

**THE NEW MILLENNIUM NOTEBOOKS**

**PHYSICAL PROGRESS - PART I**

**Progress Through the Chakras**



*Neil Hickox*

Excerpted from  
**The Chrysalis Teachings**  
by **Norma Hickox**

*Cover Photograph*  
*Triple Waterfall in Rifle Falls State Park*  
*Rifle, CO*

*by*  
***Neil Hickox***

*We all love to watch a waterfall and we actually get a little excited just listening to one. A waterfall serves to remind us that water is the life-giving ingredient in all that makes up our planet.*

## A Profile

I am a professional musician. I play and teach six instruments and compose music. I've been an organist and choir director for many different religious denominations. I have also taught vocal music in private elementary and pre-schools and have had my own dance band in the past. I live with my husband Lyle in Grand Junction, Colorado. We have one son, Neil, a computer scientist living in California. Neil has done many of the drawings used in the teachings.



*Norma Hickox*

*Photo by Neil Hickox*

When I began composing in 1981, the music and lyrics would flow out in complete form. A year later, I began to receive information from a spiritual source that flowed the same way as the music. This new material was later explained to be from spiritual teachers whose intent is to bring the Chrysalis Teachings to human understanding. My individual part in the work is to act as a thought provoker; to bring through ideas that stretch our minds and break us out of the shells of old thinking; allowing us to wonder "What If." This work is in the realm of creative ideas, before inventions are made or new products are designed and opens the possibilities of new ways of doing things. For the last twenty years I've been working on the Science of Music. This science will tie everything that has existed since the time of the big bang until now, to a musical vibration for the purpose of finding compatibility between the different kingdoms.

I have been blessed with the privilege or gift of "knowing" many spiritual truths. It seems that some part of my makeup has the ability to "know" and "see" the aspects of creation in a way that relates to musical vibrations. Actually, being a musician, it was the vibrations of music that I've been exposed to since the age of four that enables me to do this.

These notebooks enable us to look at any time period of the universe. They allow us to experience events that have happened in the past, events that are happening now, and events that will happen in the future. Each New Millennium NoteBook will take a look at a small portion of the TimeLine of Eternity.

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## ***"The Seven Bells of Creation"***

by Norma

*The Seven Bells of Creation  
Ring out in all their Glory  
And as been told, in days of old  
Bring forth the Creation Story*

*The first red bell  
was plump and  
stout  
And sounded  
forth loud and  
strong  
This bell was so  
bold, in days of  
old  
It was considered  
quite a gong.*



*The second one  
was the color of  
orange  
With a sound  
that was a wee  
bit sharper  
And as this bell,  
began to knell  
The world was a  
little less darker.*



## **Chakras are Tools of Creation**

The chakras are simply energy centers, store-houses for the vibrating atoms, the first stirrings of life in the cosmos. In the beginning it was simply the air that played around and lifted grains of sand which had crumbled off of the pristine rock surfaces and placed them down on the ground near water. This caused a chemical reaction between the minerals in the soil and the algae in the water. This gave birth to the Botanical Kingdom and provided a form for this energy to be embedded in.

The root chakra, the first chakra, is the first bundle of energy to be embodied in a manifested form in physical matter. The Botanical Kingdom evolved through the decaying and rotting of matter into the one cell amoeba and the root chakra, or kundalini, was the only chakra in the early life forms. The total being was centered in that kundalini for the life giving properties and energies. It was the center of the vibrating atoms and was quite necessary in those early forms of life when the animals used their tail for means of locomotion and for protection.

The root chakra was not needed in the animals that were to follow into the human kingdom, as they would no longer need the tail. This chakra was sealed over and the tail eventually disappeared from man. The bundle of energy was then embedded in the second chakra, the sacral plexus to insure survival of the race. The second chakra, the sacral plexus, was in essence the only one operating in the "cave man." It is the center of survival, of animal instinct such as eating, sleeping and procreating.

*The third bell  
was a sunny yellow -  
low  
Its tone was  
very bright  
When this bell  
rang, the whole  
world sang,  
And the heavens  
broke forth with  
light.*



*The fourth carillon  
was a beautiful  
green  
Its pitch was stable  
and clear  
As it started to play,  
we heard angels say  
This is the sound we  
want to hear.*



*The fifth bell was quite a  
sight  
It was big and blue and  
round  
Its tone was lighter,  
stars shone brighter  
To match its cheerful  
sound.*



The third chakra, the solar plexus, came into being gradually. In the early Lemurian days, actually it was a stage before Lemuria called Lamania, the third center developed. This third center, which was the sensing of other's thoughts, developed as primitive man felt a definite need for communication with his own kind to differentiate between themselves and the animals. It was a very slow development as the energy of the second chakra was not closed off. It had to be kept, so it was necessary to grow and build and develop this third chakra or energy center from scratch.

This stage was followed more quickly by the addition of the heart chakra at the same time that these simple creatures developed a conscience, a need to feel responsible for their actions against others. This heart chakra was a quickly developing one, as it became urgently necessary to keep the cave men from destroying each other. Thus the animal began to have feelings and emotions to deal with in connection with his instincts. The third center, the solar plexus, was not deliberately closed off, but fell into disuse due to the heavy activity of the second and fourth centers.

