

How Dualistic Consciousness Relates to Our Energy Centers

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Since 2000, I have had a passion for making new connections between Pathwork processes and our energy centers (chakras). I love both consciousness healing work and energy healing work, and I want to go as deep as I can with both—and to find out more about how the two fit together and can enhance each other. My first project was trying to figure out if specific dualistic soul beliefs show up in our energy systems—because as far as I know, the Pathwork Guide didn't talk about this in the lectures.

The Guide said that “mankind's greatest imprisonment, from which all fear and pain and suffering stem, is the duality in which the human mind is entangled” (#253, p. 1)—and that every misconception about life and reality creates inner duality and conflict (#171, p. 4). This is because a misconception creates an imbalance in the divine order that simultaneously creates an opposite misconception as well (#171, p. 2).

Lectures 170 and 172 describe how our energy centers open when we are open to the greater spiritual reality and have positive attitudes—when we are receptive, trusting, connected to love, and have no fear or defense. This creates experiences of flow, pleasure, bliss, deep relaxation, harmony, peace, self-realization, and life (experiences of divine reality). Our energy centers close when we have misconceptions about reality, fears, limited concepts, distrust, and negative attitudes—and these create experiences of stagnation, pain, unhappiness, tension, conflict, physical illness, self-alienation, and death. We close ourselves off from divine reality—because whatever we believe, we experience.

The Guide said that “it is absolutely necessary” that we become aware of our energy centers—that we pay attention to which centers open and close and when (#170, p. 6). We are told that we need to try to find our inner misconceptions, errors, and illusions that are causing our outer and inner tensions and problems, that are causing our centers to close. We need to make the unconscious conscious. We need to expand our vision and perception of truth and universal law.

But again, I wanted to know more—beyond what the lectures say. The connections between dualistic consciousness and our energy centers seemed clear to a point, but then became vague and hazy to me—like some pieces were missing. I wanted to know if specific dualistic beliefs are detectable in our energy systems.

My first step in exploring the idea was a research project in 2000 that became my senior thesis for the Barbara Brennan School of Healing. I studied 20 Pathwork lectures on the subjects of unity and duality, creation, the Fall, and salvation—and then extrapolated ideas from them and

from my energy healing coursework to form an initial hypothesis about how specific dualistic consciousness might show up in the human energy field. (I abandoned that particular idea later.)

Over the next nine years, I made more progress, albeit slowly. I thought: If I have certain dualistic “either-or” thinking in my soul and psyche, for each of these incorrect “split” images of life, I just want to know what to join within me in order to reunify and heal. Why is that so hard to see?

What was confusing was that in the Pathwork lectures and in spiritual conversation, dualistic consciousness is expressed in three different ways, as I noticed later: sometimes as a perceived choice between two undesirable things, or between one desirable thing and one undesirable thing, or between two desirable things. For example, for the same misconception, someone could say: “I feel I have to choose between self-abandonment and rejection” (two undesirable things); or “I feel I have to choose between being my true self and not being my true self (one desirable thing and one undesirable thing); or “I feel I have to choose between being my true self and being loved” (two desirable things).

Notice that when you join (unify) the choices in the first two statements, there is no epiphany or transformative healing effect. Choosing both “self-abandonment and rejection” or both “being true self and not being true self” simply describes the unhappy perceived choices. But when you join the two desirable alternatives, bingo! You see the two aspects of divine reality that you have split within you and that need to be joined within you to heal. When you choose both “being true self and being loved” within you, it means that you trust that in the greater reality, being your true self and being deeply loved are one merged, unified experience. You can relax and live your life happily and peacefully in this greater truth (even with the occasional frustration of the imperfect outer earth plane world reflecting rejection and non-love sometimes).

For the Brennan energy work people out there, I also want to add that in my perception, unitive truth statements like this, that join two aspects of divine reality, are the ones that create a healing effect on the Divine Mind seventh level of the energy field.

In 2009, the bigger breakthrough and discovery came. I had been ruminating again about how each energy center is a gateway to certain aspects of divine life and truth. Suddenly it dawned on me that our personal dualistic consciousness might show up as soul energy centers being in opposition to each other, meaning that if one center (one part of the soul) opened to divine reality in that moment, another closed because of the wrong belief. Unified consciousness would then mean concurrently open energy centers.

