

*May Time Reveal The Truth.  
May The Light Of Your Spirit Shine  
In Glorious Infamy...*

*May You Find The Infinite Nothingness of Being  
From Which Entire Worlds Arise  
Within Your Heart...*

*From the same author as*

*We Are One*

# ***We Are Awakening***

<i>Foreword</i>	4
Introduction: <i>Human Energy System</i>	5
<i>7 Energy Centres</i>	10
<i>13 Principals Meridians</i>	24
<i>The Three Barriers</i>	33
<i>You Are All-Time</i>	41
<i>Into The Loop</i>	46
<i>Copy &amp; Paste The Universe</i>	50
<i>Awaken To Yourself</i>	56
<i>Natural Talents of Light</i>	66
<i>Time's End</i>	82
<i>Awakening Begets Annihilation</i>	103
Glossary	107
Bibliography	108

## **Warning**

Please be advised that some of what you're about to read may be extremely disturbing. This book contains esoteric concepts, theology (featuring hell & heaven as states of mind), terra-forming, advanced chakra research, spatio-temporal manipulation, mind over matter, conspiracy theories, references to prehistoric directed-energy technology and souls trapped on a prison-planet in an endless cycle of death and rebirth.

Practice any techniques listed at your own risk.

It should be noted that the content, you are about to read, was composed in temperatures below zero degrees Celsius. Please excuse any grammatical, orthographic or ontological disparities.

This book has no ownership.  
Its intellectual contents can be shared freely  
with blatant disregard for financial gain.

## *Foreword*

---

*...Thou Art That..That Thou Art...*

I invite you into a world, where there is no such thing as the passage of time. A world, in which all that you see before you is what it isn't...where everything would be is what it can never be. Can you imagine what such an existence might be like? There is no air to breathe. There's nothing to see, feel or hear. It epitomises a vacuum, in which time has never begun and thus cannot cease, but still persists. In such a state of being, time exists in the absence of its own progression. It no longer moves from "A" to "B", nor does it exactly stand still. While space would be infinitely boundless without distance or duration, both would have no measurable qualities. In these conditions, now simply is...

It is self-witnessing by nature with the potential to create various derivations of itself. From this state, all movements of time and vibrations of space arise. Just as time would become all-time, space would become all-space.

Time is the equivalent of infinity, when it purely is. It is the equivalence of nowness or beingness. It has the capacity to manifest endless versions of itself, creating illusory ways of becoming through consciousness.

When we remove everything from space-time, what remains? The nothing that is something, when it exists by itself...The part of us, which conceived all the worlds. In our natural state of being, we are the equivalence of time, simply without movement or a complete standstill. When all the discernible features of space-time disappear, what we are left with is the pure essence of being.

*Ideas are contagious,  
Emptiness doubly so...*

In contradiction with the theory that ideas are contagious, ideas are the epitome of emptiness. The grandest ideas cannot be written down or verbalised. They defy description. How do we communicate notions like peace or love? How do we describe smells or the feeling of being touched? Ideas in their raw form become entire worlds of perception. They can be all we strive for. We live for them. We even die by them. Despite this, whichever form an interdependent existence takes, it remains connected to existence outside of the multiverse. Essentially, they are linked to us in our natural state.

When you have read the following chapters, I ask you to look deep within to discover the all-encompassing truth about the one reality hidden behind every elliptical timeline in the multiverse. Without comprehending its origin, how may we be steadfast in our wisdom? In its absence, how may we find immutable peace or everlasting happiness inside a spatio-temporal chain-reaction, propelled by cause & effect?

*Introduction*  
***Human Energy System***

---

*"It would be easier to roll up the entire sky than it would be to obtain true happiness without knowing the Self." – Upanishads*

The term "chakra" originated from Sanskrit, it translates as "wheel of light." In general, the chakras are described subtle energy centres intertwined with the organs, nervous systems etc. To elaborate, it has been empirically proven that they serve as collection and transmission centres of energy/energy-potential.

**Fact:** According to Traditional Chinese Medicine, life-force or vital-force is a type of subtle energy, which can be carried by our bio-electromagnetic energies.

