

Awakening The Chakras



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By bringing your focused awareness into the present moment and examining your bodily sensations at the root level, you will begin to awaken and unravel the latent energies that are solidified within the unconscious. It is important when awakening any energy that it is accompanied by a proportionate increase in consciousness. This is the balance of Shakti (energy/ feminine/ moon/ Yin) and Shiva (consciousness/ masculine/ sun/ Yang).

The unconscious is made of programs or conditioned patterns that repeat endlessly, solidifying our reality and diverting our

consciousness from experiencing reality AS IT IS. We create these patterns when we turn away from reality, repressing or saying “no” to what IS. These patterns are the barriers to awakening, and are dissolved by bringing consciousness to areas that were previously unconscious.

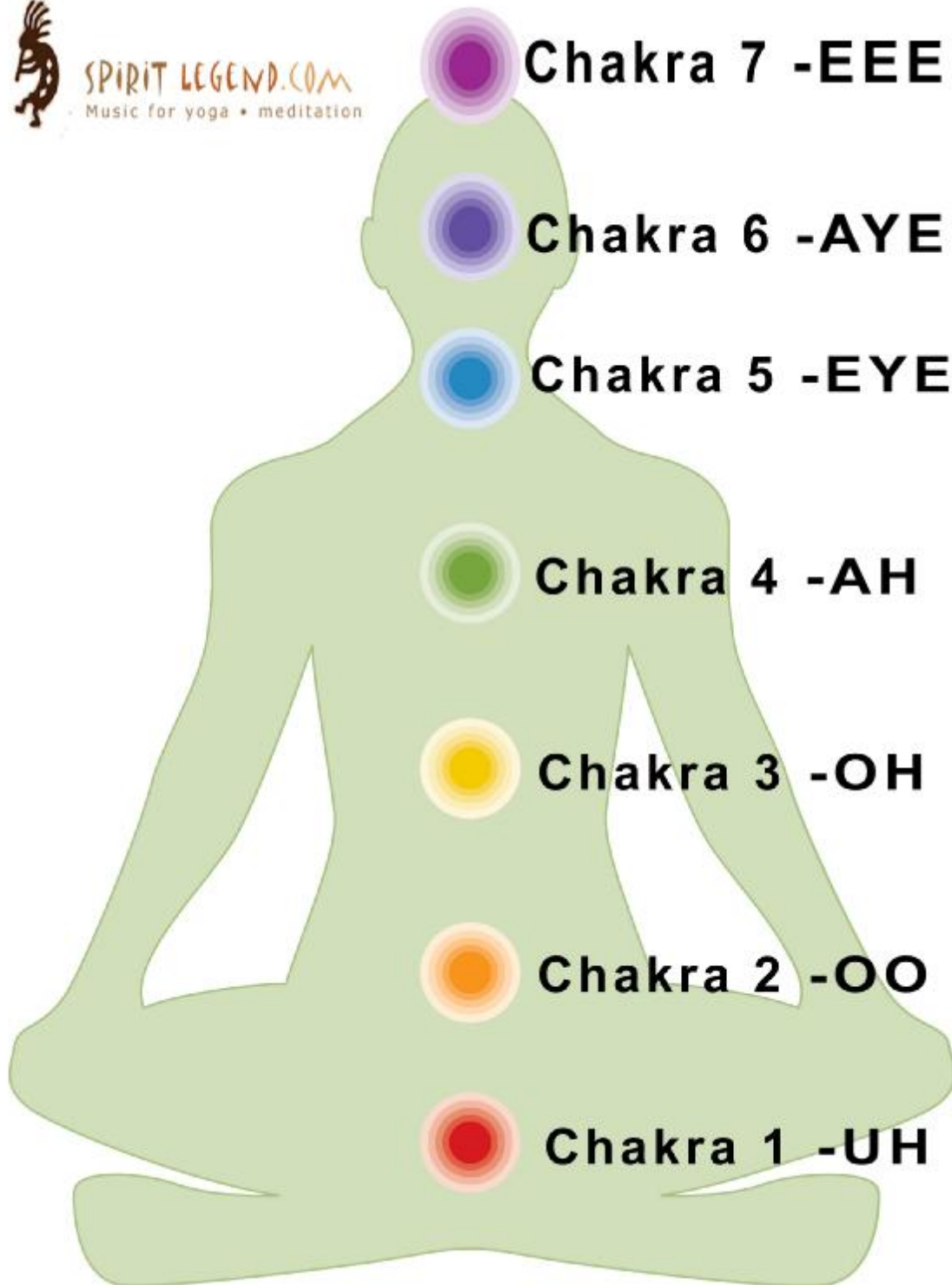
Chanting is an ancient practice which raises your observable vibration level. Modern science now realizes through “String theory” and “M-theory” what the ancient sages have always known; that the universe is vibrating. The primordial AUM is what is shaping us, penetrating us, and binding us together at every instant. When you chant, these subtle vibrations that are usually not observable become observable, allowing consciousness to penetrate deeper into unconscious areas. Chanting is a tool to focus the mind and to develop single pointed attention, entering deep, relaxed states of awareness, and to realize our true vibratory nature.

