



The Chakras

The chakras are energy centres that receive cosmic life forces or “prana”. The seven endocrine glands in the physical body directly correspond to the location of the seven main chakras, so we can say that the glands of hormonal secretion are the physical manifestation of the etheric chakras.

The correct practice of meditation will help this flow of prana within the body to become more balanced, thus resulting in a healthier physical body. The Ego and the many “I’s” within us block this free flow of energy, so the practice of self-observation is also vital to activate the chakras. The chakras contain psychic faculties that need to be unfolded gradually through meditation and with the use of mantram, self-observation, tolerance, a calm mind, patience and even more patience.

The chakras are our internal senses of perception, just as we have five physical senses we have seven internal or spiritual senses, all together making twelve senses.

The inner senses relate to the inner faculties of imagination, intuition, inspiration, telepathy, memory, clairaudience and the perception and control over energies within the body.

These inner senses can be exercised with the use of mantram. The diagram shows the sounds that correspond to each one of the chakras.

“These chakras are really the senses of the astral body. These magnetic centres are found in intimate correlation with the glands of internal secretion”.

~Samael Aun Weor

Summary for daily practice, 30-40 minutes:
(During our daily life observe our words, conduct towards others, emotional states and thoughts).

1. Seated in a comfortable position.
2. Focus on in-breath and out-breath.
3. Become aware of our whole body.
4. Concentrate on the heart beat and pulse.
5. Self-observe our thoughts and desires in the mind, imagine the opposite of this thought or feeling, it will naturally dissipate.
6. Imagine the positions of the chakras.
7. Chant the sound for each chakra, perceive a vibration from the sound in each location.
8. In the evening review the day, like we are watching a film of ourselves, examine our reactions without judging or condemnation.

