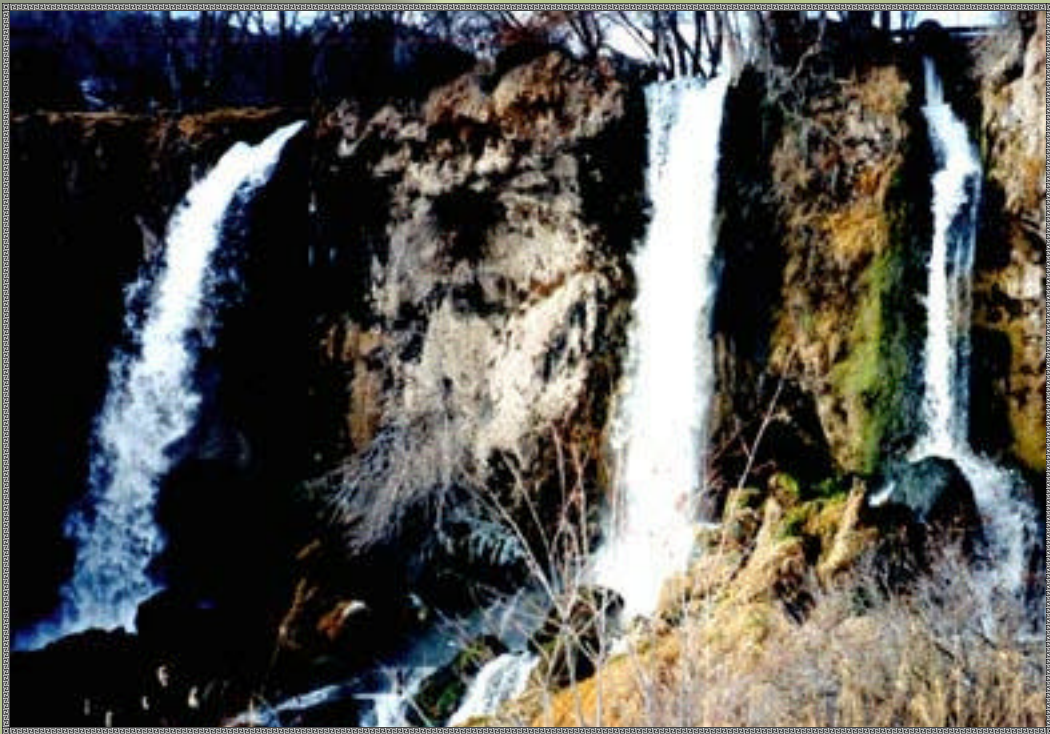


**THE NEW MILLENNIUM NOTEBOOKS**

**PHYSICAL PROGRESS - PART III**

**The Chakras & Health**



*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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## CHAPTER ONE

# TUNING THE CHAKRAS

### Chakra System Used to Raise Vibration

The chakra system has been the means of raising the vibratory rate of humanity as a whole in a controlled manner. Therefore it is very important to individuals because all creation is a repeated pattern. Any enlightenment that takes place in the mind will have the effect of clearing and cleansing the human aura. By increasing the cleanliness of the aura, which is where the chakras are located, this would enable them to draw in more etheric energy to then magnetize whichever physical organ they are related to.

Ascension means the rising in evolutionary growth until you ascend high enough on the planes of growth that you no longer need to return to the earth plane in a physical body. Ascension cannot take place in a physical body because it does not happen until one is through with the physical body. It takes place in the etheric body which has encased the physical body during the lifetime. This etheric body is your aura. This is what makes the final ascension.

When the final ascension is made, the chakras will all be open and will ascend with the ethereal body, giving off the picture of the human form for a period of time after the spirit has left and the physical body has been buried or burned. These chakras will eventually blend into one light and then this light will eventually blend with the twin spark. This light of the blended twin sparks is what blends with the undersoul and then with the oversoul.

### Sharpening The Chakras And Transforming Their Power

Some groups work with a specific training that requires a strong feeling of energy from your root chakra. This is a sense of will, a sense of drive that will indicate your personal desire to grow and be independent. If this is very strong you would be a likely candidate to continue the energy flow to others. The energy being used is coming from the root chakra. If a person does not sense this will, desire and drive, then they are not ready for the training. The training allows this root chakra to work through the heart. In other words,

the heart transforms the power of the root chakra.

