The 9 Chakras

What Is a Chakra?

We all share the same luminous anatomy, which includes the chakras and the acupuncture meridians. The chakras are swirling disks of energy. They spin three to four inches outside the body and link to our spine and the central nervous system. The chakras are a direct pipeline to the human neural network.

They rotate clockwise, and each chakra has a unique frequency that we perceive as one of the seven colors of the rainbow. The chakras in a newborn child display their pure color, from red in the first chakra to violet in the seventh. As we grow older the colors in the chakras become dull. The trauma and loss in our lives leave their toxic residues behind. The sludge that adheres to a chakra does not permit it to vibrate at its pure frequency, and physical aging is accelerated. When a shaman completes his or her healing process, the chakras become clear; they spin freely and vibrate with their original purity again.

While the practitioners of yoga recognize seven chakras, my mentor and shaman Don Antonio taught me that we have nine chakras. Seven are within the physical body while two are outside the body.

The eighth chakra resides within our Luminous Energy Field. It hovers above the head like a spinning sun. It is our connection with the Great Spirit, the place where God dwells in us. When we die, the eighth chakra expands into a luminous globe and envelops the other seven chakras in a vessel of light.

The ninth chakra corresponds to Spirit, which is impersonal and infinite. While the eighth chakra manifests in time, the ninth chakra is present in the timeless now, a point without time, unfettered to history. It extends through the vastness of space and connects to the eighth chakra by a luminous cord.

~ From Alberto Villoldo’s book, *Shaman Healer Sage*

Chakra is the Sanskrit word for ‘Wheel’, or ‘Vortex’, and refers to each of the seven energy centers that compose our energy system. The first written references we have for this concept were given to us by the ancient Hindu writings, although the concepts of energy centers and circuits in the physical body are repeated with slight variation in nearly every religion and spiritual belief system throughout recorded time.

The chakras function as regulators for the flow of energy through and around us. They are not physical, though the tip of each vortex connects to our spine and endocrine glands.

Chakras are energetic facets of our consciousness and are denser than auras (which are manifestations of the radiance of well-functioning chakras) but they are not as dense as the physical body. For instance, the halo depicted in paintings throughout history is the manifestation of a completely open and functioning seventh chakra.


**Chakras: The Anatomy of the Soul**

The Luminous Energy Field contains an archive of all of our personal and ancestral memories, of all early-life trauma, and even of painful wounds from former lifetimes. These records or imprints are stored in full color and intensity of emotion. Imprints are like dormant computer programs that when activated compel us toward behaviors, relationships, accidents, and illnesses that parody the initial
wounding. Our personal history indeed repeats itself. Imprints of physical trauma are stored in the outermost layer of the Luminous Energy Field. Emotional imprints are stored in the second layer, soul imprints in the third, and spiritual imprints in the fourth and deepest layer. Imprints in the Luminous Energy Field predispose us to follow certain pathways in life. They orchestrate the incidents, experiences, and people we attract to ourselves. Imprints propel us to re-create painful dramas and heartbreaking encounters, yet ultimately guide us toward situations wherein we can heal our ancient soul wounds.

The Luminous Energy Field contains a template of how we live, how we age, how we heal, and how we might die. When there is no imprint for disease in the Luminous Energy Field, recovery from an illness happens at tremendous speed. By the same token, imprints for diseases can depress the immune system, and it can take an extremely long time for us to regain our health during an illness. None of us wants to spend months convalescing when we could have recovered in a matter of days or weeks. When we erase the negative imprint that caused the onset of illness, the immune system can rapidly eradicate the disease.

In the outermost layer of the Luminous Energy Field is the membrane or “skin” of the luminous body. This membrane serves as a defensive cocoon in the same way the skin is the protective membrane of the body. The imprints of physical trauma and disease are etched onto this membrane like designs cut into glass.

**IMPRINTS OF HEALTH AND DISEASE**

Imprints are formed when the negative emotions that accompany trauma are not healed.

Imprints in the Luminous Energy Field can arrange strange and apparently unrelated events in the outside world. They can orchestrate our meeting love partners who all have the same toxic personality traits. They can strand us in the oddest places to come upon someone we are destined to meet; they can program us to be in the vehicle hit by oncoming traffic or in the one that just missed the accident.

The healer is interested in draining the toxic emotional energy around an imprint and then erasing the imprint itself. The first stages of the Healing the Light Body training consists of a deep clearing or “scouring” of our Luminous Energy Field. The student no longer identifies with her personal history. Thus the Navajo medicine woman is able to say, “the mountain am I, the rivers am I” Healers may have suffered loss, hunger, pain, and abuse, but they understand that above all they are travelers on a great journey through infinity.

