

## 7-31-2016 Readings: Mind Practices for Integration

We now move into the head centers beginning with the Throat Center. As in the cliché “All roads lead to Rome”, so it is with the Throat Center. The Throat Center is the energy of expression and manifestation for the centers below it and above it. It is a transition center connecting the heart with the head and the head with the rest of the body. Although our focus today will be on the 6<sup>th</sup> Chakra, the Brow or *Ajna* Center associated with conceptualization and thinking, let’s take a moment to review this important center. Next month we’ll be looking at the laws of rhythm and balance, which will explore more deeply the energy associated with the Throat Center (rhythm) and Heart Center (balance). –Patsy

Chakra 5: THE GATEWAY TO CONSCIOUSNESS – Sound...rhythm...vibration...words. Powerful rulers of our lives, we take these things for granted. Using them, responding to them, creating them anew each day, we are the subjects of rhythm upon rhythm, endlessly interweaving the fabric of experience. From the first cries of a newborn child to the harmonies of a symphony, we are immersed in an infinite web of communication. Communication is the connecting principle that makes life possible. From DNA encoded messages of living cells to the spoken or written word, from nerve impulses connecting mind and body to the broadcast waves connecting continent to continent, communication is the coordinating principle of all life. It is the means by which consciousness extends itself from one place to another.

Chakra five is the center related to communication through sound, vibrations, self-expression, and creativity. It is the realm of consciousness that controls, creates, transmits, and receives communication, both within ourselves and between each other. . . Its attributes include listening, speaking, writing, chanting, telepathy, and any of the arts—especially those related to sound and language. . . . It is clear that communication can direct consciousness in both directions of the chakra spectrum. Communication can be seen as a *symbolic system that mediates between the abstract and manifested idea*. It formulates our thoughts into controlled physical vibrations, which in turn can create manifestations on the physical plane. With words, consciousness has a tool through which it can order or organize the universe around it, including itself! Therefore, this chakra occupies a crucial place as the gateway between mind and body. It is not a central place of balance like the heart; rather it mirrors the transformative properties of fire—a medium in the transition from one dimension to another. – *Wheels of Life*, Anodea Judith

Chakra Six: LIGHT – At chakra five we experienced the wavelike emission of sound and its ability to carry information through symbols such as words. At chakra six we experience the perception of a wavelike phenomenon of a higher octave—that of light and its ability to bring us information of *colors and images*.

SEEING – This chakra is about seeing. As the internal mental screen upon which we project all our visual images from memory, dreams, clairvoyance (clear seeing) and imagination, this chakra is the center that *receives, stores, interprets, creates, and projects visually encoded information*. Its name, *Ajna*, means both to perceive and to command. A visualization held strongly is the first step in bringing an ethereal thought-form into manifestation. We can take command of our lives through the images we hold in our minds.

The *Ajna* chakra is associated with psychic and intuitive abilities. . . . It is the ability to perceive and interpret from one’s own mind images that contain valid information about a person, place, or situation. Intuition, a more subtle psychic quality, is the ability to see or sense a situation through non-logical means, as “intuitive leaps,” termed *insight*, although intuition does not always involve perception of an internal visual image.

PATTERNS – Learning to see involves the ability to perceive and recognize patterns. Patterns reveal the underlying order of things. Through the understanding of a pattern we can predict what the next piece of the puzzle might be. Seeing is about recognition, or the process of re-cognizing or re-knowing. When we finally understand something, we “Oh I see!” meaning that we recognize the pattern—it reverberates with previously perceived patterns in our consciousness. . . . We store the experiences of our past as patterns in memory. Memory comes to consciousness as a projection of stored images (or sensations) upon the third eye screen. . . .

We project our screen images of imagination, fantasy, dreams and intuition. . . . We also project pictures onto the future based on the past, which influences our behavior.