I started testing this new hypothesis in my own life and healing practice, and for the last 14 years, it has worked very well. I call it my ECU (energy center unification) theory. For the example in this article, the dualistic belief of feeling that one has to

choose between being true self and being loved relates to a split and disconnection between the solar plexus center (self) and the heart center (love). In this case, when the dualistic belief is activated, the solar plexus center will open and the heart center will close—or vice versa, depending on whether true self or love is chosen at the time.

With this new energy work tool (and others I have developed), my personal Pathwork process has deepened and accelerated greatly. I have found many more misconceptions and dualities within me, because my energy centers show me where they are and what specific parts of me I need to unify. I experience much greater clarity and much less guesswork. Links between a duality and multiple physical issues are visible (interrelated energy centers affect multiple body areas). Whole new vistas of self-awareness have appeared. I can assess and help my healing clients better and faster. Unification and healing come faster. It has been a great blessing.

Also, when I read Pathwork lectures now, my understanding is greater, because many times the lectures present conceptual relationships that are more easily grasped, or even become obvious, from the perspective of energy center mechanisms. Pathwork processes also seem simplified. Working with 258 lectures can feel overwhelming, but when the concepts are organized according to the energy centers, the task seems more doable, like: “Oh, my task is to open and unify these 12 parts of my soul. Everything the Guide talks about relates to that.”

Here are some practical ways you can use the information in this article to support your Pathwork process:

- When you are defining and working with a certain dualistic misconception, adjust the wording until it expresses a perceived choice between two positive desirable experiences, and then relate those two things to two energy centers. Feel into those two energy centers. Does it feel like when one opens, the other closes? If so, that confirms the current duality and split between these two parts of you. Spend a lot of time impressing the unitive truth into your soul. Affirm that these two positive experiences are one in divine reality—meant to be experienced together.
- You can also practice feeling into different pairs of your energy centers—to discover more dualities within you. Any pair of centers that doesn't open and function together simultaneously means that a duality is operating.
- When you read the Pathwork lectures, try to perceive what is being said through the lens of the energy centers, especially when duality and inner splits are being discussed. If the wording of the duality is “negative thing versus negative thing” or “positive thing versus negative thing,” translate that into “positive thing versus positive thing” and then to opposing energy centers, so you can understand the

discussion from that viewpoint, as it relates to split parts of your soul and body, and to split aspects of divine experience.

I find that lecture references to “yes and no currents” in us usually refer to opening and closing our energy centers—to saying yes or no to aspects of divine reality. Energy flows into us with “yes” and is blocked with “no.” Also, when a lecture refers to general dualities between life and death, good and bad, happiness and unhappiness, the topic can be applied to any and all of the energy centers—because opening each center relates to opening to those aspects of divine life, good, and happiness (and closing relates to inner death, bad, and unhappiness).

- In order to relate your Pathwork process to the energy centers, you need to use a model of the centers that shows the psycho-emotional meaning and soul function of each center. To see the Pathwork Guide’s model, use lecture 172. To see Barbara Brennan’s model, go to page 73 in her book Hands of Light. To see my model, go to www.kellyaurora.com/soul-center-model.

The Guide said that some of the energy centers have subdivisions that can be interpreted as separate centers, so that accounts for perceived differences in the number of energy centers (#172, p. 5). Many other differences in these models are not essential differences, but simply reflect word choice preferences.

I developed my model over many years of opening my centers and then feeling what inner state I was experiencing—what aspects of divine reality I was connected to in the moment. It works very well with the concepts and processes presented here and feels more complete to me in terms of including all major aspects of divine experience. As far as I know, my energy center model is the only one that relates the front centers to receiving certain divine aspects and the back centers to giving those same divine aspects. The Guide said that the most basic dualism is perhaps the question of selfishness versus altruism (receiving versus giving) (#172, p. 3), so my model directly reflects that, which is a cool unplanned synchronicity.

I’m happy to share these discoveries and methods to help advance Pathwork in the world. Be in touch with me if you need help. Blessings to all.

Kelly offers personal healing consults, self-paced personal and professional courses, and is open to other ways of connecting and collaborating. The professional course is required for those wanting to incorporate her proprietary methods significantly into their professional practice or ministry. Her website is www.kellyaurora.com.