What this will do is allow one to have the strength coupled with the emotional feelings that will allow one to find his own inner peace with all others. Yes, this is good to ease one's turmoil. It can help one gain great strength of character. Not everyone gains what they should from this as they are not ready even though they pass the test. They do not truly understand what they are learning.

The tuning of the chakras can be used in conjunction with meditation practices to help people connect with the pool of knowledge that is their divine heritage. This pool of knowledge is their individual part of the universal mind, or their personal inner being. Not everyone will have the opportunity to contact the full mind, but they can be taught how to contact the inner part of their own seedcore which is a part of the whole universal mind. This will give them access to their past incarnations, present teachers and eventually their future incarnations.

To sharpen the chakras and transform their power we'll start with the root chakra and explaining its usage and capability, then move on with exercises to strengthen its power, then on to the second, then third, then fourth, fifth, sixth, seventh and touch on the eighth chakra.

Then we'll go back to combining, based on musical intervals, then chords. We'll look at combinations of 1st & 3rd musical tones of the scale and 1st & 4th working together; then 2 & 4; then 3 & 4; then 5 & 4; 6 & 4; 7 & 4; and 8 & 4. Then 1 & 5, (the powerful 5th in music); then 2 & 6 and 3 & 7.

Then we'll look at chord combinations such as 1-3-5, a major combination; 2-4-6, a minor combination, and 3-5-7 a minor combination; 1-4-6, major; 2-5-7, major; 2-4 & sharped 6; 3-5 & sharped 7; and others including minor chakra points such as knees and feet, etc.

Tuning people up to be able to withstand new energies coming in could be a major tool for psychologists. Say, for instance, they have someone with too much emphasis on sex on their hands, a sexual offender. What they would do would be use this material to make the 2nd chakra recede in power by harmonically tuning others to form a different harmony in the body.

This can be very powerful therapy. You could literally change the entire personality and focus of goals for everyone, but this would be interfering in preset lessons. For the masses there should be tune-ups only. This other tuning or restructuring would be used on psy-

chotic behavior.

Contemplate the future possibilities of what is being given as far as spiritual growth for all. Even though there are limitations as to what can be done, there is still much good that can come from this.

### **Tuning the First Seven Chakras to the Seven Tone C Major Scale**

When a blood test to find each individual's keytone is perfected, there will be specialized tuning for each individual of the scale based on the keytone of their blood. A general tuning for the whole of humanity would be done as follows::

The seven tone scale of C will be used to tune each of the seven main chakras in the human body, with the final octave higher C for the 8th chakra. Material showing the evolution of the human form would be presented in slides or drawings or life-size mock-ups. When each chakra is introduced, the depiction of the human form at this period of evolution is used.

The colored light and the musical key for meditation would be used on this chakra. You will find, by the end of the tuning of the scale notes, that the testing will be that of being able to tell what musical tone has been struck by which chakra responds. There would be other tests also to prove this material conclusively.

This training would be very effective because it will tune the chakra and give understanding along with feeling, which will teach control of emotions and action and reactions. Tune-up tapes can be sent home with people giving scale tuning, intervals and chord tuning.

If someone wants to achieve a certain goal in a predetermined time period they can be taught to activate the chakra to give the needed energy to accomplish this. When the goal is accomplished they would then reset their bodies to the tuning they chose to work through. This would be acceptable for short term for ordinary people; for mentally distressed it may be acceptable to do a total re-tuning of the body because the incarnation is not working anyhow. Depression can be overcome by this method; procrastination can be overcome and also resentment and jealousy. All bad attitudes can be helped by temporary returning of the chakras.

### **Tuning Chakras Eight Through Twelve to the Five Black Keys**

The levels of tuning progress upward starting with the beginning of the human race. After progressing to the 7th level of evolution, (the seven tone scale of C major,) they will even-

tually be able to access what would be comparable to the 5 black keys in music which is bonded and restructured evolution. These are the levels of eight through twelve. The bonding and restructuring not only make these levels stronger, much stronger – in fact all powerful – but also changes the focus or direction of the path and the goals that were pre-set. Most of humanity will not be open beyond level seven of any chakra. If the higher levels of eight through twelve were opened it would harm the growth of the entity that was pre-planned before entry.

