each chakra. In order to complete this map, however, we also need to look at ourselves as each a polarity of yin and yang, feminine and masculine characteristics.

For most people, their right side is their yang side, their will side, their acting or active side, and the left side is their yin side, their female side, their feeling or adaptive side. For people who were born left-handed, this polarity is reversed. Thus, for a right-handed person, their right leg can be described as their will leg, or their male leg, or the foundation of their will, but for a left-handed person, their left leg would be their male leg or will leg, and so on. Thus, we can talk about the will arm, or the will eye, or the will nostril, etc., and which side it is on will depend upon whether the person is right-handed or left-handed at birth.

Each of the chakras is energy vibrating at a certain frequency, in a logical and orderly sequence of seven vibrations. As we move up the scale, the elements become more and more subtle, moving through the five physical elements of earth, water, fire, air, and ether, to the spiritual elements of inner sound and inner light. The heaviest element is on the bottom, the lightest on the top. It is a logical and orderly sequence.

The colors of the spectrum also represent a series of seven vibrations in a logical and orderly sequence, as do the notes of the musical scale. Thus, we can put the heaviest vibrations or the longest wavelength on the bottom and the lightest on the top, and a particular color can be used to represent a chakra in its clear state, as can a particular musical note. Music played in a certain key vibrates a particular chakra, and we feel a particular way when we hear that music. Our relationship with a certain color says something about our relationship with the part of our consciousness that the color represents.

The Root Chakra is associated with the parts of our consciousness concerned with security, survival, or trust. For most people, this concerns the parts of their consciousness concerned with money, home, and job. When this chakra is in its clear state, the person is able to feel secure, be present in the here and now, and be grounded. When there is tension in this chakra, it is experienced as insecurity or fear. When there is more tension, it is experienced as a threat to survival.

Parts of the body controlled by the sacral plexus and this chakra include the skeleton system, the legs, and the elimination system. Symptoms in these parts of the body represent, therefore, tensions at the level of the Root Chakra, and we therefore know that the person is seeing the world through a perceptual filter of insecurity or fear. The adrenal glands are also associated with this chakra.

If one leg is affected, we can see whether it is the male leg or the female leg, and thus whether it has something to do with trust in a male or trust in a female. We can also see it as having something to do with trust in the will, or the aspects of trust in the foundations the emotional being, related to what was happening in the person's life at the time the symptom developed.

The physical sense of smell, and therefore the organ of the sense of smell, the nose, is associated with the Root Chakra. Symptoms at the level of the nose or affecting the sense of smell reflect tensions at the level of the Root Chakra.

Each chakra is associated with an element. The Root Chakra is associated with the element of earth, and reflects something about the person's association with the earth, or how they feel about being on the earth, which we call Mother Earth. This chakra is also associated with our relationship with our mother. When someone experiences a sense of separation from their mother, or not feeling loved by their mother, they cut off their roots and experience symptoms of tensions at the level of the Root Chakra until they can again open to accept their mother's love.

When a child comes into the world in the traditional family structure, the mother provides the nourishment and the father provides the direction. Thus, in the child's relationship with its mother, it makes certain decisions about the way things are. The relationship with the mother thus becomes a model for the person's relationship with everything that represents security - money, home, and job.

The Root Chakra is associated with the color red.

The Abdominal Chakra is associated with the parts of our consciousness concerned with food and sex - the communication from the body to the person within it, about what the body wants or needs, and what it finds pleasurable. It also is related to what is happening in their consciousness about having children. When this chakra is in its clear state, the person is in touch with this communication, and listening to and responding appropriately to what the body wants and needs.

Parts of the body controlled by the lumbar plexus include the reproductive system and the abdomen, and the lumbar region of the back.

The sense of taste is associated with this chakra, as is the element of water. When someone does not have a clear relationship with water (swimming, for example, or being on a boat), this reflects their attitudes about the parts of their consciousness that this chakra represents.

Tensions on the will side or the emotional side of this chakra indicate tensions in the person's consciousness as conflicts between either the will or the emotions with what the person's body is asking for.

This chakra is associated with the sense of taste, and with appetite. It is also involved with the person's willingness to feel their emotions.

The second chakra is associated with the color orange.

The Solar Plexus Chakra is associated with the parts of our consciousness having to do with perceptions of power, control, or freedom. In its clear state, it represents ease of being, and comfort with what is real for one's self - being comfortable with who you are. Parts of the body associated with this chakra include the organs closest to the solar plexus - stomach, gall bladder, spleen, liver, etc. - as well as the skin as a system, the muscular system as a system, and the face in general.

The physical sense associated with this chakra is the sense of sight. Anyone with impaired eyesight experiences tension at the level of their solar plexus chakra about the issues of power, control, or freedom. Nearsighted people also experience tensions at the level of the Root Chakra, and experience the world through a perceptual filter of fear or insecurity. Those who are farsighted experience tension also at the level of the throat chakra, and see the world through a perceptual filter of anger or guilt. Astigmatics see through the emotional perceptual filter of confusion.

The endocrine gland associated with the Solar Plexus Chakra is the pancreas. We can say that diabetics are keeping sweetness from themselves. When someone gets too close with sweetness, they feel threatened in their power to be who they are, and an emotion comes up to create a safe distance again. The emotion is anger. Diabetes is associated with suppressed anger.

The element associated with this chakra is fire, and the person's relationship with the sun says something about their relationship with the parts of their consciousness associated with the Solar Plexus Chakra.

The color of the Solar Plexus Chakra is yellow.

The Heart Chakra is associated with the parts of the consciousness concerned with relationships and our perceptions of love. The relationships we speak of here are with those people closest to our heart - partners, parents, siblings, children.

The parts of the body associated with this chakra include the heart and lungs, and the blood circulatory system as a system. This chakra is also associated with the thymus gland, which controls the immune system. When this is affected, as with AIDS, the person's lifestyle separates them from someone they love.

The physical sense associated with this chakra is the sense of touch, in its aspect of relating to the person inside the body. For example, a massage given to someone with no sensitivity to what the person is feeling inside would be an example of the sensation we associate with the Abdominal Chakra, but when the masseur seems to have a sense of what the person inside the body is experiencing, then it includes the aspect of relating we

associate with the Heart Chakra. When someone experiences extreme sensitivity about being touched, we would ask what was happening at the level of the Heart Chakra.