**TRANSCENDENCE** – As we move up the chakras, we are getting broader in our scope. We move away from specific details and into the meta-patterns. From this perspective the lower chakra patterns appear as subroutines. In the upper chakras we transcend the normal limitations of time and space. The movement upward is the movement of transcendence, the movement down is of immanence (operating within). Through transcendence we learn to stretch beyond our limitations; we can achieve a bit of distance that may allow us to see from a different perspective. We can...enter new realms of imagination, develop new ways of obtaining information, [and] expand our consciousness to ever deeper and broader levels of understanding, such as the mythic realm, a world of rich symbolism.

**IMAGES** – Outside of our own imagination, the images that surround and rule us are a major factor in shaping mass consciousness. . . . Visual media feed directly into our consciousness and become part of the storehouse of memory images that affect how we think and feel. –*The Sevenfold Journey*, Anodea Judith & Selene Vega

Chakra Seven: COSMIC CONSCIOUSNESS – We culminate the sevenfold journey, climbing to the thousand-petaled lotus blooming at the top of the head. Here we find the infinitely profound seat of cosmic consciousness known as the crown chakra. This chakra connects us to divine intelligence and the [originating] source of all manifestation. It is the means through which we [receive inspiration], reach understanding and find meaning. . . . When we reach this level, the seed of our soul has sprouted from its roots in earth, and grown upward through the elements of water, fire, air, sound, and light, and now to the source of all—consciousness itself, experienced through the element of . . . infinite awareness. . . .reaching to higher dimensions. It is this chakra that yoga philosophy has deemed to be the seat of enlightenment. Its ultimate state of consciousness is beyond reason, beyond the senses, and beyond the limits of the world around us. –*Wheels of Life*, A. Judith

INTEGRATION Here we tackle the final and most important aspect of chakra work: **Integration**. None of the chakras function by themselves. As wheels spinning at the core of our being, the chakras are intermeshing gears, working together to run the delicate machinery of our lives. An imbalance in any particular chakra will affect the other chakras, or may even be caused by them. . . . All of the chakras need to be open and functioning in balance with the others to be a fully thriving human being. Overall, we want our base chakras to be strong and solid support for our spiritual growth. We want support from the ground, enjoyment in our sexuality, and potency when we focus our power. We want a healthy body, full of feeling and vitality. In the upper chakras we want freedom and flexibility, creativity and expansion. We want new ideas, new information, and expansive time to reflect upon them. We want inspiration that makes the survival routines of the lower chakras worth living. We want to be ever expanding our horizons, our knowledge, and our perceptions.

In the heart chakra, our core center, we want a sense of balance and peace—balance between our upper and lower chakras, balance between inner and outer, giving and receiving, mind and body. And we want that balance to allow an integration of these polarities, an integration that allows us to embrace a multiplicity of possibilities, and an abundance of love. From a point of balance in ourselves, we endeavor to enter into balance with others, both in intimacy and in our general social environment.

It is important that all the chakras work together—that we communicate our visions, that we ground our power, that there is pleasure in our work and relationships, that there is continued learning on each level. As intermeshing gears, the chakras must be full enough to “touch” the ones above and below, and not so full that they are too overloaded to spin. As we examine the system as a whole we can assess our overall energy patterns. If we are stronger in the upper chakras and weaker in the lower ones, then we are a top-down energy system. That is, we take in more energy at the upper levels and slowly transmute it downward. A bottom-up system is just the opposite. There is a kind of mind/body split that exhibits a sense of being open on either end, but closed in the middle. Once we have a sense of our overall balance, we can then examine how our chakra patterns manifest in relationships. Focus on the direction your energy needs to go in order to balance. If you are basically a “top-heavy” energetic structure, more mental than physical, then it is best to focus on sending energy downward through the chakras, into the manifesting current. If you are more grounded in your lower chakras, with a tendency to get sluggish or stuck, then you need to focus on the liberating current, moving your energy up from the bottom. **In all things balance is our goal.** –*The Sevenfold Journey*, Judith & Vega