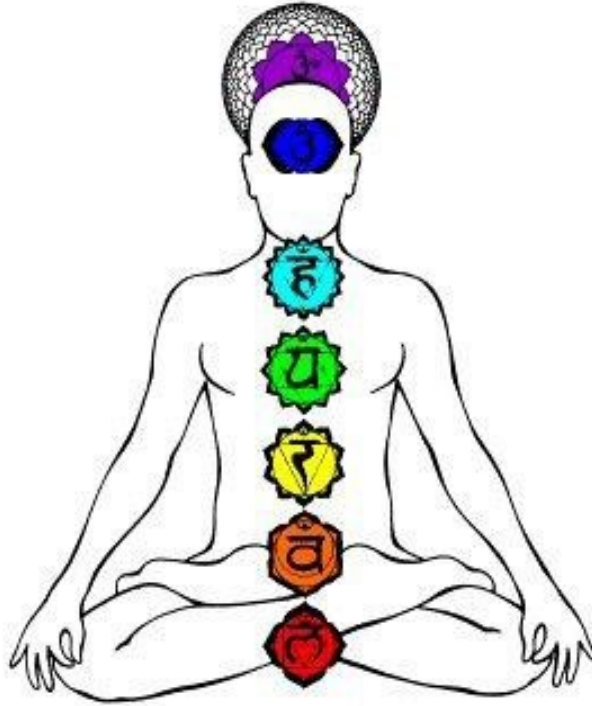


**Chakra and Kundalini Study Guide for Initiates and Members
of
Circulos Tenebris Matrem Arcanas
Circle of the Dark and Mysterious Mother**

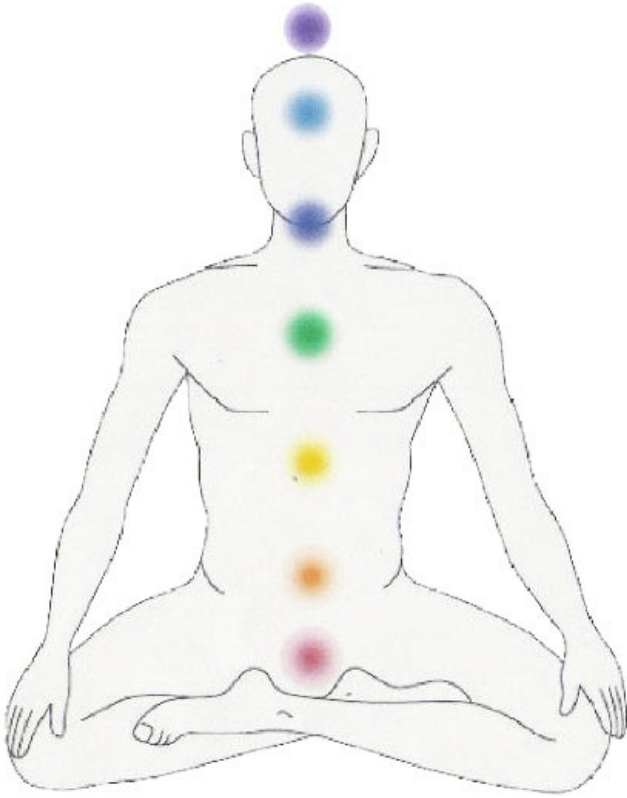


Bibliogray: Wheels of Life by Anodea Judith, PH.D.

Introduction

The seven chakras are wheel-like energy centers that spin within each of us. Although the chakras correspond to a physical aspect of our body, each of the seven energy centers represents an aspect of our consciousness. The concept of the chakras illustrates the concept of the Kabbalistic tree of life on an individual and personal level. Each chakra embodies qualities of the ten Sephirot and represents our connection to the universal consciousness.





Kundalini is an uplifting of desire energy through the central channel linked to the chakras.

Chakras

Root Chakra

- Earth
- Roots
- Grounding
- Survival
- Body
- Food
- Matter
- Beginning

Angel: Archangel Sandalfon (Sephilot) or Archangel Uriel (Sacred Circle)

Element: Earth

Sephilot: Malkut, but it is given the celestial attribute of Binah, Shabbatai or Saturn.

Location: Perineum, base of spine

Function: Survival, Grounding

The root chakra at the base of the spine corresponds to our physical or material body and life in this world, and with all of our basic needs for survival in this world. This chakra corresponds to the energy of matter composing our bodies and the world, food, shelter and clothing, the instinct for survival and procreation, our capacity to ground or embody energy-intelligence, our capacity to individuate our physical consciousness and body consciousness, or the intelligence of the physical and body. The elemental force of the earth and the direction north in the circle are also attributes of the root chakra.