### **Braided Cell Codes**

There is an area in the brain that is encoded as far as actions of your cells go. There is one main track or braided affair of twelve braids. This area is in the top front part of the brain running diagonally from the left side to the right when thinking of it as your own head. It is a little bit like a zipper. It's a tune up device that sets the thermostat. This is a coding for the cells that has to do with the DNA code.

For the physical body there is a separate area that takes off from this main twelve track area. This is also a braided looking item with six loops of braid. One side of the braid, may be ballooned out, or swelled out. This would mean that it's over-emphasized and therefore the other side of the braid is under-emphasized. What needs to be done is a wire run from the side that is too big, draining some of the energy in it and transferring it to the other side. These cells have to do with problems of the physical body – for instance problems of overweight.

Some people's cells are all underdeveloped on one side and need to be balanced. They can be very, very tough and take a lot of work. The ingredient inside this little sack may be thickened and it would need to be suctioned out and balanced into the other side. The material inside some of the little sacks may be totally hardened and need to be treated surgically. They need to be worked with and massaged, softened up, and taken out, manually and transferred to the other side of that sack. Some may be very, very difficult and some may not have had much access at all and not be hardened or thickened.

This work can be done, through visualization, every evening, making sure that these connections are there. This could help overweight problems, problems of the personality and allow forward movement in personal growth work.

These little sacks are for all the chakras in the body, including the half chakras – the ones following the black keys on the keyboard. The way these black keys work is, for instance, C, the first chakra, the root chakra, could be tuned by balancing it with this method of balancing both sides of this zipper or this braid. The next one then would be C#, which is



combining the root chakra with the sacral plexus and modifying, or upgrading the use of both of those chakras to a higher level. It is not necessarily combining them, although it does that, but while it's combining them it's also evolving them to a higher level. What this is doing as far as the root chakra goes, is the energy from the root chakra when combined with the sexual energy – this connection needs to be strengthened in anyone who wishes to undertake working with tantra sexual energy -- is upgraded into more highly evolved energy than the bare root chakra or the bare sacral plexus.

The same thing takes place with the tone on D#. It combines the energy of the sacral plexus with that of the solar plexus on a highly evolved level. Then you move on up and you tune the E, the solar plexus, by itself and then F, the heart, by itself and then you move up to the black key of F# and you tune that. You do this all the way up the scale. This is what the black keys are doing. The F# is combining the heart chakra with the vocal chakra, the 5th chakra and this allows you to speak from your heart to people.

The next one, then, combines the vocal channeling, the vocal speaking, with that of the third eye, the all-seeing eye, the knowing, the psychic, intuitive knowing. The next one then is combining the mystical eye with the crown chakra and allowing your intuitive knowingness from the sixth chakra to go out into the ethers as mental thought – not voicing it out loud physically, but allowing it to travel out onto the waves, the radio waves into the world.

There are those who are not at the stage where this will help them. The connection, the bonding with the body, the coming together in a powerful melding of the part of the soul that's been in incarnation from the beginning with the part of the soul that stayed on the inner planes, must have been accomplished for this kind of tuning to help. The next step is entwining spirit with it; entwining the overall divine spark with the combined soul. When this happens fully you will experience rapture.

### **Chromatic Tuning of Different Levels of Each Chakra**

Each chakra will then be broken down into twelve stages of tuning. There are different stages or layerings of remembrance in the twelve tuning levels. This will be true of all chakras. A synthesizer will be needed in order to differentiate between the twelve levels of tuning for each chakra. The way to go about this tuning is to have each one number a paper from one through twelve. The twelve different levels of the tone of C are played, one at a time, and the person is asked to mark the levels to which they give the most response as far as a tingling or twinge in the area of the base of the spine. It may also come as a pain or ache. After determining which level gives the greatest response, a sensation should or could be written describing each level as it is struck. Next, the conditions asso-

ciated with that level of tuning are given by reading and/or film. The first level would tell or show the fights for survival – the struggle of the amoeba right on up to aborigine tribes today where the “rule of the jungle” is still the survival of the fittest. After this explanation, a presentation of the struggle of sperm at conception and the conditions the fetus has to overcome is given and/or shown.