Most religions and spiritual systems have developed some form of chanting. It is no accident that Buddhists, Hindus, Christians and indigenous cultures around the world have traditions of vocally repeating sounds and words, although in many cases the original purpose has been lost. Yet some traditions have continued to teach chanting for the purpose of awakening. It has been found over thousands of years that certain sounds tend to create the strongest vibration within the various chakras of most people. Though the particular mantras used can vary from tradition to tradition, we have chosen ones that seem to resonate with most people, and with us. Because we are all unique vibratory beings we encourage you to experiment to see what resonates with you!

In this recording we are using the vowel sounds associated with each chakra taken from the Ayurvedic tradition (see chart below).



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The frequency or pitch of each sound is not written in stone. For some people a C major at a certain octave will tend to resonate in the root chakra (chakra 1), while for others it may be a different key or different octave. In general the lower pitches or lower frequencies

tend to resonate in the lower chakras, and higher pitches and higher frequencies resonate in the upper chakras. The more one chants and observes the vibrations within, the more overtones or harmonics one starts to produce. With strong intention eventually it becomes possible to resonate all of the chakras with a single tone, creating harmonics throughout the body. Tibetan monks who have been chanting for many years often have one very deep fundamental tone which also produces many higher harmonics.

Similar vowel-focused chants can be found in many of the great traditions. For example the chakra vowel chants in this recording can be thought of as a more comprehensive OM or AUM sound (often pronounced ahhh-uuuu-mmmm). AUM is whatever sound allows you to experience yourself completely as vibration. In the Cabbalist tradition the vowel sounds represent the sacred name of God, the name which can not be spoken (because it must be chanted to be experienced at the vibratory level). The Tibetan, Zen Buddhist and other Buddhist traditions all have mantras or sounds that connect the chanter with their original vibration, one's true sound, or you could say one's spirit. The intention, awareness and consciousness of the chanter is as important as what is being chanted.

Before you begin listening to this recording, set aside any thoughts, feelings, or distractions you may have, and find the stillness that is at the center of your being, simply observing reality AS IT IS at this moment. Allow the breath to be natural and full, unrestricted, moving deep into all areas of your body. You will begin this meditation by concentrating on the chakras; the seven energy centers that run along the spine - from the tailbone to the crown of the head, and chanting their associated vowel sounds or mantras. This practice will awaken kundalini, the latent energy source stored at the base of the spine. Once activated, kundalini energy will move and spiral upwards in a snake-like fashion, piercing and activating each of the chakras on its ascension. Surrender and let down the barriers that keep you from connecting with this energy using strong, sustained, unshakable focus and intention. Sit with your spine upright and relaxed while simply observing, allowing the mantra to replace any thoughts and feelings that arise.

The word "chakra" comes from the Sanskrit language and

translates to "wheel" or "disk". These disks or three dimensional spheres are spinning and moving with great intelligence. Seven rainbow colors represent the full spectrum of human possibility that stretches from gross mundane reality to the transcendent. The upward current associated with the chakras is known as "the current of liberation". It begins at the earth in the root chakra, the densest of the elements, and runs up next into water which is more free flowing, then to fire, then to air getting lighter still, and to ether and akasha and finally to the realms of pure consciousness, towards ever more subtle awareness. This journey allows us to awaken to new levels of consciousness, liberating ourselves from limiting, conditioned patterns and evolving to higher realizations of the mind. In ancient texts, the full actualization of the journey from 'matter to spirit' is called moksha, nirvana or liberation; the full blossoming of human potential.

As you chant please experiment to find the notes that resonate most strongly in YOU, because each of us is a unique vibratory being.

Muladhara (Chakra 1)

Bring your awareness to the first chakra at the base of the spine- the source of latent kundalini energy. This center is called Muladhara which translates to, "Foundation Root Center". The color associated with this chakra is red, the element is earth, and the force is gravity or compression. This Chakra is connected to our security, grounding, survival instinct, desire for personal possessions, and our right to be here. An unbalanced muladhara chakra can result in greed, jealousy, self-centeredness and attachment to material possessions. On a physical level this center governs the legs, sexual and reproductive processes, lower back, colon, muscles, bones, and excretory processes. A strong muladhara chakra becomes the foundation for all the other chakras to grow. The vibrational sound for the first chakra is, "UHH" *[note the UHH has the same vowel sound as in the word "look"]*.

Now with a sense of groundedness, stability and strength chant the sound UHH.

