

Awakening Mind-Body-Spirit Alignment

# CHAKRAS

**Textbook**

Forth Edition

# 7 Major Chakras

*Wheels of energy, data banks, vortexes, consciousness point, energy centers & flowers*



There are seven major chakras (shown above) and 21 minor chakras. These chakra centers interact with the environment by taking in and giving out energy. The seven major chakras energetically feed the seven endocrines. Disturbances in the chakras lead to physical, mental and emotional disharmony and vice versa.

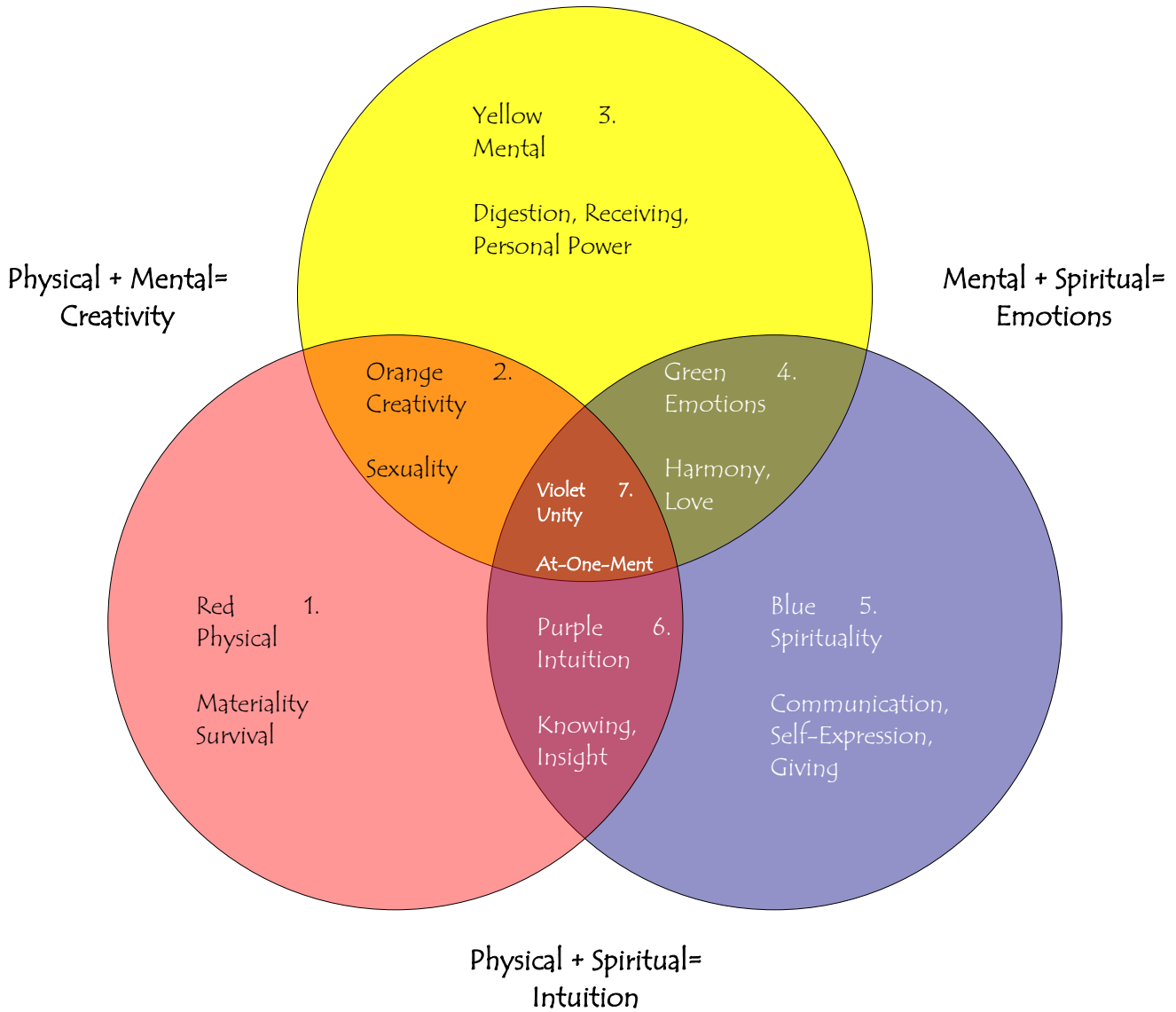


At the left you see a picture of Jesus with a light about his head. This is a representation of the crown chakra (our connection to God).

There are energy centers on the back as well as the front of the body. On the back the centers are related to our "will" (mind) and on the front they are related to our "feelings" (emotions).

