

~~yesterday~~

NOW

~~tomorrow~~

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HATHA YOGA by NICOLAS AMBROSETTI

ABOUT THE CHAKRAS

a little summary



Chakra [IAST: ḥakra, meaning «wheel, circle»], sometimes spelled Cakra or Cakka, is any center of subtle body believed to be a psychic-energy center in the esoteric traditions of Indian religions.

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ÇAKRA

The concept is found particularly in the tantric traditions of Hinduism, Buddhism and Jainism. They are conceived as an energy focal point, bodily functions or psychic node in the subtle body. The Chakra theories are an elaborate part of the Kundalini system.

These theories differ between the Indian religions, with esoteric Buddhist literature mentioning four Chakras, while esoteric Hindu texts stating seven. They are believed to be part of the subtle body, not the physical body, and connected by energy channels called Nadi. In the Kundalini version of yoga, breath exercises focus, in part, on mastering and channeling energy through Chakras. According to Frits Staal, Chakra has Indo-European roots, is «related to Greek Kuklos [from which comes English cycle], Latin circus, Anglo-Saxon hveohl and English wheel.» However, the Vedic period texts use the same word as a simile in other contexts, such as the «wheel of time» or «wheel of dharma», such as in Rigveda hymn verse 1.164.11.

ÇAKRA

It has long been held by many ancient traditions of the world that universal Life-Energy comes from a spiritual source which pervades all creation. This spiritual energy enters and exits the body through the forehead at what is referred to as the “third eye”. It then flows outward and downward into the body, in prescribed pathways, giving it animation. This Field has three major Poles: Positive, Neutral, and Negative. The Fundamental Field of Life-Energy encompasses the entire mind/emotions [both conscious and unconscious], body and spirit of each individual. What is known as Polarity Therapy [developed in the 1950’s by Dr. Randolph Stone] primarily addresses the energy flowing through the body, at its midline.

At the Negative Pole of the Fundamental Field, the energy criss-crosses, creating the caduceus, which in turn houses five distinct Chakra Centers. These Chakra Centers are like large-scale electrons, each with a negative electrostatic charge, and as they spin they create the subtle magnetic fields of the body. In doing so, each Chakra gives rise to a different Element. Each Element then, is a manifestation of polarized subtle Life-Energy vibrating at different frequencies within the body, thus affecting it in different ways.

The Polarity Therapy Elements/Chakras are known as: Ether, Air, Fire, Water and Earth. The majority of energy blocks are here in the Negative Pole Chakras, the storehouse of mostly unconscious emotional energy that we’ve developed since conception. This unconscious energy is what drives our Conscious Mind, the Positive Pole, and helps to form the attitudes, beliefs, conflicts and stresses we experience as a result. Any issue [such as abuse, abandonment, need and/or enmeshment] with a person, place and/or thing, can affect any Chakra. We may feel discomfort in our body, mind, or emotions, but most of us aren’t in touch with how they are connected. If we were aware of the deeper causes and connections, we wouldn’t have the problem. The first step is to grasp our issues intellectually and to understand, at least conceptually.

Ether represents the Level of Psychology.

Air is the Level of Motion.

Fire is the Level of Physiological Motivation.

Water is Level of Biochemistry.

Earth is the Level of Structure.

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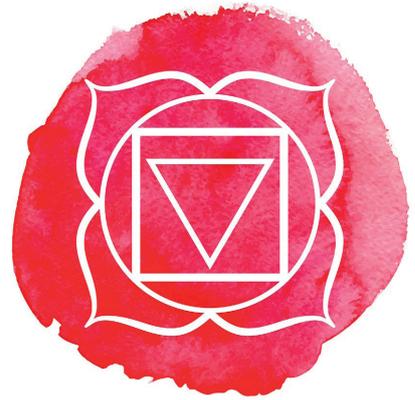
CHAKRA 1

Muladhara

Zodiac signs Capricorn, Virgo and Taurus

Colour: RED

Element: EARTH



Muladhara Chakra is located at the base of the spinal column. It lies between the origin of the reproductory organ and the anus. It is just below the Kanda and the junction where Ida, Pingala and Sushumna Nadis meet. Two fingers above the anus and about two fingers below the genitals, four fingers in width is the space where the Muladhara Chakra is situated. This is the Adhara Chakra [support] as the other Chakras are above this. Kundalini, which gives power and energy to all the Chakras, lies at this Chakra. Hence this, which is the support of all is called Muladhara or Adhara Chakra.