This is the goal of healing through the Illumination Process. I am not very interested in working within my client’s stories, the way the psychotherapist is. I am interested in assisting clients to realize that they are not their stories, not actors in a script written by their mother or father or by the culture or time they happen to be living in, but storytellers. To do this I have to access the underlying imprint in the Luminous Energy Field.

**THE ANATOMY OF CHAKRAS**

Regardless of where they were born, everyone has a skeleton with the exact same number of bones. In the same way, we all share the same luminous anatomy, which includes the chakras and the acupuncture meridians. The chakras are swirling disks of energy. The word chakra means “wheel” in Sanskrit. They spin three to four inches outside the body and link to our spine and central nervous system. The chakras are a direct pipeline to the human neural network. They rotate clockwise, in the
same direction that the spiral arms of the galaxy revolve. Each chakra has a unique frequency that we perceive is one of the seven colors of the rainbow. The chakras in a newborn child display their pure color, from red in the first chakra to violet in the seventh. As we grow older the color in our chakras becomes dull. The trauma and loss in our lives leave their toxic residues behind. The sludge that adheres to a chakra does not permit it to vibrate at its pure frequency, and physical aging is accelerated. When a shaman completes her healing process her chakras become clear. They spin freely and vibrate with their original purity again.

The Amazon shamans believe that when you clear all your chakras you acquire a “rainbow body.” Each center vibrates at its natural frequency, and you radiate the seven colors of the rainbow. According to legend, when you acquire the rainbow body you can make the journey beyond death to the Spirit world. You are able to assist others in their healing, and you can die consciously since you already know the way back home. The jungle shamans believe death is a great predator that stalks each and every one of us. They say that many illnesses are caused by the death that festers within us. These medicine people believe that death (or lifelessness, as I prefer to think of it) claims us little by little, until one day we realize that we are more dead than alive. I’ve seen it happen to many persons, and I believe this condition is rampant in America today. When your chakras are clear you are no longer stalked by death. You are claimed by life, and therefore you can never be claimed again by death. The flag of the Inka nation is the rainbow, which holds a very special place in their mythology. You can see it flying over the rooftops of Cusco even today.

The Earth Chakras

The five lower chakras, from the root to the throat, are nourished primarily by the Earth. Imagine a tree whose roots go deep into the ground. The nutrients it draws from the Earth are carried up the trunk to the highest branches. The sunlight it absorbs through the leaves is turned into energy that in turn is transferred all the way to the roots. The four upper chakras are fed primarily by the energies of the Sun, our star. The sky-god religions emphasize the development of the upper chakras to the neglect of the lower. The sky-god civilizations perfected technology, reason, and logic. The Earth-goddess religions emphasize the lower chakras to the neglect of the upper ones. These civilizations remained agrarian cultures with little interest in Western-style progress while achieving advancement in astronomy, philosophy, and architecture (the Chinese discovered gunpowder but used it only for fireworks; it took the Europeans to use it for warfare). I believe that today we must develop the gifts of both the Earth chakras and the sky chakras.

Like the organs in the body, each chakra performs a unique function. The first and second chakras digest emotional energies, churning them over to draw out nutrients.

When the first chakra is disconnected from the Earth, the lower centers are unable to expel emotional wastes. There is no exit channel. These wastes turn into toxic sludge that adheres to the walls of a chakra and slows its spinning. When sludge builds in our second chakra (where the fight-or-flight response resides) we interpret the world as hostile and aggressive. The solar plexus, heart, and throat chakras (third, fourth, and fifth) are nurtured by the finer energies of love, compassion, and empathy. They are not equipped to digest emotions of any kind. (We get in trouble when we try to digest heavy emotions and feelings with our heart chakra—we get emotional heartburn.) The sky chakras are fed by the subtlest spiritual energy.

THE FIRST CHAKRA
The first chakra is located at the base of the spine, between the anus and the genitals. It is the gateway to the feminine, extending luminous filaments down our legs into the biosphere. Like a taproot reaching into the moist, rich places in Mother Earth, the first chakra supplies us with essential nutrients.

When we become disconnected from the Earth, we begin to get our life nourishment from the surface. As a result, we become like a tree whose shallow, widespread roots cannot keep it from toppling during a storm. We lose our stability, our foundation, and our security.

When the first chakra is disconnected from the feminine Earth, we can feel orphaned and motherless. The masculine principle predominates, and we look for security from material things. Individuality prevails over relationship, and selfish drives triumph over family, social and global responsibility. The more separated we become from the Earth, the more hostile we become to the feminine.