The energy centres are as real as they are symbolic. They represent centres of subtle energies that are rooted in the three vertical energy currents. In locations, where they intersect, they interconnect the chakra and their corresponding energy fields. In loose terms, they serve as an indicator of psycho-physical health, although they are also a complex system of layered realities in themselves. Envision each chakra just like a switch, which activates dormant genetic potential. In turn, they unlock the mind to the highest levels...

In addition, the control over pranic or Kundalini energy in any of the centres induces a corresponding state of awareness. In reverse, a specific state of awareness will induce pranic energy to predominate the corresponding energy centre. Each is directly related to the other. Hence, every energy centre symbolises a progressively higher, yet entirely diverse state of consciousness. The lunar and solar channel cross each other at each energy centre, where they should not be stimulated separably. Stimulating an energy centre arouses pranic energy, which in turn arouses consciousness on said level. In other words, the physical and/or mental stimulation of higher energy centres encourages the cultivation of higher states of consciousness.

Hiroshi Motoyama scientifically evidenced the existence of seven energy centres in association with the physical body. His research suggests there are five additional chakras, located above the top of the head. From a physiological viewpoint, each primary energy centres relates to a major nerve plexus and a major endocrine gland. The primary energy centres originate on the etheric level. They interconnected with each other, yet they are also interlinked with segments of the physical-cellular anatomy through the subtle energy channels, called the nadis. The nadis should not be confused with the meridians, which possess a physical counterpart in the meridian duct systems. The nadis represent an extensive network of subtle energies that parallel the bodily nerves in their

abundance. The Ayurvedas estimate there are approx. 72,000 nadis in the subtle anatomy of the body. As these channels are interwoven with the nervous system, dysfunctions is frequently related to pathological changes in the nervous system. As a result of his research, Motoyama concluded that the nadis and the meridians together form a physical, but invisible system of physiological control located within connective tissue. In classical thought, the nadis consists of three subtle energy streams, which interface with the energy centres and physical body, flowing in central (shushumna), left (Ida/Lunar) and right (Pingala/Solar) locations. These channels are divided into two categories:

**Subtle:** These are immaterial, invisible channels of subtle energy.

**Gross:** These are material, visible channels of subtle energy. These encompass nerves, muscles, vessels of the cardiovascular and lymphatic systems, including meridians.

Although various sources speculate that the nadis and the meridians may be identical, this is not the case. We mistakenly deduce this due to the close correspondence between the principal meridians and the primary nadis, since they are anatomically interlinked and serve comparable functions. For example, this is most visibly demonstrated by the governor vessel meridian and the central channel, Shushumna.

Although the biological role of the nadis is still to be verified, there is a significant connection between the energy centres, meridians and nerves. On closer observation, the Ida and Pingala channels form a double helix, which corresponds to the sympathetic nervous trunks on the sides of the spinal cord.

In total, there are fourteen major nadis, through which prana flows in order to supply the energy centres with vital force. In general, interactions between the three nadis cleanse the energy centres as well as the physical body.

In the Ayurveda, prana flows through the nadis to 'charge' the chakras, whereas in the Traditional Chinese Medicine, chi flows through the meridians to supply the organs. Although this is solely theoretical claptrap in the annals of modern science, the connection from each nadi to a specific meridian has been empirically tested on numerous occasions by a great many remarkable minds. Hence, the alternative branches of science have become acutely aware that these locations exchange information on multiple levels. They transfer and receive information across the electromagnetic spectrum as much as they do on the etheric level. Motoyamas research illustrated how these instructions can be altered, when the the following subtle energy channels are in alignment (for the vital energies to flow into the central channel):

**Solar:** Pingala begins below the root energy centre and ends in the right nostril, through which it is commonly activated. The right channel of the nadi system mainly deals with pranic and mental energies, primarily those considered solar. It is associated with the sun and symbolises masculinity. In addition, it governs the energy responsible for physical movement and activities. Therefore it is associated with qualities such as vitality, strength, vigour and power. The solar channel is electrical by nature. It aids quick thinking, but also fast acting. When there are no underlying imbalances, Pingala is more active between the Full Moon and the New Moon.

