

The fourth or heart chakra can be found in the mid sternal region directly over the heart and thymus gland.

The fifth or throat chakra is situated in the neck near the Adam's Apple, directly over the thyroid gland.

The sixth or brow chakra in the mid-forehead above the bridge of the nose is situated over the pituitary gland.

The seventh or crown chakra is located on top of the head over the pineal gland.

CHAKRA	NERVE PLEXUS	PHYSIO-LOGICAL SYSTEM	ENDOCRINE SYSTEM
HEAD	CEREBRAL CORTEX	CENTRAL NERVOUS	PINEAL
BROW	PITUITARY	AUTONOMIC NERVOUS	PITUITARY
THROAT	CERVICAL GANGLIA MEDULLA	RESPIRATORY	THYROID
HEART	HEART PLEXUS	CIRCULATORY	THYMUS
SOLAR PLEXUS	SOLAR	DIGESTIVE	PANCREAS
SACRAL	SACRAL	REPRODUCTIVE	GONADS
COCCYX	SACRAL-COCCYGEAL	GENITO URINARY	ADRENALS

Figure 1: Neurophysiological and endocrine associations of the Chakras

Do bear in mind that each auric layer has its own set of seven major chakras, each located in the same place on the physical body, but extending into the auric field. As these chakras extend, they become larger and have a specific colour which corresponds to the vibrations of the specific transmitted energy.

