

Chapter 8: Chakras and Nadis

Thanks to the science of ancient times, India has blessed us with the knowledge of both *chakras* and *nadis*. Most folks these days have some notion of chakras, though they will likely not understand their appearance or function. Contrary to common belief, chakras are not seven colorful circles lined up the front of your body. They are surprisingly often colors that not only differ from what most people expect, but also vary from one person to the next. Further, a chakra attunement meditation will rarely help someone attune chakras that are damaged or missing.

This chapter will clear up many misconceptions about the chakras that support the body and how you can access them to heal yourself and others.

The energy systems that develop along with our physical body include the chakras and nadis, the human spirit access portal, and the meridians. They exist solely to support the physical organism and cease to exist within ninety minutes of the passing of spirit from body at the end of one's life.

A healthy individual enjoys the energetic support of seven major body chakras as well as numerous lesser chakras (nadis). The body has two hundred and seventy-eight nadis, which support every joint, gland, organ, and system that makes life possible.

Although it is obvious to us that we need to fuel the physical body with food, few realize that without the spiritual energy sourced by this system, their body would no longer function.

Marty's Story

My brother, Marty, who was in a serious accident several years ago, is a good example of a person's need for spiritual energy. Marty could not feel the bottom of his right foot. Both feet and knee chakras, which play a very important role in healthy feet and the ability to walk, were missing. Once I rebuilt the four missing chakras, the pain in his feet dissipated and he could feel them again. The angry purple scars on his knees disappeared and he began walking with greater ease. Within a couple days of the healing, he was using his legs to carry himself for miles on mountain trails, traversing the hills with little effort, and enjoying the ache of his newly reestablished leg muscles.

If you have a friend in a wheel chair, it is almost certain their feet and knee chakras are gone. If you know someone suffering from a mental illness or dementia, check to see if the sixth chakra is missing.

In the following pages, we'll explore in depth the influence and support the

chakras provide for the body. You will also gain a good understanding of the healthy colors in the seven chakras and how to loop energy between two chakras to create strength and healing for an individual.

How the Chakras Develop

When children are born, they arrive without the appearance of chakras. Newborns come without the presence of chakras, having their blueprint beautifully laid out for the perfect timing and development of the energy systems. There are two layers to the aura at the moment of incarnation. Up to this point, an infant has relied entirely on its mother's energy systems for food and protection.

By day ten, a child begins to sprout a chakra bud, which is essentially the third chakra. This chakra supports the energy of will. Ever notice how babies can control and even rule their environment? Well, now you know why.

Will, which is the energy of the third chakra, is the first energy system to kick into gear. It is incidentally not about survival, which is supported by the first chakra. Chakra 1 will take another six years to develop. Human children are extremely dependent on their parents to help them survive and thrive.

At about thirty days after birth, the child's fourth chakra begins to emerge as a little love bud. Thus, the next level of enchantment begins. The parents, who bonded upon their first glance of their infant, are now truly and completely in love with the little one and will be for a lifetime.

The infant's connection with God through the seventh chakra begins to emerge in the third month. Until then, parents temporarily exist as God for the child.

At around the two-year mark, the child begins to activate the area supporting speech and the fifth chakra bud grows in at the base of the neck. Communication rapidly accelerates as the child's voice is fueled by the energy from the growing fifth chakra. So begins a massive campaign to rapidly increase vocabulary and to understand as the seemingly unending "why" question becomes part of every experience.

At about the twenty-sixth month, the second chakra appears as a little bud, this chakra supports creativity and motor skills. Ever see a little two-year-old performing a dance routine or singing in front of a mirror? This action is supported by the second chakra, which provides the energy to develop and use physical creative energy.

At age five, the sixth chakra begins to develop, as does the advent of self-

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awareness. Prior to this, the process of higher learning is supported by the seventh chakra, which is the God connection. Once the sixth chakra is fully developed, wisdom and knowledge will be sourced by this chakra.

As the child becomes self-aware, the first chakra, governing survival, is now necessary. This chakra begins to bud at age six.

Age seven is the dawning of a fully supported and developed chakra system. Think about this stage of development and how the physical baby qualities seem to fall away when a child reaches about age seven. A child can even appear as a wise sage. This change reflects the full development of the chakra system.

Description of the Chakras (what each chakra looks like)

Chakra 1 is approximately eight inches in length, half an inch at the narrow end, starting about one inch inside the body. It extends down towards the knees and is four inches in circumference on the wide end. Looking at the wide end straight on reveals seven smaller spinning disks that extend two inches into the chakra with the accompanying three central disks and four exterior disks, making the chakra look like a flower.

Chakras 2 to 5 appear on the torso of the body in both the front and back. The narrow end of the funnel shaped energy center is against the surface of the skin, extending out five inches with a four-inch diameter. Chakras two, three, four and five have the seven disks in the same configuration as Chakra 1. For ninety-eight percent of humans, Chakra 4 is also like its siblings. For two and two tenths percent of people, individuals we think of as love masters, their fourth chakra can extend seven inches out the front and back of their body and have up to eleven spinning disks with a diameter of six and a half inches.

