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 - Resolution of Karma
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 - Understanding Karma, Reincarnation and Free Will Choice
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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:

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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

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

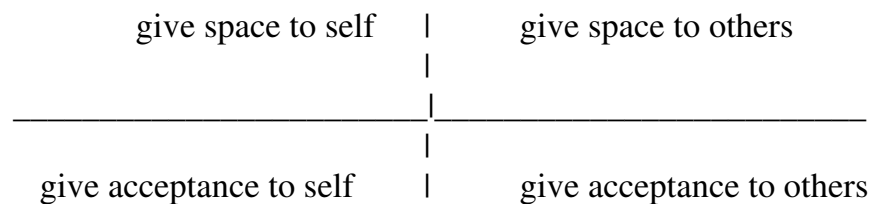
Element: aether

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



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

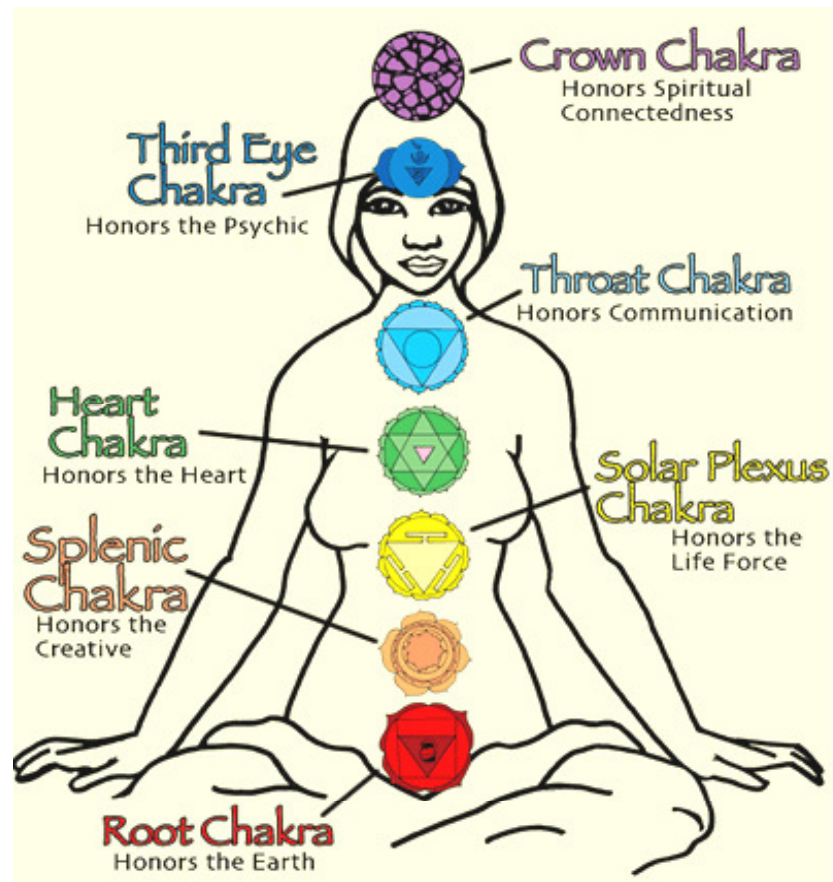
Notes: sense of discrimination
can see self in movie of own life
can eliminate unhealthy thoughts
can open and use to deal with difficult person
can look at own body and find illness
master
does control of all thoughts
works like a projector

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' NAMAHA
 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	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