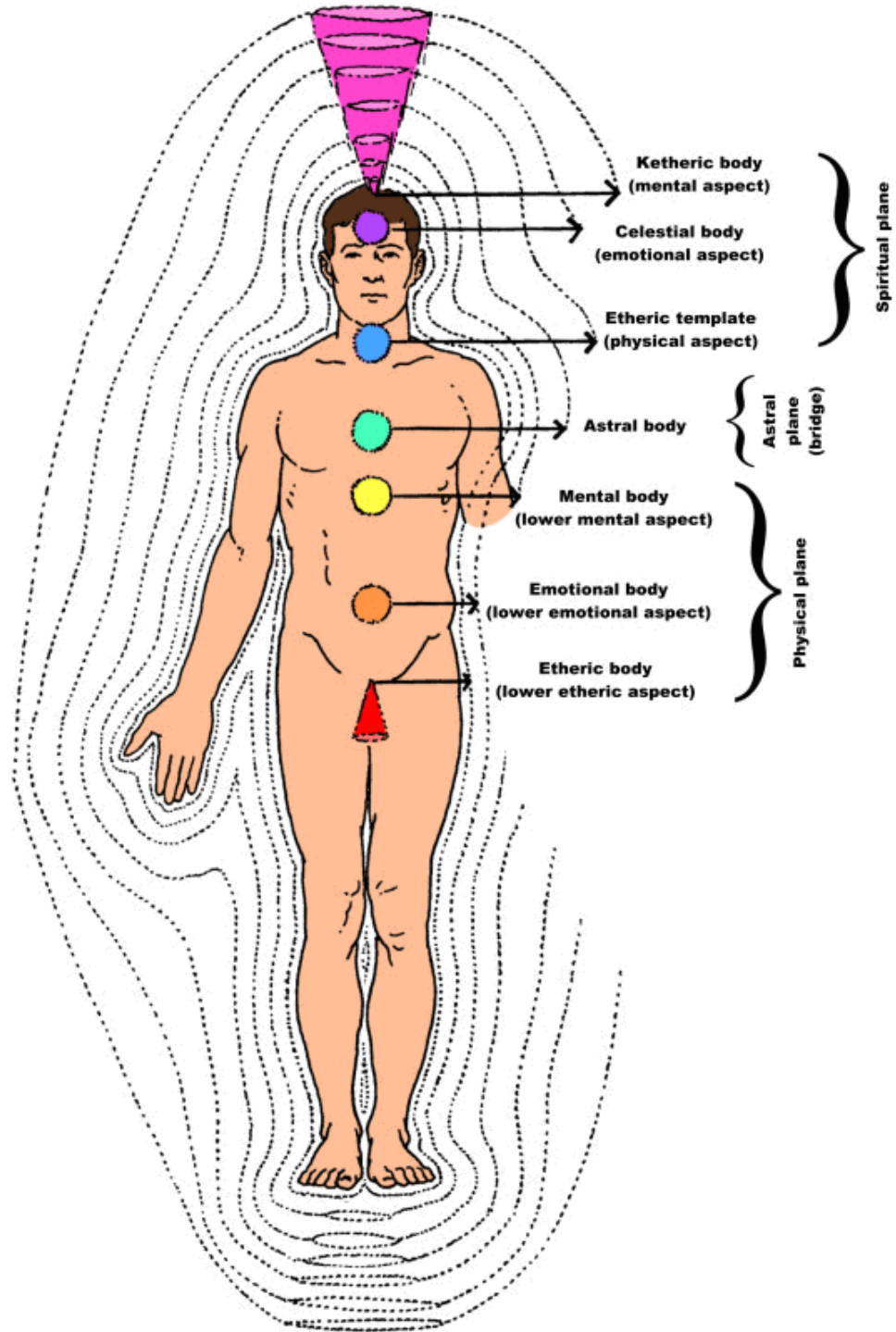


Figure 2: Illustrating the auric layers of the subtle body with the corresponding Chakra. To clarify, colour the layers as discussed in the text. (After BA Brennan, 1988)

CHAKRAS	ENDOCRINE SYSTEM	CORRESPONDING ORGAN
CROWN	7. PINEAL	Upper brain, right eye.
FOREHEAD	6. PITUITARY	Lower brain, left eye, ears, nose
THROAT	5. THYROID	Bronchial, lungs, vocal, alimentary canal.
HEART	4. THYMUS	Heart, blood, circulatory system
SOLAR PLEXUS	3. PANCREAS	Stomach, liver, gall bladder
SACRAL	2. GONADS/ OVARIES	Reproductive organs
BASE COCCYX	1. ADRENALS	Spinal column, kidneys

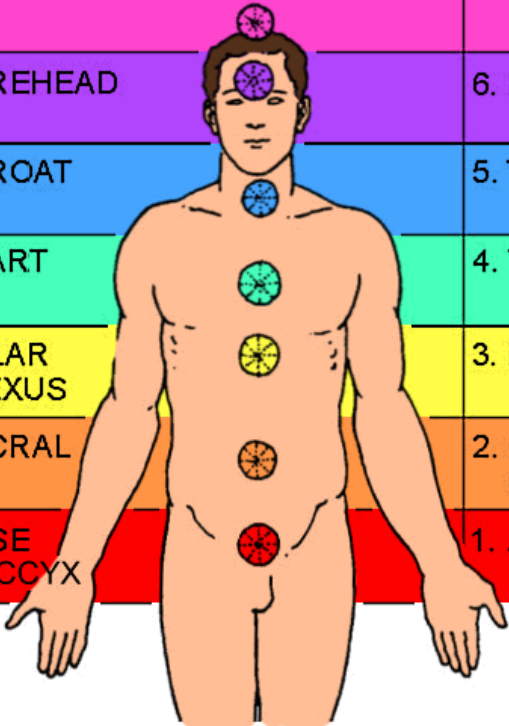


Figure 3: Anatomical location of the Chakras

FUNCTION OF THE CHAKRA SYSTEM

Metabolising Energy from the UEF/HEF

The chakras are openings for energy to flow into and out of the aura, and exchange energy with the UEF. As this energy is associated with a form of consciousness, the energy exchange is experienced in terms of seeing, hearing, feeling, sensing, intuiting or direct knowing.

Energy of a higher frequency is translated by the chakras into a glandular hormonal output which affects the entire physical body. It is therefore important to open the chakras and increase the flow of energy, the more energy that flows through the system the healthier the human system will be.