Chakra 6 appears between the eyebrows and out the back of the head at two and three quarter inches above where the spine meets the skull. It extends six inches out the front and four inches out the back. Discs range from five to fifteen in number with this extraordinary chakra that supports mental activity and brain function.

Chakra 7 is beautifully positioned over our head, extending upwards. It appears like a pillar rather than a cone shape. The top is still larger (eight to nine inches in diameter at its opening) than the bottom of the chakra (four to five inches in diameter when the chakra is close to the top of the head). It provides energy of the highest essence for human growth in all areas of physical, emotional, mental and spiritual.

The Nature, Characteristics, and Roles of the Seven Chakras

Chakra 1

The first chakra provides energy to support survival; this chakra provides the ability to breathe, eat, and keep a roof over your head. It is located at the perineum extending down towards the knees. It provides the best area from which to ground the energy of birth and death and sources those energies, as well. It also provides energy to the legs allowing for movement, some of which could become necessary for survival, at times, as in the example of an individual running away from a saber tooth tiger.

Chakras can appear in different colors at different times. These colors are neither fixed nor wrong. To explain further, a chakra may for a time be blue as the energy needed at that time was peace or calm, and then at another time will be green as a person is developing a greater need for consistent financial health/financial flow. I have gone into detail below to help you understand what a color appearing in a chakra may mean. When you have fulfilled the energy of the lower color say blue, you will move up to a stronger color.

There are articles and books by people that show the first or root chakra (as well as other chakras) holding or being just one color. Here, however, I present you with a more accurate concept of the chakras. The nature of a human is to be creative and constantly changing. Our aura at any given time can be a rainbow of brilliant colors, and at other times a fog of black and grey. So too it is with the chakras. As we change, grow and move through life, chakras will appear as different colors, become damaged, and even break off entirely. The nature of the first chakra is male, characterized by action and providing the safety from which to live life.

Best to Worst on the Color Scale for Chakra 1 (supporting the nature of survival)

Color	Percent Potency	Description
Red	100%	In this chakra red provides capacity to be and to exist. When I see red in the Chakra 1 position, I know this person has a strong “yes” to life. Red in the root or base chakra provides energy and action.
Green	90%	Green provides a capacity for wealth. It represents slightly less balance in Chakra 1 because the focus is primarily on the aspect of wealth rather than survival. Green is a very good and strong color in the root chakra and can provide happiness.
Pink	80%	Pink in the root chakra provides the capacity for love. This continues to be a good color for this chakra, though the color pink does not line up with the male nature of the chakra and loses some capacity of strength.
Purple	57%	Purple in the base chakra aligns survival with spirituality. Chakra 1 is weakened by this color.
Orange	30%	Orange is misplaced in the root chakra, although orange is often associated with happiness. That does not apply in this chakra.
Yellow	5%	Yellow is misplaced in this chakra by attempting to bring the higher aspects of God into survival.
Blue	3%	Blue causes stillness in a chakra known for action.

I have worked with individuals with no first chakra; they are unable to walk. When healing a missing chakra, a Gold healing with a spinning motion of the right hand will activate the former Blueprint of the chakra and eventually restore it. Whenever you are restoring a missing chakra, ask what caused the chakra to go missing. For many, you will find this phenomenon shows up as a problem on the Spiritual Timeline. Problems on the Spiritual Timeline refer to injuries and accidents that happened prior to an individual’s coming into his or her current body. You will need to clear these issues before a healthy chakra will take root and stay. You must also remember to reset the program in the energetic body at the completion of the healing just as you would do for a DNA reset.

Chakra 1 spins both clockwise and counter-clockwise, simultaneously.

Chakra 1, the survival chakra, can be missing from birth; eighty percent of the time this condition is related to trauma that occurred during a past life. Illnesses and accidents within an individual’s current lifetime can also be the causes of missing or damaged chakras.

Possible reasons for a missing or damaged first chakra are:

- Cancer

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- Cardio-vascular system failure
- Accidents/physical injury
- Decapitation (Chakras 1 and 6)

Chakra 1 fuels much of the physical body's immune system, skeletal system, digestive system, liver, kidney, stomach, spleen, gallbladder, and DNA survival programs.

Debbie's Story

Debbie was an amazing woman. She was a literary professor and had raised a healthy strong son. Due to an apparent illness, she lost her ability to walk and was wheelchair bound. When she noticed I was speaking in her community through an article in a spiritual magazine, she enthusiastically came to hear me speak about miracles. The audience was engaged. I felt the palpable shift in the room as I explained reality. You can reverse illness and live a long healthy life. The audience was populated by good-hearted Midwesterners who needed to know it was possible to gain something more than what they knew their local medical community could provide.