This chakra is associated with the element of air. When someone has difficulty with air, with breathing (asthma, emphysema, tuberculosis, etc.), we say that their relationship with air reflects their relationship with love - difficulty letting it in, or letting it out, for example

The color associated with the Heart Chakra is emerald green.

The Throat Chakra is associated with the parts of the consciousness concerned with expressing and receiving. Expressing can be in the form of communicating what one wants and what one feels, or it can be artistic expression, as an artist painting, a dancer dancing, a musician playing music, using a form for expressing and bringing to the outside what was within. Expression is related to receiving, as, "Ask, and ye shall receive."

The throat chakra is associated with abundance, and with the state of consciousness called, "grace," where it seems that what you want for you is also what God wants for you. Accepting what the abundant universe offers you requires a sense of unconditionally receiving.

This chakra is also associated with listening to one's intuition, and flowing in a particular way where it seems that the Universe supports you in all that you do. It is the first level of consciousness from which one perceives another level of intelligence functioning, and one's interaction with this other level of intelligence.

Parts of the body associated with this chakra include the throat, shoulders, and arms and hands. and the thyroid gland.

The sense of hearing is associated with this chakra, and the element of ether, the most subtle physical element, corresponding to what we find in deep space. The ether is the crossover between the physical and the spiritual dimensions. Someone looking at the world through this chakra watches the manifestation of their goals. The Will Arm represents manifesting what you want, and the Feeling Arm represents manifesting what makes you happy. Hopefully, the two point to the same thing.

Sky Blue is the color associated with this chakra.

The Brow Chakra is associated with the parts of the consciousness concerned with the spiritual view, and the home of the Spirit, the Being within. This level of consciousness is associated with what western traditions call the unconscious or subconscious, the part of our consciousness that directs our actions and our life. From this level we are aware of the motivations behind our actions. We can watch our outer theater from an inner point of view.

This chakra is associated with the carotid plexus, and the nerves on each side of the face, and the pituitary gland. Headaches in the temples or center of the forehead are associated with tensions at this level. This chakra controls the entire endocrine system as a system, and the process of growth.

The Brow chakra, also known as the Third Eye, is associated with extra sensory perception (ESP), the set of all inner senses that correspond to the outer senses, which together comprise spirit-to-spirit communication. The element associated with this chakra is a vibration known as the Inner Sound, the sound that one hears in their ears that does not depend upon something in the physical world. Some consider it a pathological

condition. In some of the eastern traditions the ability to hear this is considered a necessary prerequisite to further spiritual growth.

The color associated with this chakra is Indigo, midnight blue, the color of lapis lazuli, or the color of the night sky during a full moon.

The Crown Chakra is associated with the parts of the consciousness concerned with unity or separation, and just as the Root Chakra showed our connection with Mother Earth, this chakra shows our connection with Our Father, Which Art in Heaven. At first, it is associated with our connection with our biological father. This becomes the model for our relationship with authority, and this becomes the model for our relationship with God. When there is a sense of separation from our biological father, the person closes this chakra, and the effect on the consciousness is a sense of isolation and aloneness, being in a shell, and difficult to make contact with those outside the shell.

The person feels as if they are hiding from God, or hiding from themselves, not seeing what is true for them in the deepest part of their consciousness, the part we call the soul.

This chakra is also associated with a sense of direction.

The parts of the body controlled by this chakra are the pineal gland, the brain, and the entire nervous system as a system.

The color associated with the Crown Chakra is Violet, the color of amethyst.

## **Using The Map**

When there is tension in a particular part of the body, this represents a tension in a particular part of the consciousness, about a particular part of the person's life. Being aware of these associations helps one to see the importance of resolving the tense issues in their life.

If it were only a question of doing what is necessary for the person to be happy, that would be reason enough to motivate the person to want to change something that doesn't work for them, but here, we see that it is also a matter of health. The issues that are unresolved in a person's life are, in fact, hazardous to their health.

When we see the correspondences between the consciousness and the body, we see the degree to which we each create our reality. In fact, those words begin to take on a new meaning. We see how everything begins in our consciousness and we are able to look around us at other aspects of our lives in the same way.

When we see how the body carries out the messages and deepest wishes of the Being within the body, we can realize that the process can go in more than one direction. If our consciousness is directing how we develop symptoms, it can also direct how we release these same symptoms. If our consciousness can make our body ill, our consciousness can make our body well.

The logical conclusion of this process is that anything can be healed.

## **The Eight Human Talents**

### **General Overview of the Chakra System**

FIRST CHAKRA: Area of the Body: Organs of Elimination



HUMAN TALENT: Acceptance  
COLOR: Red  
SHADOW EMOTION(S): Resentment, Rigidity  
ELEMENT: Earth

SECOND CHAKRA: Area of the Body: The Sexual Organs  
HUMAN TALENT: Creativity  
COLOR: Orange  
SHADOW EMOTION(S): Passionate manipulation, Guilt  
ELEMENT: Water

THIRD CHAKRA: Area of the Body: Navel Center  
HUMAN TALENT: Commitment  
COLOR: Yellow Shadow  
EMOTION(S): Anger, Greed  
ELEMENT: Fire

FOURTH CHAKRA: Area of the Body: Heart Center  
HUMAN TALENT: Compassion COLOR: Green Shadow  
EMOTION(S): Fear, Attachment  
ELEMENT: Air

FIFTH CHAKRA: Area of the Body: Throat  
HUMAN TALENT: Truth  
COLOR: Blue Shadow  
EMOTION(S): Denial, Abruptness  
ELEMENT: Ether

SIXTH CHAKRA: Area of the Body: Third Eye Point  
HUMAN TALENT: Intuition  
COLOR: Indigo  
SHADOW EMOTION(S): Confusion, Depression  
ELEMENT: None

SEVENTH CHAKRA: Area of the Body: Crown of the Head  
HUMAN TALENT: Boundlessness  
COLOR: Violet  
SHADOW EMOTION(S): Grief  
ELEMENT: None

EIGHTH CHAKRA: Area of the Body: The Electromagnetic Field (Aura)

HUMAN TALENT: Radiance

COLOR: White

SHADOW EMOTION(S): None

ELEMENT: None

You will notice that the first five chakras are each associated with an earthly element -- earth, water, fire, air, and ether. Most people recognize the first four elements, but are unfamiliar with the term "ether." Ether is a subtle, heavenly energy, beyond the earth. As we move up the ladder of chakras, into the higher mental and spiritual planes, there are no longer earthly elements associated with these chakras.

