

"Out of Love the Universe unfolds."
-Swami Muktananda

From Root to Truth

A Journey into the Energy Centers of the Human Body

Third Edition

By Zeffi Shakti Devi

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Zeffi Shakti Devi

From Root to Truth: A Journey into the Energy Centers of the Human

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Acknowledgments

This book is dedicated to my students who inspired me to write this in the first place. Also,

to my spirit guides who gave me this workshop in 1998.

"Chant with Love. Meditate with Love."

-Swami Muktananda

Table of Contents

Introduction

Chapter 1: The Beginning of Dis-ease

Chapter 2: First Chakra- Root Chakra

Chapter 3: Second Chakra- Sacral Chakra

Chapter 4: Third Chakra- Solar Plexus Chakra

Chapter 5: Fourth Chakra- Heart Chakra

Chapter 6: Fifth Chakra- Throat Chakra

Chapter 7: Sixth Chakra- Third Eye Chakra

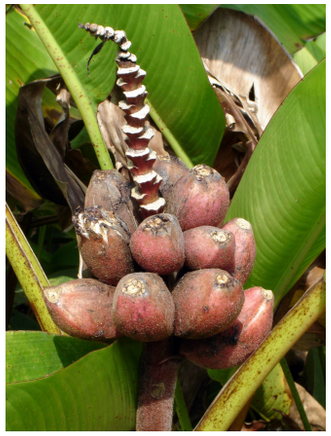
Chapter 8: Seventh Chakra- Crown Chakra

Chapter 9: Complete Balance

Appendix: Chakra Planets Through Your Lifetime

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Introduction

All of humanity is experiencing greater self-awareness, and the cry of spirit has been calling many of us to remember our true selves. Our formal education and culture have not prepared us for life as spiritual beings; however, ancient teachings combined with contemporary methods can guide us along our paths. We intuitively know when aspects of our lives are in harmony and when they are not, but often we are unaware, confused by, or do not connect the numerous signs presented to us every day. Our attitudes about work, love, relationships, and community, and the state of our physical health and energy level, convey valuable information about our spiritual well-being.

What are chakras and what do they do?

Chakras are energy points located at numerous points within our body, which impact our health, emotions and spiritual states. If the chakras are not aligned or are out of balance, then health issues will occur within our body. There are many schools of thought about the lotus of the chakras. If the energy turns clock wise or counter clock wise, they attribute certain meanings about physical or psychological occurrences. It is very difficult to prove in daily life. Ideally, an energy seer or medical intuitive can see within the aura to determine what is going on physically and psychologically. This system of clearing and understanding the chakras has been developed over many years so that people would be able to understand and align the chakras without the aid of an energy seer or medical intuitive.

Understanding emotions and energy helps you move and unblock chakras by removing the

negative emotions. Emotions of anger or depression hold the chakra energy in a motionless state, not allowing movement of an optimal level. For example, an issue with your parents (mother or father) will emotionally charge you. The first chakra needs work opening and balancing. The more you work on clearing and opening each chakra, the less you will have an emotional charge in any situation. Thus, you will have less illness, emotional issues, and disease. The following meditations are used as a transformation of the etheric, mental, emotional and spiritual bodies into perfect alignment.



Chapter 1: The Beginning of Dis-ease

Our emotional, negative thoughts can bring the bodies out of balance. At birth, the physical body is perfectly aligned; however as we experience life, the chakras begin to shift. Imagine a newborn infant at birth. The child is in perfect alignment as it emerges from the womb. What is the child exposed to as it ages? Parents fighting, screaming, anger, tension and stress. How does the mother feel while breast feeding, holding and caring for the child? If she is angry, burdened, fearful, isn't it reasonable the child has been exposed to these energies as well?

When we do not clear the chakras on the physical level, our energetic bodies will get out of alignment. Keep in mind anything can enter our etheric fields. Any fear can be brought forth to manifest within our physical body.

For example, if a baby is born who is not healthy, there is a karmic issue at play. If a baby is born with AIDS (Acquired Immune Deficiency Syndrome), the karma of the parents is brought forth for lessons. It has been shown that the child could reverse and eliminate the AIDS virus thereby clearing the karma carried from the parents into this life. If a specific sickness is present at birth, two sources are potential reasons. Either a specific chakra was damaged lifetime after lifetime in past lives, creating sickness in this lifetime. Another possible lesson is to heal that specific sickness during this life time. If a parent had fears, angers, emotional issues, addictions or abuse during the time of pregnancy, the baby will be born from the first and second chakras. The child will have taken or absorbed the energy and emotional fears of the parent during its gestation.

Chapter 2: First Chakra- Root Chakra

"It is tragic how few people ever 'possess their souls' before they die. Most people are other people. Their thoughts are someone else's opinions, their lives a mimicry, their passions a quotation." -Oscar Wilde

Within the many bodies (emotional, mental, etc.), there are conscious or unconscious points of energies that affect reality. The energy points are called wheels or chakras. As with all things in our reality, they are linked to sound, light, smell and color. To heal is to bring the chakras into alignment and balance. There are seven chakras located throughout the body, each with their own unique attributes and characteristics.

The first chakra or Root Chakra is associated with the color red. It represents the power of our instinct, will and survival. The Root Chakra located at the base of the spine is also referred to as the perineum and coccyx area of the body. The Root Chakra nourishes our lower hip area, legs and feet. Think of the first chakra in relation to the old family traditions of parents and grandparents. The old tapes that run in the head are related to tribal or familial identity. You are also carrying it in your very DNA; the identity from your ancestors, such as superstitions, beliefs, loyalty, and instincts. It is the tribal mind set: what we embrace as our truth.

