

Chakra Opening Exercise – A prelude to Traversing the Frequencies

Please refer to the back pages where the descriptions of the functions of the chakras and their associated auric layer are explained.

1. Find a quiet room where you will not be disturbed.
2. Stand with your knees slightly bent, feet shoulder width apart, arms and hands by your side, close your eyes and focus on the area of the third eye, the spiritual eye which is positioned above the bridge of the nose and between the eye brows..
3. Ground yourself by imagining a climber's rope attached to you and an anchor buried deeply in the ground. You will need this, and you should keep referring to this grounding link throughout this exercise. This will help you return to the physical.

Each chakra is associated with an auric level (frequency level). Imagine them opening in order. This will allow you to ascend to that auric layer level and frequency.

4. Concentrate on your base chakra. Imagine it as a cone and extend it vertically downwards out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on the floor and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 1st Auric layer – the etheric allowing you to also assume this level. Feel the energies that being on this level, the etheric level, Level 1 gives you. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. Make a mental note of it.

5. Move on to the second chakra, the sacral. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 2nd Auric layer – the Emotional layer allowing us to also assume this level. Feel the energies that being on this level, emotional level. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

6. Move on to the third chakra, the solar. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 3rd Auric layer – the mental body layer allowing us to also assume this level. Feel the energies that being on this level, mental body level. Do you feel tingling,

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see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

7. Move on to the fourth chakra, the heart. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9”-12”. Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 4th Auric layer – the astral layer allowing us to also assume this level. Feel the energies that being on this level, astral level. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

8. Move on to the fifth chakra, the throat. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9”-12”. Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 5th Auric layer – the etheric template layer allowing us to also assume this level. Feel the energies that being on this level, etheric template level. Do you feel tingling – are they getting finer, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

9. Move on to the sixth chakra, the third or spiritual eye. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9”-12”. Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 6th Auric layer – the celestial body layer allowing us to also assume this level. Feel the energies that being on this level, celestial body level. Do you feel tingling – are they getting still finer, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

10. Finally move on to the seventh chakra, the crown. Imagine it as a cone and extend it up towards the ceiling vertically out to its full extension of 9”-12”. Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on the ceiling above you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the

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energies necessary to invoke the 7th Auric layer – the ketheric template layer allowing us to also assume this level. Feel the energies that being on this level, ketheric template level. Do you feel tingling – are they getting still finer or have they gone, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

You are now at the end of the physicality/spirituophysicality of your human form. Stay at this level of a few moments absorb how you feel, what your physical body has experienced, giving you proof, physical proof that you have actually risen above those frequencies that you are normally associated with on the earth level – the zero level.

11. Slowly close each chakra one by one, starting at the crown chakra and finishing with the Base Chakra by first stopping the rotation of the chakra and then withdrawing it back into its location of origin (refer to the section on chakra name, and location at the back of this lesson). Make a note of the feelings, the feel tingling – are they getting coarser as you descend the frequencies, colours or images in your closed eye vision, heat/cold, pressures around your head, emotional changes. The experiences, the responses that the human form gives you, should be repeated on each of the levels in the descent in reverse order of that which you experienced them on the ascent.

12. To move down from the seventh frequency level to the sixth frequency level stop the rotation of the crown chakra and withdraw it back into the crown area of the head. You are now on the sixth frequency level.

To move down from the sixth frequency level to the fifth frequency level stop the rotation of the third eye chakra and withdraw it back into the area in-between the eyebrows and above the bridge of the nose. You are now on the fifth frequency level.

To move down from the fifth frequency level to the fourth frequency level stop the rotation of the throat eye chakra and withdraw it back into the area of the “Adam’s apple”. You are now on the fourth frequency level.

To move down from the fourth frequency level to the third frequency level stop the rotation of the heart chakra and withdraw it back into the area in the centre of the sternum. You are now on the third frequency level.

To move down from the third frequency level to the second frequency level stop the rotation of the solar chakra and withdraw it back into the area 3 inches above the navel. You are now on the second frequency level.

To move down from the second frequency level to the first frequency level stop the rotation of the sacral chakra and withdraw it back into the area 3 inches below the navel. You are now on the first frequency level.

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To move down from the first frequency level to the zero frequency level, the Earth level stop the rotation of the base chakra and withdraw it back up into the area of the groin. You are now back on the zero frequency level, the Earth level.