The body that arises and the world in which it appears are inseparable from one another, so while the root represents a vehicle for individuation in an infinite plethora of life-forms, it is also represents an underlying unity of all life, all bodies, completely interdependent and interconnected with one another. Although we may speak of our material being as somehow distinct from our energetic being, and of the need for the reintegration of our material and energetic being, in truth, every level of our being or existence is energetic, including our physical or material being. Basically speaking, our physical or material body is a vortex of matter-energy-light in a vast ocean of matter-energy-light, pure energy, light or spirit manifest in material form.

Navel Chakra

- **Water**
- **Change**
- **Polarities**
- **Movement**
- **Pleasure**
- **Emotions**
- **Sexuality**
- **Nurturance**
- **Clairsentience**

Angel: Archangel Gavriel (Sephilot or Sacred Circle)

Element: Water

Sephilot: Yesod

Location: Lower abdomen, genitals, womb

Function: Desire, pleasure, sexuality, procreation

The navel chakra corresponds to our astral body and astral worlds, and to the dreamtime. Corresponding with emotions, pleasure and sexuality, movement, change and polarity, it is the play of duality and opposition necessary for individuation and self-realization, socialization and exchanges of energy, nourishment and nurturance, the power of clairsentience, as well as to the elemental force of water and the direction west in the sacred circle. This is the dynamic center of life and vital energy, the lower vital, which, when joined to the higher vital in the heart becomes the vehicle of self-actualization and self-realization. When joined to the heart the navel or belly becomes like a womb through which we conceive, gestate and give birth to something of our true and natural being, our holy soul, and yet, when divorced from the intelligence of the heart it is the "belly of the Great Beast," a play of extreme selfishness, egoistic desire and fear, bound up in cosmic ignorance, self-consuming and self-destructive.

This is the energetic center through which we are able to become aware of the subtle energetic dimension within and behind the physical or material dimension, and through which we contact and interact with the world of spirits. In spiritual work affecting changes or shifts in the material reality, this chakra is key, a principle center of focus.

Solar Plexus Chakra

- **Fire**
- **Power**
- **Autonomy**
- **Will**
- **Energy**
- **Metabolism**
- **Technology**
- **Transformation**
- **Self-esteem**

Angel: Archangel Michael (Sephilot) or Archangel Michael (Sacred Circle)

Element: Fire

Sephilot: Hod

Location: Navel to solar plexus

Function: Will, power, assertiveness

The solar plexus chakra corresponds with our mental body and the mental world, the ordinary mind or surface consciousness, the force of personal will or power, the transformation and delivery of energy, the knowledge and ability necessary for works of magic or wonderworking arts, alchemy, psychism, all intellectual pursuits, metaphysical and spiritual metabolism, technology and humor. It also corresponds to the elemental force of fire and the direction south in the sacred circle.

When the solar plexus is joined to the heart the mental consciousness becomes illuminated and inspired, the solar plexus then acts as the receiver and transmitter of the spiritual influxes and energy from above. In this illumination all human endeavors assume their true purpose and meaning, generating a true and righteous humanity in balance with Creator and Creation. However, when cut off from the heart, this chakra is the "head of the Great Beast," and our life is bound up in the titanic power of egotism, the play of dominion or power over others in selfish consumerism and selfish ambition that potentially knows no end, no satisfaction.

Religions preaching a revelation of love but enacting holy wars and inquisitions are an example of the darkness of this center when divorced from the heart and upper chakras. Restoration to a pure spirituality of direct experience, founded upon the awareness of Sacred Unity, is the redemption of this center, its restoration to its rightful place in submission to the Divine.

Heart Chakra

- **Love**
- **Air**
- **Breath**
- **Balance**
- **Relationship**
- **Affinity**
- **Unity**
- **Healing**

Angel: Archangel Haniel (Sephilot) or Archangel Raphael (Sacred Circle)

Element: Love

Sephilot: Netzach

Location: Heart

Function: Compassion, Love

The heart chakra corresponds with our higher vital body and the higher vital worlds, and it corresponds with our true intelligence: faith, hope and love, and the knowledge, understanding and wisdom that come with them. Corresponding with the radiant holy breath that kindles the fire snake, and with affinity, empathy, unity, true relationship and connectedness, devotion, healing, this chakra is the seat of true spirituality: mysticism. It is depth of feeling, active compassion or charity, redemption or salvation, balance and harmony, and it corresponds with the elemental power of air and the direction east in the sacred circle.