Debbie approached me after my talk and asked if I could help her. Upon testing, I got a strong Yes and began working with her that very week. I discovered many oddities in her energetic make-up. Half her chakras were missing and she only had a partial aura. As we virtually built her from scratch, calling on the Divine Human Blueprint to direct the upgrades, something amazing happened. Debbie would get out of her chair, on a daily basis, and walk a few steps at a time. At one point she left her wheelchair and walked forty-seven steps at one time. How awesome is that?!

On that day her son came in to discover what she had done. Instead of being happy to see evidence that she had walked, he told her not to do that again. Her friends also wanted her to go back to being the person they remembered, an invalid in a wheelchair. So, alas, she retreated to the chair and gave up learning to walk.

After not walking for seventeen years, I can assure you her first steps were much like those of a toddler. Her atrophied muscles and grown up body were put to the test. If, however, she had stayed in the healing program, she would by now be out of her chair and enjoying an upright life.

Group mind can be so powerful it can take you down, and, if your mind resonates with group mind, you can altogether lose your miracle.

Debbie continues to have the chakras I lovingly built for her, and she even has energy in her lower legs and feet, but she will not walk.

Chakra 2

Chakra 2 provides creativity on a physical level, sensuality for both genders, and sexuality for women. The nature of this chakra is receptive. Thus, it has feminine qualities. Fine artists and dancers are well-versed in the attributes of this marvelous energy source. The manifestation of this chakra's energy in the world includes the creativity of painters, sculptors, jewelers, dancers, musicians who play instruments, and lovers.

Sensuality for both sexes is fueled by a healthy second chakra; that is, a healthy second chakra enables enjoyment of the senses related to human procreation and love making activities. Sensuality supporting sensual pleasures can be improved by the tune up of this chakra and the removal of dark energy in the related glands and organs.

The second chakra supports sexuality for women. Think about the location of the chakra, three inches above the pubic bone, and out the back of the body, four inches up from the base of the spine. Internally, this area is where all her baby-making equipment is located. For a woman who has never experienced an orgasm, a tuned and spinning second chakra can be exactly the healing this woman needs. The greatest blessing you could give this woman is to turn the second chakra energy on or up from a still or non-existent chakra.

Chakra 2 supports female reproductive organs, lungs, and muscles.

Best to Worst on the Color Scale for Chakra 2 (supporting the nature of physical creativity)

Color	Percent Potency	Description
<i>Pink (for women)</i>	100%	Pink is the color of divine female love and is the strongest color for most women in expressing creativity on a physical level.
<i>Pink (for men)</i>	60%	
Green (for men)	100%	.In the second chakra, green is the essential nature of divine male love. Green provides fuel for a healthy, creative life as well as health and vitality.
Green (for women)	97%	
Red	80%	Red provides passion, intention, enthusiasm and drive. Though the second chakra is, by nature, female and receptive, this color turns the chakra to a male-natured chakra.
Purple	50%	In the second chakra, purple is a fairy color that supports other-worldly creativity often found in fine art.
Orange	40%	Orange provides joy to the creative chakra and a child-like expression. The painter, Chagal, with his free-flowing expressive paintings, would have had an orange second chakra providing the proper fuel for his work.
Yellow	10%	Yellow serves as a protection, as a person is veiled from his or her experience of that area. It provides mental energy to the chakra, stopping the flow of difficult emotions in the second chakra.
Blue	1%	Blue provides blocked access for the owner of the chakra.

On a physical level the second chakra spins counter clockwise in front and clockwise in back. Reasons for a missing second chakra include violent assault on the area, a physical injury in a past life, and cancer.

I recently tuned up a fourteen year old girl, Angel, with Chakra 2 problems. Angel had started having bladder control issues a couple years ago and even had symptoms of vagina problems. It's unusual in a young person but not unheard of. Without the chakra working in front and back, her female parts as well as her bladder and urethra were functioning at a very low energy. This circumstance also affected her glands and organs which had shifted to a black, death energy (not good at any age, but really upsetting to her and her parents at her extremely young age).

Activating the Divine Human Blueprint and creating a second chakra has and will do a world of good for Angel as we work together to restore full functionality to all her cells that are fueled by the second chakra.

Chakra 3

The third chakra provides the energy of personal will. It is located an inch above the belly button out the front, and at the waistline out the back. The expression of will is outward, forceful, and male in nature.

Accomplishment and fulfillment are supported by having an active and fully engaged will. It is the secret power that dynamic leaders access to drive them to the heights mere mortals find impossible to reach.

I have heard others teach that Chakra 1 is the fuel for male sexual energy. In actuality, a combination of both Chakra 1 at thirty percent and Chakra 3 at seventy percent fuels male sexuality. Chakra 1 provides the energy of survival of the species, with sexuality for men, and also provides compassion and power. Think about the power a man uses to drive sexuality and love making. It makes sense that will energy from Chakra 3 is an important player in male sexuality.

