

The Spiritual Body

The spiritual body.

We're going to talk just for a few minutes about the Chakras, the Aura and some of the other areas in the body that we use in our meditation techniques.

So Chakra 1 is our grounding or our root Chakra and it's at the perineum or base of the spine but generally it's thought of the perineum. It's a cone-shaped Chakra and it's about 6 inches big, it's narrow, close to the body and gets a little wider as it moves down towards the earth. The Chakra is responsible for all the things that are our physical life: feeling really safe, feeling like you have enough air to breathe and enough food, clothing, a roof over your head, water to drink, that kind of stuff. So it's really kind of earthly survival kind of stuff.

The 1st Chakra is related to the first layer of the Aura and the first of the Aura is closest to the body. And so it's right next to your skin. And again, it's all about survival of the physical body.

The 2nd Chakra, really the first one on the torso, is about mid-belly. Just about 3 inches below the belly button and it comes out the front and out the back. So a lot of times when you see a Chakra person, you just see a circle but in actuality there is a Chakra in front and a Chakra in back. It's the same Chakra but there's a front and back to it. It's conical-shaped, narrow, at the belly, at the skin, about 3 inches below the belly button again, narrow at the surface of the skin and about 6 inches out, it becomes cone-shaped like a circle and it has multiple discs that spin. We don't need to go into all that detail but just kind of think of it a little bit shaped like um, oh yeah, an ice cream cone would be a perfect image, like one of those waffle cones. But it actually has a little disc at the end of the waffle cone. So you've got one part of the second Chakra extending at the front and then you have the other part really equal on the back side so it's kind of coming out the sacrum but it's directly behind the front Chakra.

And the 2nd Chakra is about sensuality, sexuality and creation on a physical level and this will all make sense to you in that that's where girls make babies, of course. But also we think about that in creation like anything that's created physically so a painter creates from the second Chakra. Also there are other creative channels. So anything that's created on a physical level.

Then Chakra number 3 is just above the belly button and it is our 3rd Chakra wheel, responsible for us really being able to be empowered on the planet. There's one in front and one in back. All the ones that are on the torso, all the Chakras that are on the torso have a front and a back. So and that they're all the same kind of size and shape. So that would be being able to manifest having a wheel, being able to play out what you want on the planet. That's very, very important. That's a key player in being able to be successful in the world is having number 3 rocking for you.

Directly behind the 3rd Chakra, of course, and behind the back there, so that's just a little bit above waist level on the spine there in the back is where the 3rd Chakra is extended out in a cone shape.

And the 4th Chakra is at a heart level and really that Chakra is coming out of kind of that sternum area, the bottom of the sternum. It's in the center of the body as in relation to it's not exactly over the heart, that's what I mean. It's responsible for the god of our heart and for love and what's behind in the 4th Chakra would be like past love or disappointments and what's in front are like your Chakra that's working out in front of you, it's kind of present time and what's in

the future. And it really has to do with all love relationships: love relationships with the divine, love relationships with yourself, love relationships with your family and with love relationships with your sweetheart. So all love relationships are formulated out of that Chakra.

Chakra number 5 is at the neck and this is the Chakra that really affects a whole kind of chalice area. It affects the neck and then the lower part of the head. And it's our Chakra of communication and there is a front and a back. So coming out of the neck, kind of the hollow part of the neck is where that Chakra comes out of. So the lower part of the neck, mostly communication so it has to do with speaking, singing, writing, being able to communicate well and also to understand well. It involves our mouth and our ears as well as the communication centers in the brain.

Number 6 is the brow center and that sort of is the third eye. So kind of right smack dab in the middle of the eyebrows, it comes out the front and then out the back of the head, kind of if you went directly out and slightly below that. So it's a little bit lower the head in the back and in the front.

Third eye control center, it's our relationship with ourselves and our own divinity. So it's that golden temple of silence is there. It's really the place where these glands that allow you to meditate, there's the pineal gland in there, there's the pituitary gland that allows you to recreate yourself and there's the hypothalamus in there in that exact area where the 6th Chakra is. And the hypothalamus is kind of the director of the body. And then we have the mind at there, too, so it has to do with our mental body.

And finally, the 7th Chakra which is at the top of our head. It's called our Crown Chakra. So again, it's narrow against the scalp and then extends out and this Chakra is larger than the other Chakras. It's often seen in different meditative practices like a thousand-petalled lotus. But it actually is a conical shape. It's just much larger more like a megaphone. It reaches up towards the heavens, it goes straight up. And it has to do with your communication with the Supreme Being, really being able to access the abundance of the universe in whatever way that is. If you believe in a Supreme Being that's a personality, that is your connection there. If you believe in a universal force, that's your connection to the universal force.

There are smaller, lesser Chakras. The main lesser Chakras are in the hands, feet and knees and we don't really address them in these early stages but they are very, very useful. Our meditation that we just did, we did open the feet Chakras, the hand Chakras, we opened up and heated up so that you did a healing on yourself with the hand Chakras. We did talk about a little bit about the knees being your ability to honor yourself so those knee Chakras, if you're very good at honoring yourself, a lot of time we see little crowns, kind of golden crowns coming out of the knees.

The Aura has 7 layers. And we don't need to talk about all the layers in this little lesson. Just to know that the Aura is your energetic bubble that you live in. So it's your kind of your little biosphere. It definitely has a feeling to it. You know, people can feel you approaching them and that's your Aura. So even before you get there, maybe you're a foot or 2 away, they feel this kind of warm feeling, this energetic feeling, that's you. That's your energetic bubble.

The Aura should, we're always looking to tighten up the outside edge of the Aura so there's really like a pristine, sharp edge to the Aura.