**Lunar:** Ida begins below the root energy centre and ceases in the left nostril, where it is commonly activated. In men, it is actually associated with the left testicle. Due to its overall pathway along the left side of the spine, it is related to the sympathetic nervous system. Hence, it governs mental and feminine energies. Its association with the moon led our ancestors to speculate, whether it may exhibit correlating functions, such as energy conservation, energy restoration or neural stimulation. Since then, it has become common knowledge, Ida relays pranic and mental energy, yet it doesn't end there. It truly does restore the neural pathways of the brain. Similar to the moon, its essence is magnetic. It relates to our psyche, its unconscious content (and consciousness). Ida dominates from the New Moon to the Full Moon.

**Central:** The central channel, otherwise known as Shushumna, passes through the spinal column. It begins in the root energy centre and ends in the crown chakra at the top of the head, where it divides into two streams. The anterior passes through the Third Eye in the middle of the forehead. The central channel is the main distributor of pranic energy to the subtle energy organs and energy centres. It is dormant, when the left or right channel is active. When energies flow into the central channel, Kundalini (cosmos energy) is aroused in the root chakra.

On a practical level, it is important to note that the stimulating the chakras and arousing the kundalini are entirely different processes. First, the energy centres must be cleansed, aligned and activated before the kundalini should be aroused. When the energy centres are blocked (or operate at a lower vibration than recommended) the conditions are not ideal. More often than not, this leads to complications. Do not underestimate how imperative it is to purify the energy centres, before aligning and aligning them to a higher vibrational frequency in order for the cosmic energy to pass through unhindered. Skipping important steps causes harm to the physical body throughout the DNA activation process as well as any subsequent (speculated) mutation of DNA and RNA molecules.

**Hara Line Development:** (referred to as Shushumna) often depicted as a silver cord, the Hara line flows vertically across the human body, from the Earth Star to the root chakra, from there to the crown chakra and upwards. This channel not only connects the two chakras that ground us into the physical plane, but it also helps anchor us at this point in space-time. The Hara line pervades every inch of our being from the energy centres, to the Dan Tiens, to the auric field, which makes this channel the main vertical energy current. The Hara line is the channel that connects the root chakra and the Earth Star. Through this section of the channel, energy from Ida is drawn down to the earth star. To draw the Earth Star up along with the Hara Line just above the root chakra enables time-travel, dimensional travel, levitation, teleportation and interstellar travel.

Outside of the seven chakras, there are five additional energy centres. These are transpersonal chakras, intimately interconnected with the electromagnetic field. In theory, everything with an energy field could be said to possess at least two or three of these energy centres:

**Hara Centre:** Located 5cm below the navel, in the form of a ball approx. 1.5in (3.81cm) in diameter. It is also known as the Dan Tien, which translates as “the field of the elixir of long life and wisdom.” It stores energy, then distributes it through the body.

**Earth Star (Planetary Chakra):** Located 6 inches below the soles of the feet. Commonly referred to as a master chakra, the Earth Star anchors us in our physical body. It also connects us to the physical plane of existence in this space-time domain, thereby it acts as the seat of karma. Yet, it is a magnetic force, capable of aligning and anchoring all the other energy centres. Hypothetically, the Earth Star works in conjunction with the Soul Star Chakra.

**Akashic Chakra (8th):** Located approximately one inch above the crown chakra. This energy centre transcends space-time. It connects us to the Akashic field, parallel realities and the cosmic intelligence of the Akashic records. It is often used to conduct shamanic healing and spirit communication.

**Soul Chakra (9th):** Located further above the crown chakra, the 9th chakra is said to be the seat of the soul. It enables us access to the depths of our soul or our higher purpose. Since it functions like a doorway to archetypal energies (or patterns), it plays an important role in shaping our destiny beyond this life.

**Galactic Chakra (11th):** Located outside the parameters of the human body, it is accessible through the hands and feet. It bridges our 'human' sphere of influence with the supernatural. Shamans may work with this chakra's dimension to induce healing, journey or even influence the physical through the supernatural. The 11th Chakra reveals the mind as a powerful tool to shape reality.