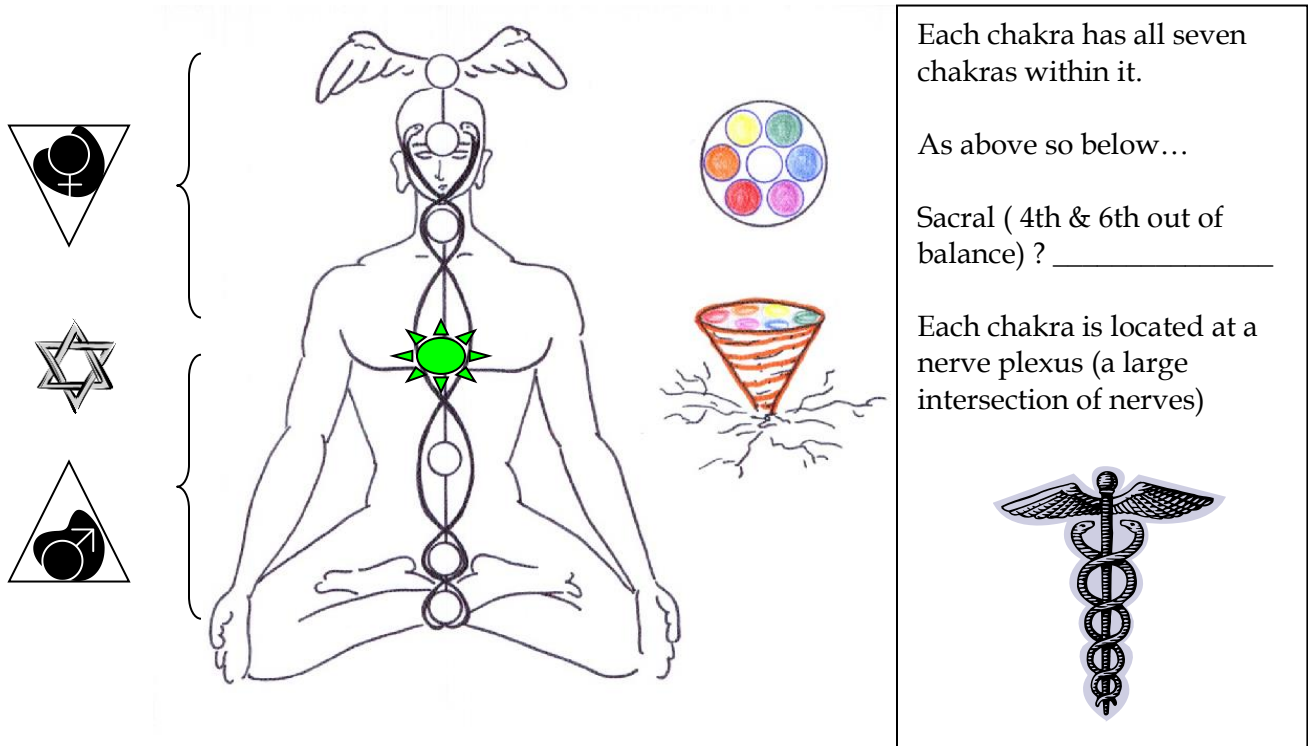
# Chakras and Their Flow

*Sanskrit: Circle of Movement*



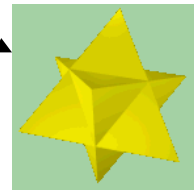
Chakra	Element	Color	Location	Glands	Qualities	Sample Affirmations
7 Yin	Thought	Violet	Crown	Pineal	Spirituality	-My Higher Self interacts with the outer world. -The Divine and Divine within are experienced now!
6 Yin	Light	Indigo Purple	Brow	Pituitary	Intuition Creativity	-I project my inner dreams outward and manifest them on the physical level -I am perfectly attuned to my vision.
5 Yin	Ether/Sound	Blue	Throat	Thyroid Parathyroid	Communication Giving Self-Expression	-I speak from a place of knowing and deep inner truth. -I communicate clearly and effectively. -It is safe for me to express my truth.
4 Yin/Yang	Air/Touch	Green	Heart	Thymus Lungs Immune Sys.	Harmony Self-Love	-I am in Touch with joy. -I love myself and experience a strong immune sys. -I breathe love into my heart and out to others. -I recognize and accept my own special-ness.
3 Yang	Fire/Sight	Yellow	Solar Plx.	Pancreas Stomach Spleen Liv/Gallbl'd	Digestion Receiving Power Assimilation of food & emotions	-I embrace my personal power. -I am free of giving my personal power away. -I accept myself completely
2 Yang	Water/Taste Joy	Orange	Sexual	Reproductive organs	Sexuality Sensuality Creativity	-I have a healthy body awareness & self esteem. -I express my individuality creatively. -I open myself to others naturally.
1 Yang	Earth/Smell Fear	Red	Tailbone	Adrenals	Materiality Survival Grounding	-I fully accept my life on earth. -I am stable, safe and secure -I am rooted in life, and in myself.

# Chakras Male and Female



The Heart Chakra is the "GREAT HARMONIZER!" It is the key to balancing male and female.

It is the doorway through which our masculine and feminine aspects join together. Once we are balanced our merry-age begins! Until then, we fight with ourselves and our mirror (the Uni-verse).



You can say that there are only 4 chakras not 7. The top three chakras are the Feminine aspects of the lower Masculine chakras.

-The top three chakras are yin. They are cool – hence their cool colors.

-The bottom three chakras are yang. They are warm – hence their warm colors.

You cannot raise the energy in an upper chakra without raising the energy in the corresponding lower chakra. One example of this is when you deny your sexuality, you deny your intuition. To have a powerful third-eye chakra you must also have a powerful sexual/creative chakra.