An individual who suffers from adrenal fatigue will undoubtedly have a crashed third chakra. The third chakra is an important support for physical energy as well as the pancreas and adrenals.

My Story of Adrenal Fatigue

I had adrenal failure during a difficult romantic engagement. Each day was miserable. I was exhausted all the time and unable to enjoy my life. My physician informed me that my adrenals had failed and there was no hope for recovery. I managed to turn that all around, however, and am happy to say that I am remarkably healthier and younger-looking than I was back then.

I followed a number of important steps to return to vibrant health. Did you know that people who lack humor in their lives tend to have less protective immune responses? That means no joy and laughter weakens your system dramatically.

Since adrenal fatigue syndrome is a collapsing of the adrenal response if you are to recover you must reduce all unhealthy stress as an important element in your recovery protocols.

I didn't really recover until my fiancé left. He was always massively stressed out, a pediatrician with a lot of debt and little emotional landscape for fun. But before we separated we really tried to get him into his own happiness. We went to Mexico where I rested on the beach in a lawn chair for hours while he windsurfed. But it just wasn't enough. He was in such a rut of unhappiness, and the mindset of lack, that when the opportunity for joy and full self-expression came up, he missed it, dropping back into the same old "grumpy

fella” he was used to being.

Having tried all avenues, I was convinced that the engagement should end, and that my very life and the enjoyment of the days I had here in paradise depended on it.

I got better. But it took a while. First I grieved. I allowed myself to grieve for all the unexpressed grief of my life. I didn’t wallow in it, I courageously welcomed the sadness, and as the grief was allowed its voice, my adrenals began to heal. Prayer was a steady partner for me during this very challenging passage.

Not long after this time, in prayer I asked God to be my business partner and things changed dramatically.

In the Miraculous Healing program, you are taught how to restore the Light of the Cell (Chapter 5) and bring the adrenals back from shriveled raisin-like glands to plump, healthy glands (Chapter 26). To fully recover from adrenal failure and fatigue you must also live life in balance and love and appreciate the little things. Make sure to add laughter into your daily routine. A very, very important part of healing the adrenals is keeping the third chakra on and healthy. You will need to reset the adrenals daily for some time until your systems are able to hold the healthy program.

Chakra 3 is also a key player in outer world accomplishment and wealth building.

Chakra 3 fuels the appendix, adrenals, stomach, and eighty percent of the cellular body. What that means is that this chakra provides energy to a majority of your cells. Chakra 3 also provides the life-force.

Best to Worst on the Color Scale for Chakra 3 (supporting the nature of will):

Color	Percent Potency	Description
Green	100%	The will chakra, best supported with the color green, provides strength, health, and wealth. Green is the expression of divine male love. The color is particularly useful here where will incorporates the strong and beautiful qualities attributed to divine male love: protection, providing, and watching out for the tribe.
Red	90%	Also a very strong color, red provides force and vitality.
Pink	50%	A will that is monitored and functioning at 50% is pink. It is sometimes extremely helpful for a person wanting to learn how to incorporate love and compassion into will but has been running on force. Once the love lessons are gained, the individual can ascend to green, which is also the aspect of love in its male expression.
Purple	40%	When purple is the color of the will, chakra magic is required to manifest in the world. Will governed by the color purple is creative and less interested in worldly accomplishments
Yellow	20%	In the third chakra, yellow is mental energy. A person who has yellow here thinks obsessively and believes thinking will shift the circumstances they find themselves in. Mental energy in itself is not an effective fuel for will; it cannot manifest in the physical realm. This is not to be confused with clear focused direction, "As a man thinketh, so shall he live." or "What the mind conceives and believes, it will achieve." These ideas, when effective, represent focus and clarity, directing will and action.
Orange	4%	The color orange brings happiness to will and may restore hope in a will that is said to have been broken.
Blue	2%	A frozen will, unable to move forward, may provide a sense of peace for an individual known to strive and overwork. Blue is stillness and peace and frozen.

Chakra 3 spins in front counter-clockwise and in back clock-wise. A missing Chakra 3 can be caused by "crucifixion" of some sort in a past life, such as being burned at the stake or being betrayed and killed by followers. It also includes being rightly and wrongly killed. A murderer who is crucified can also have Chakra 3 missing. Likewise, a person who did good and was killed off by the church can also be missing the third chakra. In addition, exposure to a poison during in the present lifetime, such as radiation or chemical poisoning attacks the physical body and can cause a broken or missing third chakra.

Chakra 4

The nature of the fourth chakra is expansive appreciation and love for yourself, feeling loved and cared for by the universe. You experience the benevolent, divine connection. When love for self is healthy and strong, generosity and love for others flow easily.

The opposite of this is narcissism: self-obsession, selfishness, a lack of connection or compassion to a benevolent divinity, or an awareness of others.