After all the levels have been given the room is darkened and music is played in the Key of C. The music must be special music, woven almost exclusively with the chords of C and G7 and maybe F occasionally for spacing and interest – a pure key of C. The person is taken into meditation focusing on their own personal struggle to survive. They are asked to begin with themselves in the womb, relive the birth process, their childhood, and struggles of adulthood. They are then given encouragement and made to see that they are indeed survivors and have the will and determination to continue reaching for their goals – a very inspirational talk applying to each in a personal way. This meditation part is done with the eyes closed. They are now asked to come back into the room, which is darkened, remember, and open their eyes. Each student is then bathed in a deep red light, a dark heavy red light. Spotlights with changeable gels will be needed to increase the vibratory rate of red with each level of pitch from the synthesizer. The music changes to a steady tone – the first level of C on the synthesizer. It changes octaves briefly, but stays on the same tone in the register of middle C for the most part. This is continued for a period of three minutes. This is done for each level of each chakra.

At the end of this, the testing of the scale is done once more and the results of each level noted. If one is testing stronger than the other, but the rest are testing approximately the same, then this needs to be studied as to the particular qualities of that level and realization of how these qualities fit into the present life to help achieve goals, or how they would fit into what we believe is our spiritual mission. If they do not fit into present activities, in other words are not applicable, then most likely you are not working on your spiritual mission.

### **Tuning Can Transmute Matter**

In the booklet Science of Music there is mention made of cleaning up pollution by using music theory. The different kinds of chords set up different results. One can cause blending, one can cause dissolution, one can cause enhancing, etc. This is the basis of cleaning up pollution – the harmony of the vibration of the ingredients. For example, if you have a contaminant from the mineral kingdom and you wish to dissolve it, you would use the chord that serves this purpose and draw from the other kingdoms for the harmony notes. Coming from other kingdoms automatically insures that they are from different octaves. If you want to take this same contaminant and blend it with another mineral to allow it to

serve a useful purpose, you would use the chord that serves the purpose of blending, etc. To accomplish a transmutation of matter there must be harmony of octaves. The tuning exercises on your chakras can be progressed to transmute matter by using this same principle. This could be a process of returning the human body to a youthful, energetic state if this could be learned and focused on and was desired.

There are some specific exercises you can do as an experiment. To begin with, the easiest part of the physical body to do a transmutation on is the human hair follicle. This would involve a return to the dark color of the hair at youth. Because this is the easiest part to transmute, this is where you should start. The process of aging of the hair begins with the crown chakra. Because this crown chakra is not accessed until all the others are progressed at least to stage four, it is usually a later stage of life when this chakra opens. It is the chakra that causes the change in hair color. It is a thought process that is entered at the third level of this chakra. This is as far as most people ever progress this chakra and for this reason never progress past the fact that their hair is turning grey.

This also is the chakra that controls baldness. It controls the hair follicles. The chemistry of the cells that make up the hair follicles changes because of the new dimension of harmony or lack of harmony that the opening of this crown chakra offers. For most it is a disharmony and this causes a change in the cellular support of the hair follicle. Therefore with a tuning of the third stage of the crown chakra and then pulling the tuning of all the chakras of the body into the harmony of a blended major chord of the keytone of your physical body should work wonders on the color of your hair.

The process will take a considerable amount of time and dedication to this attunement. As an example we'll use the C major chord. The other chakras will be tuned more strongly as follows when entering this procedure: the root chakra on the C at the bottom range of your pipe organ, the 16 ft. octave stop, or two octaves below the C that is below middle C on the piano. The next chakra, the sacral plexus will be tuned to E in the next octave. The solar plexus to the G in the next octave, the G right below middle C. The heart chakra would be middle C, the throat the E above high C, the third eye the G in the next octave and the crown the C in the following octave –the last key on an 88 note piano. When working with a higher chord, this note will not be on your piano, but is able to be registered audibly with the human ear. You will have to hear it internally. It must go into these higher pitches in order to have the force or intensity necessary to transmute matter.

If you do this exercise every night without fail, you should notice some results in your body hair. Not only the hair on your head, but also eyebrows and eyelashes will return to fullness of youth and all body hair will return to the color and fullness of youth. You

should do this for a period of five minutes each and every evening after your other tuning exercises. Depending on your dedication and the strength and focus of your mental tuning this may take anywhere from one month to six months to show a difference.