First-chakra drives are primary and instinctual. We seek shelter. We forage for food. We strive to survive even under the most adverse situations. We procreate. These urges are fundamental instincts.

The four instinctual drives – fear, feeding, fighting, and sex- are mirrored in the agendas of the lower two chakras.

An individual operating out of the first chakra is in a state of primary fusion with the world. He is absorbed by the senses and engages the material world exclusively. He believes that the world owes him something and that those around him should recognize that he is special. He becomes self-centered and narcissistic.

There are remarkable positive attributes of the first chakra. Its survival instincts ensure the continuation of the species: They drive us to mate and bear children, and allow humans to persevere under the most adverse of conditions.

THE SECOND CHAKRA

The second chakra is located four fingers below the belly button. It is linked to the kidneys and to the element water.

The second chakra metabolizes energy nutrients in the Luminous Energy Field. All forms of energy represent food to this chakra. It processes the Earth energy taken in through the first chakra and digests emotional energies in the nervous system. When this chakra is functioning properly, it can shed negative emotions such as anger and fear and expel them through the first chakra as waste.

Chronologically, this chakra corresponds to the ages between eight and fourteen. Adolescent longing for romantic adventure originates with the surge of activity in the second chakra. The chakra is erotic, full of lust and fantasy, propelling high-adrenaline romance.

The negative expressions of the second chakra are anger and fear.

Dysfunction in this chakra can lead one to confuse sex with love. The great task of the second chakra is to transform sex into love, romance into intimacy. This is no easy task, as the negative drives of this chakra are a need to control others through money, power, and sex.

THE THIRD CHAKRA

The third chakra is located at the solar plexus and is associated with the pancreas. This gland is the
energy banker of the body.

The third chakra is the power center in the luminous energy system. Its power can be used constructively, to manifest our aspirations in the world. When used destructively, it can repress our primary nature or libido.

The feminine power of the first chakra and the primordial sexual energy of the second chakra are transformed into a fine fuel that the third chakra employs for the fulfillment of our dreams. This chakra replenishes the reserves in the Luminous Energy Field. When we awaken the power of this chakra, we experience fearlessness and a resolve that cannot be deterred by adversity. Obstacles in our path crumble.

The function of the third chakra is to translate vision into reality

The fire element that rules it provides the fuel to manifest dreams.

The key word for this chakra is service.

THE FOURTH CHAKRA

The heart chakra is located at the cardiac plexus, in the center of the chest.

Freedom, joyfulness, and an abiding peace become the hallmarks of a person who dwells in his heart center. It is the center from which we form our families and discover love with our soul partners and our children.

The love of the heart chakra is neither the affection that we exchange with each other nor the romantic love we “fall” into. The heart chakra thrives on the love of Creation. This kind of love is not object-focused, nor is it dependent on another for its existence. It is not sentimental. It is impersonal. Christian theologians call it agape. The Inka call it munay. This kind of love is not a means to an end. It does not lead to marriage or relationships. It is an end in itself.

One of the negative expressions of this chakra is an infatuation with the self. A balanced heart chakra allows us to commit to intimacy in love. It integrates the masculine and feminine principles within us, and we no longer seek our “missing half” outside ourselves.

THE FIFTH CHAKRA

The fifth chakra is located at the hollow of the throat and influences the thyroid gland, the temperature regulator in the body.

The fifth chakra is our psychic center, responsible for clairvoyance, clairaudience, clairsentience, and the ability to communicate without words. A dysfunctional fifth chakra can result in unwanted psychic experiences. Sleep disorders are common when this chakra is out of balance. When the fifth chakra is clear, we begin to achieve recognition in our fields of endeavor and acquire mastery in our chosen profession. The fifth chakra gives us the ability to envision possible futures and to act on our vision. You imagine who you can become and feel the freedom of infinite possibilities. The fifth chakra allows us to look within, to become aware of our inner processes.

The fifth chakra gives voice to the feelings of the heart.

A negative expression of this chakra is the intoxication with your own knowledge. These people do not
listen to others in a conversation. Being right is more important than being understanding. The danger of the fifth chakra is its tendency to turn spiritual insight into dogma.

**The Sky Chakras**

In the sixth, seventh, eighth, and ninth chakras development becomes transpersonal. We explore increasingly subtle domains.

Stepping beyond death was the attribute of the sixth chakra; mastery of time was the attribute of the seventh; invisibility the attribute of the eighth; and the ability to keep a secret was the attribute of the ninth.

