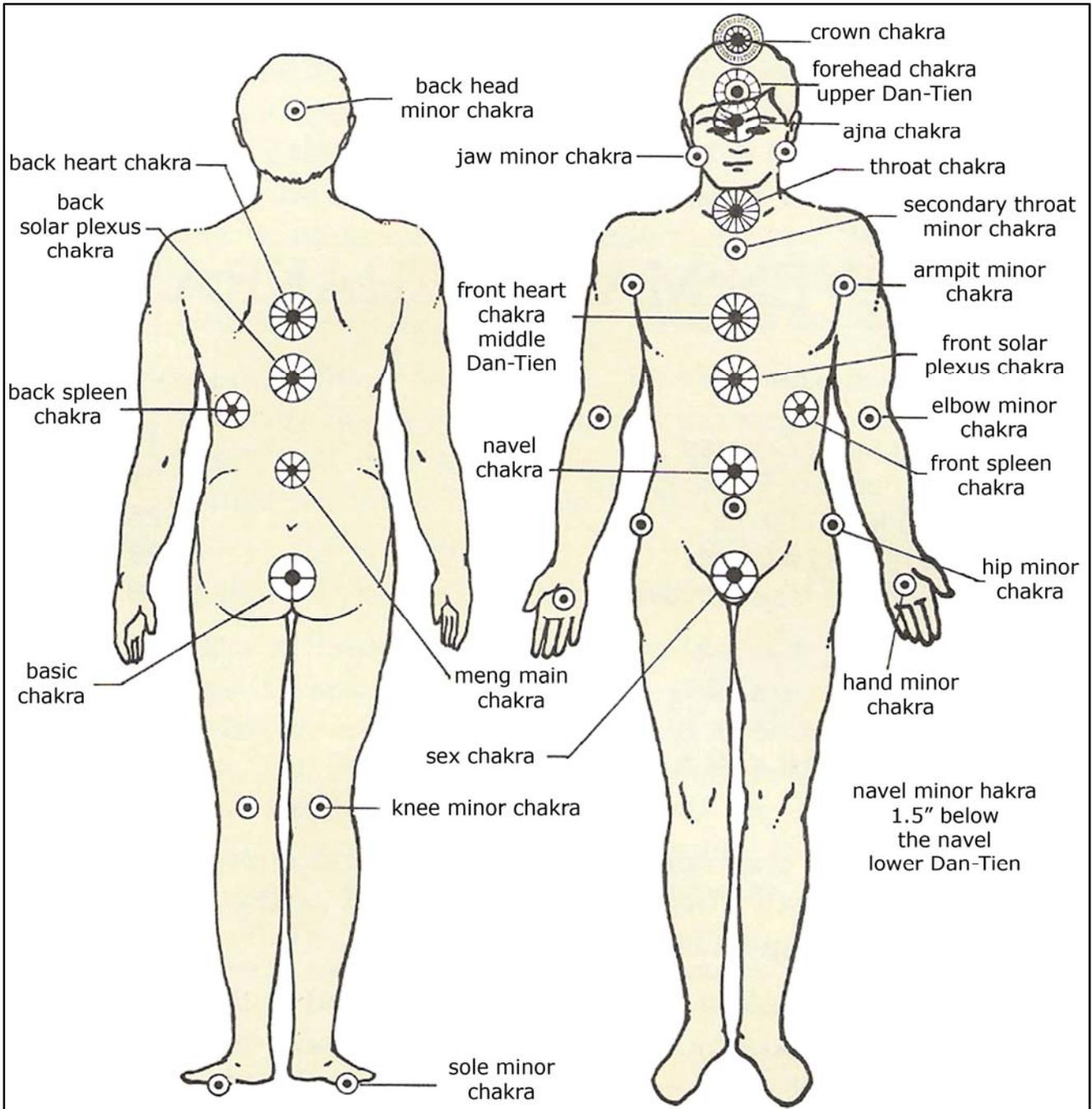


ELEVEN MAJOR CHAKRAS & RELATED MINOR CHAKRA SYSTEM



A chakra is a spinning vortex of energy created within ourselves by the interpenetration of consciousness and the physical body. Through this combination, chakras become centers of activity for the reception, assimilation and transmission of life vital energies. Uniting the chakras is what we experience as the "self." It is through our chakras that our self grows and changes and interacts with the world.

The word chakra comes from the Sanskrit word for "wheel" or "disk" and originated within the philosophy of the ancient yoga systems of India, most specifically from the Tantric texts. In this system, there are major chakras arranged vertically along the spine, starting at the base of the spine and ending at the top of the head. In the physical body, these chakras correspond to major nerve ganglia, glands of the endocrine system, and various bodily processes, such as breathing, digesting, or procreating. While the chakras do exist within the physical body, exhibiting strong influence on such things as body shape or health, they are not made of any physical components themselves.

Throughout time the vital energy within our bodies has been identified as "The Chakra System." They have been called: 7 Chakras System, 9 Chakras System, 10 Chakras System, 11 Chakras System, 13 Chakra System, 22 Chakra System, and more.

