

# The Chakra Connection

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**SOCIETY  
FOR  
SCIENTIFIC  
EXPLORATION**

1  
00:00:07,510 --> 00:00:06,230

[Music]

2  
00:00:08,950 --> 00:00:07,520

good evening

3  
00:00:11,110 --> 00:00:08,960

in the chakra connection i'll be

4  
00:00:13,030 --> 00:00:11,120

discussing results from an online survey

5  
00:00:14,230 --> 00:00:13,040

of chakra experiences that is currently

6  
00:00:16,230 --> 00:00:14,240

in progress

7  
00:00:18,710 --> 00:00:16,240

as well as the possibility that chakras

8  
00:00:20,790 --> 00:00:18,720

may represent a bridge or connection

9  
00:00:22,070 --> 00:00:20,800

between the physical and cycle spiritual

10  
00:00:24,070 --> 00:00:22,080

realms

11  
00:00:26,550 --> 00:00:24,080

the illustration on this slide may be

12  
00:00:29,269 --> 00:00:26,560

familiar to some of you chakras have

13  
00:00:31,269 --> 00:00:29,279

been the topic of many hundreds of books

14

00:00:32,870 --> 00:00:31,279

with a particular focus on these core

15

00:00:35,910 --> 00:00:32,880

chakras

16

00:00:39,030 --> 00:00:35,920

the root or base chakra sacral chakra

17

00:00:40,950 --> 00:00:39,040

solar plexus chakra heart chakra throat

18

00:00:43,510 --> 00:00:40,960

third eye or brow and then the crown

19

00:00:46,950 --> 00:00:45,430

and just for some background just for

20

00:00:48,470 --> 00:00:46,960

those of you who have not been following

21

00:00:49,830 --> 00:00:48,480

this new age

22

00:00:50,790 --> 00:00:49,840

the healing

23

00:00:53,270 --> 00:00:50,800

stuff

24

00:00:55,029 --> 00:00:53,280

um i'll just go cover briefly the subtle

25

00:00:57,430 --> 00:00:55,039

anatomy of the human body as as

26  
00:00:58,389 --> 00:00:57,440  
currently discussed and how it's used by

27  
00:01:00,709 --> 00:00:58,399  
healers

28  
00:01:02,709 --> 00:01:00,719  
um by people healing themselves and

29  
00:01:05,030 --> 00:01:02,719  
healing others right now

30  
00:01:07,270 --> 00:01:05,040  
there's typically three components an

31  
00:01:09,270 --> 00:01:07,280  
aura or biofield

32  
00:01:11,350 --> 00:01:09,280  
composed of subtle bodies or subtle

33  
00:01:13,429 --> 00:01:11,360  
layers differing density and frequency

34  
00:01:16,390 --> 00:01:13,439  
for example the etheric body

35  
00:01:17,670 --> 00:01:16,400  
emotional body mental body astral body

36  
00:01:19,190 --> 00:01:17,680  
causal body

37  
00:01:20,950 --> 00:01:19,200  
some of you may be familiar with the

38  
00:01:23,590 --> 00:01:20,960

astral body

39

00:01:25,190 --> 00:01:23,600

related to outer body experiences

40

00:01:27,670 --> 00:01:25,200

there's also a part of the subtle

41

00:01:28,950 --> 00:01:27,680

anatomy are the energy meridians on in

42

00:01:31,830 --> 00:01:28,960

acupuncture

43

00:01:33,030 --> 00:01:31,840

also called nadis or channels on eastern

44

00:01:33,830 --> 00:01:33,040

traditions

45

00:01:35,990 --> 00:01:33,840

um

46

00:01:37,510 --> 00:01:36,000

they are used to balance so-called the

47

00:01:39,109 --> 00:01:37,520

energies of the body

48

00:01:40,550 --> 00:01:39,119

then finally there's the chakras

49

00:01:42,789 --> 00:01:40,560

considered to be energy centers

50

00:01:44,870 --> 00:01:42,799

controlling the flow of prana or life

51  
00:01:47,910 --> 00:01:44,880  
force life energy between the physical

52  
00:01:50,149 --> 00:01:47,920  
body and subtle bodies

53  
00:01:52,630 --> 00:01:50,159  
clairvoyants have viewed them as

54  
00:01:54,630 --> 00:01:52,640  
spinning vortices trumpet shaped in this

55  
00:01:56,950 --> 00:01:54,640  
lower diagram just illustrating that

56  
00:01:59,670 --> 00:01:56,960  
they tend typically extend in front of

57  
00:02:02,069 --> 00:01:59,680  
them and behind the body

58  
00:02:04,069 --> 00:02:02,079  
as a sort of a cone-shaped

59  
00:02:06,950 --> 00:02:04,079  
and this is the rainbow colors that are

60  
00:02:09,109 --> 00:02:06,960  
common in western

61  
00:02:11,270 --> 00:02:09,119  
chakra system so this is just sort of an

62  
00:02:12,869 --> 00:02:11,280  
overview

63  
00:02:14,710 --> 00:02:12,879

and the big question of course is where

64

00:02:17,190 --> 00:02:14,720

do these come from where did chakras

65

00:02:19,510 --> 00:02:17,200

come from well they originated in india

66

00:02:21,830 --> 00:02:19,520