Thus the animal forms had developed into an upright, almost tailless form that began to sense their difference from the animals that stayed on all fours. They began letting others know what they meant by simple grunts and sign language. The sensing of other's thoughts, this ESP, so to speak, began fading, and needing a means to communicate, the throat chakra drew the energy bundle from the solar plexus up to the throat and the fifth chakra came into being. The grunts turned into distinguishable, intelligible sounds that developed quickly into a language.

*The purple bell was a very  
thin one  
Quite delicate and merry  
Magic was its sound, so the  
angels found  
For its chime was that of a  
fairy.*



*The seventh and last bell was fan -  
tastic  
Its color was sparkling and bright  
The pitch of this bell, made cre -  
ation swell  
As it filled the world with light.*



*It takes each of these Seven Bells  
In all their beauty and life  
For all men true, to be born anew  
And put an end to their strife.*

Thus the animal forms had developed into an upright, almost tailless form that began to sense their difference from the animals that stayed on all fours. They began letting others know what they meant by simple grunts and sign language. The sensing of other's thoughts, this ESP, so to speak, began fading, and needing a means to communicate, the throat chakra drew the energy bundle from the solar plexus up to the throat and the fifth chakra came into being. The grunts turned into distinguishable, intelligible sounds that developed quickly into a language.

Civilization was started over – but not clear back to the one cell again – by restructuring the chakra system. The use of the first chakra was still not needed and was completely sealed at this time. The second was still in use, the third one was reinstated, the fourth one was more separated from the second, functioning more individually from the instinct of the second. The fifth one was left and the sixth one closed, sealed off and the spot for the seventh chakra added. The energy from the sixth was sent to the seventh center but it was still sealed off until such time as it would be needed and safe to bestow on humanity.

The three lower chakras will set the goals. The root chakra gives the drive, the will to survive, the strength to forge ahead; the second chakra, that of the sacral plexus, gives the creativity to design your own life; and the third chakra gives you the ability to psychically communicate with other kingdoms and other people. In the three higher kingdoms, the throat chakra gives you the ability to express your goals and creativity and to communicate with other kingdoms. The third eye gives you the ability to visualize creativity, and the crown chakra gives you the ability to communicate with the higher kingdoms.

*The true meaning of life for all  
Is the awakening in the heart  
Of compassion and love, sent down from  
above  
Bringing all the world a new start.*

*When peace is accomplished world wide  
Then the true human will be born  
Until that time, when all the bells chime  
The mantle of love should be worn.*

*As we learn about the past  
The stories old of this growth tells  
And every day, we should all pray  
And give thanks for Creation's Bells.*

The heart chakra transforms the physical evolution instinctual behavior of the animal kingdom into that of being a human being. Without these transforming capabilities, humanity would not have progressed to the point where it could serve as vehicles of expression for the spirits to enter. The three lower kingdoms draw from that which went before you in time of a physical nature and the three higher allow you to access that which went before you in time of a spiritual nature. Both of these are used to form your own universe which is your heart chakra.

The sixth center was not to be reopened. The energy was to remain sealed in the crown chakra until needed. This will be when humanity is ready to enter the divine kingdom. Humanity has managed to get that energy dropped back to the sixth chakra, the third eye, the magic center. This energy needs raised up to the seventh to prepare one to enter the divine kingdom. As long as one remains in the stage of using this third eye, he is stopping his evolution. It is absolutely necessary to raise this energy back up to the crown chakra as this will be the stage of the intelligent, reasoning mind, which must be reached before the Christ can enter.

Although these chakras were opened on the cave man as a whole of humanity, they are opened again with each human at his birth and the whole process is gone through again on a higher level when each person goes through the period of rebirth into the fourth dimension – his rebirth into continuity. The chakras are the organs of the ethereal body which work in harmony with the physical organs allowing the physical bodies to evolve into beautiful forms for the spirit of the Creator to enter and express through.



Development of 1st Chakra Kundalini	Development of 2nd Chakra Sacral Plexus	Development of 3rd Chakra Solar Plexus	Development of 4th Chakra Heart	Development of 5th Chakra Throat	Development of 6th Chakra Third Eye	Development of 7th Chakra Crown	Development of 8th Chakra Ear
4 billion yrs. ago	900 thousand yrs. ago	700 thousand yrs. ago	600 thousand yrs. ago	90 thousand yrs. ago	50 thousand yrs. ago	10 thousand yrs. ago	2000 AD

## CHAPTER ONE

# THE CHAKRA SYSTEM

### Introduction

Chakra number one was the root chakra and was embedded in the early forms of minerals from creation on. Therefore, the root chakra must be said to be eternal. There should be no time period put on it as a beginning. The root chakra is the core of energy, the stoppage of the vibrating atoms as the liquids solidified into solid surfaces. This is the root chakra, the potential in each of tremendous fire and energy when the atoms are reactivated. It is a tremendous way to store energy and in the future the stoppage of the vibrating atoms, suspended animation, will be a way of preserving anything wanted for indefinite periods of time.

This root chakra did indeed carry over and become embedded in the vegetable kingdom. This was the addition of the second chakra, the sacral plexus as the mating of the mineral kingdom and the water took place. The early plants reproduced asexually and as this kingdom developed the seeds were split. Yes, exactly like the human kingdom and the divine spark, the divine spark in the plant kingdom split and part followed the track that would carry life over into the animal kingdom. Part stayed in the plant kingdom and these now required the pollination process to reproduce.