Take a look at your group tribal identity and the material world lessons. Make a conscious choice to keep what serves you and to clear any negative and destructive familial energies that interfere with your survival, security, and the ability to stand up for yourself. Eliminate old thought patterns that do not allow the ability to provide for your safety/security and to provide for life's necessities. Releasing these old energies and giving forgiveness to our parents/families is the key to clearing old energy and letting new healing energy into life. Healing family pain is a Root Chakra activity. The element associated with the first chakra is earth. Earth is solid; earth is heavy; earth is below us; and earth supplies us with our survival needs: food, clothing and shelter. When this center is flowing well, we feel safe and secure in the world; we feel at home; we are able to provide for and stand up for ourselves.

Suggested Meditation

Make yourself comfortable in a place where you will not be disturbed during the meditation. Wear comfortable clothes. You may want to play some soothing music to help you relax during your meditation (many meta-physical stores have various selections of chakra music). Close your eyes and focus on your breathing. Take twenty deep breaths while visualizing above your head a bright white light that goes from the top of your head and runs down through your spine, down through your tail bone and out of your tail bone into the earth beneath you. Imagine the light traveling down through the earth until it reaches the center where the white light becomes the fire at the center and becomes an anchor, anchoring you to Mother Earth, keeping you grounded, safe, and secure. From this anchor visualize the color red, as a glowing red ball of light going from your toes to the hips. Check the shading of this color red; check the emotions and feelings that you may be experiencing. Stay with this visualization for five minutes. Afterward, write down what you experienced during this first chakra meditation and on all the other chakra meditations.

An important part of this exercise is to write down on the included worksheet or journal your findings. Your journal does not have to be formal. It does not even have to be written in complete sentences. The journal is a place for you to express what you are feeling. Write down your impressions, leaving out nothing you observed and felt. As you write, you are exploring who you are, what you are going through physically and psychologically, and how you are dealing with it.

Furthermore, Saturday, the day dedicated to the planet Saturn, is the best day to start the

In rituals for the first chakra. Then continue the same meditation on this chakra for 21 days. In addition, it is also recommended to have a vegetarian diet or fast from sunset to sunrise on Saturdays during the 21 day cleanse.



Root Chakra Worksheet

Chapter 3: Second Chakra - Sacral Chakra

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

-Nelson Mandela

The second chakra or the Sacral Chakra is associated with the color orange. The Sacral Chakra is located in the lower abdomen, lower lumbar area, centered between the navel and the reproductive system. The navel, once our umbilical cord, was our attachment to our first physical home, our mother and the nurturing that she provided. The second chakra also represents our attachment to Mother Earth as well as all the plants and creatures.

This chakra is the vortex of change, emotion, pleasure and movement. It deals with gut instincts, basic emotions such as fear, rage, and joy. It offers emotional connection, creativity, honoring relationships, and learning to surrender. In addition, the second chakra depicts our emotional consciousness, our animal instincts, and our tribal consciousness. It often offers us the opportunity to deal with our issues of control and balance. It teaches us to recognize that acceptance and rejection are not the only options in our relationships. The process of making healthy changes is a product of second chakra energy. A well-functioning second chakra helps to maintain a healthy yin-yang existence.

The second chakra symbolizes our emotions and how they inform us of our feelings about life. Old core beliefs of fear can sabotage our behavior, and keep us in survival-mode; therefore making life day-to-day struggle.

When the second chakra is healthy, we feel patient, enduring, nurturing, and secure. We feel intimate with our family, friends, neighborhood, and planet.We feel at home in our skin, and are able to communicate clearly. Our emotions are balance and we are able to trust our instincts.

Suggested Meditation

Make yourself comfortable in a place where you will not be disturbed during the meditation. Wear comfortable clothes. You may want to play some soothing music to help you relax during your meditation (many metaphysical stores have various selections of chakra music). Close your eyes and focus on your breathing. Take twenty deep breaths while visualizing above your head a bright white light that goes from the top of your head and runs down through your spine, down through your tail bone and out of your tail bone into the earth. Imagine the light traveling down; down through the earth until it reaches the center where the white light becomes the fire at the center and becomes an anchor, anchoring you to Mother Earth. This anchor is keeping you grounded, safe, and secure. From this anchor visualize the color orange, as a glowing orange ball of light going from your sacral area or lower abdomen, which is between your navel and your reproductive system. Check the shading of this color orange; check the emotions and feelings that you may be experiencing. Stay with this visualization for five minutes. Afterward, write down what you experienced during this second chakra meditation.

An important part of this exercise is to write down on the included worksheet or journal your findings. Your journal does not have to be formal. It does not even have to be written in complete sentences. The journal is a place for you to express what you are feeling. Write down your impressions, leaving out nothing you observed and felt. As you write, you are exploring who you are, what you are going through physically and psychologically, and how you are dealing with it. Furthermore, Friday, the day dedicated to the planet Venus, is the best day to start the rituals for the second chakra. Then continue the same meditation on this chakra for 21 days.

addition, it is also recommended to have a vegetarian diet or fast from sunset to sunrise on Friday during the 21 day cleanse.



Sacral Chakra Worksheet

Chapter 4: Third Chakra - Solar Plexus

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

- Martin Luther King Jr.

The third chakra sits right in the center of the solar plexus, directly between the navel and the sternum. The Solar Plexus Chakra is associated with the color yellow and opens up your channels of power. It acts like a radiant sun, storing power and energy for the future. This is a life-giving area, and it is charged with light; it has the potential to bring forward consciousness and self-awareness . Governed by fire, the third chakra is action-oriented and when in harmony brings energy, effectiveness, spontaneity, and non-dominating power.