These systems are all inclusive. That is, the 7 Chakras System is contained within the 9 Chakras System, the 9 Chakras System is contained within the 10 Chakras System, and so on. The fact that one system only refers to a particular number of chakras does not exclude the other chakras in the human body.

Grand Master Choa Kok Sui describes the chakras as follows:

The *Crown* Energy Center is located at the crown of the head. It is the center for higher intuitive faculty. This faculty, when fully developed, manifests as "direct knowing" or "direct inner perception" or also known as intuitive intelligence. It is knowing without having to study. What is learned through the intuitive faculty in a few minutes will require weeks, if not months, to put into words. A person with only a developed mental faculty will have to unravel or plow through the problem; whereas, a person with even only a partially developed intuitive faculty has a quick overall grasp of the problem and its possible solutions.

Unfortunately, our present educational system does not encourage the development of the intuition, on the grounds that the solution or conclusion is not rationally arrived at.

Direct perception or intuition is not logical or rational. The truth is that the intuitive faculty is beyond logic; it transcends logic and the rational mind. Mental intelligence requires the study and the use of logic through inductive and deductive reasoning.

Many scientific discoveries are made through intuitive intelligence. Ideas simply flash in the minds of some scientists. Modern scientific research shows that the pineal gland is connected with aging and anti-aging processes.

The **Forehead** Energy Center is located at the center of the forehead. It is the center of lower intuitive intelligence. It is the center of wisdom or lower intuition. What is the difference between the higher intuition of the crown energy center and the lower intuition of the forehead energy center? In the case of the crown energy center, it is direct inner perception without form. It is pure knowing. Direct knowing without inner visions or sounds is higher intuition. On the other hand, with the forehead energy center, it is direct perception accompanied by inner vision.

The **Ajna** Energy Center is located at the area between the eyebrows. It is the center of the higher mental faculty or the abstract mind. It is also the "directing" center or the "will" center. It is responsible for understanding abstract concepts and principles. The combination of understanding and directing others manifest as active intelligence. Active intelligence is very different from sterile intelligence. You may encounter people who seem to be intelligent and you may be impressed when they talk, but they are not productive. They do not produce results. This is an example of sterile intelligence. The proper function of the ajna energy center manifests as intelligence in motion or dynamic intelligence.

An example of dynamic intelligence is an executive, director or manager; they use their intelligence to manage resources and people. Their job is to make others produce results.

The ajna energy center is the center for active directing will, which is based on intelligence. It is intelligent will—the higher type of will. The solar plexus energy center is the center of emotional drive or the emotional will—the lower type of "will." The strength of the masses comes predominantly from the solar plexus, while that of a highly refined, highly developed person comes predominantly from the ajna energy center.

The **Throat** Energy Center is located at the center of the throat. It is the center of the lower mental faculty or the concrete mind. It is used when meticulous details are involved in such activities as studying, planning, or painting.

It is also the center of higher creativity, while the sex energy center is the center of "physical creativity" or procreation. When the throat energy center is quite strong and active, the sex energy center is also quite strong. This is why artists or creative people have strong sexual drives. However, sex energy can be sublimated by bringing it up to the throat energy center.

The **Heart** Energy Center is located at the center of the chest. It is the center of the emotional heart. It is the center of higher emotions such as peace, serenity, joy, compassion, kindness, gentleness, tenderness, caring, considerateness, patience, or sensitivity. The solar plexus energy center, which is the center of lower emotions, is self-oriented. The heart energy center is "others-oriented," as in "What are the needs of other people? What would other people feel? What would other people think?" Both qualities of being self-oriented and being others-oriented are equally important. If you want to achieve a balance between the physical or material, and the spiritual aspects of your life, both the solar plexus energy center and the heart energy center must be developed evenly.

If the heart energy center is overdeveloped and the solar plexus energy center is underdeveloped, there is a tendency that other people will take advantage of you, abuse and misuse you. If the solar plexus energy center is overdeveloped, there is a tendency to be too selfish, and maybe even ruthless. To become psychologically healthy, the development of the solar plexus energy center and heart energy center must be balanced. This is called balancing loving-kindness with self-interest.

With the pervasiveness of modern education and the advancement of careers that require the use of much of the mental faculty, the throat energy center is developed in a lot of people. The development of the heart energy center has been neglected, and because of this, you may encounter a person who is quite intelligent and successful in his career but very abrasive.

The development of the heart energy center ensures that the enhanced intellectual faculty and the increase in willpower will be used properly and harmlessly. The crown energy center can only be sufficiently developed when the heart energy center is first developed.

Without the development of the heart energy center in most people, world peace cannot be possible. This is why the development of the heart should be emphasized in the educational system.

The **Solar** Plexus Energy Center is located at the hollow area between the ribs in the front and the opposite side. It is the center for both positive and negative lower emotions: Positive emotions include ambition, daringness, courage, perseverance, strength, righteous indignation, justice and fairness. Negative lower emotions include anger, irritation, hate, envy, greed, destructiveness, violence, cruelty, resentment, worry, anxiety, tension, fear, selfishness, aggressiveness, abrasiveness, or addiction.