**THE SIXTH CHAKRA**

The sixth chakra, or third eye, is located in the middle of the forehead. In the Hindu traditions it is thought to be the third eye of Shiva, who grants knowledge of perfect truth and nonduality. We express the divine within ourselves, and we see the divine in others. You realize that you are an eternal being inhabiting a temporal body.

When the sixth chakra is malfunctioning, the individual confuses information with knowledge. He feels he has attained great spiritual truths, when all he has is a collection of facts. Shamans know how to make it rain without being able to explain that water is made up of hydrogen and oxygen atoms. Spiritual materialism is an endemic dysfunction of the third-eye chakra.

An awakened third eye allows the shaman to know who he is. It gives him knowledge of the past and future and allows him to envision alternative destinies.

**THE SEVENTH CHAKRA**

The crown chakra at the very top of the head is our portal to the Heavens, in the same way that the first chakra is the portal to the Earth. Luminous threads from this center reach up to the stars and to our destinies. The Earth protects us and nurtures us with her life force, and the Heavens propel us toward our becoming.

The lesson of the seventh chakra is mastery of time. When we break free of linear, causal time, we are no longer in the tyrannical grip of the past. Today is no longer the result of an earlier incident, and we experience freedom from cause and effect. Whereas in the sixth chakra, the healer acquires knowledge of past and future events, when she awakens the gifts of the seventh chakra she is able to influence those events.

The negative expression of the seventh chakra is spiritual regression masquerading as enlightenment. In our culture of instant gratification, spiritual seekers often want to leapfrog over the work of the lower chakras.

Those who have mastered the seventh chakra attain unusual powers including remembering ancient memories belonging to the collective consciousness of humanity.

**THE EIGHTH CHAKRA**

The eighth chakra is the *wiracocha*, or “source of the sacred.” This chakra resides a few inches above
the head, and when awakened shines like a radiant sun inside the Luminous Energy Field.

The information fields in the eighth chakra act as the template to create the physical body. This chakra is like a carpenter who builds a chair (the physical body) and later burns it in his fireplace. The carpenter feels no loss, as he knows that he can simply build another out of new wood. The eighth chakra is unaffected by the death of the body. If an imprint of disease exists in this chakra, it is like a design flaw that is replicated with each new chair.

The negative expression of this chakra is cosmic horror, such as is experienced by those caught between the worlds of spirit and matter.

The attribute of the eighth chakra is invisibility. In this center we become aware of the Beholder (known in Buddhism as the Witness)-a self that has been present from the beginning of our spiritual journey. Now disengaged from the mind, it is able to behold the mind with all of its dramas without subscribing to them. The Beholder witnesses our life unfolding, and understands that all of the stories we use to describe ourselves are only stories. Beholder perceives everything but cannot itself be perceived, because it cannot be turned into an object of perception. The Beholder is invisible because it cannot be beheld.

Eventually, the Beholder will begin to reveal its own source, which is Spirit, or the ninth chakra.

The eighth chakra resides within the Luminous Energy Field. It hovers above the head like a spinning sun. It is our connection with the Great Spirit, the place where God dwells within us.

We see this chakra illustrated as the light surrounding Christ and as the fire that descended upon the apostles at Pentecost, when they received the gift of the Holy Spirit. When we die, the eighth chakra expands into a luminous globe and envelopes the other seven chakras in a vessel of light. After a period of atonement and purification, the eighth chakra manufactures another body, as it has done again and again over so many lifetimes. It leads us to our biological parents, and to the best life (not the easiest!) to acquire the experience we need to grow spiritually. The charged traumatic memories of our previous incarnation are transfused into our next body as imprints in our Luminous Energy Field.

The eighth chakra’s source is the ninth chakra, Spirit. The ninth chakra resides outside the Luminous Energy Field and extends throughout the cosmos. It is the heart of the universe, at one with the Great Spirit. The eighth chakra is where God dwells within us, and the ninth chakra, the part of us that dwells within the Creator.

The eighth chakra corresponds to the Christian concept of the soul, which is personal and finite. The ninth chakra corresponds to Spirit, which is impersonal and infinite.

THE NINTH CHAKRA

The ninth chakra resides at the heart of the Universe, It is outside time and space; it extends through the vastness of space and connects to the eighth chakra by a luminous cord.

The ninth chakra is the Self that has never been born and will never die. This Self is prior to time, and it never enters the river through which time flows. It is prior to space and existed before the Universe manifested. This is the self that never left the Garden of Eden.

~ From Alberto Villoldo at http://www.munay-ki.org/Munay-Ki_The_Chakras.html