**Cosmic Chakra (12th):** Located at the top of the energy system. This energy centre allows us to reach a state of universal/multiversal knowledge. It represents the cosmic unity with all-that is and that which is not. It has been proposed this chakra represents the mastering the purpose of our (fragmented) consciousness.

The following techniques used to be freely available. Since they're now difficult to come by, they were included in this book as an homage.

#### **Mental Technique**

#### *Light Body Meditation*

1. Focus on the region of the thymus gland. Visualise a purple blue light. Imagine a candle flame on your upper chest below the throat area and above the heart chakra. Do this for 20 minutes, then expand the purple blue flame to  $1 - \infty$  feet around you, until it engulfs everything. You may experience tingling sensation or inner heat.
2. Focus on the Third Eye. For about 10 minutes, visualise a golden light, emanating from the forehead. Then, turn your focus to the pineal gland and envision a golden ball (or small sun) in its place. After at least 10 minutes, visualise it expand. Fill your entire head with its shining, luminous glow. Imagine this light, flowing out into and through the higher chakras, up to  $2/3$  feet on top of your head.
3. Let it radiate externally and internally. Include organs, nadis, chakras and every layers of the electromagnetic field. Bathe in this golden energy as long as possible.
4. Focus on the Core Star between the Sacral and Solar Plexus chakra. Visualise a bright white light, until you feel its energy. Envision the Core Star spinning. Notice its light-energy spreading within. Let it blend with every cell, atom and particle.

#### **Mental Technique**

#### *Hara Line Development*

1. Choose a quiet place, where you won't be disturbed. Switch off all distractions. Sit with your legs crossed, in lotus or lie down in corpse pose. Keep your spine and neck in alignment. Ensure that you are breathing equally through both nostrils.
2. Close your eyes. Picture the Hara Line running through your physical body from the highest point above the head down through the crown chakra, passing through the sixth and fifth chakra into the soul seat. Follow it through the lower chakras, the Dan Tien and out the root chakra and down into the Earth Star to the Earths core.
3. Ground the physical body with the Earth. Visualise the Dan Tien change from a reddish-brown colour to a reddish colour. Feel your connection with the Earth. Afterwards, concentrate on the point just above your head. Draw energy from the Earth up the Hara Line and pull it through to the 12th Chakra.
4. Focus on the Earth Star six inch below the soles of your feet. Draw the Earth Star out of the Earth along with the Hara Line up to the region just below the Root Chakra and hold it there.
5. In your own time, drop the Hara Line and the Earth Star back down into the Earth. Reconnect both with the Earth. Ensure that their connection is stable. Ground yourself thoroughly. Be rooted deeply into the Earth. Be careful to observe any sensations, thoughts or images. When you are ready, open your eyes.

# *The Seven Energy Centres*

---

*"Maybe you are searching among the branches,  
for what only appears in the roots." – Rumi*

## ***Root Chakra***

**Location:** Base of The Spine, Pelvic Floor & The First 3 Vertebrae

**Description:** The root energy centre is situated at the base of the spine, inside the coccyx. The subtle energy channels that carry life-force throughout the body rise from this location. It governs the coccygeal nerve plexus, while it provides a physical and psychological foundation for our existence. This energy centre concerns itself with our personal safety as well as our survival. An overly active root chakra is characterised by a preoccupation with the material and objects therein. Such preoccupations may distort ideological systems. For example, obsessive, delusional and/or paranoid tendencies (even if apparently justified) are a common indicators of an underlying imbalance. To reduce the risk of drifting from one extreme to the other, find balance through moderation. Typically, balance can only be achieved, when we understand that order requires chaos to exist in a dualistic universe, and vice versa. From a neutral standpoint, order and chaos are interdependent constructs by nature. Both represent fundamentally interchangeable ways of perceiving and operating in the external world. Ideally, when we achieve balanced, we embrace order and chaos for the sense of security and continued development without attachment to or negative effects from either.