The 4th Ray of «Harmony through Conflict» governs the base chakra or root. This chakra symbol represents the most earth-centered energy. It stands for our inherited beliefs through our formative years. Self-preservation, personal survival and our identification with the physical world centers in this bottom most of the main seven chakras.

A healthy root chakra connects you with vitality to your family of origin, your immediate society and to the global community. If your 0-7 years were challenging and without love, then this damaged root chakra will function much differently. Issues of survival such as emotional dysfunction, stress, anxiety, and restlessness will plague you. You'll have fears of letting go, scarcity, poor boundaries, and more. It's during the 0-7 years that we learn about where we fall in our relationships with siblings, parents, our community, and how we relate to them.

Health issues: Joint pain, lower backache, elimination problems, obesity, constipation, anorexia, and poor immune system function.

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CHAKRA 2

Svadhishthana

Zodiac signs Pisces, Cancer and Scorpio
Colour: ORANGE
Element: WATER



Svadhishthana Chakra is located within the Sushumna Nadi at the root of the reproductory organ. This corresponds to Bhuvan Loka. This has control over the lower abdomen, kidneys, etc., in the physical body. Jala Mandal (region of water—Apa Tattva) is here. Within this Chakra there is a space like a crescent moon or the form of a conch or Kunda flower. The presiding deity is Lord Brahma and Devata is Goddess Rakini. From this centre six Yoga Nadis emanate, which appear like the petals of a lotus.

The 7th Ray of «Ceremonial Magic» rules this chakra symbol. The second from the bottom of the seven chakras is about our relationships, creativity, sexuality, control and money.

It's our time of developing individuality and realizing we are a separate entity from our parents and family. Here we learn about the polarity of opposites, male and female, positive and negative. Relationships with the opposite sex are explored here. Blocks in this second of the seven chakras brings lessons on jealousy, betrayal, control and power plays.

Health Issues: Uterine or bladder problems, sexual difficulties, impotence, lack of flexibility, sciatica, lower back pain, and problems with large intestines.

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CHAKRA 3

Manipura

Zodiac signs Aries, Leo and Sagittarius

Colour: YELLOW

Element: FIRE



Manipura is the third Chakra from the Muladhara. It is located within the Sushumna Nadi, in the Nabhi Sthana (region of navel). This has its corresponding centre in the physical body and has control over the liver, stomach, etc. This is a very important centre. From this Chakra emanate ten Yoga Nadis which appear like the petals of a lotus. Within there is a space triangular in form. It is the Agni Mandala (region of fire—Agni Tattva). The Bijakshara, the Bija of Agni, is here. The presiding deity is Vishnu and Goddess is Lakshmi. This Chakra corresponds to Svah or Svarga Loka and to Solar Plexus in the physical body.

The 6th Ray of «Devotion» governs this chakra. This chakra symbol connects us with the energy to take action and is the seat of self-esteem and expressing our personal power. Our relationship to the world around us, and our beliefs about our place within it come from this the third of the seven chakras. Self-honoring starts here. A healthy third chakra honors emotions, warmth, intellectual understanding, and self-confidence. A keen awareness of your personal power comes from this chakra. It is at this chakra that balance becomes possible through harmony between the upper three and lower three chakras. Blocks in this chakra symbol cause fear of rejection, over sensitivity to criticism, the need to exert power over others, hot temper, demanding and blaming, judgmental attitudes, feelings of lack of recognition, aloofness, fear of something new, low energy, confusion over which direction to go, and low self-esteem. It is here we learn of self-empowerment, integrity and self-respect.

