

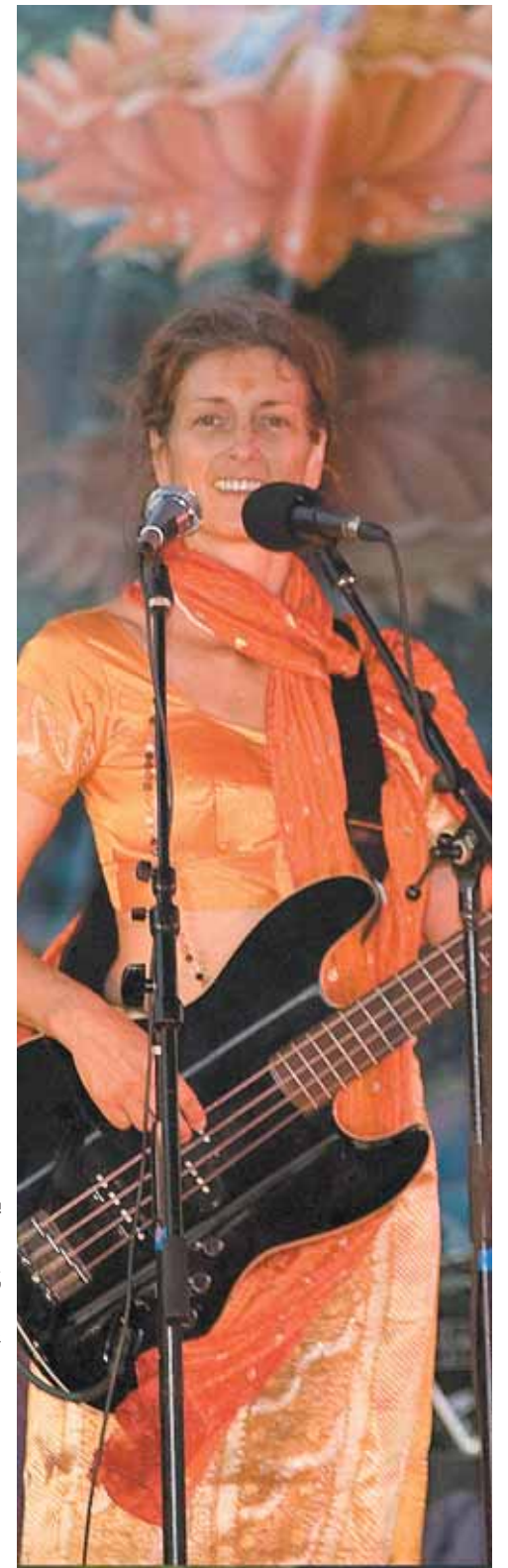
# The Language of the Chakras

ॐ मणिपत्रं  
सुखां

◀ Yoga

Most people cannot see auras or the energy field around the human form, plants or animals. This “siddhi”, or supernatural ability develops as the pineal gland not only becomes active, but “awakens”. We associate that with the 3rd eye or 6th center, sometimes called our “sixth sense”.

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In Kundalini yoga this is considered to be the most important chakra to activate first. It brings us the truth of reality behind appearances or presentation and with it comes wisdom that allows us deeper understanding, the “bird’s eye point of view” associated with the higher self or Buddi mind (according to Patanjali) that witnesses our experiences with serenity and clarity.

There are yoga practices designed specifically to activate each of the 7 chakras which reside in the subtle body along the spine. Chakra means “wheel”, much like a spinning doorway or portal that allows the prana or life force abundantly present in the universe to enter into the human body through the endocrine glands associated with them. Our health and vitality is intricately linked to chakras; however, we can close the door or block the energy with our thoughts and feelings. If the body does not receive the prana for a while due to blockage, we first experience mental and emotional disturbances and eventually disease shows up in a specific area of the body related to the chakra. Our medical history of symptoms and disease actually reflect deeper issues related to our psyche.

Yogic philosophy states that all symptoms in the body come from the mind and transgressions against the laws of nature, which then show up as disease in the body. So it is through understanding the language of the body and its messages to us through symptoms that we can be directed to the root of the issue in the psyche. If the fixed mental or emotional pattern called “samskaras” can be addressed at the energetic level, then illness can be addressed before it enters the physical body. Once it solidifies in the body, most of the time it must be addressed with physical antidotes; although real healing only occurs when we have handled the issues on all the planes of experience - mental, emotional, and physical.

The inscription at the doorway to the Temple of Apollo at Delphi is “Know thyself”.

Studying the chakras can be an important way for us to unravel the mystery of illness and healing by understanding the deeper layers of ourselves.

For more information and our daily schedule go to [www.7centers.com](http://www.7centers.com) or call 928.203.4400. See ad in “The Lounge” for event details