Lust, anger, greed, pride, and attachment are human qualities that result from the imbalance of the eight energy centers called chakras. When these imbalances settle in, we often experience mental or physical problems.

People often come to me with emotional blocks in a certain chakra that have manifested in the creation of a physical illness. The idea that certain emotions and talents live in certain areas of our bodies is not a new one, but I do think some people have taken this too far, and assume that if they get sick it is somehow their own fault. This is a negative way of looking at this phenomenon, and does more harm than good when it comes to healing our bodies and spirits. Your disease is not your fault. Illness is part of the whole learning experience of life, and everybody goes through it. That's what it means to be mortal.

You can take an active, positive role in healing your own mind, body, and spirit.

See your body as God's perfect gift to you, for it is in loving and appreciating our body that we begin the path to consciousness. The eight greatest talents of humankind are located in the eight chakras, the eight major power areas of the body. The Eight Human Talents are the gifts of God that make us different from all other creatures on earth. Happiness is your birthright. The use and cultivation of these eight talents are keys to the happiness that God wants for you.

### **Happiness is your birthright.**

Our bodies are gifts from God. We need them to be here. For it is in loving and appreciating our bodies that we begin the path to consciousness. Happiness is your birthright. Opening, or balancing all your chakras is the key to that happiness.

"The very purpose of our life is happiness, the very motion of our life is towards happiness." --The Dalai Lama

It's nearly impossible to balance these eight power centers perfectly to bring out their talents every day of your life. But don't worry, perfection isn't the goal. The goal is to become aware of the energy emanating from each chakra and to be able to call upon it when you need it. Let's say you're called on to make a presentation at a board meeting. You'll need to shift into the fifth chakra located at your throat to communicate your ideas clearly, and the third chakra to give your presentation the special emphasis and punch of commitment. If an angry coworker blows up over the smallest inconvenience, don't meet fire with fire. Try meeting her with your fourth chakra, using compassion to heal the fear and insecurity behind her outburst.

Our bodies are like complex worlds within worlds. We know where they begin and end, and yet they are vast and full of mysteries which we may never understand. No machine has ever been devised by a human that is as complex or artful as our own human body. The ancient system of chakras is a way to understand ourselves. There is an incredible amount of subtle interaction going on all the time.

I have chosen specific Kundalini Yoga exercise sequences and meditations to help you develop the human talent that lies hidden within each chakra. I suggest you choose one or two, and try them for three minutes at least. I always suggest that students begin trying any meditation for three minutes, and increase it to seven, then eleven, eventually working up to thirty-one minutes. You can see improvement by committing to doing the meditation for a longer period of time.

"The life of a yogi is to manifest a beautiful, bountiful and wonderfully blissful tomorrow. That's a yogi." --Yogi Bhajan

The reason for these specific lengths of time has to do with the numerological significance of each number in the Kundalini Yoga tradition. The greater the amount of time, the greater the benefit. In Kundalini Yoga, we often do movements twenty-six times. Because we have twenty-six vertebrae, twenty-six is an important number to us. For a greater challenge, you can increase the number of repetitions of an exercise to fifty-four or even one hundred and eight if you really want to see faster progress!

It's not what you do, but the courage and commitment that you bring to what you do.

Meditation is not about perfecting or attaining anything. People think they need to go into a trance or be in an altered state to feel they're really meditating. That can and does happen, but meditation is actually the clearinghouse of the mind. Our minds release a thousand thoughts per wink of the eye. Just watch these thoughts as you might watch an ocean wave, not remembering or diagnosing them as they come and go. The real gift is to sit in the middle of all those thoughts, and react to not a one. Keep returning back to your breath, or maybe the sound you're making or the position of your body. Kundalini Meditations usually consist of breath or sound patterns and some specific positions, so you have plenty on which to concentrate.

"Each thought can become an emotion, and a feeling. And with each emotion and feeling, some of them become desires, and to be completed they take up all of your life energy. But if you use every thought and pass it through the intelligence and test it with your consciousness, you shall be successful, doesn't matter what. That's a simple secret of life." --Yogi Bhajan

When there's an emergency -- for example, if someone is calling from a hospital -- we'll say, "Okay, take a deep breath, and slow down." When you don't allow yourself to breathe, you deny yourself the very gift of life. In yogic terms, we believe that the life force is the "prana," which comes to us through the breath. Allowing yourself to take in enough breath is usually the first thing you need, and it's usually the first thing to go. Breath is free for the taking, but we're often very miserly in the way we dole it out to ourselves. It's not logical, but we all do it.

Before I learned this particular technology for meditation, I experienced the frustration of being told to sit and "meditate," having no idea what that meant. I'm so glad that I now have specific tools and techniques that make meditation less mysterious and more practical.

If you want to make a real change and develop the talent in any chakra, I suggest you do a meditation for that power center for forty days, for whatever length of time feels comfortable. You can start with a shorter time and then increase the time during the forty-day period. If you just aren't up to it one day, you can go back to a three-minute period for that day so you don't have to break your forty-day commitment.

Forty days has historically been a significant time period in many world religions. In the Old Testament it rained for forty days and forty nights. In Christianity there are the forty days of Lent. Forty-day cycles are very important in the Sikh religion as well. Perhaps this is because your physical body renews all the cells in your bloodstream every forty days. For whatever reason, forty days has always been a mystical period of time.

So you see, there are many ways to use these tools. I don't want you ever to feel that the one you pick is not good enough. It doesn't matter if you do something for three minutes or for thirty-one minutes -- it's all good. In this work, it is not what you do, but the focus and depth you bring to it.

Of course, it is my deepest prayer that after you do this work even on the smallest level, you will see real improvement in your life, and you will be inspired to devote more time to using these life-changing tools. In a lifetime of teaching, I have seen the technology of Kundalini Yoga and Meditation create miracles of healing. If you want healing on any level of your life and you are willing to do the work, you will see miracles, too.