In the heart chakra we recognize and realize our innate unity with all our relations and begin to enter into communion with the Divine. Humankind struggles to come to the heart and to ignite the heart chakra, as it is the place where we begin to become a true human being and begin to realize the divinity within our humanity. The heart is the seat of the indwelling Messiah, the Human One of Light in us, our true and natural being as we are in the Divine Mother. This is the place of true self-knowledge, and specifically the knowledge of our purpose in this life. This chakra is the center of our true desires and dreams.

The heart chakra joins the three upper chakras with the three lower chakras, and thus this center is the key to the actualization and realization of the full spectrum of our consciousness or soul, and it is the gate through which we access our spiritual essence, which abides in the heart and crown chakras. Although we may be incarnate in a human form or body, until we are able to open the heart, going within and living within, as yet we are not a human being. The heart is the true life and being of humanity, the "true measure of a woman or a man."

Throat Chakra

- **Ether**
- **Sound**
- **Vibration**
- **Communication**
- **Mantras**
- **Telepathy**
- **Creativity**

Angel: Archangel Raphael (Sephirot) or Archangel Sandalfon (Sacred Circle)

Element: Sound

Sephirot: Tiferet

Location: Throat

Function: Communication, Creativity

The throat chakra is the first of the upper chakras in ascent, corresponding with the causal body and causal worlds: the foundation of the karmic continuum, the “memory” that binds to the past, but that also anchors to facilitate the development and evolution of the soul-being. This is the center of sound-vibration and communication, speaking, and potentially may correspond with the living word, the Logos. It is the seat of chant and prayer, and the force of the body of vision, and with media, creativity and telepathy, it corresponds with Divine prophecy, the force of the element of space in the depth of depth (the downward direction in the sacred circle), and the entirety of the sacred circle below, what is manifest.

This is the center that initiates the actualization of the intelligence of the heart and that gives expression to the spiritual inspirations and influxes that come from within and above. It is the distinct divine power in the human one of naming and speaking creations into being. As Elohim spoke Creation into being in Genesis saying, “Let there be,” so the Human One (Adam) named every creature. The throat chakra is the active power of prophecy, speaking what shall come to pass or speaking the Word of God, communicating the knowledge, understanding and wisdom of the Holy Mother.

It must be said, however, that when speech is dominated by the three lower chakras, when the bestial nature remains unredeemed, speech becomes vain and futile, and is the cause of great bondage, great sorrow and suffering. Unconscious speech or negative speech is the manifestation of the great co-creative power in us in habitual patterns of the past, the karmic conditioning that keeps us bound to the ignorance, the demiurge.

Brow Chakra

- **Light**
- **Color**
- **Seeing**
- **Intuition**
- **Visualization**
- **Imagination**
- **Claivoyance**
- **Vision**

Angel: Archangel Kamael (Sephirot) or Archangel Metatron (Sacred Circle)

Element: Light

Sephirot: Gevurah **Location:**

Brow

Function: Seeing, Intuition

The brow chakra corresponds to our spiritual body and the spiritual worlds. We come into contact and communion with the world of angels in the heart, and with the world of souls, and of great cosmic forces and archangels. This is the center of cosmic consciousness, the peak of mental consciousness, and it is the center of sight into the World of the Holy Spirit. Corresponding with light, color, seeing, envisioning, creative imagination, clairvoyance, divine vision, divine thought, the brow is the “seat of the Gnosis Mind,” the Divine Mind. The brow chakra also corresponds to the force of the space element in infinite expansion, the circumference of the sacred circle nowhere to be found, being the sacred circle in the ideal, depth of above (the upward direction in sacred circle).

This is the center of Divine Illumination, the full actualization and illumination of the mental being and consciousness, and it is the center of spiritual knowledge, understanding and wisdom, yet remaining within the subtle dualism of the mental being and consciousness. As the ceiling of cosmic consciousness, apart from the full breakthrough to the Supernal and union with the Divine I Am, Supernal or Supramental Being, the illumination of the brow is not Supernal. This center is the guiding or directing principle of the chakras below it, receiving and interpreting the Divine and supernal influxes from above, facilitating their actualization and realization. It is the center that translates the Divine potential into the actual, providing the body of vision to be worn, spoken and enacted.