The fourth chakra is located two inches above the sternum in front and directly out the back of the body. Because of the self-love aspect of the healthy chakra, to be full and filled up with love, it is inward in nature and therefore female. True love for self is a “Jupiter” experience. In other words, having a healthy fourth chakra manifests as the expanding universe for the embodied human spirit into the Divine expression of self.

For example, in Buddhism, the essential nature of the goddess, Kuan Yin, is exactly that fourth chakra embodiment, expanded into the Divine. Kuan Yin is a compassionate goddess who is love eternal, permeating beauty, and peace to the world. She is entirely complete in herself, capable of loving and overflowing compassion for all others.

The fourth chakra supports the love organs and systems, including the heart and the cardio-vascular or circulatory systems.

Best to Worst on the Color Scale for Chakra 4 (supporting heart functions and love)

Color	Percent Potency	Description
Red	100%	<p>In the heart chakra, red provides the “Yes” to love and connection. For men and women alike, red is the strongest energy for the heart chakra. Red here is ancient and has been wired into the embodied human spirit since time began. It is said that love is the most powerful force on the planet and that with love you can move mountains. We create miracles with red as the power of love. When the heart chakra is in this purest form of red, the energy of the human resonates way beyond unconditional love and joy, which is between five and six hundred on the vibrational scale. This kind of love will have us resonate at a vibration of 700 or as an enlightened master.</p> <p>Love energy in its red form can mirror to others and create a revolution of compassion. It is potent, and blissful to match</p>
<i>Pink (for women)</i>	99%	<p>For a woman, pink in the love chakra evokes nurturing female love. It will expand into her home family and immediate community. For a man, the pink identifies him as soft or gentle, as “yin” or female energy. Women will read this signal from a man as an inability to provide and protect. He will often find himself as a friend to women, like a girlfriend rather than a lover of the opposite sex.</p>
<i>Pink (for men)</i>	40%	
Green (for men)	97%	<p>For a man, green provides activation for his loving, divine self. His nature to protect and provide will rule his love interaction. For a woman, green often provides ‘yang’ or male energy that brings balanced love.</p>
Green (for women)	70%	
Peach	91%	<p>This is the color of love and happiness combined, a fun and nurturing version of healthy heart chakra.</p>
Orange	85%	<p>The color orange in the heart chakra provides happiness in the love center. The individual experiences love from self-actualization and self-affinity rather than a lover’s companionship.</p>
Blue	24%	<p>Variations of blue provide peace and stillness to the fourth chakra. These are good for a peacemaker, but not good for long-term love and companionship.</p>
Yellow	20%	<p>Yellow provides the process of thought or mental energy to the heart, preventing the outflow of unconditional love. The wisdom of the ‘heart-brain’ is in the neurons of the heart, amplifying love, rather than strategizing and over-thinking. Yellow in the heart chakra shows us that the nature of this individual is fear.</p>

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Color	Percent Potency	Description
Purple	10%	Purple in the fourth chakra provides a spiritual essence in the expression of love. The experience of love is physical in nature. Therefore when one embodied human spirit relates to another, purple in the fourth chakra directs an individual away from the experience of fully embodied love.

Chakra 4 spins counter-clockwise in front and spins clockwise in back.

The heart chakra can be broken. Without a heart chakra, a person can exist but not live a quality life. In some cases they can commit spiritual offenses or become a morally bad or even become an evil person.

You can expand the heart energy and raise the function of the heart chakra to its highest energetic delivery by blessing and appreciating all the wonderful people in your life and by getting off the track of blaming and being unhappy with others.

***Love the Ones You're With* (1995)**

*The answers are not in the questions you ask;
Sense cannot be made of them.
You must ask new questions
Till the answers bring you
Divine peace and contentment.*

*Why hope, when all you need awaits your call?
Why grieve when life has given you more than your share?*

*Be happy with the simple things
The tender touch of a loved one as you sleep,
The caress of misty rain on your cheek,
And the call of the ocean waves beckoning you to dance.*

*I am not convinced you have one reason, at this moment To feel
anything other than ecstasy unless you will it so.*

*Meditate on the petals of an orchid, or the spry dandelion;
Breathe in the salty ocean air.
Thank the heavens for the stars it shares with you,
And love the ones you're with.*

Chakra 5

The fifth chakra is found at the base of the neck extending out from the hollow of the throat in front and extending out from the spine at the top of the torso in back. It provides fueling for all activities related to

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communication. It is the sibling to the second chakra in the area of communication, with chakra two providing creativity related to the body and chakra five providing creativity related to the mind.

Speech and language is fueled by this chakra. The fifth chakra supports activities such as journaling, book writing, intimate communication and speaking by great orators.

The area it fuels is unique in shape, forming a chalice. The lower part of the goblet is the neck, moving upwards, it then bows outward to include the ears, nose and mouth. The fifth chakra primarily delivers necessary energy for the proper fueling and running of the hormonal system.

