

# CHAKRAS



Miles Tyler

If you want instructions on using chakras to awaken your psychic potential, along with other tips, visit

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## Introduction

Several years ago, when I first began my spiritual journey, I began experiencing spontaneous astral project. I would leave my body involuntarily from time to time while I was sleeping. This sparked my curiosity about the subject of psychic perception and I began to experiment with conscious astral projection. I researched the subject intensely but I felt like I was missing a key piece of the puzzle as far as understanding the full nature of the processes involved. It wasn't until I learned about the chakras that the picture became clear for me.

Once I had studied the chakras and began to visualize them while I was meditating, my psychic development was accelerated beyond anything that I had imagined possible. It wasn't until I combined my practice of chakra meditation with crystals that I saw another such comparable increase in my awareness and the development of my higher abilities.

Now I have put together this brief guide to understanding and awakening these powerful natural energy centers. I am including everything that you will need to get started along with some helpful illustrations.

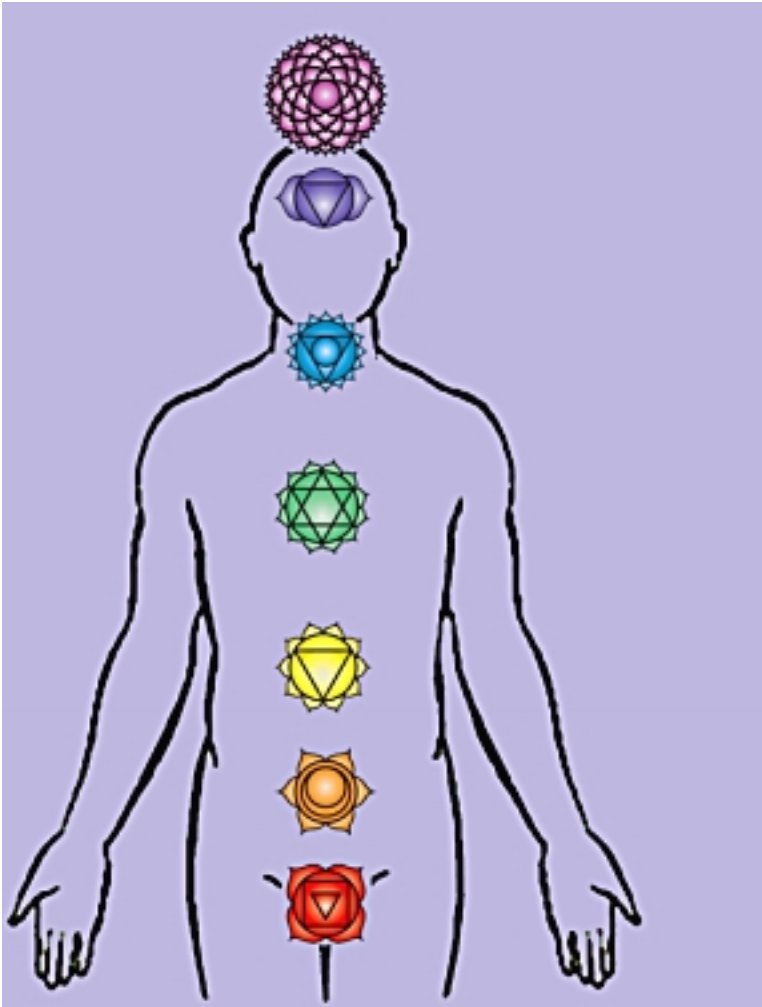
As human beings, we are a combination of body, mind, and spirit. No one of these aspects is more important than the other because each is dependant upon the other for the total actualization of being to occur.

Our spiritual body is what connects us to our higher self. This higher self is comprised of different aspects that span the gulf of the underlying energy substructure of the universe all the way to the one source energy. It is from this one source that all life and all things in the universe originate. This underlying energy substructure is sometimes referred to as the astral or spiritual planes. It may also be referred to as hyperspace or subspace.

Our spiritual body contains seven primary energy centers also known as chakras. Each of these chakras acts as a conduit for channeling energy from the underlying energy matrix. This flow of energy is also a pipeline for information that originates from the source and is filtered through the various etheric bodies of our higher self that exist within the multiple dimensions.

To put it another way, we exist in some form within all of these underlying energy dimensions. We are usually only conscious of things on the level of the physical universe. When we do become fully aware within one of these other planes of energy this is called astral projection. This occurs when our conscious mind is momentarily transferred through the sixth and seventh chakras into one of these other higher energy dimensions. However, this is another subject entirely.