Swadhisthana (Chakra 2):

Bring your awareness up to the second chakra within the spine in the area of the reproductive organs. This center is called Swadhisthana which translates to, "Dwelling Place of the Self". The color associated with this chakra is orange, the element is water and it is related to the moon through its force which is adhesion. This chakra is connected to our emotions, our sensual and sexual self expression, and our social nature, as we begin to create a social identity. An imbalanced swadhisthana chakra can lead to overindulgence in sensual pleasures and self gratification. On a physical level this center governs the adrenals, kidneys, bladder, spleen, and lymphatic system. The vibrational sound for the 2nd chakra is, "OOO" *[note the ooo sound has the same vowel sound as in the word "too"]*.

Now with a sense of joy chant the mantra OOOO.

Manipura (Chakra 3)

Bring your awareness to the 3rd chakra, the center of transformation, located in the spine across from the naval. This center is called Manipura which means, "City of Jewels". The color associated with this chakra is yellow, the element is fire, and the force is combustion. This center is connected to our personal will, determination, individuality and the ability to transform thoughts and ideas into actions and physical realities. To balance the manipura chakra one must become empowered without becoming aggressive, controlling, violent or self inflated. This center governs the pancreas, stomach, gall bladder, liver and digestive and processes. The vibrational sound for the third chakra is, "OHH" *[note the OHH sound is the same as the letter "O"]*.

Now with a sense of strong will and personal empowerment chant the mantra "OHHH"

Anahata (Chakra 4)

Now bring your awareness up to the 4th chakra located in the spine

in front of the heart center. This spinning energy sphere is known as Anahata which translates to, "Center of Unstruck Sound". This chakra is associated with the color green, the element is air, and the force is repulsion. The energy of anahata is love, forgiveness, generosity, and compassion towards self and others. The challenge for anahata chakra is to achieve balance in all aspects of life by embodying compassion and love. On a physical level this Chakra governs the skin, heart and circulatory system, lungs and respiratory system, thymus and the immune system The vibrational sound is that of "AHH" *[note the sound ahhh is like the sound you make when relaxing into a soothing bath]*.

Now with a sense of universal love chant the mantra "AHHH"

Vishuddha (Chakra 5)

Bring your awareness to the 5th chakra located in the spine in front of the throat. This chakra center is called Vishuddha which means, "Center of Great Purity". It is associated with the color blue, the element is ether, and its forces are expansion and vibration. This chakra is connected to communication, receptivity, openness, creativity, self expression and personal truth. The challenge for Vishuddha chakra is to always engage in right speech, or to speak only the truth. On a physical level it governs the throat, voice, thyroid, para thyroid, larynx, mouth and tongue. The vibrational sound for the fifth chakra is, "EYE" *[note the sound for EYE is the same as the regular word eye]*.

Now with a sense of expansion and openness chant the mantra EYE.

Ajna (Chakra 6)

Now bring your awareness to the 6th chakra located at the top of the spine between the eyes. This center called Ajna, sometimes referred to as the "third eye". The name translates to, "Command Center". It is associated with the color violet, its force is magnetic, and its element is "mind". This chakra is connected to the higher, human spiritual realm; insight, intuition, discernment, psychic power and wisdom. There are two energy channels within the human body, the sun and

moon channels, which correspond to the two sides of the brain. All of nature contains duality: positive and negative, masculine and feminine, yin and yang. These energy channels begin at muladhara chakra and end at Ajna chakra, which is the vantage point from which one sees the play of duality within existence. Energy moves through the two channels, called Ida [*pronounced EE-DAH*] and Pingala [*pronounced PIN-GA-LAH*], and when their energies are balanced a single stream flows up the center spinal pathway called sushumna [*pronounced SOO-SHOOM-NAH*]. Ajna governs the eyes, ears, nose, cerebrum, head, pituitary and pineal glands. The vibrational sound for Ajna is, "AYE" [*note the sound AYE has the same vowel sound as the letter A, or the word "hay"*]. An imbalanced Ajna chakra can result in an overactive, overly analytical mind if the left brain channel is predominant, or it can become too unstructured and without direction if the right brain is predominant. A balance of Physical activities to ground the body and meditation to calm the mind will help to balance Ajna.

Now with a sense of peace and oneness with all being, chant the mantra "AYE".

Sahasrara (Chakra 7)

Now bring your awareness up to the 7th chakra at the crown of the head. This center is called Sahasrara which translates to, "Thousand Petalled Lotus". This chakra is the center of pure light. The color is white- all the rainbow colors of the chakra spectrum combined. There is no element as such because this chakra is not of the physical world, but rather the spiritual world. It is awareness in its purest form. The image of the Thousand Petalled Lotus signifies the continuous unfolding of our consciousness. The vibrational sound for the 7th chakra is "EEE" [*pronounced like the letter "E"*]. The Bija mantra is "OM". When kundalini is raised to the Sahasrara chakra the illusion of the "individual self" is shattered. Through mantra chanting all becomes vibration and we become one with the primordial OM.

Now letting your higher consciousness guide you, chant the mantra EEEE.