This center in our chakra system resonates with integrity, self-discipline, and a strong sense of personal worth and strength and helps us overcome inertia. It rules personal power, will, and autonomy as well as our metabolism and gives us the strength we need to get through tough times without compromising our values . This is also the area that defines our self-esteem. The personality that develops during puberty is housed in this chakra, otherwise known as the ego. Anyone experiencing dysfunction of the third chakra is having difficulty obtaining or maintaining his/her own personal power. This intuitive chakra is where we get our gut instincts that signal us to do or not to do something. Strong self-esteem is necessary for developing intuitive skills.

A strongly developed third chakra allows us to free ourselves from an unquestioned submission to authority, and gives us the courage to follow our intuition without fearing for our own safety. With a well-developed center of personal power, we know we are strong enough to take care of ourselves. An underdeveloped third chakra will show up in poor self-esteem, a tendency to lie, and inertia in the face of situations that call for action, staying in unhealthy relationships, and living in fear of life in general.

Persons with overactive third chakras live their lives on a power trip, trying to control everyone and everything around them. They have no patience, manipulation and pushiness define their way of reaching their goals. Often stubborn, they cling to the way things "have always been done," and rarely co-operate with anyone.

When this chakra is in a negative or depleted state, the individual wrestles with issues of failure, rejection, loss of face, and inadequacy. If we are not able to stand tall in our worth and truth, then this chakra will carry a sinking or aching feeling. If a person lies or fails to live with integrity, this chakra will be weak and the individual will not have a shining disposition. He or she will remain hidden behind a false persona.

We damage our third chakra when we smolder with repressed anger, go along with a crowd when it violates our sense of integrity, criticize others, refuse to admit when we are wrong, and wish our lives were different without taking any action to change circumstances.

In a healed and healthy state, this area of the body is electric, vital, and inspired. The radiant light of the third chakra gives rise to true determination and goodwill. By directing the full force of our intention toward our dreams and goals and moving creatively through life, we leave the limiting aspects of our childhood behind. We are transformed into sacred and peaceful warriors capable of balancing humility with authority, and personal and divine will . Nurturing the third chakra means, first of all, to acknowledge that we do have the quality of will; we were born onto the path of a personal pilgrimage that no one else can take for us.

We need focused, directed energy to proceed. It means taking the emotional steps to grow from childhood into adulthood, not necessarily giving up our dreams, but taking the action to make them come true.

We can take steps on the emotional, physical, spiritual or mental planes to bring this power center into productive alignment. Keep in mind that a well-developed third chakra empowers us to live our best lives, reduce inertia and take action toward our goals. It is our storage battery for personal strength.

Suggested Meditation

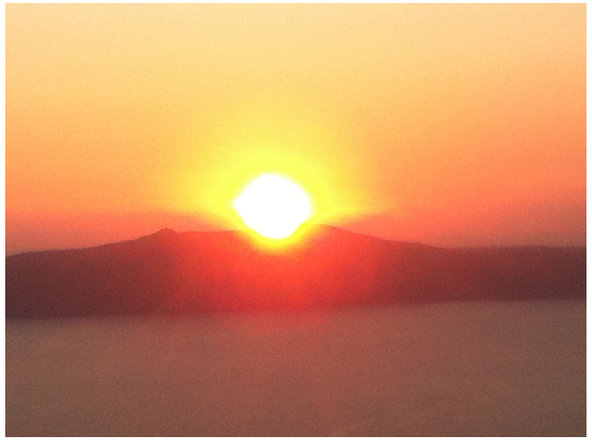
Make yourself comfortable in a place where you will not be disturbed during your meditation. Wear comfortable clothes. You may want to play some soothing music to help you relax during the meditation (many metaphysical stores have various selections of chakra music). Close your eyes and focus on your breathing. Take twenty deep breaths while visualizing above your head a bright white light that goes from the top of your head and runs down through your spine, down through your tail bone and out of your tail bone into the earth beneath you. Imagine the light traveling down through the earth until it reaches the center where the white light becomes the fire at the center and becomes an anchor, anchoring you to Mother Earth, keeping you grounded, safe, and secure. From this anchor visualize the color yellow, as a glowing yellow ball of light at the base of your sternum and around your navel area. Check the shading of this color yellow; check the emotions and feelings that you may be experiencing.

Stay with this visualization for five minutes. Afterward, write down what you experienced during this third chakra meditation.

An important part of this exercise is to write down on the included worksheet or journal your findings. Your journal does not have to be formal. It does not even have to be written in complete sentences. The journal is a place for you to express what you are feeling.

Write down your impressions, leaving out nothing you observed and felt. As you write, you are exploring who you are, what you are going through physically and psychologically, and how you are dealing with it.

Furthermore, Thursday, the day dedicated to the planet Jupiter, is the best day to start the rituals for the third chakra. Then continue the same meditation on this chakra for 21 days. In addition, it is also recommended to have a vegetarian diet or fast from sunset to sunrise on Thursday during the 21 day cleanse.



Solar Plexus Chakra Worksheet

Chapter 5: Fourth Chakra - Heart Chakra

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

- Rumi

The fourth chakra is located in the center of the chest and rules over the lungs, heart, upper back and ribs, inner arms and hands. It relates to the respiratory system and the breath. Chronic disorders in any of these areas may indicate heart chakra imbalance.

The fourth chakra is the Heart Chakra and is associated with the color green, the color of growth and healing. Also the color rose, which is the color of love. This chakra is connected with balance, emotion, self-love, and love of others, healing, compassion, and unity. This is the area of the body where love resides. It allows us to love deeply, feel compassion, and have a deep sense of peace and well-being. Heart chakra love is like air, light and spirited as a breeze. It does not tangle itself in emotional turmoil or neediness, but caresses everyone with freedom, and peace. In many ancient and modern cultures, the heart is said to be the seat of the soul.