There are seven chakras and each of these swirling vortices of energy corresponds with separate aspects of our physical body and mind. See the illustration below. Each is represented by a different color within the light spectrum. Each chakra channels its own unique energies that play various roles in our development as human beings. This applies equally to physical, mental, emotional, and spiritual human development. This text will primarily discuss how the chakras influence our spiritual development and pertain to psychic perception and abilities.



## Chakra One – Muladhara – The Root Chakra



This is the chakra of roots and grounding. The meaning of its Sanskrit name is “root support”. It is the chakra that grounds us to the earth and it is within this chakra that spiritual awakening begins. It is from this chakra that the energy flows, opening and activating the six other chakras one at a time as it flows up the spine. This is the chakra that connects us to the physical, material world. It is visualized as an intense deep red. This is the color of origin and beginning.

**Location:** The base of the spine, perineum, coccygeal plexus

**Color:** Red

**Sound:** O as in “hope”

**Incense Herbs:** Cedar, amber powder

**Minerals, Stones, and Crystals:** Bloodstone, hematite, ruby, garnet, lodestone

**Corresponding Verb:** I have

**Glands:** Adrenals

**Function:** Grounding, survival

**Other Corresponding Body Parts:** Legs, feet, bones, teeth, large intestine

**Psychic Ability Energy Aspect:** Passive

## Chakra Two – Svadhisthana – The Water Chakra



This is the chakra of duality and fluidity. The meaning of its Sanskrit name is “sweetness”. It is also the chakra of sexuality, emotions, sensation, pleasure, movement, and nurturance. It is through this chakra that the first stirrings of higher awareness are experienced. This is where the ability of empathy or awareness of the emotions of others is channeled from.

**Location:** Lower abdomen, genitals, womb

**Color:** Orange

**Sound:** Oo as in “true”

**Incense Herbs:** damiana , gardenia, orris root

**Minerals, Stones, and Crystals:** coral, carnelian, moonstone

**Corresponding Verb:** I feel

**Glands:** Ovaries, testicles

**Function:** Desire, pleasure, sexuality, procreation

**Other Corresponding Body Parts:** bladder, kidneys, circulatory system

**Psychic Ability Energy Aspect:** Passive- empathy, clairsentience

## Chakra Three – Manipura – The Fire Chakra



This is the chakra of transformation. It's Sanskrit name means "lustrous gem". This chakra transforms the earth and water elements of the first two chakras into dynamic energy and power. The third chakra is the source of our inner power and it is through realizing this power that our true will is born. It is also through the activation of the energy center that we come to actualize our full potential.

This is the first chakra that is related to active psychic abilities. Abilities such as telekinesis, levitation, and teleportation are channeled from within the swirling energies of this chakra.

**Location:** Navel to solar plexus

**Color:** Yellow/Golden

**Sound:** Ah as in "father"

**Incense Herbs:** Ginger, cinnamon, saffron, musk, dragon's blood, sandalwood

**Minerals, Stones, and Crystals:** Rutilated quartz, yellow citrine, amber, topaz

**Corresponding Verb:** I can

**Glands:** Adrenals, pancreas

**Function:** Assertiveness, power, will

**Other Corresponding Body Parts:** muscles, digestive system

**Psychic Ability Energy Aspect:** Active- telekinesis, teleportation, levitation

## Chakra Four – Anahata – The Heart Chakra



The fourth chakra is the still center point of the system of chakras. The meaning of its Sanskrit name is “unstruck”. It is the chakra of balance, inner peace, love, and compassion. It is through this energy center that unconditional universal loving-kindness is realized and expressed. The fourth chakra is also the source for psychic healing energies.

**Location:** Heart

**Color:** Green

**Sound:** Ay as in “play”

**Incense Herbs:** meadowsweet, marjoram, yarrow, orris root, jasmine, lavender

**Minerals, Stones, and Crystals:** Rose Quartz, emerald, aventurine, tourmaline, jade, green fluorite

**Corresponding Verb:** I love

**Glands:** Thymus

**Function:** Love

**Other Corresponding Body Parts:** Arms, hands, lungs, pericardium

**Psychic Ability Energy Aspect:** Passive/Active – Compassionate Empathy, and healing abilities are channeled through this chakra.

