

*Thus the seer,
With vision clear,
Sees forms appear and disappear,
In the perpetual round of strange,
Mysterious change*

The Seven Chakras

*From birth to death, from death to birth;
From earth to heaven, from heaven to earth:*

And Variations on the theme of seven

*'Till glimpses more sublime,
Of things unseen before,
Unto his wondering eyes reveal
The Universe, as an immeasurable wheel
Turning forevermore
In the rapid and rushing river of Time.
— Longfellow*

Chakra – Sanskrit for Wheel

- Loci of life energy, prana, chi, or shakti
- Hindu origin – came to west via Arthur Avalon's (Sir John Woodworth) 1919 book *Serpent Power*

and later via Theosophist (and clairvoyant)
C.W. Leadbetter's *The Chakras* (1927)

Other traditions reported as using chakras:

- Chinese medicine
- Tibetan Buddhism
- Jewish Kabbalism
- Islamic Sufism

Why Seven?

1. Seven major nerve ganglia(?), also referred to as “centers of consciousness”
2. Interaction of the components of the Trinity
3. Echo of the Ray of Creation

Seven Major Nerve Centers



Traditional Use of Chakras

- Clear blockages in psyche by focusing awareness on specific chakras and using special breathing techniques
- Meditation on these energy centers to encourage growth and enlightenment
- Awaken the Kundalini

Psychological Significance of Chakras

- Crown – Pure consciousness
- Third eye – Intuitive knowledge
- Throat – Nurturance, creativity, communication
- Heart – Emotions, empathy, love
- Solar Plexus – Control, domination, submission
- Sacral – Pleasure, sexuality, relationships
- Root – Fear, survival instinct, groundedness

Chakra Affirmations

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Root Chakra

Affirmation:

I accept the abundance that the Universe provides.

Sacral Chakra

Affirmation:

I listen to my inner truth and am beyond capable.

Solar Plexus Chakra Affirmation:

I am a powerful, radiant, and magnificent being of light.

Heart Chakra

Affirmation:

I deserve love, happiness, health and prosperity every day.

Throat Chakra

Affirmation:

I own my power and feel fully alive.

Third Eye Chakra

Affirmation:

I am always guided by my inner wisdom.

Crown Chakra

Affirmation:

I honor my body as the temple for my radiant soul.

From Trinity to Seven

- Use Physical (P), Emotional (E), and Mental (M) as the components of the Trinity

These three forces of the psyche can exist by themselves or in combinations in exactly seven unique ways

The Forces of the Psyche

- M Mental only
- E + M Emotional and Mental
- E Emotional only
- P + E + M All Three
- P + M Physical and Mental
- P + E Physical and Emotional
- P Physical only

Connecting Forces of Psyche with Chakras

- M Crown – Pure consciousness
- E+M Third Eye – emotional use of mental
- E Throat – emotional center, hope
- P+E+M Heart – center of being
- P + M Solar Plexus – will power, mind over matter
- P+E Genitals – joins physical and emotional
- P Root – physical connection to world

Ray of Creation

- From Gurdjieff via Ouspensky
- Seven layers of gravitational fields
- As Above so Below