#### The Mystery Hidden Within Each Chakra

The first chakra, which contains the human talent of acceptance, encompasses our organs of elimination. Here we find foundation, security, and habit.

The second chakra, which contains our reproductive organs, is where we find the human talent of creativity.

In the third chakra, we come to the solar plexus area, the stomach, and many of the internal organs, such as the liver and the spleen. This area is the center for energy, for world power, for a sense of control and coordination. It is ruled by the element of fire.

Of these chakras -- the first, second, and third, which make up what we call the lower triangle -- the third is the most subtle. It is the driving force to act and to complete the conceptualization, the visualization that we have in our lives. It is where we find the human talent of commitment.

In the heart center, the fourth chakra, we find compassion.

The throat area, the fifth chakra, is the part of the body in which we literally "find our voice." This chakra houses the human talent of truth.

The sixth chakra is classically located at the point between the eyebrows, which yogis refer to as the "third eye point," and contains intuition. This is where we find our sense of physical vision, and our extrasensory talent of vision as well.

The seventh chakra is located at the top of the head. The exact area is where the tiny endocrine organ, known as the pineal gland, is found near the crown of the head, where the soft spot on a newborn baby's head is located. This chakra contains the human talent of boundlessness. It is the spiritual center of our physical body.

This experience of boundlessness has many names in many world religions. I chose the word "boundlessness" to describe this spiritual connection, without the specific association of any particular religion.

The last chakra encompasses what is referred to in yogic science as the electromagnetic field. It is our aura, a field of energy surrounding our physical body that makes up the eighth chakra. Western science has proved the existence of this field as a physical phenomenon. The human talent that lives in this chakra is that of radiance.

As you can see, each energy center has a profound impact on our lives. At any given time, we may lose touch with one or another of them, become imbalanced and feel "off." The purpose of this book is to find ways to connect, strengthen, and balance each of these centers on a daily basis. This process is sometimes referred to as "balancing the chakras." It is the very purpose of our lives; it is a constant and worthwhile process.

"If you ever want to be right in your life, bring yourself into balance. The joy of life, the happiness of life, is in balance." --Yogi Bhaajan

When we are unbalanced in our chakras or energy centers, we use those expressions like, "I'm having an off day," "I'm having a bad hair day," "Nothing seemed to go right today."

If the chakras are balanced, you'll hear expressions like, "It was such a great day," "It was such a miraculous day. Things went so smoothly today!" And that comes when everything is lined up and the energy is flowing throughout your whole body.

Yoga is the science of breath and angles. It is an ancient science, put together by our wise elders, who were in tune with the energy field of the universe and how it manifests through our physical bodies. When we study yoga, we learn to place our arms, hands, and fingers, and the body itself into very specific postures, creating certain angles. Combined with powerful breathing techniques, these postures can produce amazing changes in our psyche!

"Before us the sages have laid the path. We are taking our first step." --Yogi Bhajan

Yoga is similar to what keeps most animals fit. One only has to watch the stretching exercises that a cat does, and then see her magnificent body in action as she chases a bird, to understand that the systematic stretching and relaxation of our muscles can keep us fit for life.

In our uniquely human capacity to connect movement with breath and spiritual meaning, yoga is born. The translation of the word "yoga" is "union." This union of breath and movement has as its ultimate goal the harmonious merging of body, mind, and soul into the universal energy surrounding us. We refer to it as the "practice of yoga," and that is what we do in the Kundalini Yoga classes. But the real yoga is how you take what you've learned in class and live it out in the world.

People who are new to yoga ask me, "Is it hard? Do I have to be some kind of athlete?" Oftentimes, they give up on the very idea of yoga before they've even tried it, because they assume that it is something that dancers and acrobats do. I have students who are world-class athletes, and students who are amputees, or paraplegics, or cardiac rehab patients. Absolutely anyone can do this yoga, and everyone will be challenged by it, too. And everyone I have ever seen attempt it, even on the smallest level, has been changed. But please, if you have a medical condition, consult your doctor or chiropractor if you are unsure if your body is ready for a new challenge. Yogic technology is not necessarily a substitute for medical advice or attention; one needs to be sensitive when dealing with the complexities of the body. Once you are aware of your limitations, then be sensitive and get going!

As to "Is it hard?" -- yes, it is. In various ways. Sometimes it's physically hard, sometimes it just annoys a part of your mind, what we sometimes call the "Monkey Mind." The Monkey Mind is the part of your mind that doesn't want to consider the higher questions of life. While the monkey might be asking, "Where is my next banana?" the human is asking, "Where's the next doughnut, cigarette, or mocha latte?" And the Monkey Mind will lie to you, to make sure you keep the bananas or the mocha lattes coming its way. It will tell you that this yoga you are doing is tedious, pointless, silly. Your Monkey Mind can make the yoga seem harder than it is, because it doesn't want to change.

So our Monkey Mind will tell us to turn away from things like yoga, things that portend change and seem "hard." I think we are at a point in history at which we want things to come easily. We have come to value easiness. We want a pill that will fix everything. We just want it taken care of, we want to be fixed, and we want it now. We want our lives to be pain-free, and the lives of our children to be pain-free. But what are we really looking for when we try a new diet or a new drug or a new religion? We get discouraged when things aren't easy and perfect. Kundalini Yoga can be challenging, but unlike a painkiller, its purpose isn't to mask our pain. It heals our pain.

"There is no freedom which is free." --Yogi Bhanjan

I know, because I have been that person seeking. I spent a great deal of my life searching for the easy, pain-free fix. In my early twenties, as a flower child in the Haight, I became addicted to diet pills, because that seemed like the pain-free path to freedom. Of course, it was not.

### **Pain is part of the deal.**

When I think back to that time, I was so sure someone must have the answer. I wanted someone to tell me how to make my life pain-free. Looking back, I can't imagine who I thought got through their entire lives and managed to avoid the pain. Now I realize there is not now nor has there ever been a single person on this planet who has successfully avoided the pain of being human. Pain is part of the deal.

In fact, the enlightened beings who have graced this planet dealt with the pain of humanness, and it is usually the main point of their story. This is true with Jesus, with Buddha, with Moses, with Gandhi. How did I think I could get around it?