The fourth chakra, in the system of seven chakras, is the balance point between your physical reality (the lower 3 in-body chakras) and your spiritual reality (the upper 3 in-body chakras). This chakra spins faster than those below it, but not as fast as those above. Thus, if you have any question of what is appropriate for you, ask your heart, for it is the center of self-affinity.

The heart chakra is the center of the energy system and balances the emotions.When this chakra is blocked, it can be difficult to stay balanced as energy cannot flow freely between the physical and subtle bodies.As the heart chakrais healed,the ability to give and receive love is felt instinctively.

This chakra energy also resonates with unconditional love. From the perspective of
unconditional love, humans can reach out to one another with compassion and healing. Learning to love yourself is a powerful first step in securing a healthy fourth chakra. The wounded child resides in the heart chakra.

If the heart chakra is closed down, the very core of us suffers. The breathing is shallow, slowing down our metabolism and our physical energy. Blocked at Heart Chakra, we feel divided between mind and body. We withdraw from the world, and become a closed system.

When the heart chakra is too open, there is a tendency to give all our time and energy away, to be too focused on others. Persons with an over-active heart chakra will give resources beyond the point of all reason. They withdraw from their emotional bank account until they have nothing left to give to anyone, including themselves. They may be unable to relate to others and risk losing friendships.

When we cling to painful, old wounds, we are blocking the Heart Chakra energy. When we wallow in jealousy or clingy attachment in our relationships, we also burden the Hearth Chakra. When we forget to take care of ourselves, we cannot be healthy enough to give to others. Relationships can be very difficult with an individual who has closed the chamber of the heart to the world. Forgiveness is a must. When this chakra is in a negative state, physical illness can occur, such as heart attacks and strokes. Many women, who have had breast cancer, may have had severe unhealed heart break from past relationships.

Ideally, the heart chakra should radiate love from a strong, solid center of self-acceptance and reach out with supportive care and compassion toward others. Self-love and love for others need to be balanced and interconnected. In a healthy and healed fourth chakra, there is a feeling of unity with the beautiful gifts of grace and peace. Love teaches us to let go and trust in the world; it is a devotional journey that clears the way for healing on a global scale.

Suggested Meditation

Make yourself comfortable in a place where you will not be disturbed during the meditation. Wear comfortable clothes. You may want to play some soothing music to help you relax during your meditation (many meta-physical stores have various selections of chakra music). Close your eyes and focus on your breathing.

Take twenty deep breaths while visualizing above your head a bright white light that goes from the top of your head and runs down through your spine, down through your tail bone and out of your tail bone into the earth beneath you. Imagine the light traveling down through the earth untilit reaches the center where the white light becomes the fire at the center. It becomes an anchor; anchoring you to Mother Earth, keeping you grounded, safe, and secure. From this anchor, visualize the color green, as a green ball of light at the center of your chest. Check the shading of this color green; check the emotions and feelings that you may be experiencing. Stay with this visualization for five minutes.

An important part of this exercise is to write down on the included worksheet or journal your findings. Your journal does not have to be formal. It does not even have to be written in complete sentences. The journal is a place for you to express what you are feeling. Write down your impressions, leaving out nothing you observed and felt. As you write, you are exploring who you are, what you are going through physically and psychologically, and how you are dealing with it.

Furthermore, Wednesday, the day dedicated to the planet Mercury, is the best day to start the rituals for the fourth chakra. Then continue the same meditation on this chakra for 21 days. In addition, it is also recommended to have a vegetarian diet or fast from sunset to sunrise on Wednesday during the 21 day cleanse.

Heart Chakra Worksheet

Chapter 6: Fifth Chakra - Throat Chakra

"I have learned now that while those who speak about one's miseries usually hurt,

those who keep silence hurt more." -C.S, Lewis

The throat chakra is about opening the voice, speaking your truth, and freeing your creativity.
The essence of this chakra is to find resonance and harmony with all that is vibrating around you. To open the fifth chakra is to "*commune"*, a word which forms the root of communication, and literally means to be one with. To commune with self and spirit is to take yet another step toward the realization of unity in all things.

This chakra is associated with the color turquoise. This special blue is the symbol of inspiration, devotion, infinity and religious goals. It produces calm and peace. The throat chakra is the concentration point of the spoken word, and the expression of feelings by way of communication.

The fifth chakra sits right above the hollow at the base of the neck, where it processes communication from the spirit and the body, and transmits it to the world. This chakra is connected to the neck, shoulders, mouth, and jaw. In addition, it is associated with the thyroid and parathyroid glands of the endocrine system. This area of the physical body holds the communication center, and the gateway to inner and outer worlds.

Healing of the Throat Chakra aids sore throats, flu, high blood pressure, thyroid gland,
(which will affect metabolism) anger, and problems with expressing one's truth. The healthfulness of the fifth chakra is in relation to honesty and truth. Sound, vibration, rhythm, music, singing,

chanting, and communication, are all aspects of the fifth chakra. All choices we make in life have consequences on an energetic level. Even choosing not to make a choice, such as in repressing our anger, may manifest into laryngitis. We have all experienced that "lump in our throats" when we are at a crossroad; not knowing how to speak the right words. The negative archetype of the throat chakra is the silent child. This archetype holds feelings, and feelings of hurt and pain both can be bottled up. The silent child stays closed in order not to reveal intense pain, sorrow, or abuse. The silent child archetype may suppress feelings with the use of drugs, tobacco, alcohol or food.