# The Journey Home

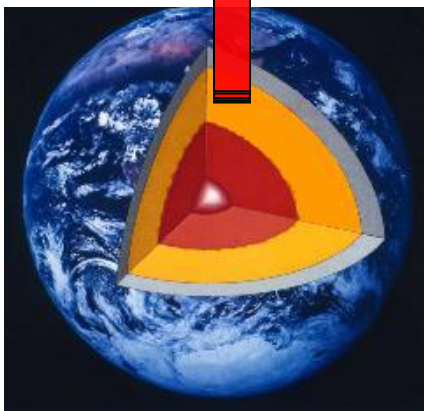
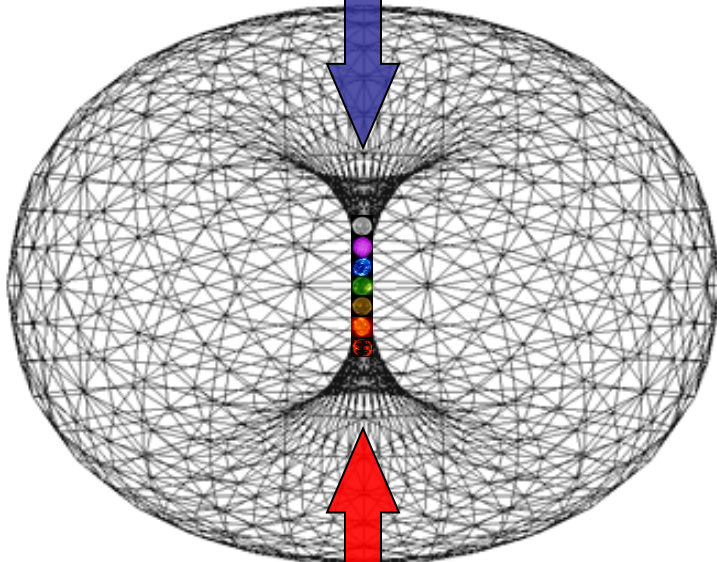
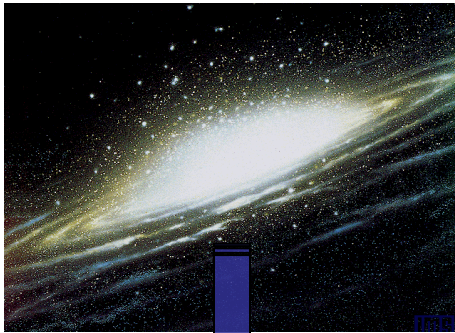
I reach up to father "SKY"  
And down to mother "EARTH"  
I pull them to me  
My father gives me the **power of thought**  
And my mother the **power of structure** to organize thought  
Pulling them into me  
My father gives me the **power of visualization**  
And my mother the **power to feel** so my visualizations have depth  
Further into me I draw them  
My mother gives me the **power to will**  
And my father the **power of sound** to speak my will  
To my very core they now come and meet  
We all meld in a **sea of love**  
All the powers merge here in the center of my being  
Blended as ONE we manifest love in everything  
We think, do, visualize, feel, speak and will  
The marriage is complete and the merry age begins  
We are locked in loving consummation for eternity!