Because of the extremely microscopic size of the hair follicles, it is the easiest to transmute. The next easiest transmutation to be able to achieve would be that of the skin itself. The cells that make up the skin are the next in size that can be worked with easily. They are not necessarily smaller than the cells of the organs, but because they are not found in density they can be worked with easier. They are in a thin layer, true, spread over the whole body, but this is still an easier transmutation to accomplish than a concentrated clump that an organ would be. To bring a heart, for instance back to youthful vibration would require a much more intensified tuning than you can do at the present time with your mind. The hair and skin will respond to human mental thought. The teeth would also take a powerful tuning process. All of this can be accomplished eventually with the healing machine until the human mind progresses to the stage where it can handle the tuning on a daily basis as part of the instinctual functioning of the human body, such as breathing and elimination and all other process that are able to continue without your conscious effort.

You must be careful when doing your tune up for regressing age that you do not regress yourself back to the infant stage. You could inadvertently activate a gland that is much more active in a human's youth. You must state the optimum age you wish the cells and glands and muscles and bones and organs and hair, eyes, etc. to regress to. We repeat, we must warn you that you need to state an optimum age when doing this tune up. If a person were to go too young they would bring back into existence hormones and glandular activity that will not serve their purpose at this stage of their spiritual growth. The way to do this is to state before doing any tune up that you wish to regress the physical mechanism of your body to such and such an age. Then when doing the stacked harmony tune up, repeat this over and over as you talk to each part of the body. This is important. You might also state that you do not wish your emotional, mental and spiritual bodies to regress at all. This could be dangerous work if all precautions are not taken. Please be very careful before undertaking any part of it that your thoughts are on the age you wish to be when you are in this state of transmutation.

There is a whole field of work with the chakras that can be opened up. These truly are your connection with your inner being, you know, and are the single most important gift from your Creator to help you synthesize the body and soul. It was planned that they be the link between the seen and the unseen worlds.

## **Tuning of Chakras Tied to Physical Age**

Can you begin to understand that the openings of these levels of the chakras are tied into the physical life and the events that take place there? They are actually a part of the aging process in humanity. They temper the changing world and life-style of each one and allow them to mellow and grow gracefully. A person observing some of the things that happen to them would wonder how they could react so calmly to situations. It is a perfectly planned stage of progress. The next level of the heart chakra will come at exactly the right time when the person is ready to become more involved with large groups of people. This will work together. The start of the process will begin with the heart chakra inching open a little nudge and the person's thoughts will begin to turn in the direction of wanting to be with other people more. They will do this and this will push the heart center open a little more which will, in turn, serve to motivate them to enlarge their circle of involvement, which will trigger the heart center opening more.

The physical age of man has a bearing on the tuning that the chakras are capable of holding. We will give age fifty to tune up levels eight to twelve. We'll give age forty to tune up levels four to eight, and age thirty would be for tuning levels one to four.

Before age thirty nothing should be tuned more strongly or sharper than others. All levels, should give equal balance. The age of thirty is when karmic ties are pretty much solved, although most people don't realize this. The first third of each life is spent clearing up stuff from previous lives. The second third of each life is spent finding out what your own beliefs are and testing and proving this, and the last third is spent sorting out the "wheat from the chaff" and determining what theories and beliefs you had that worked and what didn't and in essence, beginning the process of what you would like to prove or disprove in the next life classroom. Yes, you do start this process before the incarnation has ended. It is a very important part of the spiritual path. It hastens the time needed to be spent between lives and makes for a stronger set of goals to achieve spiritual growth in the next life.

There is actually a response mechanism that will be activated by each level of tuning for each chakra. It will respond electrically to each pitch. When you reach a pitch where there is no longer an electrical response (either felt as a "twinge" by the entity or scientifically recorded by an instrument), then you will know you have reached the pre-set tuning or opening chosen for this life. It would not be wise to open any higher levels unless the person has reached the age of fifty when most pre-set goals have been met.