The healthy archetype of the throat chakra is the communicator. This archetype includes those in careers that deal with clear and direct communication; such as actors, journalists, or writers. People who live the archetype of the communicator take great responsibility for the spoken word. The communicator archetype can speak from both the mind and heart.

When the throat chakra is open and balanced, with a strong flow of chi, it is easy to express and be understood. You will have a resonant, full voice, and experience clear communication with others. You are able to be in a state of acceptance, and organize ways of reconciling problems and difficult situations. You have the power to make changes, and you are able to take responsibility for your personal needs.

When the Throat Chakra is weak or blocked, there is a difficulty in selecting the correct words and sentences. In addition, there is an inability to accept thing in peace and work for positive change in situations. There may be excessive egotism and prejudices. The world perspective could be negative. The world could appear as a hostile place with violence, and humiliation; rather than love and nourishment.

If the Throat Chakra is overactive, you may be a control-freak. Too often, there is a fear of communicating inner thoughts and feelings, which is often seen as excessive shyness. Having difficulty being silent or talking too much are disorders of the throat chakra. When there is an insufficient flow of love or emotional nourishment to the heart chakra, the person may try to compensate by desire for physical nourishment. Problems with gluttony or compulsive eating would then result. When there is also a negative functioning in the base-of-the-neck chakra, the result could be bulimia and/or anorexia.

When the Throat Chakra is healthy, we have good communication, expression, creativity, inspiration, and positive interactions with others. Our metabolism is healthy, our cholesterol levels are good. We have vital energy, and we feel strong physically and psychologically. We are inspired to express our higher self, and have a life enriched by creative expression and entertainment. Our relationships are based on truthful communication and true intimacy. A healthy throat chakra cannot sustain lies, coercion, or manipulation. With a healed and healthy throat chakra, words are kind, thoughtful, clear, and truthful. There is ease with writing, speaking, and sharing thoughts with others. Through healthy communication, you can connect, expand, and unite with others, and create your individual world.

Suggested Meditation

Make yourself comfortable in a place where you will not be disturbed during your meditation. Wear comfortable clothes. Place your feet flat on the floor and do not cross your legs or arms. You may want to play some soothing music to help you relax during your meditation (many meta-physical stores have various selections of chakra music). Close your eyes and focus on your breathing. Take twenty deep breaths while visualizing above your head a bright white light that goes from the top of your head and runs down through your spine, down through your tail bone and out of your tail bone into the earth beneath you. Imagine the light traveling down; down through the earth until it reaches the center where the white light

becomes the fire at the center. It becomes an anchor, anchoring you to Mother Earth, keeping you grounded, safe, and secure. From this anchor, visualize the color turquoise, as a glowing blue ball of light from your chin to the top of your sternum. Check the shading of this color turquoise; check the emotions and feelings that you may be experiencing. Stay with this visualization for five minutes.

An important part of this exercise is to write down on the included worksheet or journal your findings. Your journal does not have to be formal. It does not even have to be written in complete sentences. The journal is a place for you to express what you are feeling. Write down your impressions, leaving out nothing you observed and felt. As you write, you are exploring who you are, what you are going through physically and psychologically, and how you are dealing with it.

Furthermore, Tuesday, the day dedicated to the planet Mars, is the best day to start the rituals for the fifth chakra. Then continue the same meditation on this chakra for 21 days. In addition, it is also recommended to have a vegetarian diet or fast from sunset to sunrise on Tuesday during the 21 day cleanse.



Throat Chakra Worksheet

Chapter 7: Sixth Chakra - Third Eye

"The truth about life and lie about life is not measured by others but by your intuition, which never lies."

- Santosh Kalwar

The sixth chakra is often referred to as the Third Eye. Physically, the third eye is located in the center of the forehead just above the brow line. It relates to the pituitary (master gland), lower brain, sense of sight, ears, nose, and nervous system. It is also related to the perception of light, both on the physical and metaphysical planes.

Blue is the color of the sixth chakra. Blue symbolizes passion, the depth of feeling, and a balance of blue stimulates intuition and inspirational energies. The color blue produces calm, good healing, and recuperation. It also encourages your dedication to higher ideals, and pushes you to attain higher truth. The healing effects of this color help to clear the head and open the third eye, and other spiritual perceptions.

This chakra vibrates with clear seeing, insight, imagination, intelligence, and directs intuition. It is from here that we develop our psychic ability, our memories of the past and visualizations for the future, and can stand unafraid to see the truth in our life. The third eye also assists in the cleansing of negative tendencies and in the elimination of selfish attitudes. Through the power of the sixth chakra, you can receive guidance, and channel into your higher self. Once opened, the higher senses are activated and your perceptions of life will expand.

If your sixth chakra energy is weak and unbalanced, you may be some combination of undisciplined, oversensitive, depressed, confused, unable to dream, or lacking in vision. On a physical level, you may have learning disabilities, headaches, blurred vision, blindness, eyestrain, vertigo, and/or insomnia.

In optimum balance, a person would likely be some combination of intuitive, guided, wise, perceptive, and unattached. When the sixth chakra is balanced and open, you are your own master with no fear of death. There is no attachment to material things, and telepathy, astral travel, and past lives, may all be experienced.

People, who have an over-active sixth chakra, tend to be spacey and unable to accept the reality of the world they live in. They may be some combination of prideful, manipulative, authoritarian, cold, ungracious, and bitter. In addition, they may be hypersensitive; assuming that everyone else's emotions are targeted at them, or reacting to situations that exist only in the imagination. On a physical level, they might suffer from brain and head disorders associated with overactive nerve and cell functioning.