about a thousand years ago part of both

67

00:02:23,990 --> 00:02:21,840

hindu and buddhist tantra yoga

68

00:02:26,550 --> 00:02:24,000

traditions and these are actually some

69

00:02:29,270 --> 00:02:26,560

illustrations here in the slide an early

70

00:02:30,630 --> 00:02:29,280

diagram of chakras in a hindu text and

71

00:02:33,110 --> 00:02:30,640

you can actually count them up the

72

00:02:36,630 --> 00:02:33,120

center of one two three four five six

73

00:02:39,190 --> 00:02:36,640

chakras little stars with associated uh

74

00:02:42,070 --> 00:02:39,200

central channels and then the far right

75

00:02:45,350 --> 00:02:42,080

is from a hindu text a hindu tonka

76

00:02:48,150 --> 00:02:45,360

tapestry illustrating uh five chakras

77

00:02:50,229 --> 00:02:48,160

with associated central channels

78

00:02:54,630 --> 00:02:50,239

so they're actually it's an ancient um

79

00:02:57,350 --> 00:02:54,640

traditions um and they were basically um

80

00:02:59,750 --> 00:02:57,360

assumed presumably clairvoyantly you

81

00:03:01,990 --> 00:02:59,760

know visualized and and

82

00:03:03,830 --> 00:03:02,000

experienced over time

83

00:03:05,990 --> 00:03:03,840

so tantra yoga makes use of this

84

00:03:08,550 --> 00:03:06,000

esoteric physiology or mystical

85

00:03:10,630 --> 00:03:08,560

physiology with various components

86

00:03:13,030 --> 00:03:10,640

including the subtle bodies the chakras

87

00:03:15,270 --> 00:03:13,040

also known as wheels the nadis or

88

00:03:17,270 --> 00:03:15,280

channels and energies like kundalini and

89

00:03:19,910 --> 00:03:17,280

the pranas

90

00:03:22,070 --> 00:03:19,920

so so how is it used how is it used in

91

00:03:24,470 --> 00:03:22,080

tantra yoga well practitioners meditate

92

00:03:26,149 --> 00:03:24,480

on the chakras to awaken them

93

00:03:28,390 --> 00:03:26,159

and chakras are

94

00:03:30,630 --> 00:03:28,400

are basically um end up being a map of

95

00:03:33,509 --> 00:03:30,640

discreet states of consciousness

96

00:03:35,350 --> 00:03:33,519

um and uh so so what does this mean what

97

00:03:38,070 --> 00:03:35,360

does this mean oh for example for

98

00:03:41,030 --> 00:03:38,080

example if you were to awaken your solar

99

00:03:43,270 --> 00:03:41,040

plexus chakra you may suddenly be able

100

00:03:45,589 --> 00:03:43,280

to um converse with spirits have an

101  
00:03:47,830 --> 00:03:45,599  
awareness of the spirit world be able to

102  
00:03:50,390 --> 00:03:47,840  
move within the spirit world and see

103  
00:03:52,630 --> 00:03:50,400  
spirits in different places and locales

104  
00:03:54,309 --> 00:03:52,640  
another example is the throat chakra if

105  
00:03:56,149 --> 00:03:54,319  
you and basically awaken the throat

106  
00:03:58,149 --> 00:03:56,159  
chakra you may be become suddenly aware

107  
00:04:01,110 --> 00:03:58,159  
of the void the great void the great

108  
00:04:03,030 --> 00:04:01,120  
stillness that mystics have talked about

109  
00:04:04,630 --> 00:04:03,040  
another example is the brow chakra you

110  
00:04:07,429 --> 00:04:04,640  
may be able to see past present and

111  
00:04:09,110 --> 00:04:07,439  
future uh all as one one entity and be

112  
00:04:11,030 --> 00:04:09,120  
able to see people's karmas so so

113  
00:04:12,630 --> 00:04:11,040

basically a lot of these chakras when

114

00:04:15,190 --> 00:04:12,640

you awaken them they're actually

115

00:04:17,349 --> 00:04:15,200

awakening paranormal abilities but most

116

00:04:19,110 --> 00:04:17,359

important importantly they're expanding

117

00:04:21,030 --> 00:04:19,120

what's available to the full potential

118

00:04:23,030 --> 00:04:21,040

of the human being their inner inner

119

00:04:25,350 --> 00:04:23,040

potential what worlds they can interact

120

00:04:27,430 --> 00:04:25,360

with and just it's they become it's a

121

00:04:31,110 --> 00:04:27,440

larger world basically on the path to

122

00:04:34,710 --> 00:04:32,710

in comparison now we'll look at the

123

00:04:36,070 --> 00:04:34,720

western chakra system

124

00:04:39,189 --> 00:04:36,080

first introduced to the west by the

125

00:04:41,270 --> 00:04:39,199

theosophical society in 1880

126  
00:04:43,510 --> 00:04:41,280  
and and noted in the reference in the

127  
00:04:45,189 --> 00:04:43,520  