13. Finish by removing the mountaineering harness or belt and drinking some water to assist in the grounding.

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A Description of the Chakras

The Chakras are cone shaped and when fully extended 9”-12” (open) and rotated (clock-wise as you see them, just saying clock-wise however will ensure they rotate in the correct way) they actively pull in energies associated with the specific frequency that they are calibrated to work with). Please note that opening the front (anterior or “A”) chakras automatically opens the rear (posterior or “B”) charkas because the “A” chakras are our intention and the “B” chakras are our action.

The Names of the Chakras

First Chakra – Color: Red – called the Base/Root Chakra or Muldhara Chakra – Anatomical Association - Adrenals: Spinal Column, Kidneys - Located in Groin area, positioned vertically pointing towards the floor away from you.

Second Chakra – Color: Orange – called the Sacral Chakra or Svadhishtana Chakra – Anatomical Association - Gonads: Reproductive system - Located 3” below the navel area, positioned horizontally pointing away from you.

Third Chakra – Color: Yellow – called the Solar Chakra or Manipura Chakra – Anatomical Association - Pancreas: Stomach, Liver, Gall Bladder, Nervous System - Located 3” above the navel area, positioned horizontally pointing away from you.

Fourth Chakra – Color: Green – called the Heart Chakra or Anahata Chakra – Anatomical Association - Thymus: Heart, Blood, Vegas Nerve, Circulatory System - Located in the sternum, 3” above the area where the left and right hand side of the chest join together, positioned horizontally pointing away from you.

Fifth Chakra – Color: Blue – called the Throat Chakra or Vishuddha Chakra – Anatomical Association - Thyroid: Bronchial and Vocal System, Lungs, Alimentary Canal - Located in the middle of the throat, positioned horizontally pointing away from you.

Sixth Chakra – Color: Indigo – called the Third Eye Chakra or Ajna Chakra – Anatomical Association - Pituitary: Lower Brain, Left Eye, Ears, Nose, Nervous System - Located in the area of the 3rd or spiritual eye, above the bridge of the nose and in-between the eyebrows, positioned horizontally pointing away from you.

Seventh Chakra – Color: Violet – called the Crown Chakra or Sahasrara Chakra – Anatomical Association - Pineal: Upper Brain, Right Eye - Located on top of the crown of the head, positioned vertically pointing upwards away from you.

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Psychological Function of Chakras

Chakra 1: Quantity of physical energy, will to live

Chakra 2A: Quality of love for the opposite sex, giving and receiving mental & spiritual pleasure

Chakra 2B: Quality of sexual energy

Chakra 3A: Pleasure & expansiveness, spiritual wisdom, consciousness of the universality of life and who you are in the universe

Chakra 3B: Healing and intentionality towards your health

Chakra 4A: Heart feelings of love towards other human beings, openness to life

Chakra 4B: Ego will, or will towards the outer world

Chakra 5A: Taking in and assimilating knowledge

Chakra 5B: Sense of self within society and one's profession

Chakra 6A: Capacity to visualize and understand mental concepts

Chakra 6B: Ability to achieve ideas in a practical way

Chakra 7: Integration of personality with life and spiritual aspects of mankind

Notes:

Chakras situated in the front of the human body (so called A chakras) are associated to our intentions

Chakras situated in the rear of the human body (so called B chakras) are associated to our actions

Activating the Chakras at the front of the body automatically activates those chakras that are at the rear of the body.

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Name, Appearance, and Function of the Auric Layers/Levels

Auric layer 1 – Name: Etheric Body – Appearance: A web of tiny blue energy lines – Function: An energy matrix or template of the physical body

Auric layer 2 – Name: Emotional layer – Appearance: Colored clouds in continual fluid motion – Function: Displays and allows communication of the emotional content or feelings of love, joy, anger, etc.

Auric layer 3 – Name: Mental Body – Appearance: Structured bright yellow light emanating from the head and shoulders of the body – Function: Contains the structure of our thoughts and ideas

Auric layer 4 – Name: Astral Level – Appearance: Amorphous clouds of Color infused with rose-colored light – Function: Facilitates the transition of spiritual energy to physical energy and physical energy into spiritual energy. Love between two people is displayed within this level.

Auric layer 5 – Name: Etheric Template – Appearance: Has the appearance of a blue photograph negative made of cobalt blue lines – Function: The blueprint or perfect form for the etheric body to fill

Auric layer 6 – Name: Celestial Body–Appearance: Shimmering light made up of pastel colors with a gold silver shine – Function: The communication of unconditional love and of "being one with God"

Auric layer 7 – Name: Ketheric Template – Appearance: A highly structured matrix of tiny gold-silver threads of light within an egg shape that shows the structure of the physical body and all chakras – Function: Accumulation of past life bands, life plan, holds the auric bodies together