Health Issues: diabetes, hypoglycemia, gallstones, nervousness, low energy, muscle cramps, stomach problems, lumbar spine, liver disorders.

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CHAKRA 4

Anahata

Zodiac signs Aquarius, Gemini and Libra
Colour: GREEN
Element: AIR



Anahata Chakra is situated in the Sushumna Nadi (Sukshma centre). It has control over the heart. It corresponds to the Cardiac Plexus in the physical body. This corresponds to Mahar Loka. This chakra is the centre of Vayu Mandal (region of air, Vayu Tattva). From here 15 Yoga Nadis emanate. The Bijakshara, the Bija of Vayu, is here. The presiding deity is Isha (Rudra) and Devata is Kakini. In the Muladhara Chakra there is Svayambhu Linga and in Anahata Chakra we have Bana Linga. Kalpa Vriksha, which gives all the desired things, is here. Anahata sound, the sound of Shabda Brahman, is heard at this centre. When you do Sirshasana for a long time, you can distinctly hear this sound. Vayu Tattvais full of Sattva Guna. Vishnu Granthi is in this Sthana.

The 2nd Ray of «Love-Wisdom» rules this chakra symbol. It's at this chakra that we start to see the possibilities of the internal and external world...the world of spirit and of form. The heart chakra is the integration point for the seven chakras of the body, because it holds the sacred spark of the divine and the intuition of the Mother.

When the heart chakra symbol is open, we are able to forgive, our lungs are clear and our immune systems are healthy. The higher chakras cannot be assessed till we pass through the heart. A heavy heart is one that carries resentment and anger from denied feeling and emotions, as well as guilt. To have a healthy heart, you must allow these suppressed emotions to surface, heal, and fall in love with yourselves. Or, suffer from bitterness and lack of forgiveness. An unhealthy heart chakra causes alone feelings and despair. How you love yourselves, you love others. The heart lessons are self-love and forgiveness of yourself.

Health issues: high blood pressure, breathing difficulties, circulation problems, shortness of breath, chest pains, disorders of the heart, tension between the shoulders.

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CHAKRA 5

Vissudha

No Zodiac signs
Colour: LIGHT BLUE
Element: ETHER / INFINITY



Vishuddha Chakra is situated within the Sushumna Nadi at the base of the throat, Kantha-Mula Sthana. This corresponds to Janar Loka. It is the centre of Akasa Tattva [ether element]. Above this, all other Chakras belong to Manas Tattva. The presiding deity is Sadasiva (Isvara Linga), and the Goddess is Shakini. From this centre emanate 16 Yoga Nadis which appear like the petals of a lotus. Akasa Mandal (the region of ether) is round in shape like the fullmoon. The Bija of Akasa Tattva is in this centre. It is of white colour. This Chakra corresponds to Laryngeal plexus in the physical body.

The 3rd Ray of «Active intelligence,» is associated with the fifth of the seven chakras. This chakra symbol is all about choice, willpower and the right to speak and be heard. Speaking our peace is our God given right of choice. Having said this, not all we say gives us peace. Some of what we say dis-empowers us...some empowers. What we say is caused by unloving or loving imprints from our past again.

It is through this chakra that we manifest what we want in life. A healthy throat chakra makes your voice clear and it resonates with truth. The words are a creative expression of the honesty and trust we feel within.

Blocks in this chakra make it difficult to communicate because we feel suppressed by swallowed emotions and feelings. The voice is weak and your feelings unclear or garbled. Integrity plays a huge part in the proper functioning of the throat chakra. Since it's between the head and the heart it works to maintain integrity between what we think and what we feel. Self-empowerment is the main lesson of this chakra symbol.

Health issues: fever, ear infections, weariness, thyroid problems, disorders in the throat, ears, voice, neck, cervical spine, hypothalamus and esophagus problems.