The fifth chakra is female in nature: creativity flows from the inside out, providing a way for the manifestation of creativity of the internal landscape to be present and palpable to the outer world. For example, the action of writing these ideas down in book form is fueled by the fifth chakra.

Best to Worst on the Color Scale for Chakra 5 (supporting the nature of communication)

Color	Percent Potency	Description
Pink (for women)	100%	Communication for a woman at its strongest is delivered from the space of nurturing and love. Pink provides for the amplification of love; it is the divine expression of female love. If a man wants to specifically lead women and match their energy to relay his communications to them, he would choose to have pink in the fifth chakra. A stronger choice for a man is green.
Pink (for men)	40%	
Green (for men)	100%	For a man, green provides divine male love and healing in his communication chakra. For a man to align with his masculine nature using the direction of green/love is the highest expression of communication for a man. For a woman, green provides balance in her communication. She will experience the yin-yang balance of her female nature with her assertive self. By now you may notice a pattern emerging in the area of colors best used for men and women. A woman can more easily access the male nature because she is wired with all the male programs in her endocrine system. A woman can implement colors specifically good for a man to use with no real loss in the potency of her chakra energy. A man, however, does not have the same access to the female hormonal body with all the added functions a woman experiences in her symphony of hormones. He will therefore not have as much ease and successes, if using female colors, as women do for their chakra journey.
Green (for women)	90%	

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Color	Percent Potency	Description
Orange	90%	Communication fueled by happiness resonates as potent and pleasurable to receive.
Blue	70%	Peace and stillness are good attributes for a peacemaker to direct and embody. This aids in effecting change, for example, in a corporation or country.
Yellow	30%	Mental energy loaded with facts and statistics can, on occasion, be useful. However, without love or happiness the information relayed will generally fall on deaf ears.
Purple	20%	In the chakra of communication, purple provides religious fervor. Joel Osteen is a good example of the use of purple in his communication chakra.
Red	0.5%	Red in the chakra of communication is inflammatory. I know a woman born in Ireland who communicates from red. She is often in battle and aggression with her relatives and friends. Real friendship with a person whose communication is fueled by red is virtually impossible.

Chakra 5 spins clockwise in front and spins both clockwise and counter-clockwise in back.

A missing fifth chakra can be caused by cancer, injury, or assault.

Great vocalists are perfect examples of the fifth chakra being used to its highest and best expression.

Chakra 6

The sixth chakra is often referred to as “the third eye” or *ajana* chakra. It provides the connection and access of human spirit to human body. It also provides energy to the human brain and center of head or Golden temple of silence. This is sometimes referred to as “the seat of the soul.” For the sake of accuracy, we shall say “seat of the human spirit” or “the control center.” The sixth chakra projects out from above the bridge of the nose, centered between the eyes in front and three inches above where the spine meets the skull in back. It provides access for inner vision. Female in nature, the brow chakra is inward focused.

Best to Worst on the Color Scale for Chakra 6 (to support the nature of spirit-body union):

Color	Percent Potency	Description
Blue	100%	Blue, as eternal peace, is the highest expression of the brow center. Blues, especially in the deep rich colors, provide the stillness from which to observe life and choose wisely. In stillness, one comes to know one's true self as an individual discovers his or her essential nature and ascends to enlightenment. Meditation amplifies and quickens this spiritual progression. In the Siddha yoga tradition, there is a practice known as the blue pearl meditation. This meditation focuses on the third eye as a blue pearl and deepens the experience of inner silence and Divine connection for the practitioner.
Green	98%	Green provides vitality in the sixth chakra.
Purple	80%	Purple provides a departure from the physical to a type of regality. An Indian prince I knew well had this purple in his third eye. Purple provided greatness and an outer identification, which is something you might expect from a leader who must make decisions not only for him or her but also for the masses.
Yellow	60%	Yellow provides the developmental energy of wisdom. Keep in mind, yellow found in this space represents a spiritual aspirant developing wisdom. Fully embodied wisdom is royal blue.
Pink (for women)	60%	Pink provides essential knowledge related to love wisdom. This is also a color that provides a place from which to learn and grow in love wisdom. Pink, love wisdom, is female in nature. (We'll be going deep into love wisdom in the upcoming book <i>The Seven Stages of Love</i> .)
Pink (for men)	50%	
Orange	20%	Orange provides a happy mindlessness. It does reflect an unhealthy mind, one out of balance at the very least, and is an indication of dementia.
Red	4%	Red provides an irritable environment. It is rajasic energy in high gear. Mental illness is likely.

Chakra 6 spins counterclockwise in front and spins both directions in back.

Causes for damaged or missing chakras are injury, brain illness, and dementia.

If the sixth chakra is off or missing, the person you are looking at is in trouble and needs help immediately. With the sixth chakra off, you will not have access to your control center or seat of spirit in the center of the head. Others will choose their life for them, and many times there is a possession of evil spirits or entities. Dementia and mental illness also fall into this very problematic circumstance.