Jon Whatley 2008

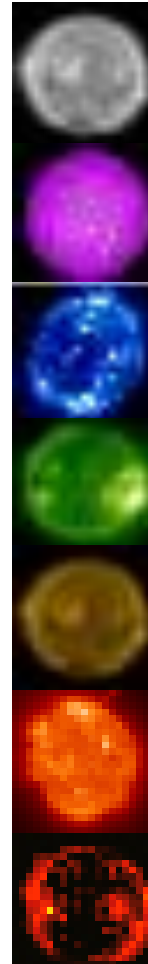


# Chakras - Creation

Father, Light, Wave, Spirit



Mother, Matter, Particle, Manifest



Pure/Raw Energy  
THOUGHT

Spiritual Guidance - Visualization  
LIGHT

Sound - Power of "The Word"  
"Let there be \_\_\_\_\_"  
SOUND

Harmony - Heaven & Earth are 1  
As Above SO Below!  
AIR - SEND IT OUT

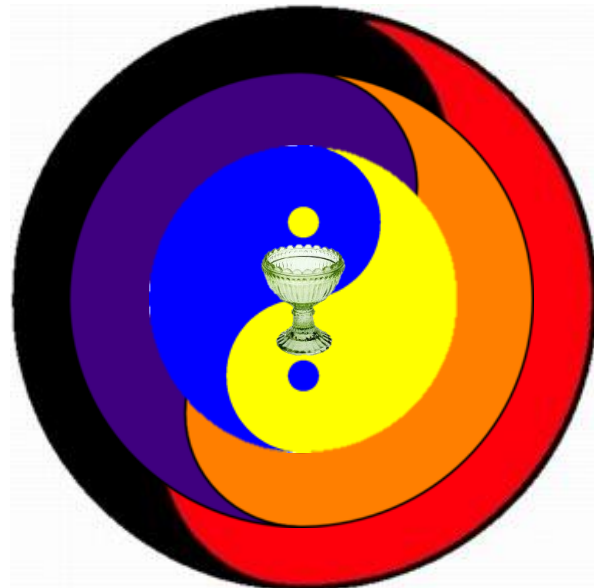
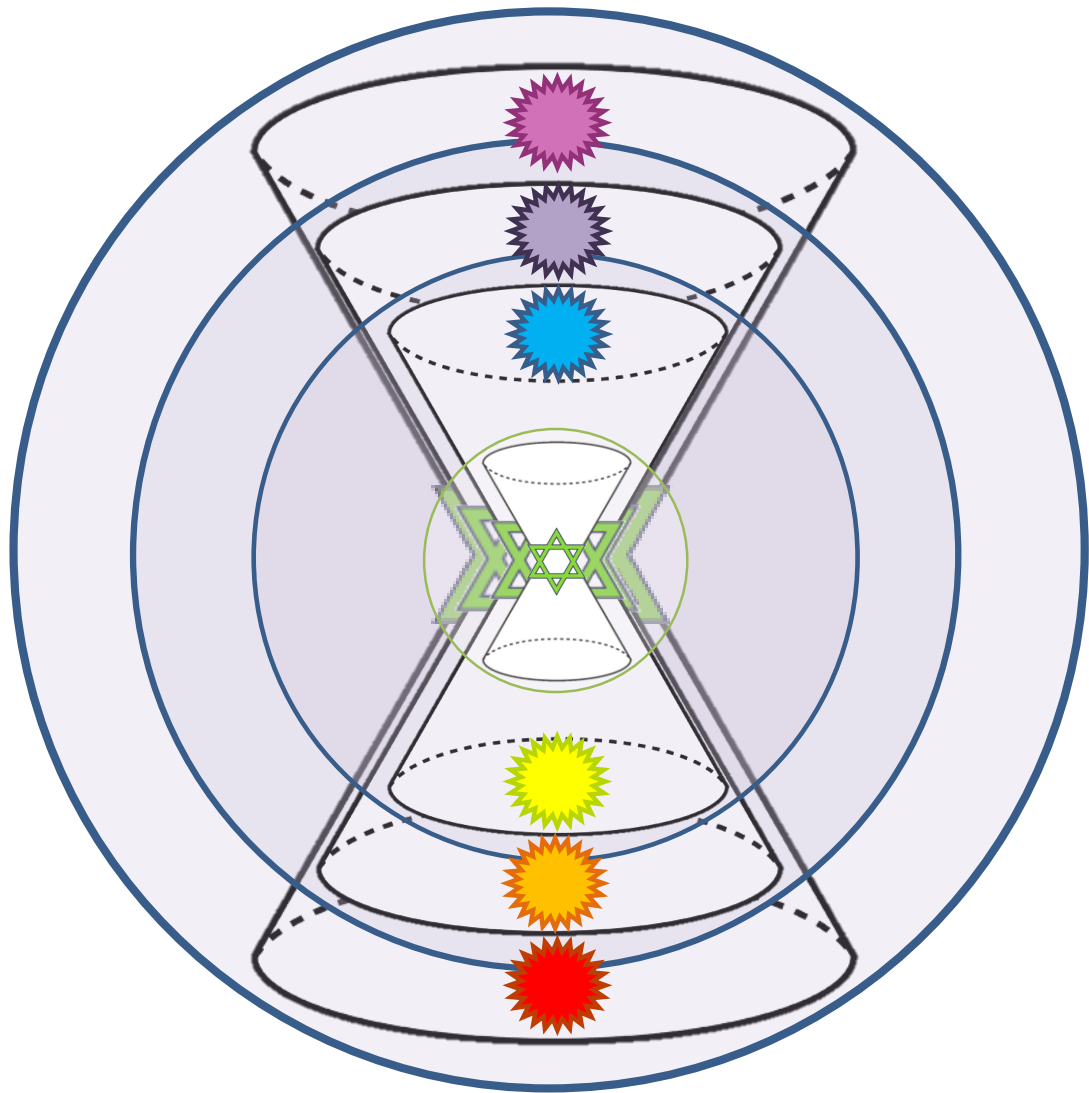
Will Power - The ability to PUSH.  
FIRE

