# THE HOLY CHAKRAS

Selected teachings of Paramhansa Yogananda

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#### CHAKRAS AS SUB-CENTERS

The spinal cord may be likened to a wire.
In it are located these seven centers of light
which are the sub-centers
for the conduction and distribution
of life current throughout the body.
The body is nothing but a condensation
of this spinal energy.
Just as invisible hydrogen and oxygen atoms
can be condensed into visible vapor, water, and ice,
so light can be transformed into body
which is nothing but frozen energy.

#### CHAKRAS: DOORS TO THE INFINITE

In passing from the consciousness of the body
to that of the Spirit,
one experiences these seven
sub-dynamic doors of energy
fixed in the astral cerebrospinal axis.
The soul must leave
the physical, astral, and spiritual bodies
through the seven astral doors
in order to reach, and merge into, the Spirit.
After it lifts its consciousness from the physical body,
it must unlock, and pass through,
the seven astral doors in the spine.

#### CHAKRAS AS THE TRUE RELIGION

No matter what religion one professes, as he comes closer to real salvation, his is confronted with the necessity of opening the seven seals of energy and flesh in order to free the soul from the bondage of the body and unite it with the Spirit.

#### **ACTIVATING CHAKRAS**

The sacral, lumbar, dorsal, cervical and medullary plexuses should be centers of conscious spiritual activities. The devotee, by process of oxygenation, proper breathing methods and various deep meditative activities, should also constantly centralize his consciousness in the spinal centers.

Then he will be eligible to remain in the non-vibrationless, non-active state in the thousand-rayed lotus light of Spirit in the cranium.

#### **ASCENSION THROUGH THE CHAKRAS**

The yogi moves his consciousness and energy to the coccyx center, and he feels that all matter is composed of electricity. When he draws his consciousness and energy to the sacral center, he feels that the earth is composed of-electrons and life force. When the yogi retires to the dorsal center, he sees all gases and air as made of life force. When the yogi can place his consciousness in the cervical center, he feels that all ether is made of sparks of intelligent life force. When the yogi retires into the medulla center and the point between the eyebrows, he knows all matter, energy, and gases as composed of thought force.

#### LIBERATION THROUGH THE CHAKRAS

The soul must leave the physical, astral, and spiritual bodies through the seven astral doors in order to reach, and merge into, the Spirit.

#### CHAKRAS AS THE TRUE RELIGION

No matter what religion one professes, as he comes closer to real salvation, his is confronted with the necessity of opening the seven seals of energy and flesh in order to free the soul from the bondage of the body and unite it with the Spirit.

# THE CHAKRAS' IMPORTANCE FOR THE BODY

These seven plexus located in the spine are centers of light that distribute the life currents throughout the body, with the main dynamo in the brain, and the lower dynamo at the base of the spine. These life currents vitalize and support the functions of the whole body.

### **CHAKRA COLORS**

The seven subcentres manifest different colors, according to their rates of vibratory manifestations.

#### CHAKRA SOUNDS

Different sounds emanate from the seven elements of the astral medullary super ether current, ether manifesting cervical current; air, or vitality, dorsal current; fire, lumbar current; water, sacral current, and the earth, coccygeal current.

# CHAKRA CHRISTMAS CELEBRATION

That cosmic sound manifested as the seven lighted stars or centers of the spine, which is the tree of life.

This is where the symbol of the Christmas tree with its light comes in, as part of the Christ birthday celebration.

#### THE CHAKRA ELEMENTS

The seven elements,
bliss-space
(the super-fine medium in which bliss abides),
super-ether
(the fine semiconscious vibratory medium through
which thoughts are transmitted),
ether
(the fine vibratory medium of energy),
air, fire, water, and earth
(of which the body is composed)
are but the seven lotuses of life force
or the seven frozen star-rayed currents.

#### THE CHAKRA ELEMENTS MAKE UP THE BODY

The super-ether in the medulla, ether in the cervical plexus, air current in the dorsal plexus, fire-current in the lumbar plexus; water current in the sacral plexus, and earth current in the coccygeal plexus are the different vibrating elements which constitute the human body.

#### CHAKRA CONTROL FOR DEMATERIALIZING THE BODY

In other words, the body is not as it appears to be. It is a combination of Six Currents, emanating from the Six Plexuses. First, the Spiritual aspirant, who wants to know about the mystery picture of the body, has his attention withdrawn from the body to the inner six booths, which throw six currents and produce the consciousness of the body. By the knowledge of these six Currents in the six Centers, and by years of higher meditation, he veteran Yogi learns to know the body as a combination of Six Currents and not as a solid mass. The operator in the [cinema] booth knows that the talking pictures are unreal, combinations of light and sound, but the audience takes the pictures to be realistic. Likewise, the Yogi, concentrating upon the inner operating booths of the Six Centers, beholds the body as a combination of various currents, while the people of the world behold the body as a solid substance. It is at this point that the Yogi learns

to materialize or dematerialize his body.

#### CHAKRAS PATTERNED AFTER UNIVERSAL ANGELS

In order to understand
the so-thought mysterious universe,
one must know how it is governed
by God and the seven angels....
And now we understand that man
is not a man made after the image of God,
but he is made after the image
of God's seven Agents.

#### CHAKRA-CHURCHES WITH ANGELS

Each angel occupies a church; each starry light occupies an astral church or golden candlestick, or one of the seven elements in the spine.

# CHAKRA POTENTIAL

The animal forms were too crude to express full divinity; the human being was uniquely given a tremendous mental capacity—the thousand-petaled lotus of the brain as well as acutely awakened occult centers in the spine.

#### CHAKRA MUSIC

The deeper aim of the early rishi-musicians was to blend the singer with the Cosmic Song which can be heard through awakening of man's occult spinal centers.

#### THE CHAKRAS OF PLANET EARTH

The earth has the same pattern as the body.

The north and south poles of the earth are comparable to the human spine, and there are seven magnetic centers in the earth corresponding to the seven occult centers in the spine of man.

# CHAKRA PRAYER

Heavenly Father!
Transfer our consciousness
from the physical body to the spine
and from it through the seven centers
to Cosmic Consciousness,
where Thy glory and light reign
in the fullness of Thy manifestation;
where the Life Force reigns
in all Thy power.
Peace!