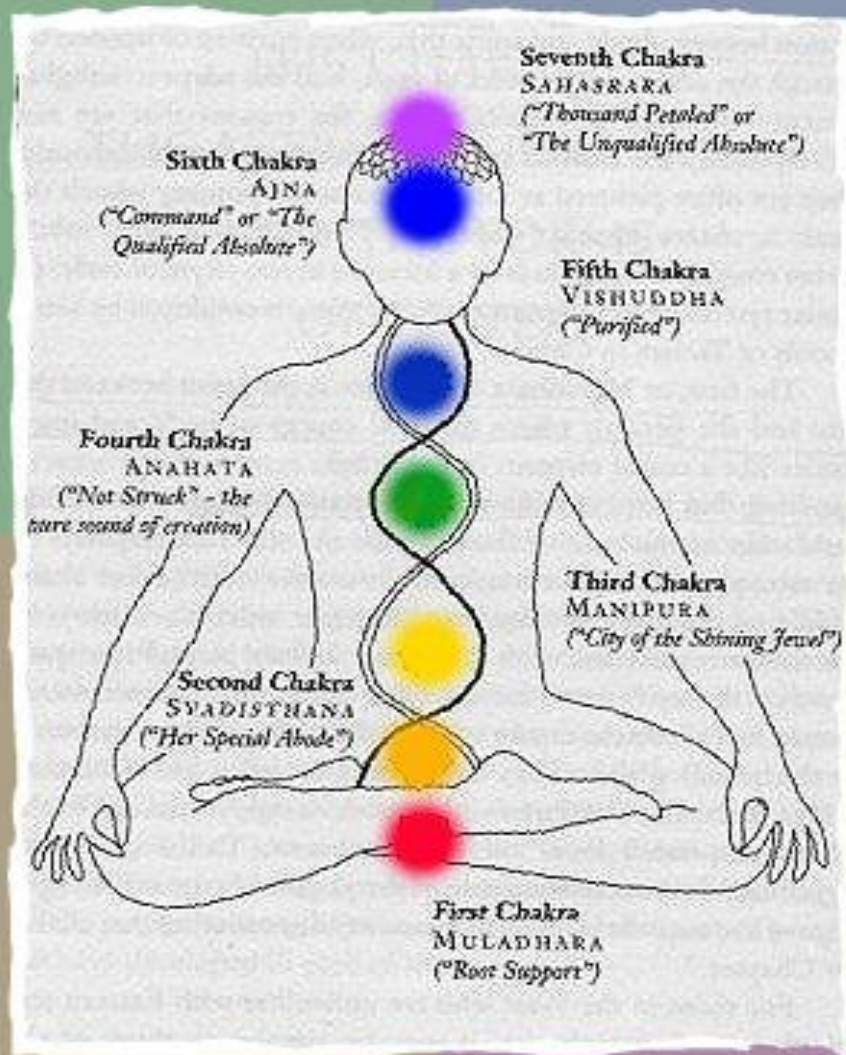


Chakras ! Chakras ! Chakras ! Everywhere

Subhas Tiwari Rampersaud
Valencia College
Orlando



What will I talk about

- Chakras
- Chakra Physiology
- Chakra Psychology

- Practice

What's in a name

- Chakra is a Sanskrit word for discus or wheel
- Root word is car = to move
- In Yogic term it refers to vortex
- Knowledge of chakra is found in the Vedas, Upanishads or early Yogic literature
- Subject itself is discussed in Tantric & Yoga Upanishads & Hatha texts

Chakra Physiology

- Yoga/Ayurveda view body beyond physical
- Physical body Consists of the 7 core constituents or dhatus:

Flesh, bone, blood, fat, fluids, marrow & clay

- Plus 5 elements- earth, water, fire, air and ether

Chakra Psychology

Subtle body consists of

- Prana or vital energy
- Manas or mind
- Buddhi or intellect
- Ahamkara or ego
- Chitta or consc.