On the other hand, people with mental blockages, or have under-nourished sixth chakra energy, tend to be insensitive. They may need to be told bluntly what is happening right in front of them, or how their behavior is hurting another person. They frequently have no ability to imagine new ways to do things, to find creative solutions to problems, or to believe in anything intangible and mythical. They may have little faith. Imbalances in sixth chakra energy may show up physically, as mental illness, poor memory, vision problems or severe headaches as a response to stress.

This energy center plays an important role in developing traditional knowledge: the ability to study and retain facts, to function with a clear mind, to think rationally and make decisions based on logical input. It also fuels our ethereal side: our intuitive nature, clairvoyance (ability to see the future), our aptitude to perceive information about people and things by non-logical methods such as the interpretation of dreams and visualizations of the future.

People, who function from healthy mental energy, do not get discouraged by road blocks. Instead, they search for alternative pathstothesamegoal, ask for advice from experts with similar achievements, and rely on Divine intervention. They take advantage of synchronicity and the seemingly coincidental good fortune. Development of true third eye vision brings uncommon ability to see from great distances;to know secrets about people without being told; to predict the future or to see the truth about past events;and an overall ability to face the truth without fear.

We inhibit sixth chakra growth when we deny the patterns of our own behavior. We need to acknowledge that sometimes we need assistance to achieve growth. When we cannot acknowledge the validity of new ideas, we effectively close the minds and shut off energetically. The results are damaging judgment of others.

We can enhance our mental clarity by taking the time to calm our scattered thoughts and focus on what is happening in the present moment. We nourish the ability of our thinking power when we accept the countless perspectives in the world. We can open ourselves to understanding without prejudice or negative judgment. When we are fully grounded, we can learn from our dreams, and trust our intuition by learning and releasing fear-based life patterns. When we stop being afraid, then we can know the truth.

Once your sixth chakra is optimally functioning, you will have many moments of being blissfully unified with all of creation. You will experience this unity in all sorts of environments and with all sorts of people. When you live with an open and balanced sixth chakra, union is a common experience. Remember in the sixth chakra, we become conscious of unity and experience it. Remember to write down the small miracles that make profound changes in your life. Write down what you have experienced and things that you observed.

Suggested Meditation

Make yourself comfortable in a place where you will not be disturbed during the meditation. Wear comfortable clothes. Place your feet flat on the floor and do not cross your legs or arms. You may want to play some soothing music to help you relax during your meditation (many metaphysical stores have various selections of chakra music). Close your eyes and focus on your breathing. Take twenty deep breaths while visualizing above your head a bright white light that goes from the top of your head, and runs down through your spine and the tail bone, and out of the tail bone into the earth beneath you. Imagine the light traveling down through the earth until it reaches the center, where the white light becomes the fire at the center and becomes an anchor. There is an anchor to Mother Earth, keeping you grounded, safe, and secure. From this anchor, visualize the color blue, as a glowing ball of violet light in the center of your forehead. Check the shading of this color blue; check the emotions and feelings that you may be experiencing. Stay with this visualization for five minutes.

An important part of this exercise is to write down on the included worksheet or journal your findings. Your journal does not have to be formal. It does not even have to be written in complete sentences. The journal is a place for you to express what you are feeling. Write down your impressions, leaving out nothing you observed and felt. As you write, you are exploring who you are, what you are going through physically and psychologically, and how you are dealing with it.

Furthermore, Monday, the day dedicated to the planet Moon, is the best day to start the rituals for the sixth chakra. Then continue the same meditation on this chakra for 21 days. In addition, it is also recommended to have a vegetarian diet or fast from sunset to sunrise on Monday during the 21 day cleanse.

Third Eye Chakra Worksheet

Chapter 8: Seventh Chakra - Crown Chakra

"The true value of a human being can be found in the degree to which he has attained liberation from the self." -Albert Einstein

The seventh chakra is the power of consciousness. The Seventh Chakra is also referred to as the Crown Chakra. This indigo colored chakra is center located on the top of the head. Physically, the gland associated with the crown chakra is the pine cone shaped pituitary gland. The pituitary gland is no bigger than a pea and located at the base of the brain. It has three sections, each responsible for releasing particular hormones. The pituitary is often referred to as the "master gland," because it affects so many other glands and body functions. The energy of the seventh chakra influences that of the major body systems: the central nervous system, the muscular system, and the skin.

Indigo is the color associated with this chakra. Indigo symbolizes higher intuition, spirituality, psychic power, deep contemplation, and meditation. Indigo is the color of the deep midnight sky. Indigo symbolizes a mystical borderland of wisdom, self-mastery, and spiritual realization. While blue is the color of communication with others, indigo turns the blue inward, to increase personal thought, profound insights, and instant understandings.

The seventh chakra is the center for our highest spiritual consciousness. It focuses the attention on the spiritual meaning of life and transcends all the senses. The seventh chakra is associated with a more profound spiritual connectedness than the other six chakras. This chakra is the seat of higher wisdom and the energy that comes from this wisdom. The seventh chakra is thought to give access to the infinite intelligence that exists in the universe. It is the key to

opening the door to universal intelligence. This chakra allows for self-expression on higher spiritual levels. When asking the question, "Who am I?" you are tapping into the energy of your seventh chakra.

The seventh chakra is associated with the higher mind, knowing, and integration of our spiritual and physical makeup. It is also our direct link to the God or the Universal. The realization that Divine Consciousness is true reality is associated with the seventh chakra. All other thought is non-real, only a worldly illusion.

The seventh chakra is the crowning point of the chakra system. If we manage to open the seventh center in a lifetime, we have reached the highest state of consciousness. We have actually elevated our consciousness and personal will, through the bodies of the physical (1st to 3rd chakras), emotional (4th chakra), mental, communicative (5th), intuitive, intellectual (6th) and now, finally the causal (7th), divine will of life.