Now since I accept pain as part of the human bargain, I am also free to accept the serenity I believe is my natural state of being. God wants each of us to live in a state of serenity. Serenity, which encompasses happiness and joy, also allows for pain and sorrow, because serenity is a state of being that accepts all of our states without judgment. Serenity is the state of being that exists when we are in balance, when we know our place in the universe, when we are truly able to accept God's will for us. It was the study of Kundalini Yoga and Meditation that taught me about balance and serenity, taught me how to quiet my chattering Monkey Mind, taught me how to focus on and be grateful for each breath I take.

Kundalini Yoga and Meditation have helped me to re-pattern my body and my mind.

As I began to learn this yoga, I began to escape the illusion I could or even wanted to avoid pain. I did begin to see pain, discomfort, and even simple annoyance, as the learning opportunities and blessings that they are. I still don't always see the traffic jam as "a growth opportunity." At first, unconsciously, I may mistake it for a complaining opportunity. And then sometimes the traffic jam, or the grocery line, or any other daily test sends me directly into impatience. I start thinking about whose fault it is that I'm

stuck in traffic, or how I shouldn't have to be dealing with this. Kundalini Yoga and Meditation have helped me to re-pattern my body and my mind, so that I don't stay in the illusion of "why me" quite as long, and even when I'm in it, I remember that "this too shall pass."

This yoga can be challenging, but it can also bring such ecstasy. Once you get past the pain or the discomfort or even the simple annoyance, there can be such bliss and joy in the breath and the movement.

Someone sent me a story on the Internet that so perfectly summed up this paradox of how challenging experiences make us stronger.

One day a small opening appeared on a cocoon, and a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened!

In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening was God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. We could never fly.

I asked for Strength ...  
And God gave me Challenges to make me strong.  
I asked for Wisdom ...  
And God gave me Problems to solve.  
I asked for Prosperity ...  
And God gave me Brain and Brawn to work.  
I asked for Courage ...  
And God gave me Danger to overcome.  
I asked for Love ...  
And God gave me Troubled people to help.  
I asked for Favors ...  
And God gave me Opportunities.



I received nothing I wanted  
I received everything I needed.

I just love that story, because I asked God for a way to avoid pain, and God gave me Kundalini Yoga.

As you begin to read, know that each of these eight energy centers already lives within you, each of the chakras is like that butterfly trying to be born out of its cocoon. The whole process of learning is really the process of uncovering and rediscovering what we already know. That is the process we will undergo together.

I know by the end of this journey we will see our eight glorious human talents begin to thrive. We humans are magnificent creatures. This is the perfect time for us to celebrate and nurture our Eight Human Talents together.

Our bodies are the means by which we come to know and understand our spiritual connection to the Infinite. John O'Donohue, gifted poet of the spirit, sums up this relationship beautifully in the Celtic poem from his book *Anam Cara: A Book of Celtic Wisdom*.

A Blessing For The Senses:

May your body be blessed.  
May you realize that your body is a faithful and beautiful friend of your soul.  
And may you be peaceful and joyful and recognize that your senses are sacred thresholds.  
May you realize that holiness is mindful, gazing, feeling, hearing, and touching.  
May your senses gather you and bring you home.  
May your senses always enable you to celebrate the universe and the mystery and possibilities in your presence here.  
May the Eros of the Earth bless you.

## The Seven Major Chakras

### **Part 1: Study of the chakras**

The word chakra is derived from the Sanskrit word meaning wheel. If we were able to see the chakras (as many psychics, in fact, do) we would observe a wheel of energy continuously revolving or rotating. Clairvoyants perceive chakras as colorful wheels or flowers with a hub in the center. The chakras begin at the base of the spine and finish at the top of the head. Though fixed in the central spinal column they are located on both the front and back of the body, and work through it.

Each chakra vibrates or rotates at a different speed. The root or first chakra rotates at the slowest speed, the crown or seventh chakra at the highest speed. Each chakra is stimulated by its own and complimentary color, and a range of gemstones for specific uses. The chakra colors are of the rainbow; red, orange, yellow, green, blue, indigo, and violet. The size and brightness of the wheels vary with individual development, physical condition, energy levels, disease, or stress.

If the chakras are not balanced, or if the energies are blocked, the basic life force will be slowed down. The individual may feel listless, tired, out of sorts, or depressed. Not only will physical bodily functions be affected so diseases may manifest, but the thought processes and the mind may also be affected. A negative attitude, fear, doubt, etc. may preoccupy the individual.

A constant balance between the chakras promotes health and a sense of well being. If the chakras are opened to much, a person could literally short circuit themselves with too much universal energy going through the body. If the chakras are closed, this does not allow for the universal energy to flow through them properly which may also lead to disease.

Most of us react to unpleasant experiences by blocking our feeling and stopping a great deal of our natural energy flow. This affects the maturation and development of the chakras. Whenever a person blocks whatever experience he is having, he in turn blocks his chakras, which eventually become disfigured. When the chakras are functioning normally, each will be open, spinning clockwise to metabolize the particular energies needed from the universal energy field.

As already mentioned any imbalances that exist within any chakra may have profound effects upon either our physical or emotional bodies. We are able to use our quartz crystals and gemstones to re-balance all our chakric centers and once the chakra has been properly balanced then our body will gradually return to normal.

The reason why crystals and gemstones are wonderful and powerful healing tools are because of what science calls its piezoelectric effect. (You can see this effect in the modern quartz watches). Crystals and gemstones respond to the electricity that is coursing through our body, and if the energy is sluggish, the constant electrical vibrations of the stones will help to harmonize, balance, and stimulate these energies.

## **THE SEVEN MAJOR CHAKRAS**

### **FIRST CHAKRA- ROOT**

Studying the individual chakras begins with the root chakra, called Muladhara in Sanskrit. The root chakra is located at the base of the spine at the tailbone in back, and the pubic bone in front. This center holds the basic needs for survival, security and safety. The root chakra is powerfully related to our contact with the Earth Mother,

providing us with the ability to be grounded into the earth plane. This is also the center of manifestation. When you are trying to make things happen in the material world, business or material possessions, the energy to succeed will come from the first chakra. If this chakra is blocked an individual may feel fearful, anxious, insecure and frustrated. Problems like obesity, anorexia nervosa, and knee troubles can occur. Root body parts include the hips, legs, lower back and sexual organs. The colors used for this chakra are red, brown and black. The gemstones are Garnet, Smoky Quartz, Obsidian, and Black Tourmaline.