Feelings - You MUST feel it!!!  
WATER

Energy of Form - Sacred Geometry  
EARTH

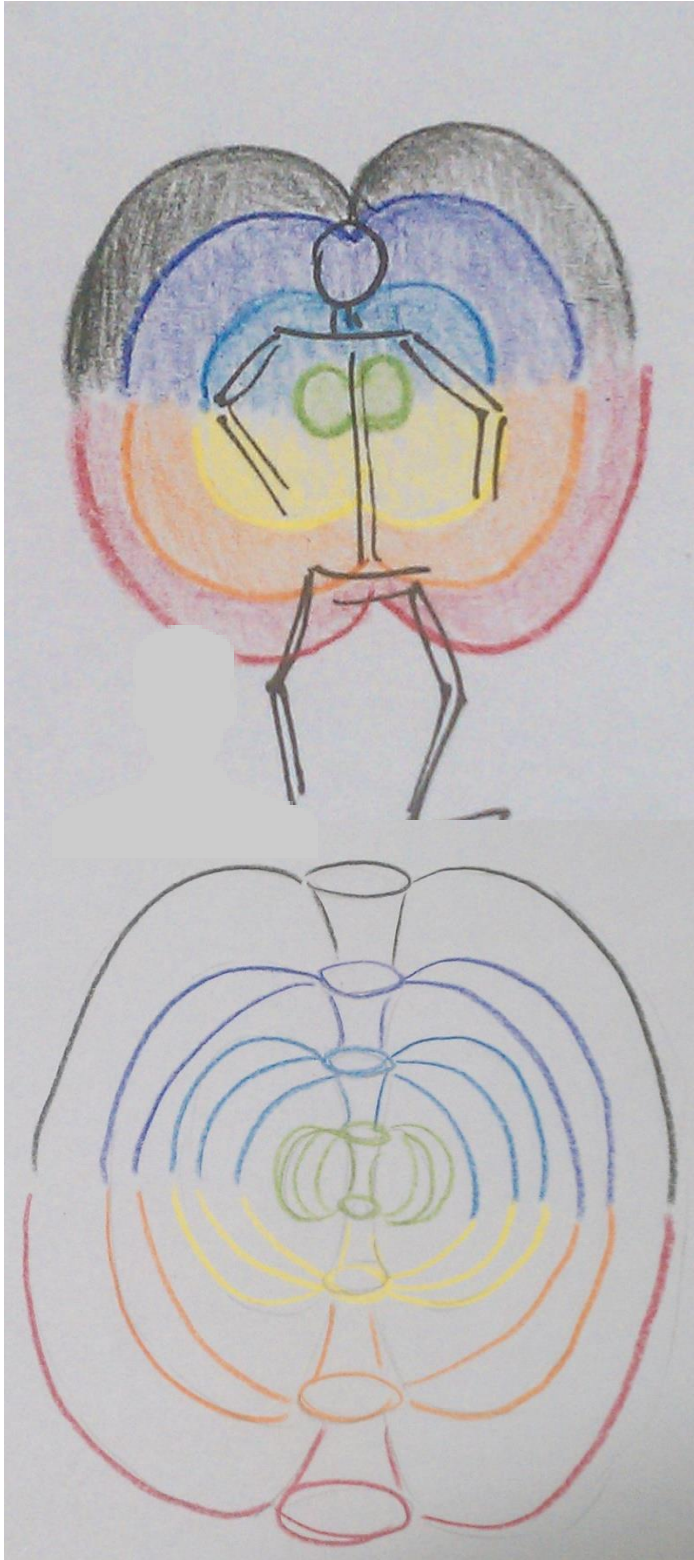
Earth + Water + Fire = POT

StarGate Vortex

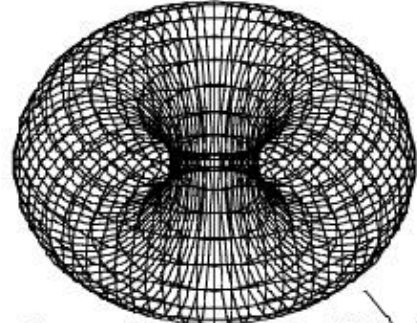


# Wheels within Wheels

Ezekiel 1:16



What some see as the seven major chakras are really nested toroidal fields...wheels within wheels.



Do you see a "Cup" cup in the center of this donut?

The vortexes that are associated with the chakras are actually entrance and exit points in and from these fields.

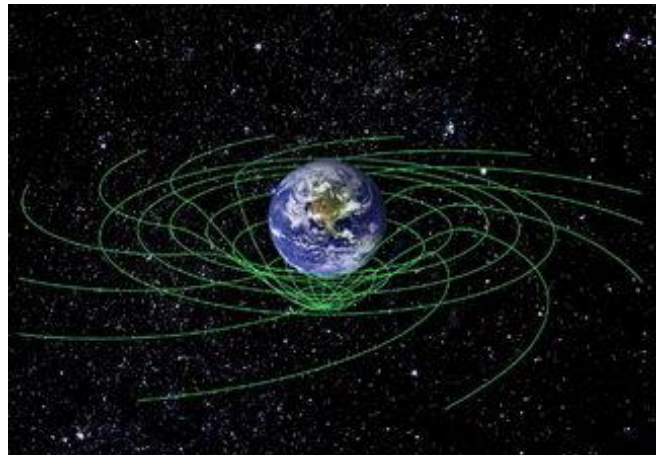
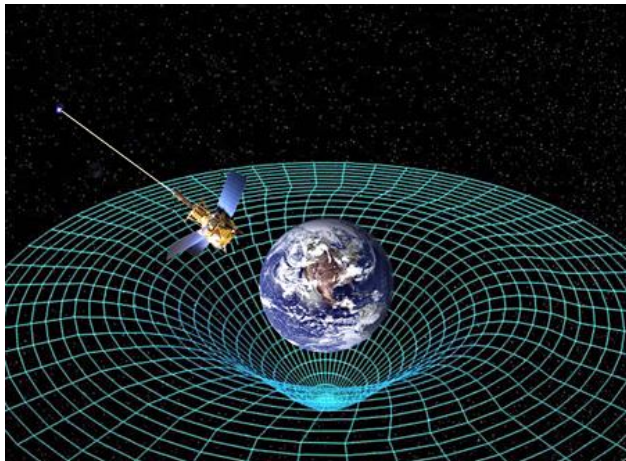
Energy swirls up the sides and down the center through the nested fields and chakras. Life flows easily as long as the fields are balanced and aligned properly. If the fields are not aligned then the energy of what we are trying to create gets caught up in/on one of the fields and we get "stuck." Our lives are then like records playing the same thing over and over.