bottom by leland about his book rainbow

128  
00:04:48,390 --> 00:04:45,199  
body history of the western chakra

129  
00:04:49,909 --> 00:04:48,400  
system um it really came and flowered

130  
00:04:52,070 --> 00:04:49,919  
into being during the human potential

131  
00:04:54,469 --> 00:04:52,080  
movement in the 1960s which was centered

132  
00:04:56,390 --> 00:04:54,479  
in esslon institute in california so the

133  
00:04:58,870 --> 00:04:56,400  
two diagrams on the right are sort of

134  
00:05:01,909 --> 00:04:58,880  
western chakra depictions uh the early

135  
00:05:04,070 --> 00:05:01,919  
one by lead beater in 1927 illustrating

136  
00:05:06,550 --> 00:05:04,080  
seven chakras um associated with the

137  
00:05:08,070 --> 00:05:06,560  
central channels um he he showed his

138  
00:05:10,710 --> 00:05:08,080

heart tracker off to the side a little

139

00:05:12,870 --> 00:05:10,720

bit and then he actually showed a

140

00:05:15,110 --> 00:05:12,880

a spleen chakra

141

00:05:17,110 --> 00:05:15,120

and actually didn't have a sacral chakra

142

00:05:19,270 --> 00:05:17,120

so he actually had a sort of a different

143

00:05:20,950 --> 00:05:19,280

different system than what's currently

144

00:05:23,029 --> 00:05:20,960

known and on the right is barbara

145

00:05:25,350 --> 00:05:23,039

brennan a modern healer showing the

146

00:05:27,670 --> 00:05:25,360

traditional now the rainbow colors of

147

00:05:29,670 --> 00:05:27,680

the seven chord chakras

148

00:05:31,670 --> 00:05:29,680

surrounded by an aura the bio field with

149

00:05:33,670 --> 00:05:31,680

the different layers and so that's sort

150

00:05:36,070 --> 00:05:33,680

of basically the the classic western

151

00:05:36,950 --> 00:05:36,080

chakra system there on the right

152

00:05:39,029 --> 00:05:36,960

um

153

00:05:41,749 --> 00:05:39,039

and so how are they used well they're

154

00:05:44,070 --> 00:05:41,759

used as um is a psychological map for

155

00:05:45,830 --> 00:05:44,080

self-development and healing each chakra

156

00:05:47,550 --> 00:05:45,840

is associated with a particular bodily

157

00:05:49,670 --> 00:05:47,560

organs diseases

158

00:05:50,870 --> 00:05:49,680

psychological issues and spiritual

159

00:05:52,950 --> 00:05:50,880

attributes

160

00:05:54,790 --> 00:05:52,960

so practitioners identify which chakra

161

00:05:56,469 --> 00:05:54,800

chakras need balancing and then they use

162

00:05:58,150 --> 00:05:56,479

mind-body therapies and corrective

163

00:06:00,550 --> 00:05:58,160

actions in the outer world to open and

164

00:06:02,629 --> 00:06:00,560

balance the chakras so this is very

165

00:06:04,230 --> 00:06:02,639

interesting so so basically this is sort

166

00:06:06,550 --> 00:06:04,240

of more of an outer approach to the

167

00:06:08,469 --> 00:06:06,560

chakras so we westerners having more

168

00:06:11,270 --> 00:06:08,479

outers so we want a full potential in

169

00:06:13,909 --> 00:06:11,280

our lives and and outer expand our lives

170

00:06:16,390 --> 00:06:13,919

even more fully basically and get the

171

00:06:18,150 --> 00:06:16,400

most out of life and so the by balancing

172

00:06:19,670 --> 00:06:18,160

the chakras by dealing with particular

173

00:06:22,230 --> 00:06:19,680

issues at the different

174

00:06:24,629 --> 00:06:22,240

locales basically we can be more fully

175

00:06:27,430 --> 00:06:24,639

ourselves and so for one example for

176

00:06:28,950 --> 00:06:27,440

example um if someone has addictions uh

177

00:06:30,390 --> 00:06:28,960

you would probably look at the root

178

00:06:32,950 --> 00:06:30,400

chakra

179

00:06:34,870 --> 00:06:32,960

and it basically help them to earth

180

00:06:37,029 --> 00:06:34,880

themselves and and open up their balance

181

00:06:39,430 --> 00:06:37,039

that chakra the root chakra and also the

182

00:06:41,430 --> 00:06:39,440

root chakra is um involved with survival

183

00:06:43,749 --> 00:06:41,440

issues basically are they feeling

184

00:06:45,350 --> 00:06:43,759

threatened at a survival level so so

185

00:06:48,070 --> 00:06:45,360

basically so that's why they meant by a

186

00:06:49,990 --> 00:06:48,080

psychological map and so it's they do

187

00:06:51,189 --> 00:06:50,000

energy healing techniques on the chakras

188

00:06:53,670 --> 00:06:51,199

but they're mainly for opening and

189

