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
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

corcepts “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) |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Location:</td>
<td>heart</td>
</tr>
<tr>
<td>Element:</td>
<td>air</td>
</tr>
<tr>
<td>Human sense:</td>
<td>touch</td>
</tr>
</tbody>
</table>
| Visualization:| sky blue pearl, expand until merges with air around it  
sparkling point of white light |
| Mantra:       | SO HUM that I am  
SO: inhale: life  
HUM: exhale: I am |
| Notes:        | get in touch with feelings  
opens the heart center, then develop psychic skills  
inhalere 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
<table>
<thead>
<tr>
<th>Seventh Chakra:</th>
<th>SHASTRADA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>crown (same as soft spot on baby’s head)</td>
</tr>
<tr>
<td>Element:</td>
<td></td>
</tr>
<tr>
<td>Visualization:</td>
<td>lotus with 1,000 petals, self is at center</td>
</tr>
<tr>
<td>Mantra:</td>
<td>OM ARHUM’ NAMAH</td>
</tr>
<tr>
<td></td>
<td>universe that which is I surrender to pure spirit</td>
</tr>
<tr>
<td></td>
<td>with in with out</td>
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<tr>
<td>Notes:</td>
<td>sense of true being</td>
</tr>
<tr>
<td></td>
<td>place of consciousness</td>
</tr>
<tr>
<td></td>
<td>level of cosmic consciousness</td>
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<tr>
<td></td>
<td>rare</td>
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<td></td>
<td>sense of painter be painted by the painting</td>
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<td></td>
<td>no sense of separation, only a sense of one-ness</td>
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<tr>
<td></td>
<td>true bliss, totally aware of everything</td>
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<tr>
<td>Chakra</td>
<td>Color</td>
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<tr>
<td>------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>crown</td>
<td>violet</td>
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<tr>
<td></td>
<td>Jain: white</td>
</tr>
<tr>
<td>brow</td>
<td>indigo/navy</td>
</tr>
<tr>
<td></td>
<td>blue</td>
</tr>
<tr>
<td></td>
<td>Jain: purple</td>
</tr>
<tr>
<td>throat</td>
<td>blue</td>
</tr>
<tr>
<td>heart</td>
<td>green</td>
</tr>
<tr>
<td>solar plexus</td>
<td>yellow</td>
</tr>
<tr>
<td>navel</td>
<td>orange</td>
</tr>
<tr>
<td>root</td>
<td>red</td>
</tr>
</tbody>
</table>

Sources:
Robert Mitra, Jain Center, 1980
Chopra Center, Michelle Fondin, National Ayurvedic Medical Association
### Table 1. Chakras and their Neuro-endocrine and Autonomic Relationships

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Endocrine Glands</th>
<th>Neuro/Autonomic Plexuses</th>
<th>Other Organs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Root</td>
<td>Adrenals (Brennan, Bruyere, Judith, Paulson) ** Gonads (White) ** Gonads-male (Brennan, Judith)</td>
<td>Sacral plexus (Gach) Coccigeal plexus (Judith, Leadbeater) ** Parasympathetic nerve roots to Genitals, Bladder, and Large Intestine (Fritz) **</td>
<td>** Large Intestine (Gach, Judith) ** Legs, Bones (Judith) Rectum, Prostate (Gach) Kidneys (Brennan)</td>
</tr>
<tr>
<td>Sacral</td>
<td>** Gonads (Brennan, Judith, Paulson) ** Gonads-female (Brennan, Judith) Adrenal (Gach) ** Peyer’s Patches / Lymph (Bruyere, White)</td>
<td>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) **</td>
<td>** Kidneys, Bladder (Gach, Judith) ** Uterus, Genitals (Judith)</td>
</tr>
<tr>
<td>Solar Plexus</td>
<td>** Pancreas (Brennan, Bruyere, Judith, Paulson) ** Adrenal (Bruyere, Judith, White) Spleen (Bruyere, Gach)</td>
<td>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)</td>
<td>** Liver, Gall Bladder, Stomach, Small Intestines (Brennan, Gach, Judith) ** Muscles (Judith)</td>
</tr>
<tr>
<td>Heart</td>
<td>Thymus (Brennan, Bruyere, Gach, Judith, Paulson, White)</td>
<td>Cardiac plexus (Gach, Judith, Leadbeater) ** Sympathetic nerve roots to Lungs and Heart (Fritz) **</td>
<td>** Heart, Lungs (Gach, Judith) ** Arms, Hands (Judith) Heart (Brennan)</td>
</tr>
<tr>
<td>Throat</td>
<td>** Thyroid (Brennan, Bruyere, Gach, Judith, Paulson, White) **</td>
<td>Pharyngeal plexus (Gach, Judith, Leadbeater) ** Sympathetic Superior Cervical Ganglion to Face (Fritz) **</td>
<td>** Throat, Ears, Arms, Hands, Mouth (Judith) ** Cervical spine (Gach) ** Lungs (Brennan) **</td>
</tr>
<tr>
<td>Third Eye</td>
<td>Pituitary (Brennan, Bruyere, Gach, Leadbeater, Paulson) Pineal (Judith, White)</td>
<td>Cervical 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)</td>
<td>** Eyes (Judith) ** Gall Bladder, Brain (Gach) Lower Brain, Left Eye, Ears, Nose (Brennan)</td>
</tr>
<tr>
<td>Crown</td>
<td>Pineal (Brennan, Gach, Leadbeater, Paulson) Pituitary (Judith, Bruyere, White, Leadbeater)</td>
<td>Meridian plexus (Gach) Cerebral plexus (Gach)</td>
<td>** CNS and Brain (Judith) ** Liver, Bladder, Gall Bladder (Gach) Upper Brain, Right Eye (Brennan)</td>
</tr>
</tbody>
</table>

* Denotes anatomical inaccuracy

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

References:
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

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

Crown
Third Eye
Throat
Heart
Solar Plexus
Sacral
Base

Aura Layers

Layer 1: Etheric Body
Layer 2: Emotional Body
Layer 3: Mental Body
Layer 4: Astral Body
Layer 5: Etheric Template Body
Layer 6: Celestial Body
Layer 7: Ketheric/Causal Body

Resource:
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
aur•ra
noun: aura; 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’
2.1 Any invisible emanation, especially an odour. Example: ‘there was a faint aura of disinfectant’
3. Medicine : 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.