When these toroidal fields are aligned and balanced properly:

1. Love shows up in everything we do and the world changes.
2. We have access to our power (God). This is what is missing in "The Secret" so far.
3. We manifest much faster.

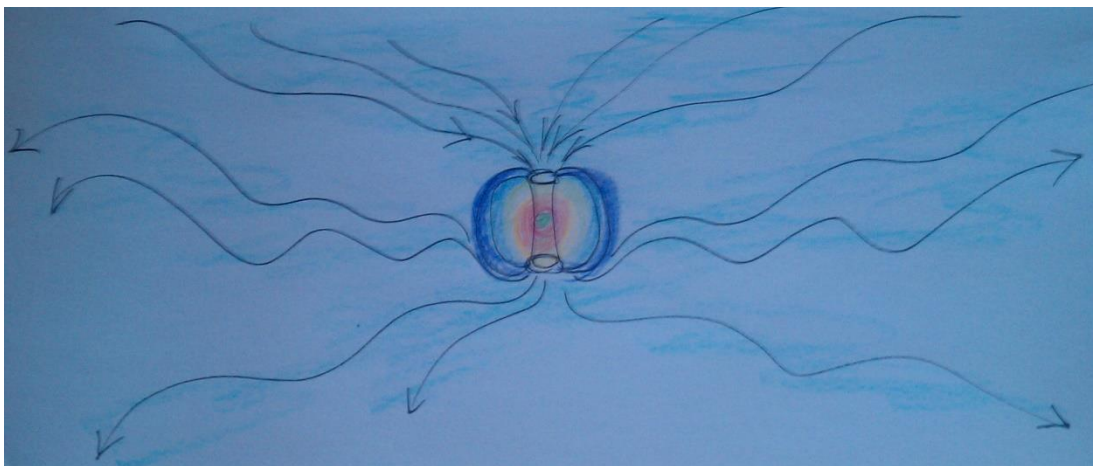
How do we align these fields? We get there through the heart, the center of all the vortexes. This is your access point to God (or whatever name you have assigned to the life-giving source and sustaining force of all life) and your power. **ALL life experiences are about getting to the center of your heart!** Having the right relationship with God/Spirit, which then leads to right relationship(s) in the world. I can't emphasize this point enough. There is nothing more to get or learn.

# Time, Space and Your Real Estate (Energy State)



*The geodetic effect says the Earth's mass warps local time and space like the weight of a bowling ball placed on a rubber sheet would dent the sheet. The frame-dragging effect posits that the rotating Earth drags time and space around with it like a spinning dancer's body causes her skirt to swirl. -Stanford University*

Our nested toroidal energy field works in the exact same way. We pull into our experience that which we vibrate in accordance with.



With your vibrations (your **Perceptions, Thoughts** and **Feelings**) you stir, spread and consume the Cosmic Jelly of LIFE!  
Consume – Communion – Consummate

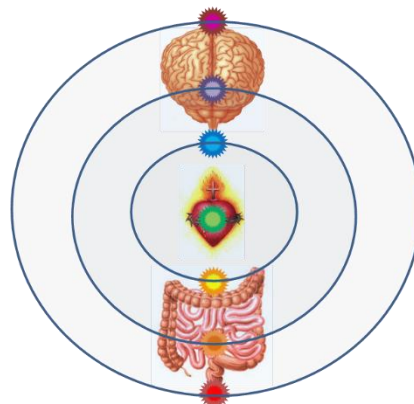
Everything and I mean EVERYTHING that shows up in or on your real estate is an answer to a prayer of yours. The trick is to understand that EVERY person, situation and even illness that shows up in your life is an answer to a prayer, and that every one of your thoughts, fleeting or obsessive, is a prayer!! This applies to all your thoughts! **If you let others put images and thoughts of fear and anger in your mind and heart you will be praying for those things whether you like it or not!!!**

**Freedom** = learning what you are praying for and changing those prayers (thoughts) that you do not want to have in your life experience. This means you have to be picky about what you let into your mind. You have enough negativity to deal with without the added negativity of junk-food be it physical (Mc Donald's) or mental (TV, movies, and the media). **Masters are rare because people don't want to do the real work.**