00:06:56,390 --> 00:06:53,680

balancing they're not awakening chakras

190

00:06:58,070 --> 00:06:56,400

and so and they're also basically using

191

00:07:00,150 --> 00:06:58,080

them as sort of you know what is my

192

00:07:02,710 --> 00:07:00,160

issues what are my beliefs tied to this

193

00:07:04,950 --> 00:07:02,720

chakra and you know what how do i expand

194

00:07:06,870 --> 00:07:04,960

my potential on the outer world so it's

195

00:07:08,870 --> 00:07:06,880

very interesting how that had a very

196

00:07:13,510 --> 00:07:08,880

different the same you know similar

197

00:07:18,469 --> 00:07:16,150

and so that it brings up the variability

198

00:07:20,230 --> 00:07:18,479

among the chakra systems not just within

199

00:07:21,990 --> 00:07:20,240

the eastern within the western people

200

00:07:23,749 --> 00:07:22,000

many authors have noted there's a

201  
00:07:26,070 --> 00:07:23,759  
variability in the number of chakras you

202  
00:07:29,270 --> 00:07:26,080  
know how many are there five to 142 or

203  
00:07:31,749 --> 00:07:29,280  
more uh and for example uh minor chakras

204  
00:07:34,070 --> 00:07:31,759  
are accepted in some schools associated

205  
00:07:36,469 --> 00:07:34,080  
with the joints like the elbow joint and

206  
00:07:38,870 --> 00:07:36,479  
the knee joint have a minor chakra

207  
00:07:41,110 --> 00:07:38,880  
additional chakras sometimes

208  
00:07:42,710 --> 00:07:41,120  
can be dozens above and below the body

209  
00:07:44,950 --> 00:07:42,720  
all different different

210  
00:07:46,710 --> 00:07:44,960  
basically students in

211  
00:07:48,869 --> 00:07:46,720  
schools have have

212  
00:07:50,230 --> 00:07:48,879  
viewed the chakras slightly differently

213  
00:07:51,990 --> 00:07:50,240

there's also different colors have been

214

00:07:53,749 --> 00:07:52,000

reported for each chakra with rainbow

215

00:07:56,550 --> 00:07:53,759

colors widely used here

216

00:07:58,550 --> 00:07:56,560

in the west in energy healing

217

00:08:00,869 --> 00:07:58,560

and just how can the how can this be

218

00:08:02,950 --> 00:08:00,879

explained well the chakras extend across

219

00:08:04,629 --> 00:08:02,960

multiple subtle bodies bridging the

220

00:08:07,189 --> 00:08:04,639

physical etheric body with the astral

221

00:08:09,350 --> 00:08:07,199

body astral body with causal body and so

222

00:08:10,869 --> 00:08:09,360

these chakras if you're having a

223

00:08:12,710 --> 00:08:10,879

different perspective of them at

224

00:08:15,029 --> 00:08:12,720

different levels of the body they may

225

00:08:17,430 --> 00:08:15,039

appear different and so this is actually

226

00:08:19,909 --> 00:08:17,440

what are my illustrations here

227

00:08:21,830 --> 00:08:19,919

is the heart chakra may look wonder one

228

00:08:24,230 --> 00:08:21,840

way at the top top right physical

229

00:08:26,629 --> 00:08:24,240

etheric level maybe a simple rosette

230

00:08:29,510 --> 00:08:26,639

with with orange and yellow

231

00:08:32,070 --> 00:08:29,520

colors um but at the astral level you'll

232

00:08:34,389 --> 00:08:32,080

have the archetypal associations and so

233

00:08:35,990 --> 00:08:34,399

people actually see this see people this

234

00:08:38,070 --> 00:08:36,000

is the traditional hindu version of a

235

00:08:40,469 --> 00:08:38,080

heart chakra people have actually seen

236

00:08:42,709 --> 00:08:40,479

some of these you know the the star and

237

00:08:45,190 --> 00:08:42,719

the particular deities associated with

238

00:08:47,990 --> 00:08:45,200

the heart chakra and the seed syllable

239

00:08:50,389 --> 00:08:48,000

and and so so this is sort of more of a

240

00:08:52,710 --> 00:08:50,399

a different level of information

241

00:08:54,470 --> 00:08:52,720

regarding the heart chakra so that's so

242

00:08:57,030 --> 00:08:54,480

that's one source of variability the

243

00:08:58,550 --> 00:08:57,040

other is within the individuals each of

244

00:08:59,750 --> 00:08:58,560

us our chakras are all a little

245

00:09:01,990 --> 00:08:59,760

different depending on our health or

246

00:09:05,190 --> 00:09:02,000

illness karma from past lives our

247

00:09:07,430 --> 00:09:05,200

spiritual development um and and so we

248

00:09:08,870 --> 00:09:07,440

might have a different view of them uh

249

00:09:10,389 --> 00:09:08,880

