F601, Survey of Non-Traditional Beliefs **AGENDA, VERSION 3**

1. Session I, September 20

Introduction

Sources

Mystical Traditions

What Is a Mystic

2. Session II, September 27

Karma

Resolution of Karma

3. Session III, October 4

Reincarnation

Akashic Records

4. Session IV, October 11

Free Will Choice

Understanding Karma, Reincarnation and Free Will Choice

**5. Session V, October 18**

**Chakras**

**Kundalini**

6. Session VI, October 25

Astrology

Healing Systems

Additional Discussion Topics

Power of Thoughts

How to Change Your Attitude

Tools from the Kybalion

Gender and Mental Gender

Ley Lines

Locations with Strong Energy

Lesser Mysteries and Greater Mysteries

Mystery Schools

Already discussed; extra handouts are on the table in front

Classical Elements

Aether, Prana, White Light

NOTES: Linda Bender

[lindabender@starpower.net](mailto:lindabender@starpower.net)

Chakras

Chopra Center:

“To visualize a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy, called Prana, is vital life force, which keeps us vibrant, healthy, and alive.”

there are seven of them

you have:

two single pages that were hand out items:

color print of body with placement

chart based on the info from Mitra

easier to follow with the separate charts

are also in your handout after the Mitra info

charts and drawings are all top down

learn and work with chakras from the bottom up

more dense to less dense

Chakras

From material held by the Jains

Jainism is an ancient religion from India that teaches that the way to liberation and bliss is to live a life of harmlessness and renunciation. The aim of Jain life is to achieve liberation of the soul.

[www.bbc.co.uk/religion/religions/jainism/BBC](http://www.bbc.co.uk/religion/religions/jainism/BBC)

concepts “released” sometime in 1970s

former monk by the name of Chitrabhanu came to US from India

founded Jain Meditation Center in NY in 1973

Lecture Material: March 7, 1980, St Andrews Methodist Church (Alexandria, Virginia)

First Chakra: MUDLAHARA

Location: base of the spine

Element: earth

Human sense: smell

Visualization: yellow square or cube, sit on it and let it grow larger

sense of four sides: north, east, south, west

alternate: yellow circle with cross inside

Mantra: SHEE-VUM’ SHANTI

feeling of joy peace, tranquility

love

Notes: benediction to earth

if being successful, then sense of smell is intensified

if sense of smell goes, then need to work with first chakra

if give out peace to earth, then get back security

use when you feel fear

security is not in “things” we own, security is within

Second Chakra: SWADISHTANA

Location: below the navel

Element: water

Human sense: taste

Visualization: body of water at night with a crescent moon

may see self in the moon

see the light on the water

moon grows to full and then you become the moonlight

Mantra: MANO RAMUM

in mind player in the mind

Notes: place of one’s own residence

creative energy

therefore sexual

therefore build security and then enjoy

psychologically is feelings of self esteem

all the fluids related to creative and sexual energy

sense of taste intensified, needs saliva (i.e., water in mouth)

lovers must be secure with each other

if not there is no sexual energy

when in touch with this chakra

get a increase in self esteem

get sense of direction

increase your own individuality

sense of joy

Third Chakra: MANIPURA (city of jewels and the jewels reflect light)

Location: from navel up to base of rib cage

Element: fire

Human sense: sight

Visualization: fire around sides of a triangle, base at navel, apex at sternum

Mantra: RAM

giver to life to this center, mind and body

Notes: power center, communication

fire center

OK to be helpless, but must take responsibility and ride it out

can always transcend it

once take responsibility can usually change it

slowly but it works

umbilical cord center

if want control, let go of the control

control self, not others

people who always plan ahead, think ahead, because want to

be in control are stuck in the 3rd chakra

fire = agni

in yoga

use this with 3rd eye to burn up old tapes

to burn up old tapes:

SITKARA: burning of the snake

1. relax and open up 3rd chakra

say RAM, RAM,.... until chakra opens

2. take a deep breath

picture the experience just had and all the feelings see flames burn the picture

3. take a breath and let it out with a hiss

burns any left overs

breathe through nose

disturbs other chakras if breathe through mouth

story of monkey and jar of chick peas:

monkey sticks his hand in the jar and grabs peas

mouth of jar is too small

if hold onto peas, cannot get hand out

let go and will find jewels

give space for own divinity

will empty self and there will be room

Fourth Chakra: ANAHUT or ANAHATA

(resounds with beautiful feelings of love)