When the animals start appearing the early forms were not split into male and female. This would be the criteria for determining transitional periods. Each kingdom in its stage of being the whole spark, both male and female in one form, would be considered the transitional period. As the animal track then split, part followed into the human kingdom. It was a very slowly developing period and the animals that were the forerunners of humans did another split. This is a split, a minute split, in the digestive system. The original split of the animal track was the development of the double stomach. This second split involved a tiny opening leading from the navel inward that opens and closes during food digestion. This is when progress really speeded up. The animals that followed this track were able to pull in energy from the atmosphere. This would be from such things as lightning storms, stronger rays from the sun, more benefit from rain and also from the plants. Imagine, if

you will, the purity and nourishment that were embedded into the plants they ate, because the soil was not depleted at that time and the rain watering it was from the remains of the swirling clouds of atmosphere that were receding from the surface of the earth.

Progress was very quick from this time on. This was when the addition of the third chakra took place. Then the addition of the fourth chakra took place. Remember, progress is happening quite rapidly now because it was necessary at this time period for the survival of the race. Then the fifth chakra was added.

At this point progress slowed down and the next chakra, the third eye came into use and at the restructuring of the chakras, after the cataclysms of Atlantis (which did not happen overnight, by the way – they took place over a long period of years), the crown chakra was planned to come into being. But it did not work this way and has not really worked yet. Evolutionary growth slowed down considerably, but as all things cycle back around, the spurt of growth and the addition of chakras rapidly following each other is going to cycle back around and evolutionary growth will speed up until there are twelve chakras, with a period then of slow growth following. It all has to do with the rhythm of the universe.

### **Chakras Are Organs Of Ethereal Body**

The chakras are the organs of the ethereal body that surround the physical body while in incarnation and cross the line with the spirit between manifestation and non-manifestation. Being the organs of the ethereal body means that they are the atoms which are made up of subatomic particles and sub-subatomic particles. This is the way the passing of divine genes is accomplished. The physical organs of the body themselves, the actual flesh, blood and bones is the means of passing physical genes.

The passing of spiritual or divine genes is a matter of thought or mind, which is the state you cross over to at physical death and the state you leave, for a period of time, at birth onto the earth plane.

The nuclear energy of vibrating atoms that are caught in a state of fusion – which makes up the thought capacity of each spirit – is stored in this ethereal body, in the chakra chosen to be the strongest focus of the upcoming lifetime.

This spark of nuclear energy is not only the storehouse of memories of previous lives, but also memories of the education received in preparation for the upcoming life, and it is also the connecting presence of the Holy Spirit. This is all encompassed in the nuclear point of energy which is housed in one of the chakras of the ethereal body. The physical body, on the other hand, has no such central location for anything except pictures of physical mem-



ories which are stored in the pituitary gland. The other organs enter into manifestation with a clean slate. At this time – birth of the physical form – is when the ethereal body’s “Lighting of the Chakras Ceremony” takes place when the spirit takes up residence. At this time all functions of the physical body are raised harmonically in octaves to a level usable by the spirit. This would start with the raising of the octave of the bloodstream which, in its course of circulation through the body, raises the octave vibration of all other organs, allowing the chakras, or organs of the ethereal body, to fully surround each physical organ and feed it energy.

At least this is the way it is supposed to take place. Lack of knowledge of this stage of post birth preparation has caused this to not always take place as pre-planned by the Creator. This is the cause of many physical ailments – the failure of secure contact with the ethereal body and the match up of nuclear energy with atomic energy in the body.

When this does not take place correctly the raising of harmonic octaves does not take place and the physical organs are not capable of sustaining the purposes of the spirit. Therefore, the body is not a suitable vehicle for the spirit for that incarnation. Sometimes the incarnation will be cut short and the spirit will return to non-manifestation until another physical body is located that will be suitable.

When the incarnation is left to proceed and the spirit remains – this does happen more often than you might think, due to a shortage of physical forms – then the incarnation is spent in an entirely different manner than pre-planned before entry. Most of the incarnation is spent trying to compensate for the lack of harmonic elevation in the physical organs. Sometimes an entity, if he works really hard and long, can overcome this lack of mutual elevation between nuclear and atomic energy and make a success of the incarnation. This is duly noted when he returns to the unmanifested state and his progress is upgraded according to what he has achieved.

### **Use of the “Lighting of the Chakras Ceremony”**

I would like to explain what is meant by the lighting of the chakras in the human body and the lines that connect them with each other in a circular effect.

The death of the body involves a pulling out of this line in an orderly procession so the circle is not disrupted. This is a stage of the death of the form that needs to be understood by doctors. Once this process has begun it cannot be stopped, only slowed. It cannot be speeded up.

It starts with the lines from the extremities extinguishing their lights and pulling to the solar plexus. The legs are first, then the arms. The next process is from the head down, then the torso up. All the energy is pulled into the solar plexus and the navel is the point of exit of this energy. The navel was the point of entry for the spirit and is the point of exit for the spirit. It also was the point of nourishment for the fetus while in the mother’s womb.

It is an opening that never completely seals over. It has no other purpose, but the three mentioned and as it serves both the physical body, (the lower self), and the spiritual body, (the higher self), it is the most important opening in the human body.