and uh

250

00:09:12,870 --> 00:09:10,399

so that's just another this

251

00:09:16,870 --> 00:09:12,880

invariability is inherent in in the fact

252

00:09:20,389 --> 00:09:18,630

so here's the big one here's the big one

253

00:09:21,509 --> 00:09:20,399

is there any scientific evidence for

254

00:09:23,750 --> 00:09:21,519

chakras

255

00:09:26,389 --> 00:09:23,760

and to me the best evidence and it's

256

00:09:28,630 --> 00:09:26,399

very preliminary was by hiroshi

257

00:09:30,550 --> 00:09:28,640

motoyama the parapsychologist he did a

258

00:09:32,070 --> 00:09:30,560

series of preliminary experiments i have

259

00:09:34,150 --> 00:09:32,080

the reference at the bottom in his book

260

00:09:36,310 --> 00:09:34,160

theories of the chakras

261

00:09:38,710 --> 00:09:36,320

he was testing emissions from particular

262

00:09:41,110 --> 00:09:38,720

chakras for example he placed copper

263

00:09:42,790 --> 00:09:41,120

electrodes in front of both the anahata

264

00:09:45,910 --> 00:09:42,800

the heart and the monte puro solar

265

00:09:47,590 --> 00:09:45,920

plexus chakras in in different subjects

266

00:09:49,750 --> 00:09:47,600

and then he would ask them to focus on

267

00:09:51,829 --> 00:09:49,760

one or the other one or the other so

268

00:09:53,590 --> 00:09:51,839

subject my was asked to concentrate on

269

00:09:55,829 --> 00:09:53,600

the heart chakra and to indicate when

270

00:09:58,389 --> 00:09:55,839

she sensed psy energy being emitted from

271

00:10:00,230 --> 00:09:58,399

that chakra by pushing a button

272

00:10:02,470 --> 00:10:00,240

and so on the right is have the

273

00:10:04,949 --> 00:10:02,480

recordings at the top before

274

00:10:07,030 --> 00:10:04,959

she sensed it before she sends energy

275

00:10:08,550 --> 00:10:07,040

emitting you can see the top is that the

276

00:10:10,790 --> 00:10:08,560

heart chakra is arbitrary because she

277

00:10:13,030 --> 00:10:10,800

meditates on it regularly it was already

278

00:10:14,870 --> 00:10:13,040

showing oscillations and in the amount

279

00:10:17,110 --> 00:10:14,880

of purp with the solar plexus chakra is

280

00:10:18,949 --> 00:10:17,120

very quiet it's not one that she had

281

00:10:21,509 --> 00:10:18,959

basically awakened was not one she was

282

00:10:23,990 --> 00:10:21,519

working with as a meditator and so at

283

00:10:26,069 --> 00:10:24,000

the bottom uh basically she indicated

284

00:10:28,230 --> 00:10:26,079

with a you know pushing a button

285

00:10:30,790 --> 00:10:28,240

indicated when she felt a difference a

286

00:10:32,870 --> 00:10:30,800

mission from her heart chakra at the top

287

00:10:34,310 --> 00:10:32,880

and there was um increase in high

288

00:10:36,470 --> 00:10:34,320

frequency high potential energy

289

00:10:38,230 --> 00:10:36,480

difference in the waves at the top and

290

00:10:39,750 --> 00:10:38,240

also there was a light pulse if you look

291

00:10:41,829 --> 00:10:39,760

at the bottom of the photocell there

292

00:10:44,150 --> 00:10:41,839

this is done in a dark room there was a

293

00:10:46,630 --> 00:10:44,160

light pulse from the the chakra or

294

00:10:49,030 --> 00:10:46,640

supposedly from the chakra while she was

295

00:10:50,870 --> 00:10:49,040

emitting energy from her heart chakra so

296

00:10:53,110 --> 00:10:50,880

his conclusion from his preliminary

297

00:10:54,710 --> 00:10:53,120

experiments is that psi energy

298

00:10:56,230 --> 00:10:54,720

working in the chakras can create

299

00:10:58,150 --> 00:10:56,240

detectable energy in the physical

300

00:11:00,150 --> 00:10:58,160

dimension which is very exciting and it

301  
00:11:02,710 --> 00:11:00,160  
really should be replicated and it is

302  
00:11:05,430 --> 00:11:02,720  
from the 1981 here so it's been a long

303  
00:11:07,910 --> 00:11:05,440  
time so it's time for us to

304  
00:11:10,790 --> 00:11:07,920  
look at this again but anyway but my

305  
00:11:12,790 --> 00:11:10,800  
study here now is is i'm looking at the

306  
00:11:14,550 --> 00:11:12,800  
qualitative study of chakra experiences

307  
00:11:15,990 --> 00:11:14,560  
because i was very interested in

308  
00:11:17,670 --> 00:11:16,000  
wondering if people are actually

309  
00:11:19,750 --> 00:11:17,680  
experiencing what this this perfect

310  
00:11:21,829 --> 00:11:19,760  
