



LESSON 5



Chakras - Finding your way home

We are only discussing the main chakra points along the central channel. There are many more. This information is given to broaden your understanding of the systems we are working with. You are the master of your life, there is so much more you can do. Let go of those old ways you perceived and ruled yourself with. Take on your wings and fly with Great Eagle up the sacred mountains. Be who you really are.

Before you tackle specific chakras, take a moment to reflect on your energy field. The human Aura is an energy field of seven layers that surrounds and goes through the physical body in an egg shape or bubble of spiritual light, color, sound, feelings and Life Energy.

We live in an energetic world. Even if you look at the world through the eyes of a quantum physicist, everything is constantly exchanging subatomic particles back and forth... and string theory tells us that at the most subtle levels everything is multidimensional vibration. This is the ancient knowledge that the shamans, yogis, Earth-keepers and mystics have been telling us for centuries. Only we were too closed to see and feel the truth of our existence.

- We live in a world of constantly interacting energy fields
- We ourselves have a human energy field
- Our physical bodies descend from energy
- What effects our subtle energy has a dramatic influence on us

The Human Energy Field - So Why Can't We See It?

If human energy fields exist, why can't people generally perceive them? Actually, it's just a matter of training. Most people can't perceive the difference between a masterpiece work of art and an extremely good copy. Yet, a trained art expert can perceive the difference quite easily. It's really the same for the human energy field. Trained practitioners can actually see the fields of energy including the acupuncture points.

There is ample scientific testing to prove they exist for the nagging doubters. But what can you do if you haven't received the proper training or been gifted with the raw talent? There are many techniques you can utilize to activate your ability to see

Resonance and Dissonance

This is a simple technique based on the concepts of energetic resonance and dissonance. The idea that you can resonate with something is already common in western language. The basic idea is that when you energetically resonate with something you are better or stronger. On the other hand, if you are in a state of dissonance, you are worse or weaker. Taken literally, if you are in a state of resonance with something your muscles will be stronger, but if you are in a state of dissonance with something your muscles will be weaker. It is well established in chiropractic practice and theory and has also become widely known and practiced outside chiropractic, it is commonly called kinesiology or, more commonly, muscle testing.

There are different forms of muscle testing. This test is based on a very particular flow of subtle energy in the hand based on yoga. The technique is sensitive to subtle energy in and around the human body

How to Use the Technique

This technique is useful because it can effectively test things impacting the physical body, the physical energy body, the emotional energy body, and the mental energy body. That means you can test your resonance or dissonance with:

- Physical objects like foods, medicines, vitamins, and herbs
- Emotional feelings
- Ideas

For example, you can test glasses of water, put one glass of filtered and one glass of tap water out and see which one is actually be beneficial for you. (Make it more relevant by placing a label underneath each and have a friend put them out for you to test). You

can hold a particular idea in your mind and see if it resonates or not... and, yes, you can actually test another person to see if you really do resonate with them. The more you practice the firmer and more expansive your resolve will become.

The two things are required for this technique to work; lots and lots of practice and your belief in the technique. The practice will develop your technique



Start by receiving a few breaths to quiet your mind. Sitting in a relaxed state gently connect your thumb and ring of your left hand. Place the index of your right hand into the hole you have created. It works by exerting a gentle pressure to press the index finger down where the tips of your thumb and ring finger join.

If something is resonant, then the muscles in the thumb and ring finger will be stronger and the pressure from the index finger will not cause the thumb and ring finger to separate. Conversely, if something is dissonant, then the muscles will be weakened and the pressure from the right hand's index finger will cause the thumb and ring finger to separate. The idea here is that you are developing your absolute belief in the wisdom coming from your core being.

Human Energy Centers

Everything has an aura, both living beings and inanimate objects. Aura is the energy field created by atoms and molecules vibrating. In human beings, there are seven major energy centers or chakras that radiate energy. The vibration that creates energy has different colors. Although our auras are coloured, it is difficult to see it with the naked eye. To be able to see auras, you need to attune to your third eye. Don't think that you must be psychic to see the aura, because with dedication and training you will see it. Seeing aura needs intensive training, you can start by initially feeling it first. Feeling your aura is easier than seeing it.

