

**Chakra Meditation for Health:** The body is an energy system that has evolved from the ground up; it is a modification of power that has designed each stage progressively in a series of evolving steps. Each stage, once established, becomes a footstool or resting place that forms the foundation on which to build more refined and versatile structures.

Before the advent of time, space was the only reality, and if we meditate deeply and release ourselves from our attachments to the physical body, there will still remain an awareness of our own presence. At this level of meditation, without seed, *asamprajnata*, the mind ceases to function, and yet there is still an all-inclusive awareness that transcends all form. It is from this level of 'No Mind' that the Nadi Yogi, 'inwardly still', discovers that life speaks to us from the void.

Not unlike grapes that hang from the vine, the infinite field of life force gives expression to all the different life forms on the planet. Each one has its own determinative level of wisdom (*prajna*), that deposits its own individual life form.

*Yoga* is Union, and harmonisation, with the intelligent life force that patterns creation, which if achieved ensures that an optimum level of health and well being. We all exist within this field of creative life force, and can choose to ignore it and follow a path of self-interest, or pattern ourselves on the eternal truths that transcend time.

The highest has given rise to the lowest, and continued to work on the progressive development of each. It is by refining our own awareness and centring at each level that we are able to improve health and our sense of well being. Each level in the body has its own centre and nervous system peculiar to each. These centres referred to as chakras are not unlike cosmic sub-stations being energised either spiritually or mundanely in accord with our level of existence.

There are subtle thresholds between each level, that look both ways and either link with the spiritual, or world of the ancestors, our desires, hidden fears and repressions and which try to influence the conscious mind during unguarded moments. It is from these influences that our characteristics and Ego are formed.

The steps between the highest and the lowest are characterised by seed syllables and mantras. The mantras are unique characterisations of the

universal mantra OM, which represent the harmonious interplay of all sound forms. Intoning the seed (*bija*) mantras will help us to link and refine our perceptions at each level. Chakra harmonisation has a definite purpose and not unlike bees that work for the good and well being of the hive, humans can work not only for their own well being but for the good of the whole planet.

The top level chakra (*Sahasrara*), just above the crown of the head, represents the infinite creative potential of the absolute. For the beginner starting chakra meditation, choose a quiet place, preferably in natural sunlight. Still the mind and enter the transcendent peace and light at the top chakra, then gradually start to descend, by experiencing the same peace and light at (*Ajna*) or command centre of the yogi, (a little above the centre of the eyebrows and a little back). From this centre view the world with a calm untroubled tranquillity. This approach to chakra meditation is Laya Yoga which aims at release or liberation into the joyful and blissful realms of the absolute.

To step down to the throat chakra (*vishuddi*), is to bring the clarity of perceived truth to the level of speech and to speak an untruth for the enlightened can be painful, therefore truth is preferred. The next descent is to the heart and a love that encompasses all. This experience does not deny truth, but affirms it like the mother who loves and works to develop her offspring so does love work to develop the truth that lies silently within.

We all live and have developed with the help of the energy forms we see around us and the next chakra the *manipura*, releases the energy essential for growth. It is the centre that enables slow combustion and releases the fire and energy necessary for life. Excessive food input can dampen down the process and clog up the system. The yogi naturally prefers foods closer to the natural source of life and Sun ripened.

The lower chakras, the *swadisthana* and *muladhara* are part of a divine interplay that filters energy downward for procreation and serves the physical demands of the body. Here the essential will is important as it gives rise to the forms we resent to the world, our intentions pattern the world in which we live and also resonate in the surrounding field of life. It is the resonate patterning, felt throughout the entire field of life that provides the opportunity for re-birth for similarly patterned life forms.

We all exist and are precipitates of the field of life, hence the higher gives rise to the lower and naturally as we get involved and caught in the immediate and denser life processes, tend to look upward and to the sky for release and

freedom. Each level of chakra is a product of resonate life force that becomes finer as we ascend, and the *Bija* or seed mantras represent this life force.

For those who prefer to work from the ground up the *bija* mantras are LAM, VAM, RAM, YAM, HAM and OM ..... Silence. The AUM (*OM*) arises from the Stillness that transcends limitation and is an ever-present love and light that hears ALL. The *bija* mantras are modifications of the Universal OM and help to refine the level of consciousness appropriate to each level.

Gordon and Pam Smith, (Founder Members).

### *The Isha Upanishad*

#### Verses 9 – 11

*In dark night live those for whom  
the world without alone is real;  
In night darker still, for whom the world within  
alone is real.*

*The first leads to a life of action,  
the second to a life of meditation.*

*But those who combine action with meditation  
cross the sea of death through action  
and enter into immortality through  
the practice of meditation.  
So we have heard from the wise.*