rainbow body you know rainbow you know

311  
00:11:24,069 --> 00:11:21,839  
colors i mean what's what are people

312  
00:11:26,710 --> 00:11:24,079  
actually experiencing with the chakras

313  
00:11:29,269 --> 00:11:26,720

and so i created a online survey of the

314

00:11:30,389 --> 00:11:29,279

chakra experiences survey

315

00:11:32,150 --> 00:11:30,399

and i

316

00:11:34,389 --> 00:11:32,160

um to compare user experiences with

317

00:11:35,990 --> 00:11:34,399

published accounts of the chakras

318

00:11:37,910 --> 00:11:36,000

i was looking at for targeted

319

00:11:39,350 --> 00:11:37,920

participants where meditators yoga

320

00:11:40,870 --> 00:11:39,360

students with personal chakra

321

00:11:43,190 --> 00:11:40,880

experiences and healers with chakra

322

00:11:46,069 --> 00:11:43,200

experiences during healing sessions

323

00:11:47,509 --> 00:11:46,079

um i posted on social media sites

324

00:11:49,910 --> 00:11:47,519

classified sections of new thought

325

00:11:52,629 --> 00:11:49,920

publications

326

00:11:54,629 --> 00:11:52,639

i really tried to get the word out i had

327

00:11:57,269 --> 00:11:54,639

a lot of nibbles a lot of people would

328

00:11:59,430 --> 00:11:57,279

go onto my website but not actually take

329

00:12:01,190 --> 00:11:59,440

the survey so that so

330

00:12:03,190 --> 00:12:01,200

but anyway i'm jumping ahead here the

331

00:12:04,870 --> 00:12:03,200

survey was divided into seven parts one

332

00:12:06,629 --> 00:12:04,880

for each chord chakra with questions on

333

00:12:08,069 --> 00:12:06,639

images colors sounds and physical

334

00:12:10,150 --> 00:12:08,079

sensations experienced by their

335

00:12:12,230 --> 00:12:10,160

participant so it's preliminary it's

336

00:12:13,990 --> 00:12:12,240

still ongoing uh recruitment's been

337

00:12:15,829 --> 00:12:14,000

difficult i have 34 really good

338

00:12:17,670 --> 00:12:15,839

respondents you know for all the

339

00:12:20,230 --> 00:12:17,680

different chakras so far so i'll share

340

00:12:23,430 --> 00:12:20,240

that with you now

341

00:12:25,670 --> 00:12:23,440

so the preliminary results um

342

00:12:28,150 --> 00:12:25,680

uh really three three categories

343

00:12:31,190 --> 00:12:28,160

vibrations and pressure sensations

344

00:12:33,509 --> 00:12:31,200

circular sensations colors light imagery

345

00:12:34,790 --> 00:12:33,519

so this is what the the participants in

346

00:12:36,790 --> 00:12:34,800

the survey what they've actually

347

00:12:39,269 --> 00:12:36,800

experienced for example buzzing in heat

348

00:12:41,430 --> 00:12:39,279

in the root chakra vibration and buzzing

349

00:12:43,269 --> 00:12:41,440

feeling at my root chakra tingling

350

00:12:44,870 --> 00:12:43,279

sensations in the crown chakra and brown

351  
00:12:46,790 --> 00:12:44,880  
chakra and tingling sensations are very

352  
00:12:48,629 --> 00:12:46,800  
common even in healers

353  
00:12:50,389 --> 00:12:48,639  
working with clients too

354  
00:12:52,550 --> 00:12:50,399  
sensation of energy movement in the

355  
00:12:54,389 --> 00:12:52,560  
chakra areas and through areas of the

356  
00:12:56,150 --> 00:12:54,399  
body warmth and tingling is sort of a

357  
00:12:58,069 --> 00:12:56,160  
signal that energy is moving through

358  
00:12:59,750 --> 00:12:58,079  
area of the body

359  
00:13:02,790 --> 00:12:59,760  
one participant noted a throbbing

360  
00:13:03,829 --> 00:13:02,800  
sensation in each chakra um very very

361  
00:13:07,509 --> 00:13:03,839  
strong

362  
00:13:08,790 --> 00:13:07,519  
like a headband

363  
00:13:10,389 --> 00:13:08,800

and then here's another thing that was

364

00:13:12,790 --> 00:13:10,399

interesting that they came up with a

365

00:13:14,790 --> 00:13:12,800

sense of tightening at the chakra area

366

00:13:18,870 --> 00:13:14,800

or releasing the chakra if they're doing

367

00:13:20,629 --> 00:13:18,880

a meditation so a spontaneous root lock

368

00:13:21,829 --> 00:13:20,639

the root chakra or tightening in the

369

00:13:26,470 --> 00:13:21,839

throat

370

00:13:28,470 --> 00:13:26,480

that was interesting and then the warmth

371

00:13:30,310 --> 00:13:28,480

in the heart chakra this is a common

372

00:13:32,069 --> 00:13:30,320

sensation of doing

373

00:13:36,710 --> 00:13:32,079

meditations on the heart chakra is

