

Chakras: The Energy Transformers



This visual does not depict the traditional chakras, but renders the chakras the way I visualised them.

According to seers, chakras are part of the etheric or subtle body and cannot be seen by the physical eye. The etheric body is an extensive network of energy channels, and at the points where these channels cross each other, they form a plexus or centre of energy. In Sanskrit, these intricate channels of energy are known as *nadis* (subtle channels) and the points where they intersect are known as chakras. Where only a few channels intersect each other, minor chakras are formed; where great streams of energy meet and cross, they form major chakras. The condition of a chakra has a definite influence on the

The Eight Spiritual Breaths

endocrine glands. The chakras are very subtle and high-powered vortices of energy which receive the cosmic energy. They act as transformers to regulate the force of that energy so it may be used by the different organs in the physical body.

There are seven main chakras, though the seventh is not really a chakra and is termed as a centre because there is no plexus. Each of the six main chakras has its counterpart in the physical body in the form of vital organs (endocrine glands) and vitalises the area around it in the physical body. The health of an organ is dependent on the condition of the associated chakra. The more congested a chakra, the denser the related organ. Congestion of the chakra is related to the physical, mental and emotional baggage an individual body-mind organism carries throughout its evolution. Therefore, the chakras not only control and energise the physical body but also control and affect the individual's emotional and mental body.

The chakra can change its size, shape and movement according to the situation or emotion. The movement can change from rhythmic to chaotic. It can move like a flipped coin, clockwise or anti-clockwise, up and down like a coin on edge, or left-right like the pendulum of a clock. The rhythm changes according to the circumstance, situation or mood. The rhythm and vibration of the chakra also indicates whether the event is related to a person, place, or thing. It is through their highly developed and sensitive chakras that advanced aspirants can foretell the detail of an event that is to occur, or the identity of a person approaching them.



Varied movements of the Anahat chakra.

“Awakening of the chakras is a very important event in human evolution. It should not be misunderstood for mysticism or occultism, because with the awakening of the chakras, our consciousness and our mind undergo changes. These changes have significant relevance and relationship with our day-to-day life... The higher qualities of love, compassion, charity, mercy and so on are the expressions of a mind which is influenced by awakened chakras.”

– Swami Satyananda Saraswati

It is contemplated that physical energy can be transformed into subtle energy through the actions of the chakras, and that the physical energy can be converted into mental energy within the physical dimension. As the chakras are activated and awakened, man becomes aware of the higher realms of existence, and also gains the power to enter those realms.

The Breathing Exercises that you will be practising, work at activating the chakras. It is essential that the chakras work in synchronicity so that the energy can flow freely. The chakras are vortices of psychic energy and their rhythm of vibration is determined by our feelings, emotions, and thought patterns.

The chakras

1. Sahasrar chakra (Crown Centre)
2. Ajna chakra (Brow or Third Eye)
3. Vishuddhi chakra (Throat)
4. Anahat chakra (Heart)
5. Manipur chakra (Navel)
6. Swadhisthan chakra (Sacral)
7. Muladhar chakra (Base)

When the *Sahasrar* centre opens, then a new consciousness dawns. Our present consciousness is not independent because the mind depends on information supplied by the senses. However, when the super-consciousness emerges, experience and knowledge become completely independent. The help of sense organs such as ears, eyes, nose etc. are not required. We see and sense what the physical eyes cannot see, hear the sounds which the ears cannot hear, smell the fragrance which the nose

cannot smell, and feel the warmth of an embrace that nothing can match.

I present this vast knowledge in as precise and complete a structure as possible. I hope it helps all aspirants to understand the functioning of the body-mind organism. The best way is to approach every task in life with a playful attitude, finding humour and lightness in all situations instead of gnashing our teeth. Humour can lift us over the biggest stumbling blocks. A state of constant cheerfulness and always expecting the best leads us to new adventures and fulfillment. "What I sow, so shall I reap" – that is the Cosmic Law.

Endocrine glands

It is said that you are as old as your glands. If a young person feels old and weak, it is the glands that are responsible. If you feel vibrant, fully alive and energetic, it is the glands that are responsible. If you are depressed or enthusiastic in all that you think and do, it is the glands that are responsible. In fact, your health depends on the normal function or malfunction of one or more glands.

Each chakra exerts an influence on its related glands, e.g. the *Vishuddhi* chakra controls the para thyroid, thyroid and thymus glands. What influences the healthy/unhealthy functioning of the chakras and glands? It is your negative thoughts that overload the glands and cause them to become sluggish, weak and incapable of carrying out work of repair and maintenance.

Your glands can be recharged and stimulated medically, or you can recharge them through the practise of the breathing exercises given in this book along with their affirmations, and by your positively focussed thoughts.

Endocrine glands

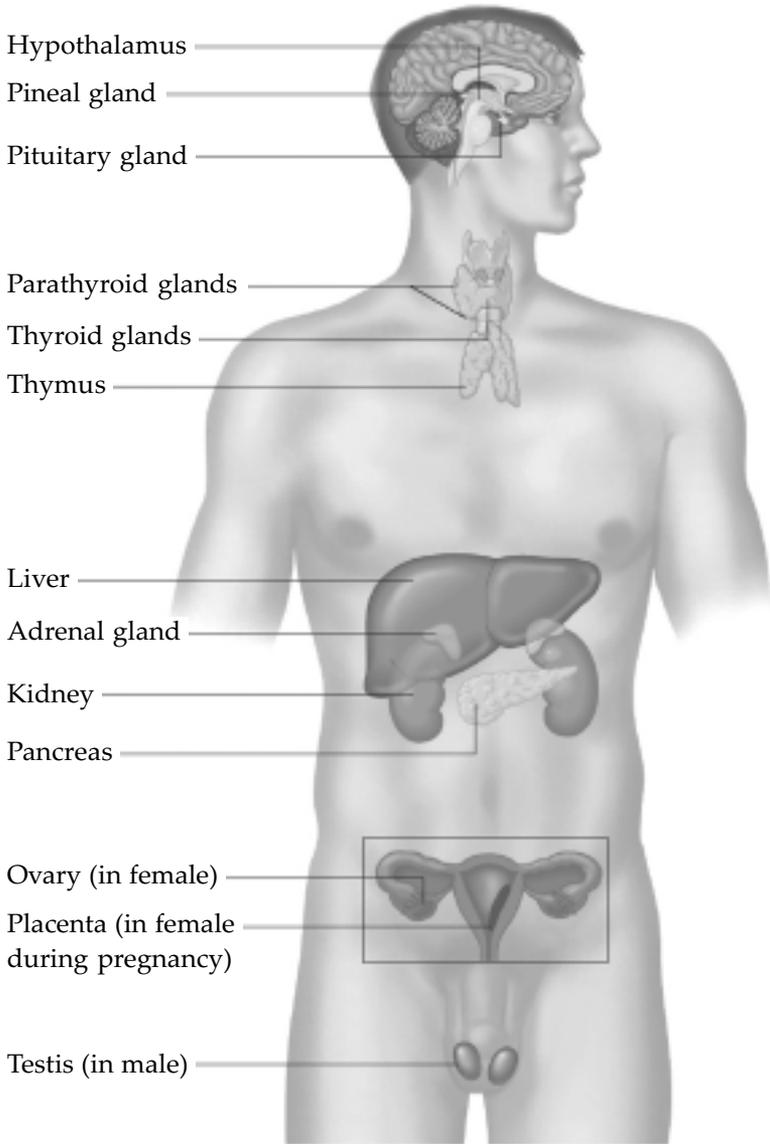


Diagram showing the location of glands.