

CHAKRAS INFORMATION

If the person did try to open up their chakras, then have them go through the Kundalini prayer.

Chakras are named after the Sanskrit for wheel. They are frequently pictured as whirling lotus petals of various colors. Chakras are psychic energy centers based on the cardinal points of the body.

According to the traditional view of yoga, we have seven charkas or energy centers situated throughout the body.

Various systems in yoga will give slightly different symbols, colors, or even names to the charkas. The universal life force is said to enter through the crown chakra and is filtered down through the other chakras, each of which transforms the energy into the appropriate form for the function it governs.

Kundalini energy passes in the opposite direction from the root chakra upwards. Kundalini means snake or serpent power in Sanskrit. Kundalini is the basic energy that drives the chakras from within, and it is pictured as a coiled snake sleeping at the base of the spine. It travels up the body on a spiraling psychic pathway, activating the various energy centers and changing color, eventually becoming clearer and paler 'till it emerges through the crown chakra as pure white light to mingle with the energies of the cosmos. Opening these through visualization is an effective method of preparing for psychic work and can also be used to close psychic channels.

These chakras need to be fully "open" for us to astral project.

Basic, Seed, or Root Chakras (Mamadhara)

The chakra of the earth. The red chakra. Situated at the base of the spine. Governs our instincts and genetic coding. Focuses on physical existence and survival. The chakra of courage and physical strength. Its symbol is the yellow square.

Sacral or Pelvic Chakra (Svadhithana)

The chakra of the moon. The orange chakra. Situated near the genitals and reproductive system. Governs our sex drive and energy. Focuses on all aspects of physical satisfaction, the home of the five senses. The chakra of all forms of fertility needs and desires. Its symbol is a white crescent.

Solar Plexus Chakra (Manipuraka)

The chakra of the sun. The yellow chakra. Situated at the navel. Governs us a sense of personal power. Focuses on assimilating experiences. Chakra of power, determination, and focused will. Its symbol is a red triangle.

Heart Chakra (Anahata)

Chakra of the four winds. The green chakra. Situated over the heart. Governs our emotions. Focuses on emotions and sympathy. Chakra of love and relating to others. Its symbol is a blue hexagon.

Throat Chakra (Vishuddha)

Chakra of time and space. The blue chakra. Situated close to the vocal cords in the center of the neck. Governs our ability to communicate. Focuses on ideals, ideas, and true communication. Chakra of truth and altruism. Its symbol is a white circle.

Third Eye or Brow Chakra (Savikalpa Samadhi or Ajna)

Chakra of freedom. The purple chakra. Situated between the eyebrows. Governs our intellect. Focuses on inspiration and psychic awareness. Chakra of connecting with other dimensions. Its symbol is the white triangle.

Crown Chakra (Nirvakalpa Samadhi or Sahasrara)

Chakra of eternity. The white chakra. Situated at the top of the head. Governs our spirituality. Focuses on spiritual awareness and unity with one's higher self. Chakra of wisdom and understanding. Its symbol is a white Lotus Flower. It is a two-way chakra since it receives light from the cosmos.

Chakras in Astral Projection

Successful projections occur under ideal conditions. You will need to give attention to finding a suitably quiet room, eliminating any intrusive noises such as telephones, your physical comfort and clothing, the light and atmosphere in the time, the time of day, and irritations in your body caused by your ego state.

After creating the ideal conditions, lie down on your back with your arms by your side in the yoga "corpse" position. Now do your relaxation exercises, starting at your feet and ending with the top of your head. Once you are relaxed, start your visualization exercises. With your eyes closed visualize the **shamanistic symbol** for the universal consciousness the circle with the cross inside it dividing the circle into four segments.

Now imagine that at every chakra you have a small pouch drawn shut with a drawstring. Starting with the Base/root chakra, imagine the pouch is opened. Visualize the drawstring being loosened and the pouch being pulled open allowing the chakra's symbol to emerge from the bag and sit

above it. Carry on opening the chakra - from the base/root chakra to the crown chakra, releasing the stream of energy that will carry your consciousness with it as it exits the crown chakra.

Information from Kaanan Ministries