In this centre, our preoccupation with personal safety and survival takes hold. It governs essential needs, such as water, food, shelter etc. This is the energy centre where it is us against the world...where we view ourselves as separate from the world. It is predominantly non-sentient in nature. It propels actions, which tend to be adharmic or disharmonious. In this centre, human and consciousness evolution takes place. It represents the beginning of sentience.

**Primary Goal:** Peace – The root energy centre shapes perception. It is activated through deep reflection, followed by expanding our consciousness on the grounds of forthcoming realisations. The centre is fully open, when the mind is still and inner bliss gives way to peace. In truth, peace knows no fury, fear or desire, only boundless love and compassion. To be truly at peace is to be secure within yourself, regardless of the circumstance. The ground could shatter underneath your feet, while you remain largely undisturbed by the event.

Only once the true meaning of inner peace is revealed, will we be ready to still the mind completely and attain the fourth state of consciousness. This often entails a transpersonal experience, in which we are overcome by a sense of bliss or peace that was never known before.

**Word of Caution:** The truth is in the habit of revealing itself. Hence, it is important to go with in the flow of experience until its lateral end. Especially, when the Kundalini has been aroused, as there is no way of reversing the process after its completion.

**Associated Psychological Barrier:** (also known as the Perineal Knot or as the Brahma Granthi) The body consists of two subtle energy currents. One flows upward from the diaphragm to the neck, whereas the other flows from the navel downwards. To penetrate the energy barrier of the root chakra for cosmic energy to flow into the second energy centre, we have to practice breath awareness, advanced breath-work and perform energy locks. According to Vedic literature, piercing this psychological barrier entails transcending our darker qualities and emotions. We must embrace the unknown with an open-minded attitude. In general, the more adharmic our thoughts and actions are, the more genuinely committed we have to become in order to enable the process. The three subtle energy barriers restrict our experiences to instinctual, emotional and intellectual levels. The flow of energy is circumvented down to this region, when financial security, power, hunger and other instinctual drives predominate the mind.

**Techniques:** Breath Awareness, Yoga Postures, Ethical Conduct, Gross and Subtle Channel Purification, Root Lock, Mantra Recitation

**Colour:** Red (620-750nm/461.22THz/1.91-2.00eV)

**Sense Organ:** Nose (Smell)

**Associated Organs:** Adrenal Glands, Bones, Skeletal Structure, Coccygeal Nerve Plexus

**Corresponds To:** Safety, Survival, Food, Reproduction, Shelter, Resources  
Key Requirements: Patience, Stillness, Grounding, Discipline, Meditative Concentration, Tip of the Nose

**Subtle Level:** Physical Plane

**Positive Expression:** Abundance, Kundalini Arousal, Trust, Mental Stability

**Negative Expression:** Fatigue, Hoarding, Abandonment Issues, Predatory Behaviour

**Space-Time Domain:** Lower Worlds/Hell Realms (Anger, Hatred & Violence)

**Transmigration Point:** Soles of the Feet

## *Sacral Energy Centre*

**Location:** Behind The Navel On The Inner Wall Of The Spinal Column

**Description:** The sacral energy centre governs the psyche. It is associated with personality development. The manner, in which we express and conduct ourselves, according to the physical and subtle reality we perceive in the first energy centre. Moreover, the sacral energy centre balances the transformative or degenerative forces that dwell within the body. It also presides over social interaction, including the desire, need or fear to form interpersonal connections. However, this energy centre is also associated with pleasure-seeking, sexuality, and reproduction in the social spectrum. It relates directly to the unconscious minds motivation to gratify itself through the sense organs (in the form of nourishment, intercourse, child rearing mind-altering substances etc.) In contrast to the root chakra, which represents sensation-seeking to fulfil our basic needs to survive, the sacral chakra seeks pleasure for the sake of emotional fulfilment. (Blockages in the energy flow are often present when we experience sexual trauma, repressed emotion, amenorrhea, infertility, premature ejaculation etc.)