Table 1. Chakras and their Neuro-endocrine and Autonomic Relationships

Chakra	Endocrine Glands	Neuro/Autonomic Plexuses	Other Organs
Root	Adrenals (Brennan, Bruyere, Judith, Paulson) Gonads (White) Gonads-male (Gach, Judith)	Sacral plexus (Gach) Coccygeal plexus (Judith, Leadbeater) Parasympathetic nerve roots to Genitals, Bladder, and Large Intestine (Fritz)	Large Intestine (Gach, Judith) Legs, Bones (Judith) Rectum, Prostate (Gach) Kidneys (Brennan)
Sacral	Gonads (Brennan, Judith, Paulson) Gonads-female (Gach) Adrenal (Gach) Peyer's Patches / Lymph (Bruyere, White)	Prostatic plexus (Gach) Splenic (including Pelvic and Hypogastric) plexus (Leadbeater) Sacral plexus (Judith) Sympathetic nerve roots to Inferior Mesentery Plexus to Large Intestine, Bladder, Genitals, and *Kidneys (Fritz)	Kidneys, Bladder (Gach, Judith) Uterus, Genitals (Judith)
Solar Plexus	Pancreas (Brennan, Bruyere, Judith, Paulson) Adrenal (Bruyere, Judith, White) Spleen (Bruyere, Gach)	Solar plexus (Gach, Judith) Celiac or Solar plexus (including mesenteric) (Leadbeater) Lower thoracic sympathetic nerve roots to Superior Mesentery Plexus and Celiac Ganglia to Adrenals, Liver, and Digestive Organs (Fritz)	Liver, Gall Bladder, Stomach, Small Intestines (Brennan, Gach, Judith) Muscles (Judith)
Heart	Thymus (Brennan, Bruyere, Gach, Judith, Paulson, White)	Cardiac plexus (Gach, Judith, Leadbeater) Sympathetic nerve roots to Lungs and Heart (Fritz)	Heart, Lungs (Gach, Judith) Arms, Hands (Judith) Heart (Brennan)
Throat	Thyroid (Brennan, Bruyere, Gach, Judith, Paulson, White)	Pharyngeal plexus (Gach, Judith, Leadbeater) Sympathetic Superior Cervical Ganglion to Face (Fritz)	Throat, Ears, Arms, Hands, Mouth (Judith) Cervical spine (Gach) Lungs (Brennan)
Third Eye	Pituitary (Brennan, Bruyere, Gach, Leadbeater, Paulson) Pineal (Judith, White)	Carotid plexus (Judith, Leadbeater) Cavernous plexus (Gach) Brain Stem/Parasympathetic Cranial Nerve III (to Eyes), VII (to nose and mouth), IX (to mouth), and X (to lungs, heart, liver, digestive organs, large intestine, and *kidneys) (Fritz)	Eyes (Judith) Gall Bladder, Brain (Gach) Lower Brain, Left Eye, Ears, Nose (Brennan)
Crown	Pineal (Brennan, Gach, Leadbeater, Paulson) Pituitary (Judith, Bruyere, White, Leadbeater)	Meridian plexus (Gach) Cerebral Cortex (Judith)	CNS and Brain (Judith) Liver, Bladder, Gall Bladder (Gach) Upper Brain, Right Eye (Brennan)

* Denotes anatomical inaccuracy

Bold text denotes associations that represent a relatively high level of agreement across columns and authors.

References:

Brennan, B.A., (1988). Hands of Light.
Bruyere, R.L. (1994). Wheels of Light.
Fritz, S. (1995). Mosby's Fundamentals of Therapeutic Massage
Gach, M.R. (1981). Acu-Yoga.

Judith, A. (1999). Wheels of Life.
Leadbeater, C.W. (1997). The Chakras.
Paulson, G. L. (1998). Kundalini and the Chakras.
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

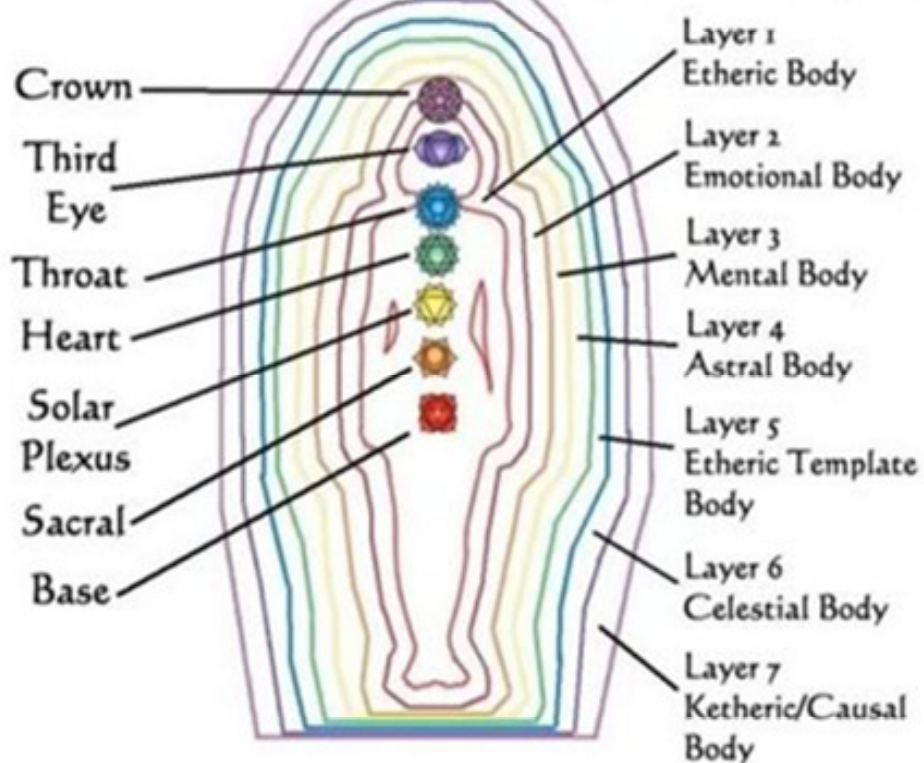
<http://www.swamij.com/index-yoga-meditation-kundalini.htm>

most detailed info I found, especially good on Kundalini

An Introduction to the Aura

Chakras

Aura Layers



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: auras; 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.