The navel could be used for more purposes if studied thoroughly. It could be a way of administering herbs that could stabilize the body. It would not only permit healing to the physical body, but also to the mental-spiritual body. Herbal medicines administered through this opening would be much more effective than any taken orally or injected into

the blood stream. The navel may appear to be closed off but in reality it has only a fine membrane sealing it which, if punctured, has the ability to reseal itself effortlessly. As this is the point of nourishment before birth and entry of the spirit at birth, why should it not be a point of nourishment to both during the lifetime as it also, as spoken of before, is the point of exit at death of the form.

As this energy is in a circular form in the body, it forms into a circle after leaving the body and then forms into a circle when donning the ethereal body. The same chakras occupy the same spots in the ethereal body and when the next incarnation takes place the same process is followed in exiting the ethereal form and entering the physical.

Those who no longer have to reincarnate stay in the circular form of energy, both singular and in conglomerates and also eventually on planet five. All existence from this point on will be in the circular form until planet six.

The chakras being the point of energy that reincarnates each time are where the divine spark is embedded. Depending on what stage of evolution one is in determines which chakra this spark is embedded in.

The “Lighting of the Chakras Ceremony” should be installed on the physical plane at the birth of each form to insure the proper blending of the ethereal organs with the physical organs. This is a much more important ceremony than any the entity will go through in his lifetime unless it is the one that should be performed at the moment of death of the physical form. This was known at one time – the ceremony of passing from the physical to the ethereal – and this is where “the last rites” practice of the Catholic church came into being. It has been misinterpreted and not understood at all and is, therefore, no longer of any service to the crossing spirit.

The ceremony at physical birth has never been instituted on the earth plane but it should be. Entities are advised to enter the mother’s body just prior to the actual birth so that they do experience the birth itself with it’s beautiful “Lighting of the Chakras Ceremony” that attends both birth into the earth plane and death or birth into the inner planes.

The experience of the highlight of sexual intercourse, is a very similar feeling to that which should happen for an entity at his birth and at the death of the body, which is the birth back into the unmanifested plane. This is a repeated pattern, if you will, of the original birth of the Creator, when the energy builds to a certain point that it can not longer be contained within a minuscule black pin point, a feeling of intensity. The spasms build, and the energy eventually shatters, explodes, giving this wonderful thrill. Michael, our Creator

God, states, *“This is how I know what sexual intercourse feels like to humans, because I felt it at my birth, at my creation. Humans also feel it at their creation.”* The babe when he comes out of the womb has this memory of the father’s explosion which has been ejected into the embryo or egg. Then he grows in the womb, building up the power, and when the birth pains begin the spasms grow wider and stronger and he shatters, feeling this same thrill throughout his own being that his father felt when he impregnated his mother.

Some incarnating entities choose to enter the new babe before birth thereby being present at birth of the physical form and experiencing the thrill of the explosion out of the womb. These are the people who do not search all their lives for this feeling. They do not miss it as do those who do not enter until after the physical birth. The ones who enter after this thrill do not get over the searching for it until the blending between the animal-based brain mind and the incarnating spirit has taken place. Please understand this. The incarnating entity is the one who missed it and until he brings his two bodies together he will be odds, at disharmony, and will cause a search to be made to replace this by any means that he can – such as alcohol, sex and drugs – except the right one, which is synthesization of the soul and the animal-based brain. This is not the total synthesization of the spirit mind, this is the body and soul working together. Until this happens the soul will continually search.

When the time comes to leave the earth scene and return to your home, the spirit is the first to withdraw. It starts its process back into the tiny pinpoint of a black hole. As it withdraws it builds spasms that grow stronger and it explodes back into the black hole feeling the thrill in the ethereal body, not the physical body. At the birth of a child on the earth plane this is felt in the physical body. At death it is felt in the ethereal body which is what you will be in until your next term to come back out of the black hole and reenter a new physical form.

### **Effect Of Flotation Or Isolation Tanks**

The value of flotation or isolation tanks is in aiding the person to return in meditation to the time period of being in the womb. Now if this entity did not enter the babe’s body in the mother before birth, but waited instead until after the birth, then these tanks will have no meaning for them as far as bringing back memories of that time period. I do not necessarily see the value in relieving this time period at any rate. Anything that was accomplished was accomplished before the entity enters the babe’s body and nothing more can be accomplished until after the actual birth. It is a very frustrating time for an incarnating soul to be trapped in the babe’s body who is trapped inside the mother’s body. This is why they are advised not to enter until just prior to the actual birth so that they do experience the birth itself. One way these tanks could perhaps be of benefit would be as though simulating space and weightlessness in your mind which would ease the tension of the mus-

cles of the physical body and conceivably do some healing in the area of the physical body. They also can be used for places of normal meditation. But the original theory was that they simulate the womb and I see no value in this concept if one did not enter the body before birth.

### **Chakras are Chosen Before Incarnating**

The soul ascends at the end of each life and descends at the beginning of the next. The tiny pinprick electrical spark that is in the center of the soul, that is as a wispy cloud, takes up residence in the chakra of the body chosen to do the work. As the One Creator is still at the center of the universe that formed around Him, (in His inner planes,) this divine spark is in the center of each human and the human's universe – his mind – forms around it. The divine spark of nuclear energy that is the other half of the soul takes up residence in the organ relating to the chakra that was chosen to work through.