On this level, some seek immediate gratification through minimalistic effort. For instance, deep-rooted imbalances manifest in those, who arrange their life to heighten their personal comfort in manners that suit them alone, attributing value to 'people' or objects in accordance with the degree of pleasure, they provide. As you've probably guess, this is the level Sigmund Freud was mainly concerned with. Unconscious desire exert power over the mind-body complex, therefore emotional freedom and surrender is a key requirement to establish balance. We have to make the first steps towards ego transcendence. During the course of consciousness development, cosmic energy rises up to the sacral energy centre. However, when it stagnates at this level, it can be prevented from rising higher as result of a barrier created by impressions left on the consciousness or insufficient chakra development. Certain emotions (i.e. envy, jealousy, selfish impulses, anger, greed) block the energy flow, which bounces prana/cosmic energy back and forth between the 1st-2nd chakras. The vibrational frequency would 'oscillate' between the two lowest energy centres without being able to rise.

**Root Goal:** Emotional Freedom, Cultivating Moral Principles – In German, the word for passion is "Leidenschaft", which roughly translates as “suffering created”. The term implies we create that which we suffer from. This is greatly demonstrated by the fact that "the causes of suffering are material and physical desires" (Bhoga Vāsanā). It is the kind of widespread passion within modern society, masquerading as fanaticism, obsession and addictive behaviour. Addiction in any shape can be dangerous, as it leads to imbalance in the mind-body complex. The most common are excessive eating, drinking, sexual activity

or a dependency on toxic substances. Conversely, it can sometimes be expressed as codependency, an unhealthy emotional attachment to objects/people or aversions toward intimacy. On a related note, radical tendencies are often rooted in extreme emotion, therefore they also correspond to this level of awareness. To establish control over such self-destructive tendencies and powerful emotions may require lifelong vigilance. Meditation, self-control and higher learning are necessary assets in order to sufficiently move on this level. It seems the transition between the second and third energy centre is entirely dependent on the release of residual emotional energy. In cases, in which the Kundalini has been aroused (spontaneously or intentionally) and risen to this level, only to be blocked by the energy barrier can result in detrimental health conditions, according to Deepak Chopra. In my experience, very few emergency medical procedures are available in the West. It is of great significance to either undergo rapid transformation (without possible reversal) or gradually work through the unconscious layers of awareness. Nonetheless, both forms of transformation harness the unconscious potential of the mind through a series of exercises detailed in this series. Overall, the transition can only be completed by reversing the energy flow, when we direct the downward-flowing energy current upward, which in turn ruptures the energy barrier between the second and third chakra. However, this must be practiced in combination with breath-work. Deepak Chopra recommends this, if the Kundalini has been awakened and has become aware of itself. In any case, the beginning of this transformation resembles the awakening of a higher form of awareness, unhindered by the ego.

<b>Colour:</b>	Orange (590nm/508.12THz/2.10eV)
<b>Sense Organ:</b>	Taste (Tongue)
<b>Associated Organs:</b>	Ovaries, Testicles, Endometrium, Prostate, Kidneys, Sacral Nerve Plexus
<b>Correspondence:</b>	Sexuality, Fertility, Unresolved Emotion, Preferences, Intimacy, Identity, Power, Control, Passion, Self-Esteem
<b>Key Requirements:</b>	Detox, Emotional Freedom, Abstinence, Tantric Healing
<b>Subtle Level:</b>	Astral
<b>Positive Expression:</b>	Compassion, Creativity, Self-Belief, Self-Confidence, Extrasensory Awareness of Non-corporeal Entities
<b>Negative Expression:</b>	Fear, Violence, Anger, Loss of Appetite, Indulgence
<b>Space-Time Domain:</b>	Lower Worlds/Ghost Realms – (Greed)
<b>Transmigration Point:</b>	Reproductive Organs

## *Solar Plexus Energy Centre*

**Location:** Solar Plexus

**Description:** This chakra governs digestion on multiple levels. Our digestion is a reflection of our ability to assimilate any content, incl. thoughts." (Motoyama) We organise our minds in accordance with this chakra. Particularly, the manner in which experiences are processed and catalogued to create balance. In homeostasis, it allows for clear, realistic goals to be outlined, and then gradually achieved by applying the maximum amount of will/concentration available.

