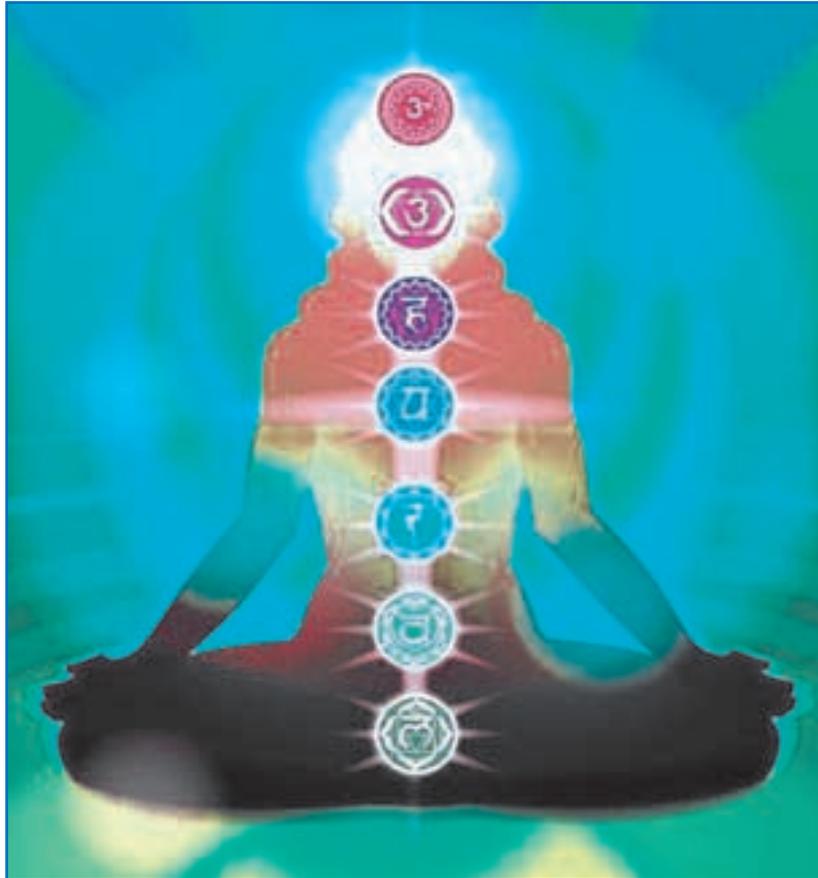


# the 7 CHAKRAS

## psychic centers of consciousness



IT IS SAID that the main purpose of Pranayama (conscious control of the Prana or Vital Life Force, the breathing exercises) as a Sadhana or spiritual practice is to awaken the Divine Cosmic Power. This power, known as Kundalini, is conceived of as a sleeping coiled serpent that lies dormant at the base of the spine, the Muladhara, Basal or First Chakra region. Through steady application of specific yogic techniques, this power is made to travel up the spine, penetrating all the Major Chakras in its path, eventually reaching the highest Chakra –

B y Y o g i S r i D h a r m a M i t t r a

the Sahasrara just above the physical skull, where it unites with the Supreme Soul. As soon as the Major Chakras are pierced by Kundalini, the ordinary consciousness is raised to a specific state of consciousness. Until one's consciousness evolves to the point of the Vishuddha or Fifth Chakra opening and activating, the consciousness always moves between Chakras as a result of one's deeds from the past and what one is currently passing through. Once one's consciousness arrives at the Fifth Chakra, it never descends again.

While there is a relationship between the Glandular System and the Major Chakras, the Chakras are truly part of the Subtle or Psychic Anatomy. Only those blessed with psychic powers or abilities can actually see them, not even the most powerful electron microscope can actively engaging the powers of the imagination to grasp what they truly are, and then to use this knowledge to help make real progress in yoga.

### The Major Chakras and their State of Consciousness from the Base of the Spine to the Crown of the Head and Beyond

**the First Chakra**  
MULADHARA  
(located between the legs)

At this level, an individual acts in darkness and views the world in a very cruel and materialistic way. Lacking the discrimination to tell

right from wrong, the individual hurts himself and others. In this state, the Divine Energy is at its lowest degree of strength. Imagine a cave-man; someone so primitive that they are only concerned with the most basic acts of survival. Their responses to the outer world are painted only with the broadest of brushstrokes as in fear, anger, joy, etc. Although we all pass through this state of consciousness as young children, most move beyond as they age and evolve.

**the Second Chakra**  
SVADHISHTHANA  
(located by sexual organs)

Here one thinks only that the world is brought about by the union of male and female -- that sex is the basis of everything. Holding such a view, this poor soul endowed with little understanding wastes all its semen and sexual power in vain, sympathetically slowing its down spiritual progress. An individual lost in this state is easily hooked on sex, and it is hard for them to ever really break free. The more one's cravings are satisfied, the larger they grow and the faster they multiply. Of course, when exercised properly, with moderation and without attachment, then the suffering inherent in this state is lessened.

**the Third Chakra**  
MANIPURA  
(located below the navel)

In this state, one seeks for power and achievement. Here one works hard for

name, fame and position – even their religious observances are related to these aims, giving rise to arrogance. Ostentation, rudeness, etc.: “Striving hard only to amass wealth for the satisfaction of their passion, one says Motivated by selfish actions, one offers sacrifices, gives and rejoices.

**the Fourth Chakra**  
ANAHATA  
(located by the heart)

At this level, one begins to transcend the ordinary human emotions partially described above. One acts with pure resolve and with conscience. Ordinary love is now constantly being transformed into compassion, and it purifies the mind and heart, increasing spiritual perception. This may be the beginning of the end of sin.

**the Fifth Chakra**  
VISHUDDHA  
(located by the throat)

Here one strives hard for spiritual fulfillment. Virtues such as self-denial, self-control, austerity, steadfastness, uprightness, renunciation, dedication, truthfulness and tranquility are highly cultivated. This may be the end of sin.

**the Sixth Chakra**  
AJNA  
(located by the forehead – third eye)

Here, after long and painful spiritual practices such as self-purification, the mind, heart and intellect are purified and the consciousness is expanded to the level of Divine Perception. One sees the Spiritual World or has a complete vision of God.

**the Seventh Chakra**  
SAHASRARA  
(located at the top of the head)

This is the end of the journey, one returns home again. As the air from a bubble becomes one with the ocean of air around it after bursting, so here pure consciousness, existence and bliss are freed from their veil or bubble (ego, individuality, perception of duality, Maya) and become one with the homogeneous Mass of Existence, Complete Knowledge or Bliss Absolute.

What else is there to say? Observe the fullness of Yama and Niyama (the ethical rules and observances of yoga), do your practice no matter what, be kind to everyone, harbor no ill feelings for your fellow man and make every action an act of adoration to the Supreme Self or God. Then the essence of the Chakras will reveal itself to you and you will achieve perfect success in yoga.

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