Prana connects these two layers

- Thru a network called Nadis
- Nadis or flow refers to the channels of energy thru which prana flows
- 3 Nadis are important

Ida

Pingala

Sushumna

Ida, Pingala & Sushumna Nadis



Nadis & Chakras

- Susnumna or Kundalini shakti perceived as running up the centre of spinal cord
- Ida and pingala represent the cooling and heating, moon & sun dynamics
- Intersect at 6 specific points or energy centers = Chakras

Chakra “locations” correspond to the Energy plexus and Endocrine System

Eye Brow Center- Brain-Pituitary Gland-**Ajna**

Throat pit- Laryngeal P-Thyroid - **Vishuddhi**

Heart –Cardiac P-Thymus-**Anahata**

Navel- Solar P-Adrenal - **Manipura**

Pubic Shield- **Swadhistana**

Tail bone-Coccyx- Gonads-**Mooladhara**

Characteristics of Chakras

Chakras micro cosmic reflection of macro cosmos- Subtle to Gross

- Reflects essential constituents of nature- Tattwas
- Mandalas & Yantras
- Colors
- Shakti -Energy & Movements
- Bija Sounds & Vibrations
- Animal representations
- Ruling Planet
- Ruling Diety
- Hierarchical location

Mooladhara -Root Foundation

- Base of spine/ coccyx/tailbone center
- Perineum- males, behind cervix - females
- Circle with Yantra-square + 4 petals- vermilion red
- Petal Sounds - **Vam, Sham, Ksham, Sam**
- Root Sound - **Lam**
- Earth element- dense- Yellow
- Nose/smell

Mooladhara



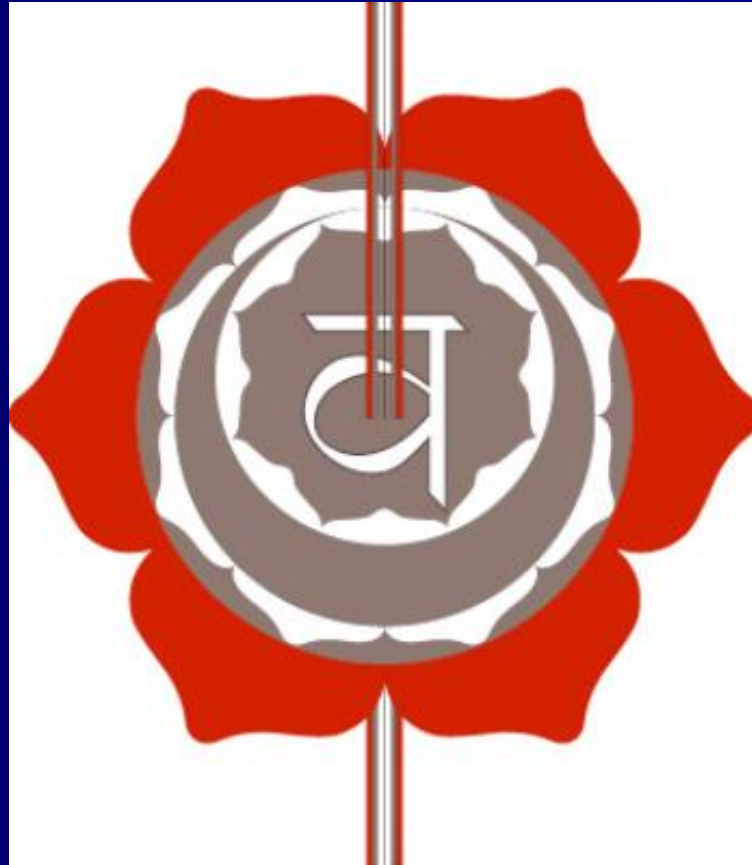
Swadhisthana- one's own dwelling place

- Genital region
- Yantra- circle + 6 petals, red Base of spine/ coccyx/ tailbone center
- Petal Sounds - **Bam, Bham, Mam, Yam Lam**
- Root Sound **Vam**
- Water element- Transparent White
- Tongue/ taste

Who rules Swadhisthana

- Mercury – Feminine, Crescent moon
- Vishnu –preserver between creation and destruction
- Crocodile- subterranean +amphibian

Swadhisthana



Manipura – City of Jewels

Tibetan tradition- Mani Padma

- Behind the navel - solar plexus
- Circle with downward triangle + 10 petals-
blue.
- Petal Sounds - **Dam, Dham, Nam, Pam,**
Pham, Dam, Tam, Tham
- Root Sound **Ram**
- Fire element- Red- rising sun
- Eyes/sight/colors/forms

Who Rules Manipura

- Sun – Masculine, Solar
- Mind, Intellect and Ego
- Ram- Peaceful yet determined and takes on a fight “head-on”
- Represents indomitable endurance