On numerous occasion throughout history, it has been theorised that the solar plexus chakra determines the health of the mind-body complex. Imbalances in this energy centres can result in a all-consuming need that varies per 'individual'. For example, whereas some strive to accumulate as much wealth as possible, others are consumed by a hunger for power.

This energy centre is associated with our level of consciousness on the causal plane (cause & effect) in accordance with their dharma (life-purpose). Its emphasis is to seek penance for past errors in order to let them go. At this level, we can be prone to strong or temperamental emotions. We can be driven by a distinct need for recognition and/or power, which are resolved by confronting issues that relate to the ego, its control over emotions, routines and all other related aspects of life.

Psychologically speaking, the solar plexus centre symbolises the importance of balance through moderation. At this stage, it is imperative that we make a committed decision in regards to how they will achieve our life-purpose, instead of living on previously sowed seeds. Whether energy is invested to avoid the past or to create a positive future determines our course of action and direction in life. For that, we must transform negative thoughts, words and actions. It is essential to gradually increase our self-awareness before proceeding to the heart chakra.

Symbolically, the gut stands for courage. It represents whether we have the confidence to take a firm stance in the world in order to maintain the necessary boundaries. According to the subtle anatomy infrastructure researched by Hiroshi Motoyama, the vibrational frequency of this energy centre is said to be determined by internalised beliefs, regarding our place in the world. It also reflects our ability to succeed in the material world, which directly corresponds with how active/balanced this chakra is.

The Yoga Sutras of Patanjali indicate that once our life-purpose has been adhered to (i.e when we have sought for, discovered and pursued it, in accordance with higher ethical principles) It is the beginning of our journey to self-actualisation. Through the use of our natural, unique talents. Every life-form has their rightful place in the multiverse. Every being can contribute in some form to warrant their

existence to themselves...to bestow their lives with the meaning that it deserves for the purpose of liberation. Therefore, every unit of consciousness has the capacity to maximise their potential to seemingly incomprehensible heights...

**Crazy Fact:** Intensive care research studies indicate loving-kindness meditation, practicing forgiveness and even prayer shortens the recovery timespan by accelerating the healing process. Beware, when subtle energies are transferred from one to the other, they are as powerful as we are.

The solar plexus energy centre leads up to the second psychological barrier. It is here, where we actively begin to relinquish control over the false self and the desire to retain control over others by transforming negative emotions. Apathy becomes compassion. Suspicion unveils itself as fear in the face of our deep, natural interconnectedness. We awaken to patience without ulterior motive or desire for personal gain. Eventually, we even begin to feel everything as more than we imagined, as this chakra gives way to the heart.

**Warning:** At this developmental stage, it is beneficial to abstain from (hidden) sources of animal fats and/or proteins, unless medically exempt.

Symbolically, the second barrier was depicted as the fiery gate in front of which we surrender ourselves to infinity. Ironically, Motoyama's research showed the cardiac energy field is strengthened by becoming 'pure of heart', as it may. Our hearts are only as strong as our capacity to love and be loved in return. So, the way to the heart cannot be paved by ego-centred intentions. Moreover, loving-kindness meditation is essential to move from the third to the fourth chakra. Although this form of meditation has been practiced by Tibetan Monks for thousands of years, it has only recently been recognised for its medicinal benefits. It simply shows the transformative, purifying potential our emotions possess. We cannot open the solar plexus fully without opening ourselves. However, we must gather courage before we can open our hearts to the subtle emotions present in reality, as to not be corrupted by them. What we assimilate through the mind and the heart affects the stomach. Yet, in the end, each chakra leads back to the heart of hearts...

*From the lower two states of consciousness,  
The higher planes cannot be seen.*

Due to misperceptions at the lower levels, we may misuse our personal abilities, which begin to manifest in the solar plexus chakra upon the awakening of cosmic consciousness. Only when the energy arrives in the solar plexus chakra are we able to envision or attain a state of infinite consciousness.