If, on the other hand, you have a sixth chakra on and spinning in front and back, you will likely meditate and sleep easily as well as feel you are in

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charge and in the center of your life. You may not always be happy or blissful, but you will be an active creator in your life.

Chakra 7

The seventh chakra provides for direct access to our high self and God—our higher power. The seventh chakra is beautifully positioned over our head and is the only chakra extending upwards. It has both male and female qualities, as it is both receptive and giving.

The seventh chakra appears slightly different than the other six chakras; it appears more pillar-like than cone-shaped. Although the seventh chakra does not actually come in contact with the human physical body, it provides energy of the highest essence for human growth in all areas of physical, emotional, mental, and spiritual health and vitality. Its energy fuels brain function related to proper body chemistry.

Maria's Story

I worked with a thirty-nine year old woman, Maria, who had a black crown chakra. Knowledge of the Divine could not reach her. In addition all her chakras were grey and black. This was the result of the suicide of her husband eighteen months prior, with whom she was very much in love.

Maria found me through a mutual friend Alice. All of Maria's friends were extremely concerned for her. It seemed she was not present to her life, and was walking around in a trance-like and darkened haze. The absence of the seventh chakra represented the internal problem Maria was struggling with. In her mind, she had resolved the suicide by thinking that God was dead.

Her mother had moved in with Maria, as she could no longer cope with life or with her tiny, precious toddler. When we started working together Maria woke up! Just by restoring the chakras and aura to bright colors, she awoke from the dream of death. She literally had been like one of the walking dead, with little memory of life for all those months. A veil lifted, the lights came on, and she was able to *return to her life*.

Best to Worst on the Color Scale for Chakra 7 (to support the nature of divine connection)

Color	Percent Potency	Description
Gold	100%	Gold provides the match of the Divine frequency.
Yellow	70%	Yellow provides a close match to the Divine frequency. Often yellow is the place-holder or stepping stone to the ultimate match of Gold. Yellow provides access to spiritual knowledge, where Gold is the experience of spiritual wisdom.

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Color	Percent Potency	Description
Green	50%	I occasionally see light green in the crown chakra. Light green provides a connection to the Divine for people with no experience of the connection.
Pink (for women)	50%	For women, pink provides love in the area of connection to the Divine for women with no former experience of the connection. For men, pink provides loss of connection without anger. This essentially means being okay about being disconnected from the Source.
Pink (for men)	30%	
Orange	40%	Provides the experience of replacing the connection to the Divine with either an attachment to something that is not Divine or any addiction.
Purple	20%	Purple provides a sense of lost connection. It provides confusion.
Red	0.3%	Provides <i>rajasic guna</i> (spiritual irritability) with no experience of connection to higher self or to the Divine.
Blue	0%	Blue does not appear here.

Chakra 7 spins in both directions. I have not seen a missing or broken seventh chakra.

The wise elder wisdom you are receiving while absorbing the content of this book will allow you to assist yourself, the ones you love, and people with whom you work to heal and awaken.

Looping Techniques

I have occasionally used looping techniques to assist in improving a situation. Imagine an energy loop traveling out the front of one chakra and entering a second chakra coming out the back of the body and looping up to the chakra you started with. The energy, once set in motion, will continue to flow in that loop for several minutes as you invite the merging energies of the chakras to support and enhance each other and the area of healing.

Here are a just a few of the hundreds of combinations possible:

Combined Chakra Numbers	Effect
1 and 3	Increases power, strength, and physical survival
2 and 5	Increases and amplifies creativity
2 and 4	Improves access to love, compassion, tenderness, sensuality, and life-force
1 and 2	Improves connection with life on planet Earth
1 and 4	Provides a potential for healing a traumatic relationship with a parent suffered in early childhood; increases sense of love and loving
5 and 6	Provides an integration of language and higher wisdom; is especially good for foot-in-mouth disease.

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Combined Chakra Numbers	Effect
	(I use this combination when language does not match higher knowing)
6 and 7	Human and God wisdom; improves the quality of thinking; improves the awareness of connection with the Divine

Nadis

According to the Yogic tradition there are many more energy centers in the physical body. There are more than 270 such energy sources, including knees, feet, hands, nipples, and ears, which we will address later in this chapter.

Hand Nadis or Chakras

Hand chakras are found on the palm of the hand. They extend out about one and three quarter inches and have more of a tubular shape. They are slightly above the skin in the center of the palm, sized a quarter of an inch round on the inner part and three quarters of an inch round at the outer part.

Hand chakras are vitally important, and if you are aware of their function and purpose, these chakras are powerful and useful tools. The right hand provides the gift of energy transmission. Energy flows out of this center. The left hand provides the gift of receiving and provides a perfect environment for reading or understanding what is in front of the hand or the information you are receiving while healing someone. With training, you can use both hands for either function.