A lot of people have kind of more of a spongy edge and that will cause some little energetic problems. So you really want to be always thinking about like a glass edge or a bubble-blow bubble edge or something where you really have an edge to the Aura. Because you don't really want to be absorbing everybody else's stuff.

In most of the meditations I teach, we'll have a male and female clearing and the female clearing is the ovaries. Essentially, the reason that we're clearing the ovaries is the ovaries are a place that we heal from and so all of our healing projects come from that power of the ovaries. That makes sense when you think about you're creating life from there so that's where those healing projects are coming from. That's where our power center for healing is.

The story about the ovaries, just so fascinating, is in the 1900s, doctors created the diagnosis for women that they were hysterical and they put them into sanitariums where they lived for 6 or 7 years until they were through or sometimes 12 years until they were through menopause completely and they stopped being hysterical. This was really kind of torturous, they were in ice baths and they were, you know, they were tied up on beds and just like all kinds of awful things happened to women back then and they were experimenting on these women. And they discovered that when they took out their uterus and their ovaries, that the women stopped being hysterical. So they called that procedure a hysterectomy which means they remove the cause of hysteria from the body. Well, they were kind of on the right track but a little barbaric. The actual ovaries just can be cleared by drawing a line of energy as wide as your wrist, hollow in the center, to the perineum, down to the center of the earth and they can just be set on release and they'll never be impacting with that excess energy of hysteria. So the hysteria energy is actually someone else's energy in your body. That's what that is.

And then the other thing is in the male grounding, we just ground the testes and set them on release. That just allows men to get out of their competition and assertive space and just into a space of neutrality and receptivity.

Then we're going to go on to the adrenals which we did do in this meditation. The adrenals are little acorn-like glands, they sit on top of the kidneys, slightly above the waist, so about an inch above the waist line and 2 inches off the spine, approximately. And we ground them because they're so overused and we clear them, everytime we meditate we clear them. Now, the adrenals were really only meant to come on once every 7 to 10 days when the cave men ran away from the saber-toothed tiger, the grizzly bear. But now the adrenals come on with every beep, bing, honk, every alarm. If you can imagine going through your day, you're in your car, the adrenals are on, you know. Any kind of movie, like an action movie will burn the adrenals on; and they're pumping out, pumping out, pumping out, they're pumping out adrenaline and cortisol. They're really just on all the time and what we need to do to have the space of creating wellness is we need to have them off and we need to have the adrenals really in a relaxed state so that we can be in our parasympathetic system which the nerves are relaxed and the energy is in the main part of the body so that we can regenerate ourselves. That's why we're always, always working on the adrenals. There's this syndrome of adrenal fatigue that's actually reaching into our youth so there's a lot of children and teenagers that are now affected with this adrenal fatigue pattern.

So we just want to be on top of that. Our bodies really haven't changed very much in several million years so we still have bodies that are very much bodies that cave men have and so

some of these things that we're just taking care of in a spiritual level just keeping good hygiene on the inside.

Now the center of the head is our golden temple of silence. You can kind of imagine it as a hollow center. We have a view screen that's kind of in the front, behind the forehead and that's really whatever you imagine it to be. It is the place where we have clairvoyance so that place where we see and some people will have impressions and not see. It doesn't really matter. If you practice anything, you will develop it. So if you are an athlete and you really worked your legs, and you became a runner, you would become a runner if you worked and worked your legs out; you did your stretches and then you went for your runs, you would get better and better. It is the same with meditation and clairvoyance, you do actually get better and better, the more you own the space you're in.

Alright, well then that's talking about the spiritual body and a few of the things that we're looking at in the physical body. I'm going to talk to you now a little bit about sitting posture. Normally, what I'm asking you to do is to sit straight up on a comfortable chair with your spine erect and your feet on the floor, your hands open, palms up, on your lap. This is just allowing the energy to really flow, so you're not cross-legged and getting all twisted up. It just allows you to really get things rocking in your body and moving easily so you're not fighting your own self. Another way to do a meditation is cross-legged. The only difficulty with the lotus position, some of you might be Yoga practitioners and I fully support you. If that's the way you're comfortable then do this. It's just that you have a little bit of twisting to do when you're moving energy through the leg channels. And the lotus posture in Yoga doesn't really address clearing the leg channels. So that's one of the things, the benefits of sitting in a chair as opposed to cross-legged. But totally, you can work that space and you can totally be successful. You just have to be conscious of it.

And finally a 3rd posture that I encourage, especially people who have serious health issues is the laying posture. And this is not for everybody, this is for people who have health issues and is difficult to sit. In that posture, you imagine yourself laying in a giant, like a Gerber daisy with a big, fat stem and you're laying in the petals of that daisy. And the stem becomes the grounding cords. That's a very, kind of sweet way, for people who have difficulty sitting. The only difficulty really with this particular position is that people will tend to fall asleep. So you have to be a little bit diligent with yourself on this position if you are going to use that position regularly. You want to find a way that you can stay attentive. So you want to make sure that you're meditating when you're awake enough.

I often get asked about Mudras. And Mudras come from the traditions in India. And they're very much part of Yoga and Hindu temple dance. They are using the hands in a particular way to bring in a particular energy. So for example, we did the 'cup of love' Mudra with the palms open and receptive to the energy pouring down in the universe, they're really a language of the hands. It's very much like very clean sign language to the body, to the energetic body and to the universe.

The Mudras are well described when I do offer them in the guided meditations and they really are meant to just open the heart, open yourself to receptivity so they're well described for you. You have a kind of a clear path knowing what to do next.

So we've just gone over a few of the different tools, techniques and energy centers for your understanding. If you'd like to learn more, you can contact me through my website,

www.julierenee.com, where I have a variety of different meditations available for you and a whole bunch of different kinds of classes and opportunities.

Thank you so much.

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