All the levels of tuning below this level where the response is felt can be as finely tuned as necessary to give balance to the entity. Say an entity entered with levels one through

seven of the root chakra opened. These may all be tuned to whatever desired strength one wants with, say, level four more sharply in tune than the others, so one may have the drive to accomplish a certain goal that needs to have what the fourth level provides. This may be changed at a later time and another level brought forward, but for normal balance they should be all equal, they should all give the same “twinge” or reading when the pitch of that level is struck. Levels eight to twelve should give no response, at least until age fifty when it may be safe to tweak level eight. If the root chakra is tapped into too deeply, too much of the past evolutionary changes will be brought forward and this would be almost disastrous.

There is always a danger point in each chakra, different for different individuals, when it could be disastrous, depending on the harmony of the other chakras. A point of “infinity” could be reached unknowingly and “blow the circuits” of the body, causing instant death or at least the inability for the entity to function in a normal manner. The cause for much mental illness can be found in this statement. We must again caution very strongly doing any tuning past what an entity entered with. When a spirit is more highly evolved than the physical form it enters, there is much danger of this happening. This will be found to be the reason why some wise, intelligent and spiritually advanced people have mental problems or breakdowns – the physical form simply isn’t able to handle the power the spirit wishes to work with. In cases like this, a more complete tuning on the chakra system will help them be able to cope with higher energies. This most likely should be done in conjunction with a psychologist and may require the help of a chiropractor at times. These two fields should work more closely together.

### **The Chakra System And Enlightenment**

Enlightenment relates to the chakra system by increasing the cleanliness of the aura which is where the chakra is found. This enables it to draw in more etheric energy to then magnetize the physical organ to which it is related. Any enlightenment that takes place in the mind will have the effect of clearing and cleansing the human aura. This is how the healing that is accomplished now is being done, is by cleansing the aura around the chakra of the diseased or injured part of the body. The correct combination of crystal power will cleanse whatever chakra is connected to the body in which lies the problem. Crystals are the absorbers of negative energy when used in correct combinations. Certain combinations of crystals tuned to their sharpest pitch by faceting can cleanse the aura of humans which will enable the process of enlightenment to move forward at a much faster pace.

### **Problems From Opening Chakras Too Soon**

The energy can be felt with the opening of any chakra. 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 chakras would be too much energy for anyone to withstand.

The chakras do not have to open in order always. In some cases one stage is wanted more than another, but there also are some areas where one stage cannot open until another is. At that time the one that was wanted can be opened more fully than the one behind it, but its development was based on what came before.

If a person works on opening all of their chakras at the same time he will overload the body as to its ability to handle all the energy that is being brought in too fast. He should, instead, open them one at a time and learn to control and balance that energy before opening another one and he would have a balanced, sure, forward moving growth pattern.

Consciousness and energy techniques that are being taught in order to bring about super-consciousness are not only not necessary but in some cases could be extremely derogatory to those doing it. Super-consciousness is not the ultimate goal for spiritual progress, incidentally. Being the ultimate expression of your soul is the goal for spiritual progress. You could achieve the state of super-consciousness and discover that you have by-passed the necessary lessons you needed to have in this life to progress. You would find yourself in a state of being in which you are now unable to achieve these lessons, thereby setting up the necessity of returning, yet again, to learn the same set of lessons. This doesn't make any sense. Why would people want to achieve this state of super-consciousness before they are ready? Most people are not ready for super-consciousness and when using these techniques, opening the chakras by force, they usually attract energy to themselves that they are not able to handle. Those offering these techniques should screen those who wish to take part in such exercises as to their ability to handle the energy that these techniques can produce.

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
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## CHAPTER TWO

# CHAKRAS AND PHYSICAL HEALTH

### Medical Problems With the Opening of Chakras

The opening of chakras is another whole field for study that needs to be introduced into the medical field for the ease of the body in the fourth dimension. Much medical expense can be saved if the person knows what is going on and knows things he can do to ease and help the movement of the chakra energy in all the centers of the body. It has never been documented as a full fledged field of medicine, but indeed it should be. There have been isolated instances of people writing and documenting what helped, perhaps, one special stage, but these do not show the whole picture and have not even been gathered together to give a glimpse of the whole picture. Every disease known to man can be traced to the opening of a chakra in some area of the body. The reason it becomes a disease is because the energy was not ever smoothed and manipulated and allowed to flow in a serene manner into the newly opened chakra. This is true even concerning minor chakras.