The chakras are used on the inner planes to be as a guidance system for the new personality. In other words the entering entity chooses those chakras he would like to have influence more greatly the form he will be occupying and therefore influence the personality of this form. The personality will develop based on the chakras the entering entity chose, making the job of blending with the new personality a much easier task. The new personality will already be on the same track that the entering entity wanted and will make reaching the goal of the entering soul much easier.

In my particular case, the entering soul wanted to achieve transplane communication so chose the chakras of three and seven because those are quite necessary to achieve this goal. These chakras always have been stronger on me even as far as influencing my personality. Now that the blending has been accomplished it would be ideal for me to work towards opening the other chakras, but they should not have been opened earlier as they would have ruined the my chances of reaching my soul's goal of transplane communication. For instance, if the sixth chakra had been opened too early, I would have been caught up in being able to see the astral plane and would have been most likely stalled on that plane rather than reaching the higher planes. If the second chakra had been too strong, I would have been caught up in human sexuality and relationships to the point where I would not have achieved the goal. Had my heart chakra been wide open, I would have been immersed in compassionate caring for all humans and would not have opened the channel.

The chakras chosen each lifetime are pre-set to be the more dominant chakras for the entity to work through in that particular life. These chakras are similar to pre-set dials on an appliance, if you want to think of them that way. This is why I do not condone forcing

open chakras. It may be that two or three certain chakras are chosen to work through until karmic debts are paid. At that time it is pre-programmed to have any one of these become not so active and one or two new ones to open. If all chakras are forced open early, the karma is never cleared up, or perhaps it takes much longer and is much more difficult. Forcing open chakras will only cause problems. As given, sometimes certain chakras are left unopened at the beginning so karma can be repaid. It is all pre-programmed.

In the future, the chakras that are chosen to work through will be able to be determined through Personal Music Charts. When this is able to be done, then it can be determined whether or not the chakras chosen are being used and are vibrating in harmony. If so, at that time the other chakras can be progressed and it can be determined what order would be in the best interest of each to work on being opened first. This will be when a blood test is perfected to find the musical keytone of each human being (as discussed in *The Science of Music*).

The chakras in the human being will follow the same exact pattern as the kingdoms, that of the three lower kingdoms and the three higher kingdoms needing to have the middle kingdom as the transformer. In the human being this would be the heart chakra. Those who have only opened the three lower chakras have a personal universe limited to their physical existence. Those with only the higher chakras open will have a spiritual universe with very little concern as to their physical state of being. Some choose certain combinations of lower and higher chakras to be able to form certain personal universes.

For instance, if a person chose to have a strong solar plexus and a strong crown chakra, these two chakras would demand that this person form a personal universe that would satisfy the energy coming from both of these chakras. Therefore they would have a struggle with duality. As their heart chakra opens wider and their personal universe becomes more all encompassing instead of the very limited personal universe, they will find themselves communicating and wanting to communicate with many other people. If this person stunts the growth of their personal universe they will be canceling out and defeating their goals for this incarnation.

As the heart chakra opens, it becomes stronger as a transformer thereby enabling the throat chakra to start working in combination with the root chakra allowing them to express their goals. The transformer then begins allowing the third eye to intertwine with the sacral plexus and allows their creativity to be visualized and realized, and the transforming wonders of the heart chakra then allows the crown chakra and the solar plexus to combine very strongly. This along with the heart chakra enhances their ability to reach and communicate with other kingdoms, opening up even more doors to wisdom and knowledge. This is



the growth that must take place for this person's mission to be fully realized – the wide opening of the heart chakra, the enlargement of their personal universe. They must keep growing and expanding in their thoughts, if nothing more, to have this expansion of their personal universe take place. They cannot simply close themselves off from the rest of humanity and have a very narrow personal universe or they will never fully be able to access the powerhouse combination of the third and seventh chakra.

The new chakra coming into being the eighth, the ear chakra, is the one that allows for communication with the higher kingdoms. The sixth chakra, the third eye, allowed for communication with the lower kingdoms including the animal/human. This is where a good bit, in fact most of the channeling is coming from today. There are very few that use the combination of the strong third and seventh chakras with a very high degree of usage of the eighth.

### **Chakras Open One Level At A Time**

No one opens any chakra wide open all at once. If they do they will most certainly be in trouble. These chakras open one level at a time and when that energy is fully incorporated into the daily life then, and only then, will the next level open. It is a lifetime process for most to open the chakras as far as level seven and a few do open them to level eight. This is about as far as it is safe at this time for humanity to open. The next four levels would be too much energy for anyone to withstand.

Development of 1st Chakra Kundalini	Development of 2nd Chakra Sacral Plexus	Development of 3rd Chakra Solar Plexus	Development of 4th Chakra Heart	Development of 5th Chakra Throat	Development of 6th Chakra Third Eye	Development of 7th Chakra Crown	Development of 8th Chakra Ear
4 billion yrs. ago	900 thousand yrs. ago	700 thousand yrs. ago	600 thousand yrs. ago	90 thousand yrs. ago	50 thousand yrs. ago	10 thousand yrs. ago	2000 AD

## CHAPTER TWO

# CHAKRAS OF THE WORLD

The countries of the world are trying to form the different chakras of the world and are all working on different aspects of concepts from the conglomerate mind. Those working to form the first chakra will never have, and should never have, the same goals in mind as those, say, forming the fourth chakra, the heart, or those who will form the seventh chakra. This is not the way it works.