The full clarity and force of the intelligence of the heart comes into being when it is joined to the brow chakra, the center within the head. This is the center of illumined spirituality and the actualization of our full capacity as co-creators, consciously directing our development and evolution, and fulfilling our soul’s destiny.

Crown Chakra

- **Consciousness**
- **Thought**
- **Information**
- **Knowing**
- **Understanding**
- **Transcendence**
- **Immanence**
- **Meditation**

Angel: Archangel Tzadkiel (Sephilot) or Archangel Hua (Sacred Circle)

Element: Thought

Sephilot: Hesed

Location: Top of head

Function: Knowing

The crown center corresponds to the “seat of the Divine I Am” and to the threshold of the Supernal or Supramental Consciousness; it is the place of the full generation of the Solar Being and Threefold Body. This center corresponds with our True Will, the force of silent volition, the essence and nature of mind or consciousness, which is Supra-Conscious. The crown corresponds to transcendence, deep meditation, cessation or repose, enlightenment and liberation, Supernal Knowledge, Understanding and Wisdom: Non-Dual Awareness. This center corresponds with the center of the sacred circle or “seventh direction” as well.

It is in the brow that we experience direct knowledge of God, and it is in the crown that we experience conscious unification with God; in this we may know and understand the distinction between the brow and crown.

Transcendent Chakra

- **Supernal Realization**

Angel: Archangels Metatron, Ratziel, and Tzafkiel (Sephirah)

Element: Spirit

Sephirot: Supernals

Location: Above of head

Function: Sacred unity

Of the transcendent chakra beyond we can say nothing, but that it is our spiritual essence. Essentially, we seek to bring the Light of our Holy Chakra or divine I Am, the Force of our Supernal Being in the Divine Mother, “down” into the belly and root, and we seek to uplift the kundalini to the brow, and ultimately to the crown. This, of course, as has been said, is accomplished by Divine Grace, the Force of the Holy Mother. Now, if you want deeper insight into the chakras or centers in your energetic body, you can contemplate their basic correspondences and meditate directly upon these centers. If you want insight into your energetic being for healing and personal growth, then look and see where there is balance and imbalance in the corresponding areas of your life, and where energy flows freely and where energy is blocked.

The Channel-Ways

The chakras are linked together by three channel-ways, a central channel and two channels that run alongside it, crisscrossing at the centers. The left channel is called the lunar channel and the right channel is called the solar channel. Essentially, these channels form an image like the famous caduceus, the common symbol for medical practice.

From these three main channel-ways an entire network of channel-ways extends throughout the subtle energetic body, like a matrix or web of light, and along with the seven main chakras there are many secondary chakras or centers, vortexes of energy formed by the currents of subtle energy moving through the channels. Until the kundalini is awakened and made to flow through these channel ways, only the slightest amount of this spiritual power moves through them, along with the power of the inner winds or radiant breaths. In most ordinary individuals the chakras are only partly ignited or partly opened, or may look rather like sparks instead of chakras, being in effect "closed." The actual ignition or opening of the chakras comes with the awakening of the kundalini and its full movement through the great matrix of channel-ways.

When the kundalini is made to flow up through the stellar channel it leads to various states of illumination or higher consciousness. If and when drawn up to the brow and brought into repose a state of gnosis mind is engendered, and when brought to cessation in the crown, the actual breakthrough to supernal consciousness may occur. When kundalini is made to flow through the solar channel it gives strength to the physical body and becomes spiritual power directed outward towards the physical or material world. When it flows through the lunar channel it gives strength to the subtle body and spiritual power is directed into the world of spirits and angels, and into dreamtime.

When the kundalini is made to flow through the three main channels, naturally and spontaneously it will flow through the entire matrix of channels and will ignite the secondary chakras: six in the torso, six in the legs and six in the arms. Of these secondary chakras, those in the feet and the hands are most essential, for through them we are able to channel and transmit spiritual power into the earth and to others in the laying on of hands.

The Twin Forces

There are two forces or currents of kundalini, descending and ascending. The descending force is rooted in the crown, and it is a gentle cooling force, illuminating. The ascending force is rooted in the base of the spine, and it is a fierce and hot force, very unpredictable, and empowering. We focus on the reception of the Light from above and the awakening of kundalini in the belly for the Light from above brings with it the descending force, which tempers and guides the ascending force.