

Excerpt 3:

UNDERSTANDING YOUR CHAKRAS

Most of the charkas are minute and we will have no need to consider them. There are seven (7) major charkas which run along and connect into the spine. Because of our focus we will be concentrating upon the 1st set of 22 Chakras.

The first 7 Main Chakras:

The true seat of each chakra lie in the *ETHERIC* body, they resemble the shape of a funnel and have been likened to lotus blossoms. At the deepest point of the chakra a stem like channel extends to and merges with the spine.

These charkas rotate either to the right or left (clockwise or anticlockwise) up the spine line. Clockwise rotations being Male/Yang energy; Anticlockwise being Female/Yin energy. The rotations are complimentary (opposite) in the physical body of the male/female. The male base chakra rotating clockwise, the female base chakra rotating anticlockwise, thus alternating as the energy ascends the spine.

Chakras 8 – 22:

They are positioned in a column like structure above our head, known as a Merkabar, their true seat being in the fourth and fifth dimension, and are only activated when we seek enlightenment, through our Spiritual Pathway or Ascension. Once activated and the lessons have been understood, integrated and a change in attitude has been achieved, these Higher Vibrations Chakras work upon the Physical body, and within the third dimension.