How to Feel Your Aura

Let's start by feeling the aura around you and increase your sensitivity to your aura. One simple method is entering different rooms. Receive several deep breaths and focus, then you will find that every room is different. You may experience something weird that when you enter a room, you may feel something wrong yet everything around you looks okay. It is not like you are going crazy or neurotic, but it may be negative energy in the room. That is, you are feeling the aura from solid or inanimate objects in the room. Something may not be placed in the best spot, focus on the objects and see if you can pick it out. Move things around intuitively and see if the room feels better. For the aura of living beings, you already feel it even if you may not realize it. For instance, you feel that someone is standing behind you even if you don't see it. The other example is you can feel someone staring at you from behind. You know it without seeing it because you feel the aura.

Now you know what aura is and you can try to feel your own aura. The simple way is you put one hand above the other, or like the picture above and feel the energy. If you cannot feel it, try to run your hand over the forearm and the energy will be bigger. You need to relax to sense it. Repeat it a couple times, because it may not work for you at first. If it is not working, you can rub your palm, place it over something, and slowly move it closer. Try to relax and feel that the density of the air changes when you get closer to the object. Please practice to increase your sensitivity to aura. You can practice feeling the aura of your family and friends

How to See Human Energy Field

Once you begin to feel your own aura, you can learn to see it. Again dedication and practice is required to activate your third eye, be patient with yourself and do not give up. Put your hand downward to your knee and place your fingers together. Softly focus on your finger and relax your eye. Then you move your fingers apart very slowly and you will see a shadow where the fingers were. That is your own aura. After you train yourself to see aura you will eventually see that every aura has a different color, different shape, different size, and different strength. Ability of seeing the aura is very useful because you will have the power to heal the aura. Sometimes one or more chakras stop working properly due to various reasons. It could be physical trauma or spiritual reason. When you are able to see the aura, you will be able to know which chakra is not working properly and help to balance the energy.

This is why we place so much importance on the chakra cleanse. I encourage you to use it as often as you feel it is required.

Class Activity

Chakra Cleanse:

1. How do you feel about your base chakra?
2. How do you feel about your sacral chakra?
3. How do you feel about your solar plexus chakra?
4. How do you feel about your heart chakra?
5. How do you feel about your throat chakra?
6. How do you feel about your third eye chakra?
7. How do you feel about your crown chakra?
8. What is your current relationship with your chakras?

Reading your Chakras

1. Shake your hands vigorously for a few seconds and bring them to prayer position. Remain mindful of your breath.
2. Now bring the palms of your open hands about three inches below your navel, very close to your skin.
3. Stay with your breath.
4. Imagine your chakras as funnels of energy, spinning just outside your skin like whirlpools of light. The outer tip of the funnel lies three to four inches outside the body, while much of the length of the chakra resides within the body.
5. Find the outer edge of the funnel of your third chakra. Sense its circumference and the energy whirling within it.
6. Place a finger in a chakra and sense the energy – it may feel like cool water swirling past your fingertip.
7. Gradually bring your index finger into the chakra, going in toward the body. What does it feel like?
8. Bring your attention to the very tip of your finger and sense what you feel on the pad. Is it tingly, soft or rough? This chakra is associated with the fight or flight response.

When we experience fear or danger, we immediately register it in this chakra. These exercises will give you a sense of the texture and intensity of the energy in the chakras.

9. While you explore your second chakra with the tip of your finger, recall when you last felt afraid. Do you notice a difference in the feel and texture? The second chakra is the easiest to read, as it is the seat of our passions and emotions, and holds a high charge.

10. Repeat this exercise with the first chakra.

11. Notice if the texture and density of these chakras changes when you recall a time when you felt safe and protected, perhaps when you were young. Now recall a time when you did not feel safe, or when you woke up with a nightmare. How is the energy different?

12. Now try sensing the third chakra.

13. Recall a time when you were acknowledged and recognized for an achievement. Does the texture of the energy seem to change? Recall a time you felt ashamed.

14. Now move up to the Fourth chakra

15. Recall when you were in love, when you first met your spouse or partner.

16. Now recall a time when you felt abandoned or heartbroken.

17. Notice the changes in the quality of the energy.

18. Next try sensing the fifth chakra.

19. Recall a time when you experienced great inner peace, perhaps during meditation.

20. Now recall a time when you were not heard by a loved one.

21. How is the energy different?