Location: heart

Element: air

Human sense: touch

Visualization: sky blue pearl, expand until merges with air around it

sparkling point of white light

Mantra: SO HUM

that I am

SO HUM:

inhale: life exhale: I am

Notes: get in touch with feelings

opens the heart center, then develop psychic skills

inhale fresh life, exhale poisons and toxins

plug into this center and will when plug into divinity

we are a drop in a grand ocean

but drop and ocean are the same stuff,

merge and then can’t tell the boundary between two

become one

heart has wisdom that is incredible, let it out

if do not love, cannot breathe and cannot live

when love looks up , it is reverence

when love looks down, it is benevolence

when love looks eye to eye, it is acceptance

use I Corinthians 13 for a definition of love

Fifth Chakra: VISHUDHI

Location: throat

Element: aether

Human sense: hearing

Visualization: oval, scarlet or mauve or transparent

expand to infinite

Mantra: AIM (said fast and short)

element of wisdom

wisdom through experience on the feeling level

(not through knowledge)

Notes: purity of purity

essence of essence

creative will center, will create activity within body

everything around, inside, and within, means that get a cup

relationship between inner and outer space of person

implies personality, body shape, etc.

as get in touch with this chakra:

words are more powerful

in harmony with everything, even worst enemy

give space to everything and every one

pick up clairvoyance

see time: past, future, present

get meaning behind “Time does not exist”

there is no form, divinity is everywhere

are in it

when open the 4th chakra, then throat works better

don’t feel as much pain

learn to say things so it is easiest for others

use words they will appreciate and understand

no paranoia

need to be totally open to the first four chakras

then won’t misuse this one

give space and acceptance to self and to others, has four parts

give space to self | give space to others

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give acceptance to self | give acceptance to others

Sixth Chakra: AGNA (the command post)

Location: third eye

Element:

Visualization: concentric circular rainbow with all the colors

red at outside, white light in the middle

may see a silver star

alternate:

two beams of light out to right and left

curl around and meet in back

then move through brain center and back to third eye

makes a white light at point on forehead

Mantra: PRAGNA SUKURNUMUM

wisdom bliss, tranquil joyfulness

Notes: sense of discrimination

can see self in movie of own life

can eliminate unhealthy thoughts

can open and use to deal with difficult person

can look at own body and find illness

master

does control of all thoughts

works like a projector

Seventh Chakra: SHASTRADA

Location: crown (same as soft spot on baby’s head)

Element:

Visualization: lotus with 1,000 petals, self is at center

Mantra: OM ARHUM’ NAMAH

universe that which is I surrender to pure spirit

with in

with out

Notes: sense of true being

place of consciousness

level of cosmic consciousness

rare

sense of painter be painted by the painting

no sense of separation, only a sense of one-ness

true bliss, totally aware of everything



<http://www.theartofancientwisdom.com/wp-content/uploads/2013/11/chakra.gif>

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| --- | --- | --- | --- | --- | --- |
| Chakra | Color | Location | Element | Endocrine  Astara | Chopra Center |
| crown | violet  Jain: white | crown |  | pineal | pure consciousness |
| brow | indigo/navy blue  Jain: purple | third eye |  | pituitary | intuition, sixth sense |
| throat | blue | throat | aether | thyroid | communication, speak highest truth |
| heart | green | heart | air | thymus | compassion, love self and others |
| solar plexus | yellow | naval up to base of rib cage | fire | solar plexus?  adrenals? | power/warrior |
| navel | orange | below the naval | water | naval, extend into spleen | creativity, hence sexual as well |
| root | red | base of spine | earth | gonads | base, groundedness |

Sources:

Robert Mitra, Jain Center, 1980

Chopra Center, Michelle Fondin, National Ayurvedic Medical Association

References:

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Bruyere, R.L. (1994). Wheels of Light. Leadbeater, C.W. (1997). The Chakras.

