

7-24-2016 Readings

***The Sevenfold Journey: Reclaiming Mind, Body & Spirit Through The Chakras* by Anodea Judith & Selene Vega**

Chakra 3: Solar Plexus, between naval and base of sternum

Our element is fire, and this chakra rules the creation and expression of energy in the body. Fire is the transformer, changing matter into energy in the form of heat and light. Whereas our first two chakras, earth and water, are subject to gravity, and flow downward, fire sends its heat and flames upward. This change is necessary for the transformational process of moving energy to the higher chakras. A healthy third chakra embodies a feeling of ease and warmth. There is laughter, pleasure, harmony with one's surroundings, and a joy in graceful and purposeful action.

Power and Will: True power comes from the harmony of our polarities, much as electrical power comes from the combination of both positive and negative poles. Our personal power is greater when we combine our male and female side, our light side and our shadow, our strength and vulnerability. Exploration of these polarities is the domain of chakra 2. Combining them creates the power of chakra 3.

Movement: Making the Sun

Exercise: Laughter

Chakra 4: Heart, upper chest and the upper back

Known as the "heart" chakra, because it is located in the area of that vital organ, this center is at the core of our spirit. In many languages, the word for heart comes from the root for core, as in the French *Coeur*, and the Spanish *Corazon*. An in our language, to go to the heart of an issue is to get to the core. One of the many pathways of energy through the chakras is a spiral, emanating from the heart, as the core, and traveling through each of the chakras in ever expanding pairs. Chakra four is the ceiling of the lower world and the root of the upper world. For this reason it is a point of balance, the integrator between the worlds of spirit and matter.

Air: The heart chakra is the center of love, compassion, balance, and peace. Its element is air, the lightest element thus far. Air is the element of the breath, of the oxygen pumped through our blood stream with every heartbeat. The lungs, as they fill and empty with air, are like branches and tendrils of the heart chakra. The cells of the heart beat in unison, and continue unceasing from within the womb, throughout our entire life.

Air expands, caresses, and energizes. It fills any space it enters, yet is soft and gentle. Like water, air takes the shape of that which it fills, but it is lighter and less subject to gravity. With the heat of the third chakra below it, air may even rise. If I light a stick of incense in the room, the smell spreads more or less evenly throughout the room over time, demonstrating the sense of evenness, of equilibrium in the quality of air. So too with love.

Love: Love is the basic principle associated with the hart chakra. Love is the expansive state of spirit, the transcendence of boundaries and limitation, the interconnectedness and meeting point of interpenetrating planes. Love in the fourth chakra is felt as a state of being, emanating from the center and radiating out to all that it encounters. It is not dependent on an object, as the passionate nature of the second chakra might be, but exists within the individual as an independent state and spreads to all that it encounters. Fueled by the fires of passion and will below, it is an uplifting energy, opening us to the expansion of spirit characteristic of the chakras that dwell above. If the will has done its job, then we have arranged our lives so that we are in our "proper place," and we can relax and accept, allow open and receive. Only when the will had done its job can it truly let go and allow us to enter the state of trust and balance of the heart chakra.

Equilibrium and Balance: Each chakra has a basic principle that governs its energetic pattern; the principle of *equilibrium* governs the heart chakra. That which has equilibrium has longevity—the balanced relationship lasts. When we truly enter into balance with ourselves, our relationships, and our environment, we enter deep sense of serenity and peace. This is a *dynamic* equilibrium—one that balances out over time, giving each

person room to fluctuate within the relationship. One of the tasks of the heart chakra is to move into a state of balance with all around us, letting our own heart beat in unison with the heartbeat of the web of life, through which we are intricately connected.

Self-love is an important element in achieving this balance. This rests on an understanding and acceptance of our personal dualities—a balance between shadow and light, inner and outer, giving and receiving, adult and inner child—and a willingness to listen to our needs and respond to them. When in balance, we enter a state of grace.

Journaling: Self-Acceptance (Journaling)

Movement: a) Chen Chi, (Master Mingtong Gu) and, b) Cow Face

Pathway of Energy: Spiral.

Chakra 5: Neck, throat, mouth and jaw

Our lotus at this level has sixteen petals, upon which are written all the vowels of the Sanskrit language. The vowel sounds comprise the energy of spirit, while the consonants, which appear on the petals of all the lower chakras, shape spirit into the material world. As we enter the more etheric dimensions of the upper chakras, we enter the realm of spirit that pervades all matter. Communication is a link, capable of describing both spirit and matter. Through harmonious communication, we enhance and expand the spirit within. Chanting is a way of harmonizing our own vibrations through the conscious use of sound.

Sound and Creativity: Hindus believe that the whole universe came into being through sound. In Hindu mythology, it is believed that at the end of time, Mother Kali, the destroyer aspect of the Goddess, will come and remove the letters from the petals of the chakras, thus removing all sound and collapsing the universe once again into its original void. It is through sound and communication that we continually create and breathe spirit into our world, keeping it alive and vital. Sound gives the spirit form. For this reason, sound and communication are connected to creativity, our unique expression of spirit. While working on this chakra, allow yourself to enter into a childlike state of creativity, working with voice, writing, color, dance, or whatever appeals to you.

Purification: Visuddha as purification has a dual meaning in the throat chakra. The refinement of our physical vibrations, necessary for penetration into the higher levels, requires a certain amount of bodily purification through attention to diet, substance intake, activities, and meditation techniques. Through this process of purification, we attune to subtler levels of perception, aurally, visually, and psychically, and thus are able to receive more information with which to expand our consciousness. Sound also creates purification through its ordering effect on both matter and consciousness. To purify something is to return it to its essential nature, to bring it into its natural order, that which emanates from its center. Sound, running through the head of a drum with sand on it will dance the sand into an ordered mandala-like pattern—a pattern that radiates from a center.

Vibration: Sound is the rhythmic vibration of air molecules. As we enter the fifth chakra realm of sound and communication, we experience the world in terms of vibration, the operating principle of the fifth chakra. Matter, movement, and energy, from our first three chakras, have now entered into a pattern of stable interrelationship (chakra four). As we incorporate the next level, we experience these interrelationships as vibration.

Movement: Neck Roll

Sound: Haola [(how-la)] (Master Mingtong Gu)