Any blockages to enlightenment will appear in the other six chakra centers first. When the seventh chakra is in balance, we feel calm, deeply at ease and fully aware, with a gentle and compassionate nature, free of worry. We feel connected to the Universe/God, our life source; opening a way to a world of calm, and of quiet strength, and confidence.

When the seventh chakra unfolds and opens, any blockages, remaining in the other six chakras, dissolve, and their energies begin to vibrate at their highest possible frequencies. Each chakra then works as a mirror of the Universe/Divine Being. As soon as the crown chakra is completely awakened, the task of absorbing cosmic energies comes to an end, and it begins to radiate energy instead. It is only when we try to hold on to thoughts, without allowing alternatives or the possibility of change that disruption of the crown chakra happens.

The healthy seventh chakra offers knowledge, fulfillment, awareness, self-determination, and identity. It is important to have this chakra balanced and charged, merging our dreams and desires into the physical body. This chakra can be forced shut or completely open. If the chakra is closed, then one may suffer from confusion, unconsciousness, disconnectedness.

The Crown Chakra is associated with conviction, knowing and alignment with purpose. Opening the seventh chakra is necessary to receive greater knowledge and wisdom; beyond the level of the physical body. Those with difficulty in the crown chakra are aware of the truth, but do not always practice it; especially as it affects physical health. They may live on poor quality food and suffer from exhaustion; although they may know better. They may waver or allow others to influence them against their best interests.

The purpose of opening and aligning the seventh chakra is to seek direct communion with Spirit. It is where perfection exists in our imperfect state. This chakra controls wisdom and true understanding. When this chakra is open, you are unprejudiced and quite aware of the world. When the seventh chakra is healthy, it allows you to plan your life and handle the daily trials and tribulations. You will feel your link with the Universe/Divine and with the rest of creation.

A healthy crown chakra is finely balanced on all levels. If your seventh chakra energy were in optimum balance, you would most likely be some combination of faithful, peaceful, joyful, and grateful. On a physical level, you would likely be full of life no matter the age of the body.

When your seventh chakra is unhealthy, it leads to unwise decisions, unhappiness, and indecisions. You will feel alone and separate. When this chakra is closed, you can feel cut off from spirituality. At such times, your relationship with the Divine is limited, and fears can be magnified. If the seventh chakra energy is weak, you will likely be some combination of catatonic, depressed, and/or shameful. On a physical level, you might have diseases of the muscular system, chronic

exhaustion, skeletal problems, and/or sensitivity to light/sound/ environment.

If your seventh chakra energy is overactive, you can be described, as"being in the head." On a physical level, you may suffer from head injuries, brain tumors, migraine headaches, insomnia and chemical imbalances in the brain. In addition, if this chakra is over-active, you are probably intellectualizing experience too much. You may possibly exhibit some intensely hysterical, frustrated, psychotic, and manic-depressive behavior.

Disruptions in your seventh chakra can also amount to the inability to gain closure on unfinished business. Most of all, lack of flow in your seventh chakra leads to an inability to live in the present. People with blocked seventh chakra energy seem to always be either revisiting the past or looking ahead to the future.

Foods that open the seventh chakra are foods that generate space. Any food that brings the element of space into the body enhances the activity of the seventh chakra. As with the sixth chakra, raw green veggie juices are great. Fasting (safely) will also activate the seventh chakra. When all your chakras are open and balanced, all selfish desires disappear. All concerns turn to the whole. You are grounded, and seemingly magical. The most important element in physical, emotional and spiritual health is being inspired by your own life. If the seventh chakra is overactive, go to the root chakra, balance it and work your way slowly and patiently back up to the seventh chakra. Remember that the sacred truth of this chakra is to live in the present moment.

Suggested Meditation

Make yourself comfortable in a place where you will not be disturbed during your meditation. Wear comfortable clothes. Place your feet flat on the floor and do not cross your legs or arms. You may want to play some soothing music to help you relax during your meditation (many metaphysical stores have various selections of chakra music). Close your eyes and focus on your breathing. Take twenty deep breaths while visualizing above your head a bright white light that goes from the top of your head and runs down through your spine; down through your tail bone and out of your tail bone into the earth beneath you. Imagine the light traveling down; down through the earth until it reaches the center where the white light becomes the fire at the center and becomes an anchor. This anchor brings you to Mother Earth, keeping you grounded, safe, and secure. From this anchor visualize the color indigo, as a glowing ball of violet blue light at the top of your head. Check the shading of this color violet blue; check the emotions and feelings that you may be experiencing. Stay with this visualization for five minutes.

An important part of this exercise is to write down on the included worksheet or journal your findings. Your journal does not have to be formal. It does not even have to be written in complete sentences. The journal is a place for you to express what you are feeling. Write down your impressions, leaving out nothing you observed and felt. As you write, you are exploring who you are, what you are going through physically and psychologically, and how you are dealing with it.

Furthermore, Sunday, the day dedicated to the planet Sun, is the best day to start the rituals for the seventh chakra. Then continue the same meditation on this chakra for 21 days. In addition, it is also recommended to have a vegetarian diet or fast from sunset to sunrise on Sunday during the 21 day cleanse.