### First Chakra of the World

The worsening situation in the Middle East is where the first chakra in the body of Christ will arise from the ashes of the conflict. This one must be resolved and formed and peace reign in this area before peace will become possible anywhere else in the world. The human form was started from the root chakra, remember, and it is the basic building block of all life on the planet.

This is where the root chakra of the body of the Christ is being formed, remember. This action must take place to allow the continued building of the root chakra. The root chakra consists of the will to survive and this is what will be demonstrated by those countries. They are attempting to bring about the Kingdom of God. The Kingdom of God has naught to do with being a Christian nation remember. All are from God, no matter what teacher they learn and grow and develop under. They are all serving the same God. All humans are one. They are the fragmented mind of the Creator God. Therefore, just because one is a Christian nation and the other a Jewish nation and the other an Islamic nation does not mean that they can't cooperate in ridding that part of the world of the negativity. The Kingdom of God will be the victor. Have no doubt about that. All religions will cooperate with each other for the will to survive. They must because they are all one. This will build a strong foundation upon which to base a world that is not split by factions claiming to be better spiritually than others. This is the purpose of the fighting, to form the strong root chakra which is the will to survive which is inherent in all humanity. Those lives it claims will be those who volunteered for this before entry even though they are not aware of it now. It is progressing their souls by taking a giant step to have volunteered to do this. This

is terribly difficult for us to understand due to the animal evolution part of us, our emotional body. This is why people must eventually learn more about themselves. I would think they would want to know how they developed and learn all they can about their dual evolutionary track and want to be part of the experimentation that takes place to help the Creator God develop Himself into being the most wise and spiritual being that He is capable of. The only way He can do this is by coming down into the human forms and experimenting and experiencing.

This will lead to world government eventually which is what must come about. There can be no other way. But the government system of the world must be the wisest and most spiritual (not religious fanatics) that is on the earth at any one time. Each country will retain its individuality. This will be encouraged, nay stressed. It would not serve the purpose of the Creator to have all nations blend into one people that are all identical. This would stifle His creativity and is against universal law. So this will never happen, rest assured of that. The individuality of the nations will be preserved as will the different religions and belief systems, but there must be a United Government for the survival of the space ship Mother Earth.

When peace reigns there, then the activities of the second chakra can begin the rebuilding and restructuring which will be the saving of – and giving of continuity to – humanity. This has already begun with the birth control practices employed in China. They are striving for quality of life, not quantity and will be the leaders in this field in the coming restructuring of society.

### Second Chakra of the World

The second chakra is the determination of will for the survival and evolution of the species. For something to survive it must be very strong – the survival of the fittest. There is a clearing of energy taking place in the Baltic countries that must be done for the strength to come to the forefront. It is the same process that must take place with each individual. The clearing of old thought processes and old concepts and principles must be stripped out of the individual until the real, whole genuine person is able to express forth. The real, whole person will be that of the soul combined with the new personality but minus any false fronts or masks that may have built up over the years of living according to the dictates of the society in which one is born.

The same thing must take place with countries and especially the activities of those countries involved in clearing out a chakra area for the world, such as China and the Baltic countries are doing for the second chakra. The people will have to do their own purging. If they elect a leader that appears to not be very intelligent, it is most likely because they

fear intelligence. The communist regime which held them in grips for so long, was made up of highly intelligent leaders as far as animal-based brain intelligence goes. The people have had enough of this kind of leadership. What they are looking for is a genuine leader, not just intelligent but also wise with the wisdom of the ages. Until such a one is available they would prefer to have one who is not so highly intelligent so they will not be taken advantage of again. They will be able to stay with his thought processes mentally and keep him on track serving their needs. If they do, indeed, elect a highly intelligent individual they will be afraid of the deceit and conspiracy against them that would take place behind the scenes. This is a necessary step for the good of the people in those countries. Please be aware of this and trust the process that these people are instinctively going through in order to pull themselves up the ladder of evolution.

When I say pull themselves up the ladder this is just what is meant. This is exactly what must take place. No one can do it for them. No matter how well intended any may be that want to go over there and help them, this will not work. The difference of cultures makes an outsider suspicious right away in these people's eyes. The shift must come from leadership and teaching from within their own country by inspiration. In other words, their help will come from amongst their own kind through channels which will be becoming more prominent, as they are in our country, with the new teachings.

If a woman in her fifties who has lived her life quietly among her neighbors and been subjected to the same kind of abuse as everyone else and is "one of the people," suddenly finds herself channeling a greater wisdom, she will be supported and believed by her friends, family and neighbors. If one from another culture comes in and spouts these wisdoms they will be distrusted because the people will be afraid. They have been so beaten down that it will take one or many from among themselves to bring about the shift necessary to bring these countries up in spiritual teachings. This is the only way it can be.

This is not to say that these people cannot receive support and help in other ways from outsiders, but the teachings will be accepted much more readily and understood by them much more readily because they will be given from a perspective of the culture which has raised these people and from a background of being exposed to abuse from outsiders. This is as it must be.