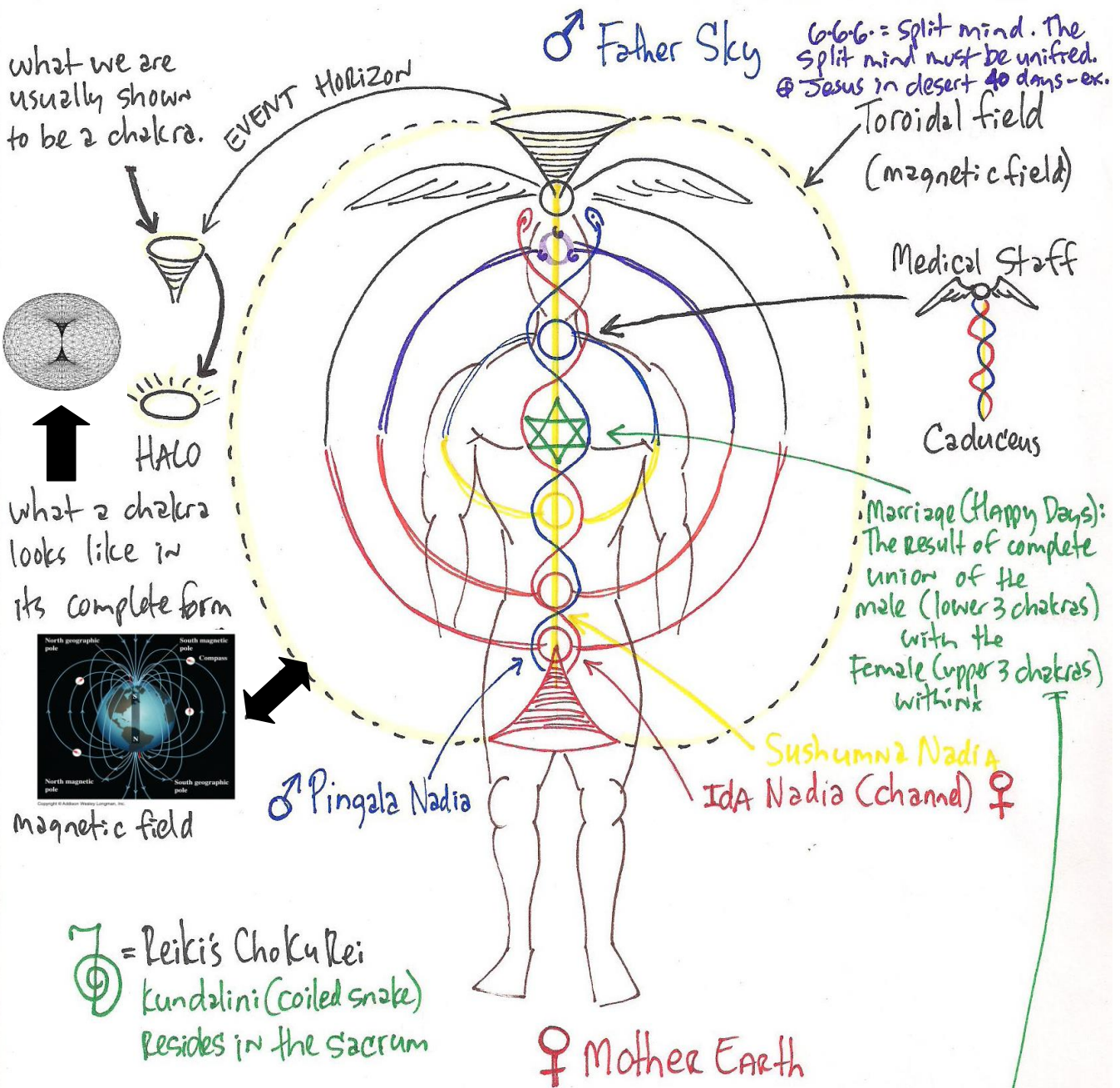
Halo = Event Horizon = Energy Vacuum



If your heart is in a E-state of COMPASSion your moral COMPASS is aligned with God and your heart and being expand, as a result your heart has enough space to enCOMPASS others!!!



# As above so below!



what we are usually shown to be 2 chakra.

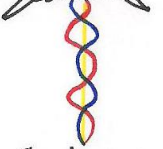
♂ Father Sky

6:6:6 = split mind. The split mind must be unified. @ Jesus in desert 40 days - ex.

EVENT HORIZON

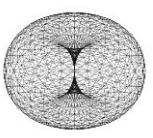
Toroidal field (magnetic field)

Medical Staff



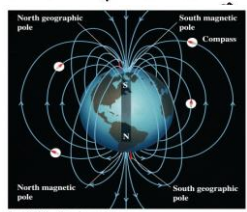
Caduceus

Marriage (Happy Days): The result of complete union of the male (lower 3 chakras) with the female (upper 3 chakras) within!