Crown Chakra Worksheet

Chapter 9: Complete Balance

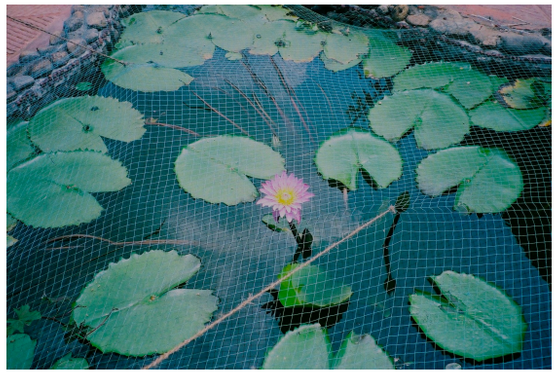
"The unexamined life is not worth living"

- Socrates

Think back and remember to when we began this journey up the chakras. We looked at digging our roots firmly into the earth (root chakra), opening up our creative energy (second chakra), manifesting things in the world (third chakra), opening our hearts (fourth chakra), claiming our true voice (fifth chakra), and eliminating false beliefs (sixth chakra), and finally experiencing total unification or yoga (seventh chakra).

It is very important to reflect upon the journal entries on the chakras. If you feel one of the chakras goes out of the alignment, meditate on the chakra on the specific day that is astrologically suggested. For example, if your second chakra is out of balance, then you can do the second chakra ritual. On the most convenient Friday, perform the recommended meditation and cleanses with the chakra energy soap. If you enjoyed the chakra cleanse, then you can meditate on them daily as part of your spiritual practice. The days that correspond to each chakra are as follows:

Seventh Chakra-Sunday- Sun
Sixth Chakra-Monday-Moon
Fifth Chakra-Tuesday- Mars
Fourth Chakra-Wednesday-Mercury



Third Chakra-
Thursday-Jupiter
Second Chakra-
Friday-Venus First
Chakra-Saturday-
Saturn

To heal is to bring the chakras into alignment and balance. To continually balance and open every chakra reveals deeper levels of peace, freedom, joy, truth and love.



Reviews

“From Root to Truth offers a concise explanation of the chakra system delivered in a friendly, compassionate manner by an author who has a great depth of understanding of the material presented. A handy reference guide for both the beginner and experienced student.”

“Anyone who has no experience of chakras and what to do can easily follow the instructions.”

By Della Valle Andrea

“Very revealing .anyone who has no experience of chakras and what to do can easily follow the instructions.. loved the book.”

“I really enjoyed reading this book.”

By Iris

“From Root to Truth: A Journey into the Energy..it gives usefull instructions for our Chakras.It helped me to discover my blockages and now I feel that i can rejuvenate my own body and prevent sickness.I really enjoyed reading this book.”

“Zeffi has a great commitment to discovering and sharing the truth.”

By Sarah McLean

“Zeffi has a great commitment to discovering and sharing the truth of who she is and who each one of us are. This profound book is a must read for anyone interested in the unseen energy system of the body. She explores and explains it in a magical way.”

“Wonderful chakra meditations.”

By Renae

“As a student of Zeffi, I have used the chakra meditations outlined in this book. It is wonderful that they are now available to a broader audience. The simple and elegant chakra meditations are appropriate for the beginning student, as well as the advanced yogi. Well written and easy to follow, this book is a great resource. I highly recommend it.”

“Great resource and important contribution to the world of Chakras.”

By Paul Sherwood

“If you are interested in chakra and healing work this is a great book to read and keep as a resource. The examples and the presentation of sophisticated information is made in a way that the reader can easily understand the chakras. The author does her best to be objective and scientific in her approach. The description given is quite believable and lends support to many experiences I have had while meditating. This ebook is great to keep as a handy readable reference.”

“A life changing book perfect for our souls and spirit.”

By Popi

“An ideal companion and guide in my journey of seeking personal empowerment through spiritual awareness. Brings my body in balance and harmony in my life.”

“Remarkable work.”

By Marina

“Very well written and exactly to the point! Ideal as an introduction to the seven chakras for beginners and advanced level.”

“Extremely useful for anyone initiating into a spiritual journey.”

By Magdalini S. Godosi "Blue Dolphin"

“It offers to the point and real life explanation of the chakra system as well as concise and easy to follow guidelines for clearing and energising them!”

“This book is a wonderful review of and explanation for Chakra studies. Easy to read. Well written. Clear and concise knowledge for the beginner or refresh for the experienced. The additional information on how to actually clear chakras is, not only priceless, but well timed, indeed. For any student of the bodies etheric electrical system, this book is a must read. Well done, Zeffi!”



About the Author- Zeffi Shakti Devi



Based in the ancient and mystical mountains of Sedona, Arizona, Zeffi Kefala has been working with people from all over the world for over twenty-five years. Her spiritual counseling, intuitive and healing gifts, and workshops will assist you on your path to finding and awakening to your True Self.

Ancient teachings recognizes that both mental and physical disease are first and foremost afflictions of the spirit, and that treating these disorders begin with a balancing of the energies within the body. In doing so, not only is the body brought into harmony but a path of higher consciousness was revealed to the individual, a path that led to living a complete and fulfilling life.

Zeffi's lifetime of study of the Mystery Schools, the True Yogini path, Tantric Buddhism, and Native American teachings, and her exploration of all of these techniques through her life experience has made her a true healer.

Zeffi travels worldwide, offering healing sessions, workshops, ceremonies, and tours to spiritual sites in the United States, Europe, and Asia. She devotes much of her time to individual sessions as a medical intuitive, healer, and spiritual counselor. Zeffi works with those new to the spiritual path and already on the spiritual path, including other teachers and healers. Zeffi has been teaching about the chakras and the chakra cleanses in workshops all over the world for the past 2 0 years. The Chakra Energy Soaps are a new, happy development in the past year. Zeffi can be reached at her website at AncientHealing.Org.



Editor and Design- Renick Turley

Deep spiritual practice has always intrigued me since a very early age mainly through the Art of Music and visual story telling.

"Meditation has the power to make possible the impossible, to make attainable the unattainable."

-Swami Muktananda