### Third Chakra of the World

The third center is being formed in England specifically in London, where it has its start. The books coming out of this country will deal with extrasensory perception – thought transference. The rebirth of the intuition in England will then spread worldwide. The education as to this rebirth will come out of England. Look to them as to how to educate and

train humanity in using this ages old sixth sense.

#### Fourth Chakra of the World

Where does the United States fit into all this? Our country will then follow England's lead and push growth even further by circulation of the teachings and with compassion for all. That is the purpose of the heart chakra being formed in the United States. The heart is the pumping mechanism and the cleansing mechanism. All flows through the heart on its way to the other parts of the body. Study of the purpose and function and intricate workings of the heart will help with understanding. The heart is the organ that touches all parts of the body, every cell in that body. The brain must receive its share along with all other parts. Think about it and the direction will become much clearer. Certain areas will be studies for the intake valve of the heart, others will be the outflow; some are to be in incarnation, others are being cleaned and perfected before being sent into circulation. Remember this in all areas. The heart chakra's color will be the fourth color green, that of the intelligence, and its ray, that of the fourth ray, harmony through conflict.

#### Fifth Chakra of the World

The throat chakra has relocated to the east coast of the United States and will eventually relocate again in South America. It will voice all the knowledge thus far gained by the first four chakras. Do not forget also, that the fourth chakra is the peacemaker. Harmony through conflict. Harmony of the total man, physically, emotionally, mentally and spiritually.

#### Sixth Chakra of the World

Following the relocation and functioning of the fifth chakra then the sixth can be added. This will be in Australia and will be in the future and will have to do with restoring the powers of the human mind.

#### Seventh Chakra of the World

Finally will come the crown chakra in Antarctica. This will be the Divine Kingdom on earth, the externalization of the Hierarchy. The inner journey will meet the outer journey and all will be functioning through their soul.

The one world concept is a beautiful concept, but the division of the world into countries should be based on the seven chakras that are trying to be formed, nay which must be formed, before peace can ever reign on earth.

#### **Transition To Fourth Dimension**

Yes, the new culture being formed across the world has already cast its shadow. You see,

this new culture is already in place and operating smoothly on the fourth dimension and just needs to work down from here. The patterning is done on the fourth dimension and worked and reworked to be sure it operates smoothly and then is sent down. You might call this dimension the “research and development” department of planet earth. Theories are tested here first before being allowed to drop down, cast their shadow, as it were, on our dimension. The fourth dimension is the thought form, ethereal, unmanifested dimension of earth’s double (physical and ethereal) evolutionary track.

The animal-man must synthesize his lower nature with his higher divine self before he can enter the fourth dimension. None of the lower nature traits and attitudes will be allowed in this fourth dimension. It is here that the Christ will manifest for the “second coming” that many religious groups are preparing for. But they certainly are not preparing in the necessary way and therefore will not be witnesses for His coming. This may seem unjust and unfair to those who think they have been so faithful and so righteous, but it must be this way.

For instance, the destiny of the Ukrainian nation is to be that of the instigator of humane ideas for all Russia. They have a part to play in raising the consciousness of the Russian people as far as human rights. Even though Russia is ahead of most other nations in accessing the higher spiritual realms, they accomplished this by skipping a few very important stages through which they would have gained compassion. As no entity (or nation) can skip any stages, they will have to move backwards in their search for spiritual truths in order to accomplish the gaining of this compassion.

This is where the Ukrainian nation will enter the picture. They will be the catalyst that will bring the Russians back into third dimensional thought, as far as religions go, so they may work their way back up through the stages of spiritual attainment that they skipped. These stages would compare to the work being done in the United States by the churches known as Unity, Religious Science, Christian Science and others. This is the stage that was skipped by the Russians. They jumped right into the higher spiritual realities and did not have this transitory stage, which is the emerging from the emotional stages of the fundamental churches. This stage of transition allows for compassion for those still needing to have the comfort of the fundamental churches and tempers their new found spiritual truths with this compassion for others. The Russians totally skipped this stage. The Ukrainian nation will be the ones to see the need for this transition in a gentle fashion and will become leaders of these types of churches – transitory churches.

As the shadow of the new Culture moves across the earth, all will have an opportunity, through the free will of their own mind, their own personal, precious gift from our Creator,

to accept or reject the new teachings. This is a law. All on the earth plane must be given this opportunity once they reach the age of responsibility, which is the age of twelve. Thus there is a problem of circulating information to all nations with the too few workers available.

The tide is gathering strength as witnessed by recent events, and will start rolling faster through all areas. The ones who have closeted themselves in churches are not being touched by this wave or shadow as they need to be. This material must be made available through any way possible. They must be exposed to it. The progress of all is halted until they have been.

### **Harmony Through Conflict**

All on earth must go through the conflict to achieve the harmony. The conflict between the lower nature (animal instinct desire) and the higher nature (our Creator-like qualities) which is born ingrained in all. Because we are the fourth planet, which is the fourth chakra in the over all larger picture of the Creator, anything pertaining to the fourth ray, the fourth color, the fourth musical tone, etc., will apply, not only to the whole planet, but to each and every living, breathing atom of the Creator on the earth's surface.

Harmony can only come through conflict. This conflict is found at all stages of life. From the tiniest cell in our body, from the most minute grain of sand stripped from its mother rock during a storm, it all begins with conflict of some kind, a struggle for survival found in all of nature.

