

LIFE – REALIZATION™

at Yoga Center of California
445 East 17th Street, Costa Mesa, CA. 92627

Subject: Your Spine Is Your Life-Line – The Seven Chakras

Points to remember:

Think of your spine as your life-line.

Your spine contains a magnificent cable – the spinal cord.

Years ago, Bell Telephone Company scientists estimated that an electrical cable matching the spinal cord with one fine wire for each spinal nerve would require their cable to be 27 and one-half miles in diameter!

Practice good posture; you'll have more energy and feel better generally.

Regular practice of yoga postures is of inestimable value for greater health – **and greater awareness.**

Free the tension and harmonize the energy around your seven energy centers (called "chakras") so you can enrich your life.

Each chakra is a doorway to greater freedom, understanding, and well being.

To "open" the chakras you need to be patient, loving, and subtle – **never forceful!**

Each chakra is a **spiritual energy center** – not a spinal plexus, or nerve center; although the navel, heart, throat and head chakras are near significant nerve centers.

The Life-Realization™ Technique

Stretch your spine. Sit comfortably, with your stomach empty. Focus your awareness within your spine from tailbone to the crown of your head. Then, chant "Om" correctly while harmonizing each chakra one by one. It is best to chant at least three times in each chakra. (See page two for the Seven Chakras.)

THE CHAKRAS, AND LEVELS OF AWAKENING CONSCIOUSNESS, ARE:

First Chakra--inside tailbone: from matter consciousness to awareness of energy and Spirit.

Second Chakra--inside sacrum: from unfulfillment and unsteadiness to serenity and freedom of choice.

Third Chakra--inside spine back of your solar plexus: from insecurity, fear, and covetousness to courage and confidence.

Fourth Chakra--inside spine back of heart: from self-centeredness to love and expansion.

Fifth Chakra--inside spine back of throat (where bottom of neck and shoulders intersect): from impulsiveness, erratic behavior and speaking thoughtlessly, to being "calmly active and actively calm," with less superficiality and more depth.

Sixth Chakra--inside forehead about half an inch above the juncture of the eyebrows: from arrogance, pride and willfulness to attuned will and integration.

Seventh Chakra--not truly a chakra, but a master center which sustains all the other chakras, which is found three or four inches above the head (or just inside the cranium at the crown of the head): from spiritual ignorance to serenity, wisdom, and enlightenment.

This Week — The Practical Application

Attune your whole being for a greater day — **and a greater you** — by chanting "Om" up and down the chakras before you go out the door in the morning!

My Spine Is My Life-Line!