NOTE: A man's sexual organs are located primarily in his first chakra, so male sexual energy is usually experienced primarily as physical. A woman's sexual organs are located primarily in her second chakra, so female sexual energy is usually experienced primarily as emotional. Both chakras are associated with sexual energy.

## **SECOND CHAKRA- BELLY (SACRAL)**

The next chakra or second chakra is often referred to as the belly or (sacral). It is located two inches below the navel and is rooted into the spine. This center holds the basic needs for sexuality, creativity, intuition, and self-worth. This chakra is also about friendliness, creativity, and emotions. It governs people's sense of self-worth, their confidence in their own creativity, and their ability to relate to others in an open and friendly way. It's influenced by how emotions were expressed or repressed in the family during childhood. Proper balance in this chakra means the ability to flow with emotions freely and to feel and reach out to others sexually or not. If this chakra is blocked a person may feel emotionally explosive, manipulative, obsessed with thoughts of sex or may lack energy. Physical problems may include, kidney weakness, stiff lower back, constipation, and muscle spasms. Belly body parts include sexual organs (women), kidneys, bladder, and large intestine. The main color used with this chakra is orange. The gemstones are Carnelian Agate, Orange Calcite and Tigers Eye.

## **THIRD CHAKRA- SOLAR PLEXUS**

The third chakra is referred to as the Solar Plexus. It is located two inches below the breastbone in the center behind the stomach. The third chakra is the center of personal power, the place of ego, of passions, impulses, anger and strength. It is also the center for astral travel and astral influences, receptivity of spirit guides and for psychic development. When the Third Chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed. Physical problems may include digestive difficulties, liver problems, diabetes, nervous exhaustion, and food allergies. When balanced you may feel cheerful, outgoing, have self-respect, expressive, enjoy taking on new challenges, and have a strong sense of personal power. The body parts for this chakra include the stomach, liver, gall bladder, pancreas, and small intestine. The main color for this chakra is yellow. The gemstones are Citrine, Topaz, and Yellow Calcite.

## **FOURTH CHAKRA- HEART**

The fourth chakra is referred to as the heart chakra. It is located behind the breast bone in front and on the spine between the shoulder blades in back. This is the center for love, compassion and spirituality. This center directs one's ability to love themselves and others, to give and to receive love. This is also the chakra connecting body and mind with spirit. Almost everyone today has a hard, hurt, or broken heart, and it is no accident that heart disease is the number one killer in America today. Deep heart hurts can result in aura obstructions called heart scars. When these scars are released, they raise a lot of old pain, but free the heart for healing and new growth. When this chakra is out of balance you may feel sorry for yourself, paranoid, indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love. Physical illnesses include heart attack, high blood pressure, insomnia, and difficult in breathing. When this chakra is balanced you may feel compassionate, friendly, empathetic, desire to nurture others and see the good in everyone. Body parts for the fourth chakra include heart, lungs, circulatory system, shoulders, and upper back. The main colors used are pink and green. The gemstones are Rose Quartz, Kunzite, and Watermelon tourmaline.

### **FIFTH CHAKRA- THROAT**

The fifth chakra is referred to as the Throat. It is located in the V of the collarbone at the lower neck and is the center of communication, sound, and expression of creativity via thought, speech, and writing. The possibility for change, transformation and healing are located here. The throat is where anger is stored and finally let go of. When this chakra is out of balance you may want to hold back, feel timid, be quiet, feel weak, or can't express your thoughts. Physical illnesses or ailments include, hyperthyroid, skin irritations, ear infections, sore throat, inflammations, and back pain. When this chakra is balanced you may feel balanced, centered, musically or artistically inspired, and may be a good speaker. Body parts for the fifth chakra are throat, neck, teeth, ears, and thyroid gland. The main color used is light blue. The gemstones are Aquamarine and Azurite.

### **SIXTH CHAKRA- THIRD EYE**

The sixth chakra is referred to as the Third Eye. It is located above the physical eyes on the center of the forehead. This is the center for psychic ability, higher intuition, the energies of spirit and light. It also assists in the purification of negative tendencies and in the elimination of selfish attitudes. Through the power of the sixth chakra, you can receive guidance, channel, and tune into your Higher Self. When this chakra is not balanced you may feel non-assertive, afraid of success, or go the opposite way and be egotistical. Physical symptoms may include headaches, blurred vision, blindness, and eyestrain. When this chakra is balanced and open you are your own master with no fear of death, are not attached to material things, may experience telepathy, astral travel, and past lives. Sixth chakra body parts include the eyes, face, brain, lymphatic and endocrine system. The main colors are purple and dark blue. The gemstones are Amethyst, Sodalite, and Lapis Lazuli.

### **SEVENTH CHAKRA- THE CROWN**

The seventh chakra is referred to as the Crown. It is located just behind the top of the skull. It is the center of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom, and brings the gift of cosmic consciousness. This is also the center of connectedness with the Goddess (God), the place where life animates the physical body. The silver cord that connects the aura bodies extends from the crown. The soul comes into the body through the crown at birth and leaves from the crown at death. When this chakra is unbalanced there may be a constant sense of frustration, no spark of joy, and destructive feelings. Illnesses may include migraine headaches and depression. Balanced energy in this chakra may include the ability to open up to the Divine and total access to the unconscious and subconscious. The main colors for the crown are white and purple. The gemstones are Clear Quartz Crystal, Oregon Opal, and Amethyst.

## The Seven Major Chakras

### **Part II: Clearing gemstones and crystals**

Sometimes a stone or crystal you are strongly drawn to doesn't feel good, or a stone that felt good previously doesn't feel good now. The stone or crystal may need to be cleared. Clearing is necessary before using any stone for healing. The clearer the energy of a healing stone, the more powerful it is. Crystals and healing gemstones need to be cleared as soon as they are purchased as well as clearing after every healing. A cleared, ready crystal feels positive and bright, tingly and cold to the touch. A crystal that needs clearing may feel hot, heavy or drained. There are a number of ways to effectively clear crystals and gemstones.