The term "lower emotion" is not necessarily bad. The solar plexus energy center, as stated earlier, is the center of courage, daring, strong drive, perseverance, and the desire to win.

In general, the masses are emotionally driven. Therefore, the solar plexus energy center is where the lower will is located; it is the will center of the masses.

Although the will center for the masses is located in the solar plexus energy center, a person has the option of following either the urges of the lower nature or the higher nature.

The **Spleen** Energy Center is located at the left part of the abdomen between the front solar plexus energy center and navel energy center. It is located at the middle part of the left bottom rib. The back spleen energy center lies at the back of the front spleen energy center. The front and back spleen energy center control and energize the spleen. It is through the spleen energy center that air *prana* is absorbed, digested and distributed to different energy centers. It draws in air *prana* and breaks it down into different subtle energies, which are then distributed to the other major energy centers and to the entire body. This means that the other major energy centers and vital organs are substantially dependent on the spleen energy center for *pranic* energy.

The spleen energy center plays a vital part in a person's general well-being. It affects the physical and psychological energy level of a person. If the spleen energy center is clean and highly energized, the person will feel strong and healthy. If it is weak, the person will also feel weak. A weak spleen energy center means a weak physical body and low pranic energy level. A person who is quite depressed has a depleted spleen energy center.

The *Navel* Energy Center is located on the navel. The navel energy center produces "synthetic golden chi or energy," which facilitates or helps in the circulation of *prana* within the meridians. Synthetic chi facilitates the drawing in of *prana* by the energy body. Persons with synthetic chi can draw in more *prana*.

The word Chi is used quite loosely to mean subtle energies. Chi is sometimes used to mean air *prana*, ground *prana* and other types of *prana*. It is also used to mean a type of "biosynthetic chi" produced by the navel energy center. This biosynthetic chi is quite different from *prana* or life energy. It affects one's ability to draw in, distribute, and assimilate *prana*. During bad weather conditions, the quantity of air *prana* is quite scarce. Persons with lesser biosynthetic chi have greater difficulty drawing in air *prana*. Therefore, compared to the average person, they tend to feel more tired or low.

The body gets nutrients by drinking and eating and, in the process, produces hormones through the endocrine glands. Food, water, and juices correspond to different types of *pranic* energies, which are absorbed by the energy body. The hormones produced by the body correspond to the biosynthetic chi produced by the energy body.

The navel energy center is also the center of the instinct for knowing. For example, when you practice martial arts, you do not think about the next move you have to make. You instinctively know what to do when confronted by an opponent.

The *Meng Mein* Energy Center is located at the back of the navel. It controls and energizes the kidneys and adrenal glands.

Serves as a "pumping station" in the spine and is responsible for the upward flow of subtle *pranic* energies coming from the basic energy center. To be more exact, the *meng mein* energy center acts as an "energy accelerator" that increases the rate of vibration of the lower *pranic* energy. This causes the lower *pranic* energy to gush out with tremendous speed through the back energy channel and spread to all parts of the body.

The *Sex* Energy Center is located on the pubic area. It is the center of sexual instinct, and the lower creative center for procreation. Persons with strong sex energy centers have strong sexual drives.

The sex energy center is the physical creative center for procreation. The throat energy center is the center for higher creativity. It is the higher correspondence of the sex energy center. The two are closely interconnected. This is why highly artistic or very intelligent people tend to have very strong

sexual drives and lots of sexual scandals. It is not possible for a person to be very creative or intelligent and be sexually impotent or inhibited at the same time.

Part of the sex energy is transmuted by the body to a higher form of *pranic* energy to be utilized for creative, intelligent and spiritual functions. The transmuted sex energy is required for the proper functioning of the throat energy center and the energy centers in the head area. Mentally retarded patients have depleted sex energy centers. That is why their throat, ajna, forehead and crown energy centers are also depleted and do not function properly. In older people, the sex energy center and the basic energy center are depleted. This is one of the factors why older people tend to become senile.

The science and art of transmuting sex energy into creative energy, and into a higher form of *pranic* energy to activate the brain cells is taught in Arhatic Yoga.

The **Basic** Energy Center is located at the base of the spine or the coccyx area. The basic energy center is like the root of a tree. If the root is weak, the tree is weak. Similarly, if the basic energy center is weak, the body is also very weak. Another term for the basic energy center is "root energy center." It is the center of the instinct for self-survival.

It is not only the center of self-survival, but it is also the center of dynamic activities. A dynamic executive or somebody who is successful in business tends to have a highly activated and energized basic energy center. A person with a small and depleted basic energy center has a tendency to make plans, but not to implement them. He also tends to procrastinate or keep things on hold. The basic energy center needs to be treated by a *pranic* energy healer because it is the energy center of action.

This energy center, if unregulated, may manifest as materialism.