*"It stretches before him endlessly, full of beauty, truth and auspiciousness. In the face of this vision, all his views are completely changed. The personal prejudices, complexes and biases drop away as the endless beauty and perfection of the higher worlds dawn within the consciousness."* (Saraswati, 1966)

**Root Goal:** Non-Attachment, Ego-Transcendence, Surrender Power and Control

To direct the subtle energy flow upwards, the transitions of consciousness from a lower to a higher state of awareness is necessary. Bear in mind, unsavoury mental content can disturb, stagnate or even prevent Kundalini rising above this level.

The techniques detailed in the following chapters are designed to reverse the direction of the current and aim it upwards to reach the level of the solar plexus, while energy is brought down from the upper current. This creates a mixed flow of energy streams in the region of the abdomen. In practice, this mixture has shown to activate dormant energies in the base of the spine and assist in moving them upward without harmful side-effects

*"The apana moves upwards and when it reaches the circle of fire (manipura chakra) the flame lengthens and reaches the anahata chakra. When the apana and the fire meet (at manipura) the prana is heated. This increases the digestive fire. Due to this kindling of the fire, apana and prana, the sleeping kundalini is awakened."* (Hatha Yoga Pradpika, p.68)

<b>Colour:</b>	Yellow (570-580nm/516.88-525.95THz/2.14-2.18eV)
<b>Sense Organ:</b>	Sight – Eyes (Knowledge), Feet (Action) {This implies vision and wilful action are interdependent processes}
<b>Associated Organs:</b>	Small/Large Intestine, Celiac Plexus, Pancreas, Appendix Spleen, Liver
<b>Correspondence:</b>	Courage, Energy Distribution, Memory, Personal Power
<b>Key Requirements:</b>	Caloric Restriction, Delayed Gratification
<b>Subtle Level:</b>	Causal/Celestial Plane
<b>Positive Expression:</b>	Longevity, Self-Sufficiency, Autonomy
<b>Negative Expression:</b>	Shame, Sorrow, Pride, Ego, Fatigue, Victim Mentality
<b>Space-Time Domain:</b>	Middle Worlds/Animal Reincarnation – (Ignorance)
<b>Exit Location:</b>	Navel



## *Heart Energy Centre*

**Location:** Directly behind the centre of the chest (Thymus Gland)

**Description:** The enlightened can hear the sound of the multiverse resonating from within the heart. As stated before, it is not sound as we know it per say...It is better described 12-dimensional sound and beyond.

The cardiac energy centre represents a union between the masculine and the feminine energies in the physical body. It is theorised in the Vedanta that we begin transcend space-time in this chakra centre, which can unfold in the following two ways: (1) Subtle emotional energies can accumulate in this centre, as a result of grief and loss, when we are unable to let go of any attachment. (2) The ability to practice compassion, gratitude and forgiveness physiologically strengthens the heart. Charitable, selfless service to society, and those less fortunate, assists in balancing this energy centre, since it expresses genuine love.

**Beware:** During this transitional state, the hearing of subtle sound and vibrations is not uncommon, especially in deep meditation. These subtle sounds are lower than silence, it is described as an inner decibel that is experienced as unrealised sound-potential or potential sound waves, which possess practically no vibration with an infinite wave-length.

In religious terms, when we reflect upon the heart, we realise our soul. In more scientific terms, the heart chakra is widely regarded as the centre of consciousness. It is the ultimate focal point in meditation, not merely for numerous religions and spiritual practices. It is that which is not hidden within that which is...It is the 'Existence' we are all inevitably absorbed or dissolved by...

In this context, certain ancient techniques were designed to create a singular (or series of) mental images in the ethereal space of the heart centre. Some envision themselves as a ball of clear light in nothingness, whereas other project the images such as the Gautma Buddha, Christ, Krishna or their God-Realised Self.

As the seat of emotions, the heart transforms negative emotions into positive emotions through understanding. It shares a deep connection with mind, since it contains its source. It moulds our thinking by allowing us to experience cosmic oneness. When we open our hearts, there are no limits. There is nothing compassion, love and commitment cannot achieve.

**Warning:** Opening the heart chakra may generate intense feelings of devotion, good-will, inner happiness and laughter for no reason other than just because you feel truly that joyful!

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