### **SEA SALT**

Sea salt is the most traditional purifying agent in psychic work and healing. It dispels any sort of dis-ease and negativity, and is a physical and psychic disinfectant. I feel it is the most accepted and probably the most powerful method of clearing crystals and stones. I highly recommend it for the initial cleansing of a new healing stone and for any time a stone is overloaded with negative energy. Salt can be mixed with water or used dry. To use salt water, mix a tablespoon of sea salt in a glass or ceramic cup of cold water. Do not use plastic or metal containers. Place the stones in the solution and allow to soak overnight. To use dry salt, place the sea salt in a glass or non-plastic container and bury the crystals with the points facing downward into the salt. Again, leave overnight. Sometimes a stone may take longer to clear, especially if it has been used in a deep, intense healing. If this is the case, leave another day or two in the sea salt. When clearing gemstone necklaces it is best to use the dry sea salt method. Be sure to use sea salt only, table salt contains aluminum and other chemicals. For those who live by the ocean, salt water can be brought from the beach in a jar, or gently wash them directly in the ocean.

## **MOONLIGHT**

Moonlight is another way of clearing your gemstones. Simply place outside from the Full to the New Moon. Waning Moons are good times to clear crystals, to dispel old energies, but any time works. The amount of time used varies with the sensitivity of the healer and the amount of material from which the stone needs cleansing. Try hanging your gemstone necklaces in a tree where the moonlight can cleanse them. (I personally do not recommend ever placing your crystals and gemstones in the sunlight, many stones tend to fade their colors in the sun. Also internal fractures may cause your stone to crack or break if placed in the sun.)

## **OTHER METHODS THAT WORK WELL**

Burying your crystal in a cupful of dried herbs will also clear it. Suggested herbs for this are rose petals, sage, frankincense, myrrh, and sandalwood. You can usually find these at low cost at many co-ops or herb stores. This is a gentle way to clear crystals, and a pleasant way, but it does take longer than sea salt.

Crystals may also be buried into the Earth. This is especially helpful when you feel deep cleansing is needed. Outdoors, simply dig a hole the size of your crystal into the Earth, place your crystal again point down, and cover with soil. The amount of time needed is personal choice. Be sure to place a Popsicle stick or some other marker to insure you find your stone again!!! For apartment dwellers, use a flower pot to bury your stone in.

A quick way to cleanse your healing stones is to smudge them with burning cedar or sage. Smudging is an excellent way to make sure your stones are purified. Simply hold the burning sage or cedar stick while passing your stone through the smoke. I usually do this a couple times to ensure cleansing. I also like to cleanse my stones by smudging after every healing.

Finally, if you are in a hurry and feel that your crystal needs to be cleared, you can easily run them under cool tap water. Make sure the points are facing down the drain to run the negative energy right down the sink!!! **NEVER USE WARM OR HOT WATER, THIS WILL FRACTURE OR BREAK YOUR CRYSTALS.** Visualize the crystal as sparkly, tingly, cold, and belonging to the healer.

## **The Seven Major Chakras**

### **Part III: Programing and dedicating stones**

After you choose and clear your gemstone or crystal, it is a good idea to dedicate it or program it. The purpose of programming a crystal or gemstone is to focus its abilities on something you specifically need, thereby magnifying the stone's intent through your own. The purpose of dedicating the stone to a high level healing energy or Goddess (God) is to

protect it from negative energy. A crystal or stone that is programmed and dedicated in these ways becomes much more powerful and useful as a tool. This is a very simple process. Hold the crystal or gemstone in your hand and sense its energy. With the stone being newly cleared, the energy will feel stronger and even more appealing than before. As you sense this energy and appreciate it, ask quietly to be connected to the deva of the crystal or gemstone. Though not animate, stones are living things and the deva of the piece is the stone's life-force energy.

Once you feel you have sensed what you can from the energy, think of what you will be using the stone for. Think of these uses, then quietly ask the gemstone if it is willing to act in the way you wish. The crystal's energy may increase with a yes or seem to disappear with a no. If the stone accepts your intent, state in your mind that it be so. Once a stone is programmed, it will hold its intent until you or someone else reprograms it. To prevent any negative energy from attaching itself to your crystal you may wish to dedicate it. To do this, simply hold the crystal or gemstone in your hand and state clearly in your mind: <sup>3</sup>Only the most positive high-level energy may work through this healing tool<sup>2</sup>. Focus on your intent for awhile, then end your sensing (meditation) with <sup>3</sup>SO BE IT<sup>2</sup>. The stone is now dedicated.

You may also choose to dedicate your gemstone or crystal to a specific healing energy, for example, to a Goddess of healing. There are many healing goddesses, including Isis, Yemaya, Diana, and White Buffalo Calf Woman. For stones programmed for protection, Hecate or Kali are strong protection Goddesses.

## The Seven Major Chakras

### Part IV: Laying on of stones

The technique of using crystals and gemstones on the receiver's body for healing is called laying on of stones. It is a powerful method of cleansing negative energy, clearing and balancing the chakras, effecting emotional release, and bringing light and healing into all the aura bodies. Cleared, programmed, and dedicated stones move the receiver's vibration into alignment with the planet and the universal grid. This results in a freeing of life force energy in the chakras and aura, a healing of the Body of Light, and a transformation of negative or dis-ease into health. The process may be done with clear quartz crystals only, colored gemstones only, or a combination of both. The stones may be used alone or with a hands on healing (ie; Reiki). The stones are placed upon the receiver's body from feet to head. The healer then begins using her hands as usual starting at the head and moving toward the feet. (Use gemstones with colors matching each chakra's color. The stones can be in any form-faceted, raw, tumbled, eggs, or beads.) Energy in this type of healing needs to move in one direction through the body, either Earth to sky or sky to Earth. If the energy is Earth to sky, all the gemstones that have points are placed with the points turned towards the receiver's crown. The effect of this direction is to move the receiver's energy to a higher vibration or more spiritual level. If the direction is from sky to Earth, it is the opposite, with the crystals pointing

toward the feet. This direction moves life force energy from crown to feet for grounding and rooting into Earth.

To begin, the receiver lies on her back on a padded floor or massage table, with pillows under her head and knees for comfort. The space should be quiet, comfortable, and warm. Use only stones that have been dedicated to positive energy and programmed for healing. Invite spirit guides and angels into the session if you wish.

