

## CREATIVE GUIDELINES



CHAKRAS

CLASS #2

# MEDITATION

## DYNAMICS #2

There are seven main Centers in our being. They relate to the seven bodies on the seven planes of existence. These Centers are called CHAKRAS. They are not physical in nature, but they are related to different parts of the body.

The lowest Chakra is at the base of the spine and is related to the genitals. This is called the Root Chakra and corresponds to the physical body. The highest Chakras is at the top of the head and is the Center relating to the 7th Plane, our contact with the Higher Self.

A Chakra is like a flower-bud opening up gently into full bloom in order to radiate out its beautiful color, vibration and power.

When the Chakras are clear, clean and open, the flow of Life Force is free-flowing, making Meditation easier and more fulfilling because of the higher consciousness reached.

Each Chakra has its own force and function. The Root (Red) Chakra deals with the genitals and sexuality.

The Spleen (Orange) Chakra disperses the vitality which comes to us from the sun.

The Navel (Yellow) Chakra, the umbilical, being located at the Solar Plexus, is closely associated with feelings and emotions

of various kinds. Many times when we are angry or upset, we feel a "knot" in the pit of our stomach.

The Heart (Green) Chakra deals with good health and strength of the body as a whole.

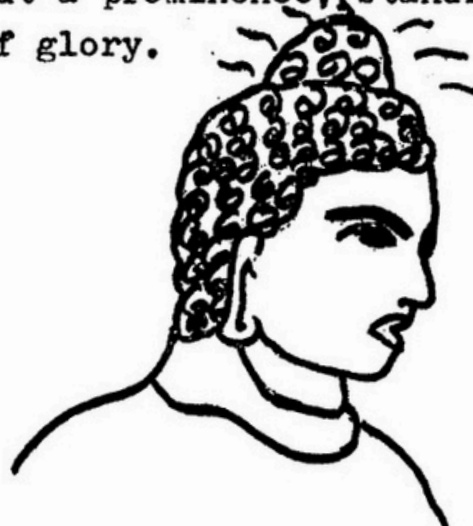
Strength and elasticity to the vocal cords are attributed to the Throat (Blue) Chakra. Special brilliance and activity are noticeable in the case of a public speaker or a great singer.

The Brow (Indigo) Chakra deals with the Pineal Gland or 3rd Eye.

Thought and emotion of a high spiritual nature seem to depend largely upon the violet ray of the Crown (Violet) Chakra. This is usually the last Chakra to be awakened.

Each Chakra has its own vibration and vibrates at a higher rate than the one below it.

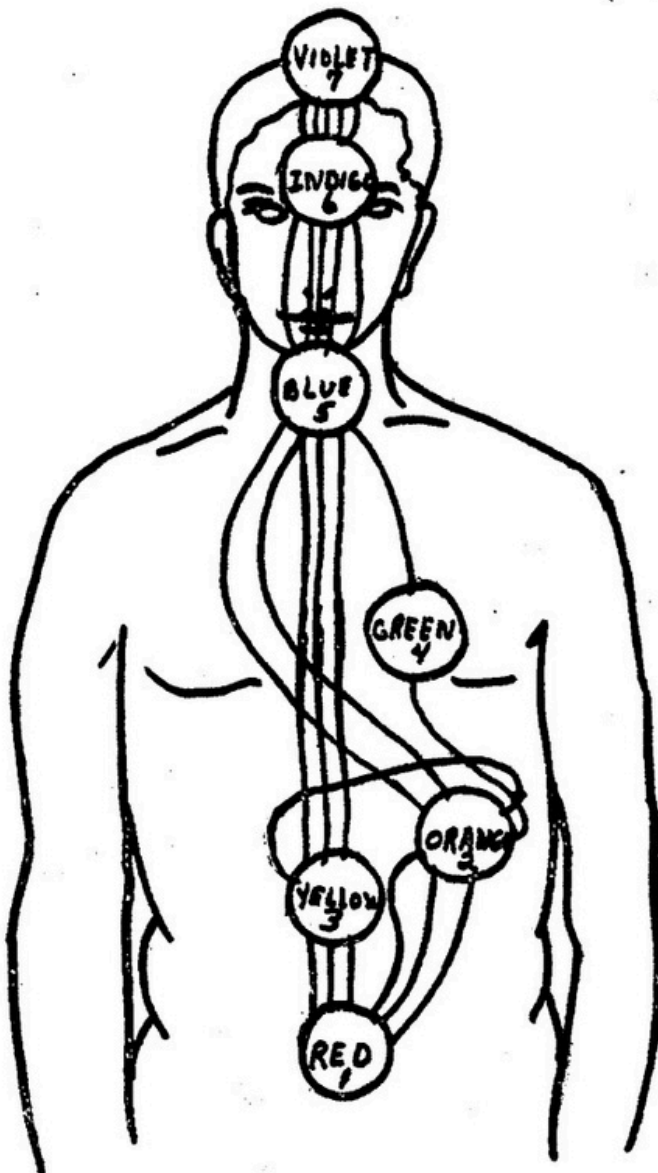
In the beginning, the Crown Chakra is the same size as the others. But as man progresses on the Path of Spiritual Advancement, it increases until it covers almost the whole top of the head. Another peculiarity is its development. At first it is a depression in the etheric body, as are all the others, because through them, Life Force flows IN from WITHOUT. Through Soul's Growth, this Chakra reverses itself, turning as it were inside out---no longer a channel of reception, but of radiation---no longer a depression, but a prominence, standing out from the head as a dome, a crown of glory.



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Because the Chakras cannot be seen by the physical eye, we must be made aware of their presence, functions and importance to our Spiritual Growth.

In your Meditations this week, think about the Chakras and the color that relates to them, starting with the Root Chakra and moving upward to the Crown.



	COLOR	CHAKRA
1	RED	ROOT
2	ORANGE	SPLEEN
3	YELLOW	NAVEL
4	GREEN	HEART
5	BLUE	THROAT
6	INDIGO	BROW
7	VIOLET	CROWN



\*If you are interested in metaphysical discussions visit Meta-Moments on YouTube



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