374

00:13:40,069 --> 00:13:38,389

but what interested me was of course the

375

00:13:42,150 --> 00:13:40,079

circular sensations

376

00:13:44,310 --> 00:13:42,160

because remember the chakras are sort of

377

00:13:46,790 --> 00:13:44,320

visualized as sort of a

378

00:13:49,030 --> 00:13:46,800

sort of a is a cone or a trumpet a

379

00:13:51,670 --> 00:13:49,040

circular sort of object and they're

380

00:13:52,870 --> 00:13:51,680

often described as basically rotating

381

00:13:54,790 --> 00:13:52,880

spinning

382

00:13:57,430 --> 00:13:54,800

so participants some of them did note

383

00:13:58,870 --> 00:13:57,440

that feeling a spiral of energy pulsing

384

00:14:01,430 --> 00:13:58,880

spiraling energy coming out of my

385

00:14:02,550 --> 00:14:01,440

forehead the brow chakra swirling wave

386

00:14:05,990 --> 00:14:02,560

sensation

387

00:14:07,750 --> 00:14:06,000

era

388

00:14:09,430 --> 00:14:07,760

had an extreme spiral of energy around

389

00:14:10,550 --> 00:14:09,440

my belly button before kundalini shot up

390

00:14:12,069 --> 00:14:10,560

my spine

391

00:14:14,389 --> 00:14:12,079

so those were just sort of interesting

392

00:14:18,150 --> 00:14:14,399

they sort of confirmed the circular

393

00:14:21,750 --> 00:14:19,990

and finally colors light and imagery

394

00:14:23,910 --> 00:14:21,760

associated with chakras

395

00:14:26,790 --> 00:14:23,920

red wavy shapes and meditation root

396

00:14:28,949 --> 00:14:26,800

chakras often associated with red

397

00:14:30,629 --> 00:14:28,959

and then one participant said i saw a

398

00:14:32,629 --> 00:14:30,639

web of blue white light shaped like a

399

00:14:34,550 --> 00:14:32,639

trumpet mouth from my sacral chakra i

400

00:14:36,870 --> 00:14:34,560

was static so they basically saw the

401  
00:14:38,069 --> 00:14:36,880  
classic shape of the the chakra as a

402  
00:14:40,949 --> 00:14:38,079  
trumpet

403  
00:14:43,189 --> 00:14:40,959  
but interesting is blue white light

404  
00:14:45,269 --> 00:14:43,199  
brow chakra one participant saw deep

405  
00:14:47,990 --> 00:14:45,279  
violet indigo which is the normal color

406  
00:14:49,030 --> 00:14:48,000  
for brow but also gold green white and

407  
00:14:52,710 --> 00:14:49,040  
sharp

408  
00:14:54,389 --> 00:14:52,720  
shifting shape-shifting sparkles

409  
00:14:56,629 --> 00:14:54,399  
another participant said with the brow

410  
00:14:59,670 --> 00:14:56,639  
chakra i see light language quite often

411  
00:15:01,509 --> 00:14:59,680  
signs and symbols of unknown meaning

412  
00:15:03,110 --> 00:15:01,519  
i feel light entering from above into

413  
00:15:04,790 --> 00:15:03,120

the crown chakra

414

00:15:07,269 --> 00:15:04,800

and this is a common thing for for

415

00:15:08,710 --> 00:15:07,279

working with as a healer to see light

416

00:15:09,750 --> 00:15:08,720

entering into the crown chakra of

417

00:15:12,150 --> 00:15:09,760

clients

418

00:15:14,949 --> 00:15:12,160

uh kundalini blue flames out the top of

419

00:15:17,990 --> 00:15:14,959

my head very dramatic so so some good

420

00:15:21,509 --> 00:15:19,990

so conclusions so far

421

00:15:24,550 --> 00:15:21,519

are consistent with the popular

422

00:15:26,230 --> 00:15:24,560

literature on chakras and kundalini um

423

00:15:28,310 --> 00:15:26,240

low response rate suggests a need for a

424

00:15:29,829 --> 00:15:28,320

different approach possibly pairing a

425

00:15:31,590 --> 00:15:29,839

chakra meditation with immediate

426

00:15:33,509 --> 00:15:31,600

feedback via an app

427

00:15:35,509 --> 00:15:33,519

maybe just a single chakra like a heart

428

00:15:37,509 --> 00:15:35,519

chakra meditation and then asking for

429

00:15:40,069 --> 00:15:37,519

any input

430

00:15:41,509 --> 00:15:40,079

or or probably the classic is in-depth

431

00:15:43,590 --> 00:15:41,519

interviews of experienced yoga

432

00:15:45,110 --> 00:15:43,600

meditators i know this has been done for

433

00:15:47,269 --> 00:15:45,120

kundalini

434

00:15:50,629 --> 00:15:47,279

but my focus was mainly on chakras at

435

00:15:52,550 --> 00:15:50,639

this point but i might have to expand it

436

00:15:54,310 --> 00:15:52,560

and finally finally the physical

437

00:15:55,910 --> 00:15:54,320

sensations of the chakras really

438

00:15:58,710 --> 00:15:55,920