## Chakra Five – Visuddha – The Sound Chakra



Chakra five is the doorway to consciousness and the energy center of sound, rhythm, vibration, and communication. The meaning of its Sanskrit name is “purification”. This is the chakra that is the energy center that is connected to communication through sound, vibration, creativity, and self expression. The fifth chakra is responsible for the translation of symbols and other forms into coherent information and it is also our center of creativity. Telepathy is the primary psychic ability associated with this chakra. It is also the energy center through which clairaudience (psychic hearing) is channeled.

**Location:** Throat

**Color:** Bright Blue

**Sound:** Eee as in “Free”

**Incense Herbs:** Frankincense, mace, benzoin

**Minerals, Stones, and Crystals:** celestite, turquoise, aquamarine, sapphire, lapis lazuli

**Corresponding Verb:** I speak

**Glands:** Thyroid, parathyroid

**Function:** Communication, creativity

**Other Corresponding Body Parts:** Arms, hands, neck, shoulders

**Psychic Ability Energy Aspect:** Active/Passive - This is the energy center through which telepathy and clairaudience are made possible.

## Chakra Six – Ajna – The Light Chakra



The sixth chakra is also known as the third eye and it is the energy center of psychic awareness and intuition. Its Sanskrit name means “to perceive, to command”. It is through the awakening of this chakra that true clairvoyance is achieved. As this energy center becomes more active the more we are able to perceive of the spiritual levels in which the higher self exists. The energy that is received through the third eye can come in the form of images and information that pertains to the past, present, or future. All knowledge is potentially accessible through this energy center. It is through the suppression of the ego that the truth can be accurately communicated from the higher self through this channel.

**Location:** Brow

**Color:** Indigo

**Sound:** Om or mmmm When performed properly the sound will resonate in the skull within the third eye region.

**Incense Herbs:** Lavender, patchouli, mugwort, star anise, saffron, acacia

**Minerals, Stones, and Crystals:** Amethyst, quartz, purple fluorite, star sapphire, lapis lazuli

**Corresponding Verb:** I see

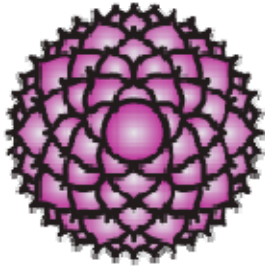
**Glands:** Pineal

**Function:** Seeing, intuition

**Other Corresponding Body Parts:** Eyes

**Psychic Ability Energy Aspect:** Passive- Abilities related to psychic perception or clairvoyance (clear seeing) such as remote viewing, psychometry, precognition, retrocognition, astral projection, dream walking, and channeling are preformed through the activation and development of the third eye or sixth chakra.

## Chakra Seven – Sahasrara – The Thought Chakra



The seventh chakra is the seat of cosmic consciousness and it is through this energy center that we are directly connected to our source as well as our infinite potential. The meaning of this chakra's Sanskrit name is "thousandfold" which also means infinity. The seventh chakra gives us the ability to understand the information and images that we perceive with our third eye. It is through the balanced flow of energy between the sixth and seventh chakras that pure psychic awareness is achieved. This is the energy center of true higher awareness through which enlightenment and transcendence are achieved. Ultimately, when our spiritual journey is fully realized the seventh chakra is the chakra of ascension.

**Location:** Crown

**Color:** Violet to white

**Sound:** Ngngng as is "sing" as well as silence

**Incense Herbs:** Lotus, Gotu Kola

**Minerals, Stones, and Crystals:** Amethyst, diamond, clear quartz, Tibetan quartz, purple fluorite

**Corresponding Verb:** I know

**Glands:** Pituitary

**Function:** Understanding

**Other Corresponding Body Parts:** Cerebral cortex, central nervous system

**Psychic Ability Energy Aspect:** Active/Passive- The seventh chakra is our source of truth, wisdom, and enlightenment. It connects us with the universal consciousness and allows us access to vast stores of spiritual knowledge such as the Akashic Records. It is ultimately our gateway to ascension which is defined by the total realization of our full potential as spiritual beings.

When you begin to consciously awaken these seven energy centers you will experience changes in how you perceive other people as well as the world around you. You will awaken abilities within yourself that you may have never imagined were possible. Through the simple process of visualizing your chakras and thinking about them on a regular basis you can begin the journey to fully awakening them and realizing your infinite potential. Not only will this experience allow you to clearly see your own life path but you will also be able to advise other people and guide them to finding their destiny as well. Awakening your chakras is just a tiny part of the wondrous spiritual journey that lies before you. It is only the beginning and the universe is the limit.