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

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

 |

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 |

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>

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  Chakra | Color | Location | Element | EndocrineAstara | Chopra Center |
| crown | violetJain: white | crown |  | pineal | pure consciousness |
| brow | indigo/navy blueJain: 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:

Brennan, B.A., (1988). Hands of Light. Judith, A. (1999). Wheels of Life.

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.