HALO

what a chakra looks like in its complete form



magnetic field

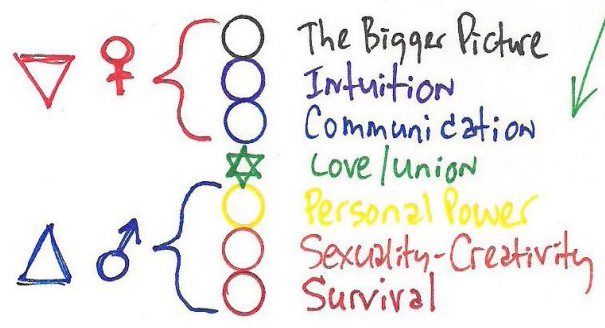
♂ Pingala Nadia

Sushumna Nadia  
Ida Nadia (channel) ♀

♫ = Reiki's Choku Rei Kundalini (coiled snake) resides in the sacrum

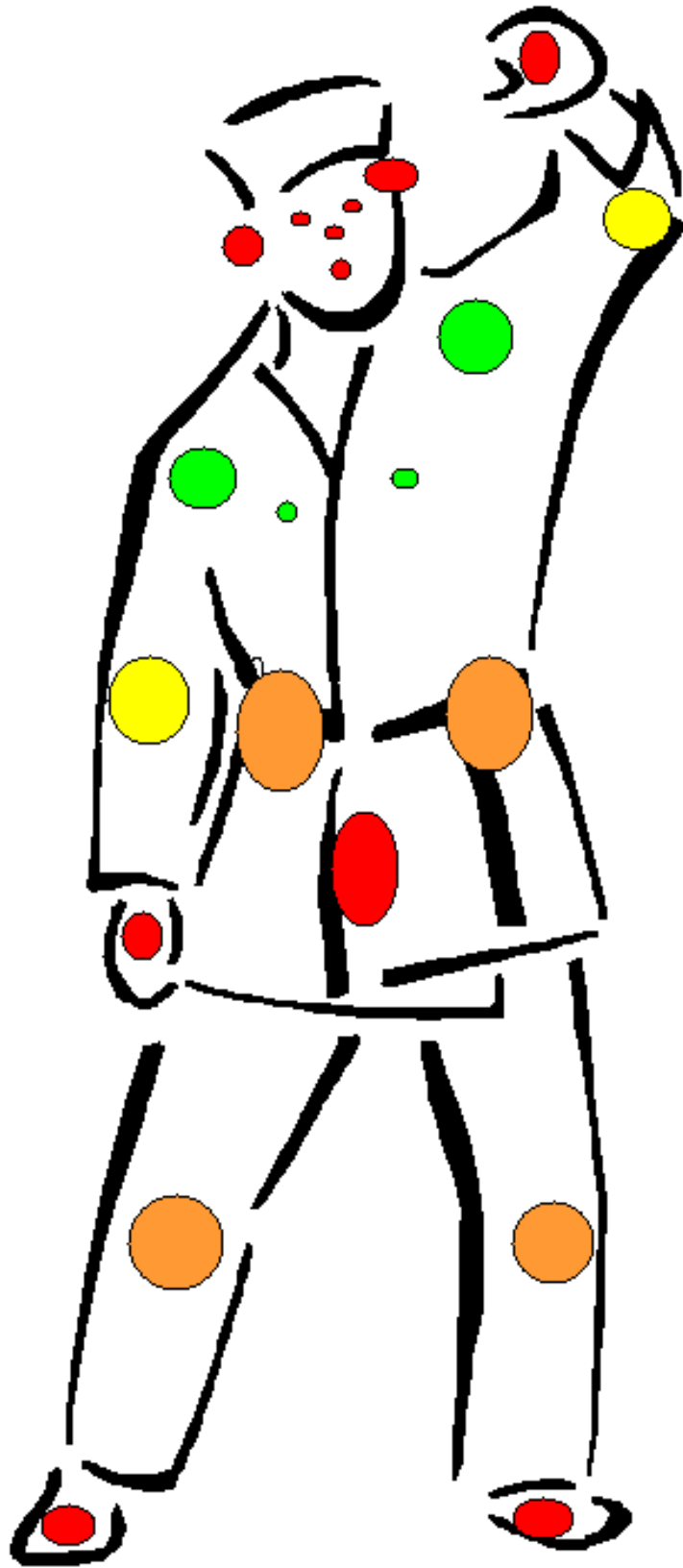
♀ Mother Earth

- Ida = EVE
- Pingala = Adam
- Kundalini = Serpent
- Nadis = Tree
- Chakras = fruits
- Apple = Root chakra



The Bigger Picture  
Intuition  
Communication  
Love/union  
Personal Power  
Sexuality-Creativity  
Survival

## 21 Minor Chakras



# JON WHATLEY LMT, LMT, M.e.A.N. & M.E. Mapping Developer

Jon is a massage therapist and energy worker. In his practice, he incorporates many types of therapies. His studies include Massage, BodyTalk (Parama), Reiki, Emotional Freedom Technique, EMF Balancing Technique, Flower Essences, Astrology, and Feng Shui just to name a few. In his daily work, he focuses on helping people achieve health, happiness and find their passion in life. Jon's main interest and drive in life is helping people achieve and maintain a healthy balance within the body (physically, mentally, emotionally and spiritually). He knows we are all connected and that true spirituality is behaving responsibly on a personal, global, and universal level. Since everything we do has an affect on everything else around us, he believes taking responsibility for one's self is of the utmost importance in claiming one's personal power. He does not take responsibility for others dis-ease (physical, mental or otherwise), but rather helps guide one to self-mastery through self-awareness.

As well as bodywork, Jon lectures and teaches classes to help awaken and empower people regarding their body and life.

Other classes Jon teaches:

Body Parts and E-Motions

Consciousness + M.e.A.N.

EFT Basic

EFT Advanced / M.E.A.N. (Meridian Energy Activation and Neutralization)

Feng Shui

Illuminating the Shadow Self

Master's Mind Group

M.E. Mapping and M.e.A.N.

Meridians and 5 Elements

Muscle Testing

Parents Working with Children

Your Body Your Friend Parts I, II and III

## Bodyworker Guides

<https://bodyworkerguides.com/>

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