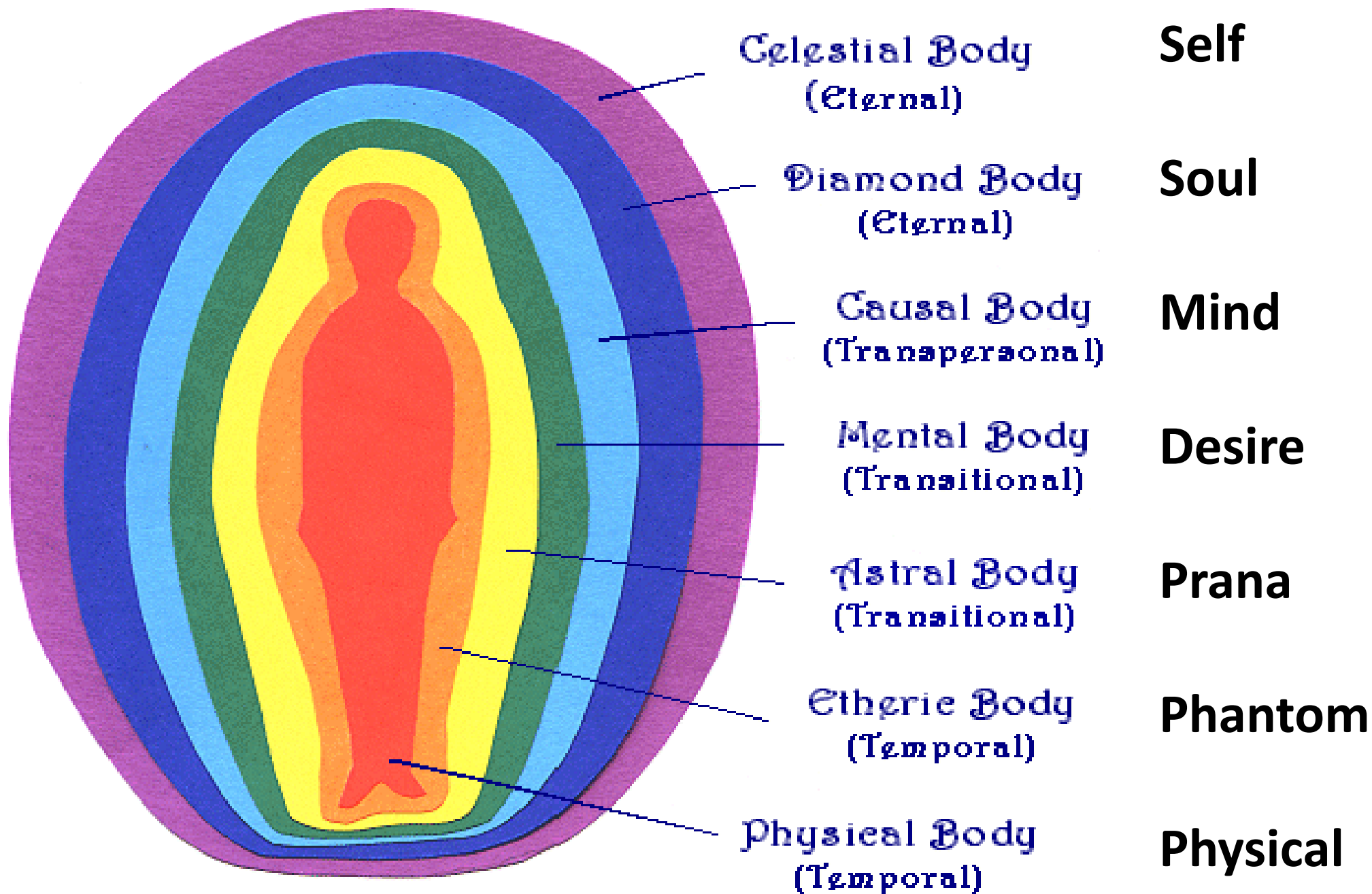
The Seven Gravities

- Super Group of Galaxies
- Local Group of Galaxies
- Milky Way Galaxy
- Planets in the Milky Way
- Our Sun
- Our Moon
- The Earth

Humankind's Septenary Nature

(Theosophy)

- *Atma* - Spirit or Self - one with The Absolute as Its Radiation
- *Buddhi* - Spiritual Soul - vehicle of pure universal spirit
- Manas - consisting of *Higher Manas*, the spiritual, inner, or higher Ego; and *Lower Manas*, the ordinary mind.
- Kamarupa - the "desire body", seat of animal desires and passions
- Prana - the vital principle
- Linga Sharira- the double or phantom body.
- *Sthula Sharira* - the physical body



*The Seven Subtle, Interfacing
Bodies of Multidimensional
Human Consciousness*

Explanations of the nature of the 7 Bodies

- Exist in a different dimension or plane of reality
- Vibrate at a different frequency
- Under different gravitational fields

When we contemplate the whole globe as one great dewdrop,
striped and dotted with continents and islands, flying through space

Gravity and the 7 Bodies

- *Super Group*

Atma (Self)

- *Local Group*

Buddhi (Soul)

- *Milky Way*

Mental body

- *Solar System*

Desire body

- *Sun's gravity*

Astral body

- *Moon's gravity*

Phantom body

- *Earth's gravity*

Physical body

with all other stars all singing and shining together as one,
the whole universe appears as an infinite storm of beauty.

– John Muir

Other Significant Sevens

- The Major Scale Octave in Music
- Rows to Periodic Table
- Shells for Electrons

Sevens and the Trinity of the Universe

Trinity Component

Space/time

Matter/energy

Consciousness

Seven Manifested

Spheres of Gravity

Electron rings

Chakras/Bodies