This pattern of struggle, of conflict, is repeated over and over throughout every atom in the universe. It is the basic life-giving force of the atom that instigates survival. It is like the instinct of the sperm of a man that finds and fertilizes the egg. All have a built-in homing device and when released, head for this "home" (the egg) as fast and furiously as they can. Picture them scrambling and swimming this way and that, seeking the target, the correct place for them to be.

Picture humanity, when released by the Creator's explosion, as doing the same exact thing. The pattern of the creation and birth of a child is but a reflection of the pattern and birth of a planet, a solar system, a universe, etc. It all started with one central atom that exploded outward and will eventually implode to repeat the process ad infinitum, as the breath, the breathing process of the Creator.

The wars that have been fought in the Piscean Age, (the last 2000 years), and are still being fought, are all part of a much larger over-all battle that has been won on the ethere-

al realm of earth. The ethereal realm is the thought-form reality that surrounds the planet. These battles must then be played out directly on the earth plane.

One must have the ability to mentally stand back and see a huge picture of time and space on the earth plane. Then and only then can a glimmer of the overall plan for the planet be seen. The goal from the beginning was to establish the Kingdom of God on the earth. This is why He shattered His energy to begin with. He didn't know it was going to be so difficult.

The earth is to represent a picture of our Creator's home through its land masses and oceans. Remember, creation repeats itself and the earth is still being created. There will be natural cataclysms necessary at this stage of creation to reshape and reform the planet into an exact replica of the Creator's original home, as all creation is a repeated pattern.

The pattern of the Creator is as a cell in the human body looks and is constructed. This pattern is what must be shaped and formed out of the raw land and water masses on earth. There have been major changes in the physical makeup of the earth's land masses in the past and there are more to come, three more to be exact. The fifth one is imminent now.

The seven seals of revelation all relate to cataclysms of some sort on the earth at some time or other. The seventh seal (a volcano) is the last of the three remaining cataclysms to reshape the face of the earth to match the picture of the higher pattern. The land and water masses must form back into the original circle which is, as stated, the shape of the universe and the shape of the central core and the shape of the cells in your body.

The chakras on the earth's body are the seven seals. When the land is reshaped they will form a ring. As it is now, they do not, but perhaps the pattern can be traced and the cataclysm that is imminent now can be pinpointed.

The first one came early in the planet's history. This was before there was any life forms on it. It was not totally cooled enough for vegetation, but was cooling fast, too fast, and this caused a violent spasm to tear through it. This caused the original circular land mass to break apart. Each cataclysm since then has widened the distance between the land masses. The next three expanded them and the last three will draw them back into the circle.

As each chakra, each energy center, of the body is built the form grows ever more evolved and intelligent. The formation of these chakras have been developing since the early beginnings of life in the human kingdom. This active energy had to come into being with the fire, which was when the Creator split Himself, the original splitting of the atom. This



was when the root chakra was formed in the Middle East. The root chakra was eventually sealed off. The second was opened in the East, in China with Buddha. The third was slowly developed in Europe with Jesus. Civilization moved to the Northern Hemisphere to start the fourth chakra. Now the fifth is also begun. The building and forming of all the others is ongoing. The fifth will be a fast developing one, the sixth will come after another cataclysm and the seventh will follow shortly after with a final cataclysm. This is when the Kingdom of God will be complete on planet earth and she will take her place as the fourth chakra in the larger picture of His body and the fourth ray personality of this larger body is that of Harmony through Conflict.

## Seven Chakras Of The World



1. The first center or chakra is being formed in the Middle East. That is what the activity there is all about. That area is where the body of the Christ's root chakra must be formed. It will be formed, is being formed, has been formed already on the ethereal plane.



2. The second center, the sacral plexus, is being formed in China. This chakra is the area of survival instinct and procreation. The attitudes concerning birth control in that country are part of the plan. It must come to this.



3. The third center is being formed in London, England. The books coming out of this country will deal with extrasensory perception, thought transference, etc. – true solar plexus purpose which was to help humanity.



4. The fourth center, fourth chakra, is coming out of the western half of the United States. The movement started on our west coast. Our west coast is unsafe, therefore the movement has been moved further east, to the area of Colorado to build a strong, heart chakra.



5. The fifth center will be formed, temporarily, on the east coast of the United States, in Connecticut, but will eventually be relocated to South America. It is the mental ray, the blue color, the keytone G, the throat chakra.



6. The sixth and seventh will be added when two new masters are ready and the ashrams subdivided making seven out of five. The sixth one will be in Australia in the future and will deal with the restoration of the powers of the human mind.



7. The seventh center will be in Antarctica and will be the externalization of the Hierarchy. The inner journey will meet the outer and all will be functioning through their souls. This seventh center must be in operation to control the sixth.

**This series of New Millennium NoteBooks will hopefully further our understanding of things that happened long ago and far away from the time period we are experiencing now. Analogies are used in many places to help with understanding. Teaching through the use of analogies will be the trend of education for the future –**

**AnalogicThought. While contemplating these NoteBooks I hope you will allow yourself to imagine that perhaps I have been given incredible insight into some of the mysteries of the universe. Please allow your mind to expand and wonder “what if” it all took place as being presented.**

**Norma**