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The Twelve Chakras

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What do you think? What does it mean? What can be done?*

The Twelve Chakras

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Right away, here they are. The chakras are enumerated from the highest or last, to the lowest or first, hence the reverse numbering. When read from Numbers 1 to 12, we have an ascending, refining or rarifying order. The word *chakra* means a cyclic or spiral radiating force-field.

The following last three chakras are also stages of kundalini energy (serpentine force suggestive of the DNA structural model), and is of the nature of the highest or supreme (*para*) state of spiritual realization. A non-differentiated, hence, unified state (*abheda*):

- 12 Spiritual Force or *Kundalini* or *Vyapini Chakra*. The energy center which appears when *Kundalini* finishes its ascending journey through the chakras. *Kundalini* is metaphorically defined as a spiritual energy which in its latent form lies like a snake folded up in three and a half folds round the *muladhara chakra* at the base of the spine. (Note possible cosmic correspondence with the remaining three and a half Rounds, from the present period of spiritual evolution of the Earth Chain of Worlds to which our humanity belongs. See H.P.B., *The Secret Doctrine*.)
- 11 Immaculate Energy or *Shakti Chakra*. That unmodified pure energy center or spiritual force-field which is not a constituent of the physical body. *Shakti* is the immaculate virgin mother who gives birth to all genuine spiritual realizations.
- 10 Cranial or *Brahmarandhra Chakra*. Apex of the cranium.
Also known as *Sahasrara Chakra* (includes Nos. 11 & 12, in the system of seven chakras).

The following five chakras or five stages of kundalini are concerned with subtler energies as differentials or different differences (*bhedabheda* or *parapara*):

- 9 Forehead or *Lalat-ha Chakra*.
- 8 Brow or *Bhrumadhya Chakra*. Center between the eye-brows.
Also known as *Ajna Chakra* (includes No. 9, but not mentioned in the system of seven chakras).
- 7 Palate or *Talu Chakra*. Or tongue center.
- 6 Throat or *Kant-ha Chakra*. Cavity at the base of the throat. Also known as *Vishuddha Chakra* (includes No. 7, but not mentioned in the system of seven chakras).

5 Heart or *Hridaya Chakra*. Not the physical heart. The Heart Center is located in front of the chest (12-fingers below the tip of the nose).

Also known as *Anahata Chakra*. *Anahata* means the sound that is made without any two objects striking or touching each other. It is the strikeless or touchless sound made without objects that impact upon or against each other.

The first four chakras or stages of kundalini energy are lower (*apara*) and are concerned with differences (*bheda*):

4 Navel or *Nabhi Chakra*. Not the navel itself, but situated near it.

Also known as *Manipura Chakra*.

3 Ganglia or *Kanda Chakra*. A bulbous or tuberous root, so called, because it is a tangle of many nerves.

Also known as *Svadhithana Chakra*.

2 Root or *Mula Chakra*. This is the spinal center in the region below the genitals or near the base of the spinal column.

The word *mula* means to begin or starting. (In the system of seven chakras, *Muladhara Chakra* includes No. 1, *Janmagra*.)

1 Generative or *Janmagra Chakra*. Since the generative organ is concerned with *Janma* or birth of individuals, therefore the center of energy at this level is known as *janma*, or *janmadhara*, meaning "basis of generation," also known as *Janma* or *Janmadhara*, meaning the point or head of the generative organ. (Note the word *punarjanman* means reincarnation, the twin law of karma.)

The Awakening Of Our Latent Powers

Our higher latent powers are of spiritual virtues, such as, wisdom, compassion, goodwill, service and other altruistic endeavors. Spiritual realization endows one with the following paranormal psychic powers in relation to exterior material forms:

- 8 *Yatramavasayitva* -- the power of fulfilling all resolves.
- 7 *Ishitritva* -- the power of producing and destroying (transforming) the elements and material objects.
- 6 *Vashitva* -- the power of bringing all the elements and material objects into subjection.
- 5 *Prakamya* -- the power of fulfilling one's intention without encountering any resistance; irresistible will.
- 4 *Prapti* -- the power of obtaining everything (or anything).
- 3 *Mahima* -- the power of increasing the size or extent of one's consciousness.
- 2 *Lahima* -- the power of assuming any degree of lightness or weightlessness.
- 1 *Anima* -- the power of becoming as small as an atom.

Mantra Sounds As In the beginning was the Word

The following twelve successive Sanskrit letters or vowels are meditated on in relation to their correspondence with the successive twelve chakras or stages of the *kundalini* (serpentine) spiritual force. [Please do not attempt to do this advanced meditation without adept guidance. It would be like taking off to fly an airplane without first learning how to be an aviator with a trained pilot right beside you.]

Vowel	N	Stage	System 12	System 7
ah	12	Kundalini	Vyapini Chakra	--
am	11	Pure Energy	Shakti Chakra	--
au	10	Cranial	Brahmanrandhra Chakra	Sahasrara
o	9	Forehead	Lalat-ha Chakra	--
ai	8	Eye-brow	Bhrumadhya Chakra	Ajna
e	7	Palate	Talu Chakra	--
ū	6	Throat	Kant-ha Chakra	Vishuddha
u	5	Heart	Hridaya Chakra	Anahata
ī	4	Navel	Nabhi Chakra	Manipura
i	3	Ganglia	Kanda Chakra	Svadhithana
ā	2	Root	Mula Chakra	Muladhara
a	1	Generative	Janmagra Chakra	--

These twelve chakras or kundalini stages are teachings from the *Vijñāna Bhairava* (Consciousness of Reality) where 112 *dharanas* (meditation techniques) are given as a means for experiencing that unbounded consciousness of ultimate reality. The teachings offered hint to an inspiring profound secret awaiting discovery by the sincere aspirant or spiritual practitioner.

The *Pratyabhijñāhridayam* (Spiritual remembrance of reality) teaches the psychology of *Vijñāna Bhairava*.

The *Siva Sutras* (Verses of Shiva, the Transformer) teaches the metaphysics of *Vijñāna Bhairava*.

All three books above are authentic and definitive translations made by Jaideva Singh in India, later published by State University of New York Press. See its address in the footnote.

Jaideva Singh, *The Yoga of Delight, Wonder, and Astonishment*, A translation of the *Vijñāna Bhairava Tantra* (1991), State University of New York Press, State University Plaza, Albany, NY 12246. See pages 27-28, 30, 132. Originally published as *Vijñāna-bhairava* (1979) in India by Motilal Banarsidass, Delhi.

Another translation of the *Pratyabhijñāhridayam* by Ikbar K. Taimni is available from Theosophical Publishing House, P. O. Box 270, Wheaton, IL 60189-0270.