One of the special qualities of the hand chakras used during healing is that you can join forces with healing energies beyond your own skill and capability. An example of this is a Christ-force healing. By opening your hand chakras, you can allow Christ energy into the back of the palm which then flows through the palm and out. You have now amplified your healing energy significantly.

If you choose to experiment with this, be sure to clear your hands prior to and after each healing. You must know the energy that you are bringing in and make sure that the energy is completely cleared from your hands each and every time.

Clearing the Hand Chakra

You may be wondering how you can effectively clear the hand chakra. Imagine the palm of the hand has a camera lens in it. This lens opens and shuts when there is need. What if however when the lenses were open some refuse got stuck in the lens, causing it to be permanently partially

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open and now collecting gunk as long as it is stuck in the open position.

- Make a conscious choice to close the two lens like chakras on your right and left hands
- Now do the Rose-Bomb procedure until there is no kinesiography reading that reveals a disruption. The Rose-Bomb procedure involves a process of your imagining a rose sitting on top of the problem area and then imagining a cartoon bomb exploding both the rose and the problem energy. The Rose-Bomb procedure has the power to remove something that does not serve you by erasing the problem energy.

Special note * If this is not done, you run the risk of attracting energies that are foreign to you, which will confuse your muscle testing/kinesiography readings.

Knee Chakras or Nadis

Knee chakras are amazing. The metaphoric power of the knees is the ability to honor oneself, to really lovingly acknowledge one's presence.

The Christians from olden times knew the honor of self and the connection of the knees for kneeling in prayer, so pray daily on your knees and begin to observe that your knee chakras turn into Golden crowns. There was a point where I was kneeling in prayer every day and my knees became luminous. The legend is that you begin to wear your "heavenly crowns" here on earth! How cool is that!

Prayer on Your Knees

When you create the time to pray you are honoring your own divinity. Making time for connection with God elevates your energy and feeds you nourishing manna from the heavenly realms. Everyone is invited to pray, but who actually takes the time to really worship and celebrate the Divine God connection? It is fine to come with problems for assistance, but the power of prayer is in the celebration of all that is good and right. When you can access in your being the very GLORY, then, my friend, you know God.

Feet Chakras or Nadis

Your feet provide an amazing map for the entire workings of the body. The bottoms of the feet provide the path to your soul understanding. Being disconnected from your feet can cause endless challenges. Just like the hands, where you can open the chakras for energy access, the feet chakras can be opened to access earth energy. This provides connection and grounding. Normally the right side is assertive while the left side is

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receptive. However, the feet chakras, located in the soft part of the foot towards the heel, are both receptive. They are three inches in length, circular, and do not spin.

All of our meditations have the cues to open the feet chakras to earth energy and bring earth energy up through the feet ankles shins and calves, knees, thighs, through the hips and down the grounding cord.

Just as I described in the hand chakra section, the feet chakras have a “camera lens” quality to them where they can be opened. Opening to earth energy grounds and reconnects you with this planet.

Nipple Nadis

I mention nipple nadis as they are the energy food for our incoming generation. They continue to fortify the infant with their mother’s energy. They are tiny, only three quarters of an inch and are small replicas of the body chakras. They are an eighth of an inch in diameter at the nipple to three eighths of an inch in diameter away from the body. Nursing your newborn is the only way your mothering chakra energy is transferred to the baby for up to about eight months.

Ear Nadis

Ear nadis are tubular in shape, one and a half inches in length, starting at the opening of the ear and extending out. They help with ear functions, such as balance, and hearing.

The following pages contain a summary of all Chakra colors.

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Table 8-1 Summary of Chakra Colors

Chakra	1	2	3	4	5	6	7
	Survival	Physical Creativity	Will	Love	Communication	Spirit-Body	Divine Access
I	Red 100%	Pink 100% w	Green 100 %	Red 100%	Pink 100% (women)	Blue 100%	Gold 100%
	Green 90%	Pink 60% m	Red 90%	Pink 99% w	Pink 40% (men)	Green 98%	Yellow 70%
	Pink 80%	Green 100% m	Pink 50%	Pink 40% m	Green 100% (men)	Purple 80%	Green 50%
	Purple 57%	Green 97% w	Purple 40%	Green 97% m	Green 90% (women)	Yellow 60%	Pink 50% w
	Orange 30%	Red 80%	Yellow 20%	Green 70% w	Orange 90%	Pink 60% (women)	Pink 30% m
	Yellow 5%	Purple 50%	Orange 4%	Peach 91%	Blue 70%	Pink 50% (men)	Orange 40%

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	Blue 3%	Orange 40%	Blue 0.2%	Orange 95%	Yellow 30%	Orange 20%	Purple 20%
		Yellow 10%		Blue 24%	Purple 20%	Red 4%	Red 0.3%
		Blue 1%		Yellow 20%	Red 0.5%		Blue never