Illness in the system is caused by an imbalance of energy. In other words, a lack of energy flow throughout the human system tends to lead to disease. It also distorts perceptions and dampens feelings, thus interfering with an experience of full life.

As mentioned previously, chakras originate at the level of the etheric body. The chakras are in turn connected to the physical-cellular structure via fine subtle-energetic channels, referred to as 'nadis' or the auric fibres. These fine threads of subtle energetic matter distribute the life-force of each chakra into the physical body.

These unique channels are interconnected with the nervous system and affect the nature and quality of nerve transmissions within the central nervous system. (Brain and spinal cord) and the peripheral nerves. Dysfunction at the level of the chakra and the nadis can therefore cause pathological changes in the nervous system. In this respect it can be the amount of energy passed through, and the coordination between the chakra-nadis and the nervous system.

To illustrate:

When a person is in a frightening confrontation, he or she shuts down as do the chakras, involuntarily. Energy transmission stops immediately, the nervous system is starved and the person is immobilised - they cannot move or think.

As there is also a hormonal connection between the chakras and the endocrine system even further complexities occur.

A subtle energetic system imbalance can create abnormal changes in the cells of the entire body.

A decreased flow of subtle energy through one of the chakras can give rise to under activity in a key endocrine gland. For example, decreased energy flow through the throat chakra might give rise to hypothyroidism.

The chakra system also transmits energy between the auric layers of the subtle body. Each layer has a chakra in the specific layer connected with the chakra in the higher layer and the one in the lower layer.

PSYCHODYNAMIC FUNCTIONING OF THE CHAKRAS

The chakras are associated with perceptual function. This, in combination with the inter connection of nervous and hormonal systems exert an influence on the psychodynamic function of a person. Each of the five senses is associated with a chakra. Hearing, smelling and tasting with the throat chakra and seeing with the brow chakra. Also, the frontal aspects of the chakras are related to a person's feelings, the rear ones to the will and the three on the head with the mental processes.

It is therefore necessary to emphasise the influence of glandular activity on particular patterns of emotional expression. In that the hormonal activity of the major endocrine glands is dependent on the energising influence of the associated chakras. Bear in mind that the astral body is considered to be the seal of human emotions. Because the astral body has a strong connection to the emotional nature, there is a powerful link between the mind, physical body and the astral body in the expression of both physical and emotional well being and illness. Thus, the chakras and glands basically determine the state of health and the psychological equipment of a person.

According to Barbara Ann Brennan, as stated previously, the chakras can be divided into mental centres, will centres and feeling centres. For psychological health, all three types of chakras should be in balance and open. The three chakras in the head and throat areas govern the reason, the chakras on the front of the body govern the emotions and the counterparts on the back govern the will

The following diagram illustrates the associated psychological function of each major chakra.

CHAKRA PSYCHOLOGICAL FUNCTION	
<i>MENTAL CENTRES</i>	<i>ASSOCIATED WITH</i>
7. Crown Centre	Integration of total personality on physical emotional, mental and spiritual levels
6a Brow (forehead)	Capacity to visualise and understand mental concepts.
6b Mental executive	Ability to carry out ideas in a practical way.
<i>WILL CENTRES</i>	<i>ASSOCIATED WITH</i>
5b Base of Neck	Self-awareness and sense of self
4b Between shoulder blades	Ego, will towards outer world
3b Diaphragmatic Centre	Healing, intention towards one's heart
2b Sacral Centre	Quantity of sexual energy
1 Coccygeal Centre	Quantity of physical energy and will to live.
<i>FEELING CENTRES</i>	<i>ASSOCIATED WITH</i>
5a Throat Centre	Taking in and assimilating.
4a Heart Centre	Feelings of love for others, and an openness to life.
3a Solar Plexus	Great pleasure, consciousness of Life. Who you are
2a Pubic Centre	Love for opposite sex. Giving and receiving pleasure.