Manipura



Anahata – that sound which is unstruck

- Heart region
- Hexagonal Yantra contains 2 intersecting triangle+ 12 petals- deep vermillion
- Petal Sounds - **Kam, Kham, Gam, Gham, Ngam, Cham, Chham, Jam, Jham, Nm, Tam, Tham**
- Root Sound **Yam**
- Air element – smoky, deep gray
- Touch/skin/hands/**feelings**

Who rules Anahata

- Venus- Moon- Feminine
- Guides emotions & devotion
- Musk, Black Antelope- fleetiness, shyness, easily hurt

Anahata



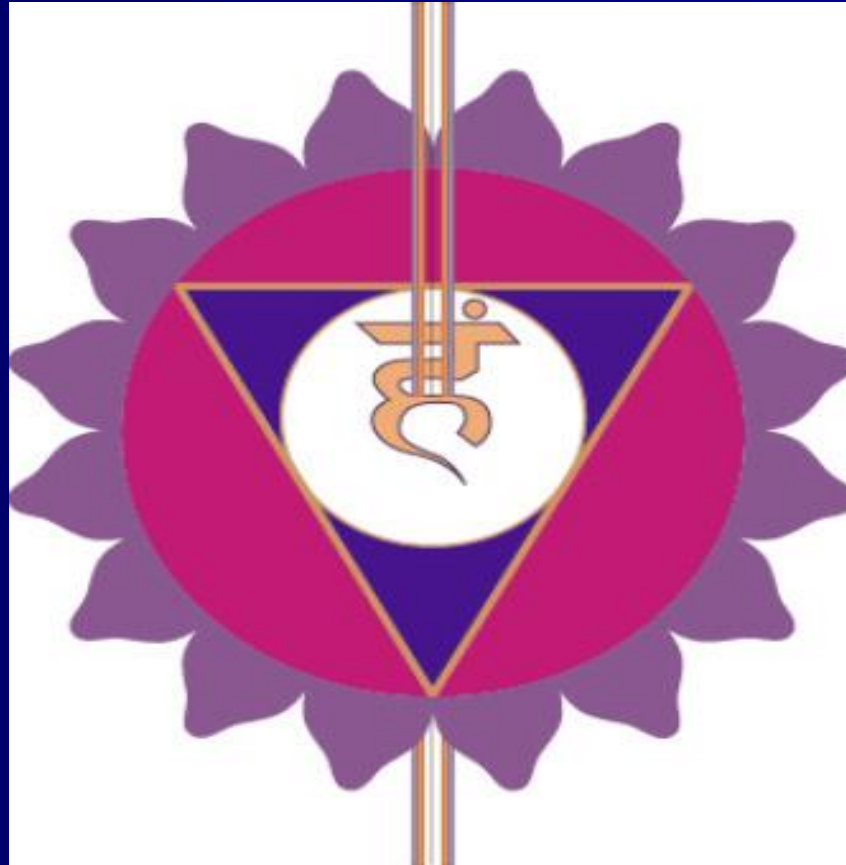
Vishuddhi Chakra –Purification center

- Throat Pit
- Crescent with 16 petals- lavender/purple
- Petal Sounds - Am, Aam, Im, Eem, Um, Oom, Rim, Rrim, Lrim, Lrrim, Em, Aim, Om, Aum, Angm, Ahm
- Root Sound Ham
- Ether
- Hearing/ears/mouth/speech

Who Rules Vishuddhi

- Jupiter
- Head which sees in every direction + Sada Shiva
- Guides psychic knowledge, emotions
- White Elephant – pure sound
- Carries the memories and knowledge from time immemorial

Vishuddhi



Ajna – Bhru Madhya –Eye brow center

- Behind eye-brow center, pineal plexus
- Full Moon Yantra - Circle with 2 petals-white
- Petal Sounds – Ham, Ksham (Ham Tham-Ha Tha)
- Root Sound OM

Who rules Ajna

- Half male/half Female
- Represents transcendence of duality
- Primal source of all sounds –A U M – leads to non-dual experience



Pathways of Ida & Pingala

- Ida, pingala and sushumna nadis originate from Mooladhara and converges at Ajna
- They intersect swadhistana, manipura, anahata and vishuddhi

The Lokas

- Vedic philosophy speaks of the 7 levels-Lokas
- Consciousness awakening traverses from
Gross, dense
Astral
Astral
Higher Astral
Higher Yet
Causal
Highest state of consciousness

There are actually 21 Chakras

- 7 above
- 7 in human “frame”
- 7 below