suggests that there's some nerves or

439

00:16:00,069 --> 00:15:58,720

nervous sectors that are being activated

440

00:16:01,670 --> 00:16:00,079

and

441

00:16:03,430 --> 00:16:01,680

people have been very

442

00:16:06,230 --> 00:16:03,440

curious about the association of these

443

00:16:08,069 --> 00:16:06,240

core chakras with nerve plexuses

444

00:16:09,910 --> 00:16:08,079

for a long time they've noted that there

445

00:16:12,470 --> 00:16:09,920

there's nerve a lot of nerves at the

446

00:16:14,069 --> 00:16:12,480

site of these chakras core chakras

447

00:16:16,230 --> 00:16:14,079

um so

448

00:16:18,230 --> 00:16:16,240

so this would uh suggest an actual

449

00:16:19,590 --> 00:16:18,240

physical energy that could be measured

450

00:16:22,389 --> 00:16:19,600

and so it would be very good to

451  
00:16:26,710 --> 00:16:22,399  
replicate moriyama's or hypothesis that

452  
00:16:28,389 --> 00:16:26,720  
energy is emitted by awakened chakras

453  
00:16:29,910 --> 00:16:28,399  
and then finally i just wanted to throw

454  
00:16:31,910 --> 00:16:29,920  
out some thoughts on the future of the

455  
00:16:33,430 --> 00:16:31,920  
body and people often talk about human

456  
00:16:35,910 --> 00:16:33,440  
evolution they talk about

457  
00:16:37,990 --> 00:16:35,920  
expanding consciousness and in the mind

458  
00:16:40,310 --> 00:16:38,000  
but it's the body that's also changing

459  
00:16:41,910 --> 00:16:40,320  
also and that's emphasized in in michael

460  
00:16:45,430 --> 00:16:41,920  
murphy's book future of the body and

461  
00:16:47,110 --> 00:16:45,440  
also modiyama actually also emphasizes

462  
00:16:48,870 --> 00:16:47,120  
that there's changes in the body and we

463  
00:16:50,710 --> 00:16:48,880

see this we see this with

464

00:16:53,749 --> 00:16:50,720

long-term meditators they have changes

465

00:16:55,910 --> 00:16:53,759

in the eeg and then their heart rate um

466

00:16:57,829 --> 00:16:55,920

they're basically a physiology and so

467

00:17:00,069 --> 00:16:57,839

there is definite changes in the body

468

00:17:02,389 --> 00:17:00,079

but there's also changes in the subtle

469

00:17:04,549 --> 00:17:02,399

bodies so murphy notes that new

470

00:17:06,309 --> 00:17:04,559

substances effervescences and energies

471

00:17:08,309 --> 00:17:06,319

seem to arise in the human body as a

472

00:17:10,949 --> 00:17:08,319

result as transformative practices so

473

00:17:13,029 --> 00:17:10,959

new new radiations

474

00:17:15,909 --> 00:17:13,039

and subtle bodies these states can be

475

00:17:17,590 --> 00:17:15,919

developed so they eventually alter the

476

00:17:19,750 --> 00:17:17,600

physical body very interesting the

477

00:17:21,590 --> 00:17:19,760

feedback between the two

478

00:17:23,590 --> 00:17:21,600

it's part of our anatomy the subtle

479

00:17:26,069 --> 00:17:23,600

anatomy is that

480

00:17:27,829 --> 00:17:26,079

it is the heart of our anatomy chakras

481

00:17:29,750 --> 00:17:27,839

and kundalini may reflect actual

482

00:17:31,830 --> 00:17:29,760

development of physical structures that

483

00:17:34,150 --> 00:17:31,840

support extraordinary abilities so part

484

00:17:35,750 --> 00:17:34,160

of the psychic abilities and moriyama

485

00:17:38,789 --> 00:17:35,760

talks about this quite a bit

486

00:17:41,430 --> 00:17:38,799

of basically of paranormal abilities are

487

00:17:43,830 --> 00:17:41,440

often sometimes an awakened chakra so

488

00:17:45,750 --> 00:17:43,840

very interesting correlation there so

489

00:17:47,830 --> 00:17:45,760

moriyama also goes further he says

490

00:17:49,190 --> 00:17:47,840

chakra awakening is a process which must

491

00:17:50,710 --> 00:17:49,200

be undergone

492

00:17:52,630 --> 00:17:50,720

if the soul is to evolve and

493

00:17:54,630 --> 00:17:52,640

enlightenment is to be reached so it's

494

00:17:55,750 --> 00:17:54,640

just fascinating so we're basically

495

00:17:57,669 --> 00:17:55,760

we're

496

00:17:59,990 --> 00:17:57,679

embodied spiritual beings and the

497

00:18:02,310 --> 00:18:00,000

chakras are basically help if we develop

498

00:18:04,870 --> 00:18:02,320

them and develop this body this other

499

00:18:06,789 --> 00:18:04,880

body it helps develop our physical body

500

00:18:08,549 --> 00:18:06,799

and expands our experiences our