Start by placing a clear quartz crystal above her head and below her feet. In the right hand place another crystal and in the left hand place a rose quartz gemstone. Then go chakra by chakra, moving from the feet to crown and placing the appropriate colored gemstone for each center. (Be sure you have your healing stones spread out where you can reach them easily.) There may be stones that you are drawn to for a particular reason, let yourself be guided, there are no real rules. You cannot do it wrong. A stone that is not needed for the session or is inappropriate for the receiver's energy will roll right off or roll to another place where it is better utilized. Allow this to occur. If the receiver feels uncomfortable with a particular stone, remove it, the energy is not right for her needs.

When the stones are all in place, the healer has two options. She (he) can go to the head and begin a hands on healing. Be sure to cover the stones with your hands carefully in order not to scatter the gemstones. While your hands are covering each chakra over the stone, visualize the bright color of the gemstone entering the chakra, making it appear bright, balanced, centered, and healthy. Do this visualization until you feel confident to move to the next chakra. Be sure to flick fingers to release any negative energy before going to the next center. End with a complete brushing of the aura.

The other option a healer has once the stones are placed is to sit beside the receiver and simply wait, allowing the gemstones and spirit guides to do the healing. As the receiver's chakras and aura absorb and are balanced by the crystal and gem energies, the stones begin to roll off one by one. When all the stones are off, or the receiver feels finished with those that remain, the healing is over. End with a complete brushing of the aura and allow the receiver to lie quietly without the stones. Ask for feedback and discuss anything that you feel should be discussed. While she is doing this, the healer can gather up the stones from the table or floor and clear them again before putting them away. Put them into your protective box. A laying on of stones healing can be quite intense. There is often a major energy shift during this type of healing. More frequent emotional releases, past life and this life trauma openings and other transformative events. The healers role in this is to wait for the release to end and to be entirely non-judgmental. After a session, there may also be a physical detoxification process that can continue for up to a week. Be aware of what is happening and again, allow it. The changes are always positive and are usually gentle.



# The Seven Major Chakras

Part V: Table of chakras and gemstones

## **RECLAIM YOUR RIGHT TO HEAL**

The ancient healers knew that the body is more than what is seen. They respected the wholeness of the body, emotions, mind, and spirit, saw the goddess (god) within all being, and treated their patients with respect and caring. Healing was a three way agreement between healer, goddess (god) and the person being healed, and healing was an active choice. Such partnerships and participation are missing in today's modern medicine, along with the concepts of wholeness and respect. Anyone can heal, and anyone can choose well-being. By learning and using the ancient skills of healing, many diseases of the body, emotions, mind, and spirit are preventable, or are easily transformed before they become matters for the allopathic medicine. The skills of the ancient healers are available, powerful and very much alive right now. Please use these tools, it is our right!!!

### **FIRST CHAKRA---Red**

1. Red Garnet
2. Smoky Quartz
3. Black Obsidian

### **SECOND CHAKRA---Orange**

1. Carnelian Orange
2. Calcite Tiger's Eye

### **THIRD CHAKRA---Yellow**

1. Citrine Topaz
2. Golden Calcite

### **FOURTH CHAKRA---Pink and Green**

1. Rose Quartz
2. Kunzite
3. Watermelon Tourmaline
4. Jade
5. Adventurine

### **FIFTH CHAKRA---Light Blue**

1. Aquamarine
2. Azurite
3. Sodalite

### **SIXTH CHAKRA---Blue or Indigo**

1. Lapis

2. Blue Fluorite
3. Sugilite
4. Clear Quartz

### **SEVENTH CHAKRA---Violet or Clear**

1. Amethyst
2. Oregon Opal
3. Clear Quartz

### **GEMSTONES OF THE ZODIAC (Astrological Sun Signs)**

1. Aries (3/21-4/20)---Bloodstone
2. Taurus (4/21-5/20)---Sapphire
3. Gemini (5/21-6/20)---Agate
4. Cancer (6/21-7/20)---Emerald
5. Leo (7/12-8/22)---Onyx
6. Virgo (8/23-9/22)---Carnelian
7. Libra (9/23-10-22)---Peridot
8. Scorpio (10/23-11/22)--Aquamarine
9. Sagittarius (11/23-12/21)--Topaz
10. Capricorn (12/22-1/20)--Ruby
11. Aquarius (1/21-2/18)--Garnet
12. Pisces (2/19-3/20)—Amethyst

## **Opening the Chakras**

### **Chakra meditations that use mudras and sounds to open chakras.**

These chakra meditations use mudras, which are special hand positions, to open chakras. The mudras have the power to send more energy to particular chakras. To enhance the effect, sounds are chanted.

These sounds are from Sanskrit letters. When chanted, they cause a resonance in your body that you can feel at the chakra the sounds are meant.

For pronunciation, keep in mind that the "A" is pronounced as in "ah," and the "M" is pronounced as "mng."

Do a meditation for 7 - 10 breaths. Chant the sound several times each breath (for example three times).

### **Open the Root Chakra**

Let the tips of your thumb and index finger touch.

Concentrate on the Root chakra at the spot in between the genitals and the anus.

Chant the sound LAM.

### **Open the Sacral Chakra**

Put your hands in your lap, palms up, on top of each other. Have left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently.

Concentrate on the Sacral Chakra at the sacral bone (on the lower back).

Chant the sound VAM.

### **Open the Navel Chakra**

Put your hands before your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. It is important to straighten the fingers.

Concentrate on the Navel chakra located on the spine, a bit above the level of the navel.

Chant the sound RAM.

### **Open the Heart Chakra**

Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone (so a bit above the solar plexus).

Concentrate on the Heart chakra at the spine, level with the heart.

Chant the sound YAM (as this mudra is particularly powerful, this may not be needed).

### **Open the Throat Chakra**

Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up.

Concentrate on the Throat chakra at the base of the throat.

Chant the sound HAM.

**Open the Third Eye Chakra**

Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs should point towards you and touch at the tops.

Concentrate on the Third Eye chakra slightly above the point between the eyebrows.

Chant the sound OM or AUM.

**Open the Crown Chakra**

Put your hands before your stomach. Let the ring fingers point up, touching at their tops.

Cross the rest of your fingers, with the left thumb underneath the right.

Concentrate on the Crown chakra at the top of your head.

Chant the sound NG.

Warning: Do not open the Crown chakra while you do not have a strong Root chakra.