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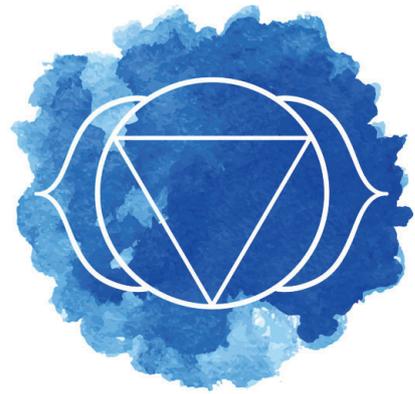
CHAKRA 6

Ajna

Zodiac signs Aquarius, Gemini and Libra

Colour: DARK BLUE

Element: ALL ELEMENTS



Ajna Chakra is situated within the Sushumna Nadi and its corresponding centre in the physical body is at the space between the two eye-brows. This is known as Trikuti. The presiding deity, Paramasiva (Shambhu), is in the form of Hamsa. There is Goddess Hakini (Sakti). Pranava (Om) is the Bijakshara for this Chakra. This is the seat of the mind. The Chakra is of pure white colour or like that of the fullmoon [on the Purnima day]. Bindu, Nada and Sakti are in this Chakra. This Chakra corresponds to Tapo-Loka. The corresponding centre in the physical body is at the Cavernous Plexus.

This chakra is governed by the 5th ray of «Concrete Knowledge.» Our intuition and our ability to see with vision comes from here. It's the center of divine wisdom, the spiritual eye that seeks to see and know the truth in all things. From the sixth of the seven chakra symbols we close our physical eyes and look at the world from all aspects of self. Our intuition becomes our guide.

A healthy third eye gives us the power to perceive every reflection from the outer world, as a direct call for us to accept it as ours, heal and love it.

Blocks in this chakra cause us to become delusional, unimaginative, indifferent and to have poor memories. Worry is a big problem, spaced-out, and poor concentration also plague a person with a sick third eye chakra.

Health issues: headaches, eye problems, pituitary and pineal glands, neurological problems.

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CHAKRA 7

Sahasrara

Zodiac signs Aquarius, Gemini and Libra

Colour: VIOLET

Element: ALL ELEMENTS



Sahasrara Chakra is the abode of Lord Siva. This corresponds to Satya Loka. This is situated at the crown of the head. When Kundalini is united with Lord Siva at the Sahasrara Chakra, the Yogi enjoys the Supreme Bliss, Parama Ananda. When Kundalini is taken to this centre, the Yogi attains the superconscious state and the Highest Knowledge. He becomes a Brahmaavidvarishtha or a full-blown Jnani.

The word Sahasradala-Padma denotes that this Padma has 1000 petals. That is, one thousand Yoga Nadis emanate from this centre. As in the case of other Chakras, the vibrations that are made by the Yoga Nadis are represented by the Sanskrit letters. All the 50 letters of the Sanskrit alphabet are repeated here again and again on all Yoga Nadis. This is a Sukshma centre. The corresponding centre in the physical body is in the brain. This is the chief of all the Chakras. All the Chakras have their intimate connection with this centre. Hence this is not included as one among the Shat-Chakras. This is situated above all the Chakras.

The 1st Ray of «Will and Power» is associated with this chakra symbol. This chakra is...our direct connection to God. Guidance comes directly to us from the divine and is received through this chakra. The life force from the creator penetrates into our energy system through the crown, and moves down through the other energy centers to the root chakra. From here we are inspired by God, and filled with Grace, because we have a strong connection to a power greater than ourselves. We live in present time and our spirits live in the now in harmony with our form and Will. Blocks in this chakra cause confusion, depression, senility, fear of success and lack of inspiration. The flow of spiritual energy is blocked in both directions. When this happens spiritual addiction and over intellectualizing occurs, as well as dissociation with the body.

Healthy Issues: Migraines, brain tumors, coma, amnesia, nervous system and muscular system disorders, mental issues, and skin disorders.

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