Fritz, S. (1995). Mosby’s Fundamentals of Paulson, G. L (1998). Kundalini and the

Therapeutic Massage Chakras.

Gach, M.R. (1981). Acu-Yoga. White, R. (1998). Chakras: A New Approach to

Healing.

Kundalini

uses meditation on the chakras and particular Yoga postures to train/stimulate

there is a curled bit of nerve near the base of the spine

it uncurls and touches the spinal cord

causes an energy rush up the chakras

better not to work with it unless you have a teacher who is skilled with it

needs to happen slowly and gently

need to open the chakras slowly and deal with all the issues

can cause problems if fires off and you are not ready

compare to mystical experience

does not seem to be the same thing at all:

mystical experience is oneness experience with the Godhead

this is something involving the energy centers that go up spine

Resources:

General:

<http://www.themystica.com/mystica/default.html>

open for topic you wish to see

actually pretty comprehensive, uses and has awards from Encyclopedia Britannica

<http://www.crystalinks.com/directory.html>

open for topic you wish to see

Mark Olson Chart and Article

<http://www.neurotrekker.com/anatomy/chakra2.pdf>

Kundalini

<http://www.swamij.com/index-yoga-meditation-kundalini.htm>

most detailed info I found, especially good on Kundalini



Resource:

http://www.healingwithoneness.com/uploads/1/6/6/7/16679076/395362\_orig.jpg?397

Aura versus prana

aura

lies outside the body

see definitions pages below, note bolded information

energy generates from the nervous system

makes sense, nervous system is all over whole body and so is aura

nerve impulses are a combination of chemical and electrical impulses

cell to cell, whole body

that goes out to become the aura

prana is associated with the chakras

only at the spine

neither aura nor prana stay with the soul at death

nervous system no longer functions to feed the aura

chakras stop spinning so no prana, no aliveness

aura and prana not needed by soul in the afterlife

Google:

au·ra

noun: aura; plural noun: aurae; plural noun: auras

the distinctive atmosphere or quality that seems to surround and be generated by a person, thing, or place.

"the ceremony retains an aura of mystery"

synonyms: atmosphere, ambience, air, quality, character, mood, feeling, feel, flavor, tone, tenor

More

a supposed emanation surrounding the body of a living creature, viewed by mystics, spiritualists, and some practitioners of complementary medicine as the essence of the individual, and allegedly discernible by people with special sensibilities.

any invisible emanation, especially a scent or odor.

"there was a faint aura of disinfectant"

MEDICINE

a warning sensation experienced before an attack of epilepsy or migraine.

Merriam Webster

Full Definition of aura

1a : a subtle sensory stimulus (as an aroma)

b : a distinctive atmosphere surrounding a given source <the place had an aura of mystery>

2: a luminous radiation : nimbus

3: a subjective sensation (as of lights) experienced before an attack of some disorders (as epilepsy or a migraine)

4: **an energy field that is held to emanate from a living being**

Dictionary.com

noun, plural auras or for 3, aurae [awr-ee]

1. a distinctive and pervasive quality or character; air; atmosphere:

an aura of respectability; an aura of friendliness.

2. a subtly pervasive **quality or atmosphere seen as emanating from a person**, place, or thing.

3. Pathology. a sensation, as of lights or a current of warm or cold air, preceding an attack of migraine or epilepsy.

Oxford English Dictionary (appears as Google definition)

aura

1The **distinctive atmosphere or quality that seems to surround and be generated by a person**, thing, or place. Example: ‘the ceremony retains an aura of mystery’

2(in spiritualism and some forms of alternative medicine) a supposed emanation surrounding the body of a living creature and regarded as an essential part of the individual.

‘emotional, mental, and spiritual levels form an energy field around the body known as the aura’

‘muddy colours in the aura indicate negative emotions’

2.1Any invisible emanation, especially an odour. Example: ‘there was a faint aura of disinfectant’

3Medicine : A warning sensation experienced before an attack of epilepsy or migraine.

Origin

Late Middle English (originally denoting a gentle breeze): via Latin from Greek, breeze, breath. Current senses date from the 18th century.