Healing that is accomplished now is being done by cleansing the aura around the chakra of the diseased or injured part of the body. This could become much more effective if scientifically studied as to the correct combinations of crystals, similar to the correct combinations of herbs for healing. The process will be the same in all kingdoms, the right combination. It is further progressed in the Botanic Kingdom than it is in the Geological Kingdom. The Geological Kingdom needs progressed as this should be the first stage of healing for any problem, physical, emotional, mental or spiritual. The correct combination of crystal power will cleanse whatever chakra is connected to the body in which lies the problem.

An overview will be given on what each chakra shows as discomfort along with a detailed compilation of each stage of certain chakras. This then can be compared to diseases and aches and pains and discomfort that the human body will be going through. If people can be made aware of this and intelligently determine what is going on in their body they can track their exact progress on the spiritual path. There is always physical discomfort when a major change to the form takes place and this is what the opening of a chakra is – a major



change. Chakras should not be forced open. They all involve a physical manifestation of some sort, no matter how small it may be, and forcing any particular chakra open does damage to this physical apparatus. I would like to address the effect the chakras have on the different locations in the body starting with the root chakra.

### **Problems of the First Chakra**

The opening of this chakra does not cause much physical discomfort until it goes beyond level four because the forms are born with the first stages open. At this time, when level four begins to open, there is considerable discomfort as the higher stages of this chakra begin to open. There is much pain in the lower back each time each level or stage opens. There is much work done on people at this stage by chiropractors that serve the purpose of allowing this opening to proceed more smoothly. It would be similar to a baby cutting teeth that is helped by the mother massaging the gums. Even the chiropractors do not understand that this is the purpose they are serving. Their manipulation allows for the rising energy to be smoothed into a smooth, free flowing bundle, instead of it being a raging torrent that tears at the nerves of not only the lower back, but also is reflected up the whole spine, which then affects all the organs in the body. Musical tuning of the vertebrae can be healing because it is helping calm this torrent of energy from the upper end and chiropractic manipulation and exercise will calm it from the other end and allow it to smooth out into a pool of energy that the individual can then draw on to “fight the battles of survival.”

The following stages of opening will not be as traumatic as the stage just described, stage four, but will show up in each individual as a period of severe backache. Most people think they have injured themselves. The truth is only a small percentage of cases treated by a chiropractor are the result of an injury. People are just looking for something to explain why their back hurts. If they understand what is going on they will be more relaxed about it which will do a lot towards smoothing the tempest. They need to work with the rising energy, the same way a woman in labor needs to work with the contractions.

The problems of controlling the temper stem from the remnants of the root chakra that was the beginning of the animal-based brain. The root chakra is not needed at the stage of evolution where we are now. It is a very dangerous chakra, but was necessary in the beginning. . It’s like a little bundle of worms inside us, if you want to think of it that way,, but it has grown with evolution and it is now a great big, huge center of fire and if you open that you are going to burn yourself up. It is very, very dangerous and even though it is the first chakra, it is the last one that should be opened as it is not needed until an entity is ready for the divine kingdom, which is a ways down the road.

The divine kingdom is what humanity is heading for, true, but it's still a long way into the future and they will be ready and able to handle the energy of the kundalini when it does finally open. It is not opened on too much of humanity and those in whom it has opened have had a very, very difficult time managing this energy. Some of them have not been able to and it has, believe it or not, caused total disintegration of bodies. They simply burst into flames. These entities probably forced the kundalini open. Of course they'll know, when they wake up on the other side, that they did something wrong, won't they? Don't mess with it!

### **Problems of the Second Chakra**

The next chakra, the sacral plexus, is a cause of a lot of the human's problems. The uncontrolled energy in this chakra is one of the biggest causes of PMS in women. It also causes sexual dysfunction in both men and women. It causes cancer of the sexual organs and due to all of these things it also causes mental aberrations such as rapists and deviated sexual behavior. This is a very important chakra to have the energy flow smoothly in. It is also the energy center that controls the bladder and kidney functions and the reproductive machinery.

### **Problems of the Third Chakra**

The solar plexus causes most of the disease of the digestive system and the elimination system. The two are combined into an area that also encompasses the liver and the gall bladder and the spleen. All of these organs combine to make up the influence of the solar plexus. Many of the diseases in this area can be directly traced to energy out of control. This gets complicated because even though there are special things that can be done to smooth out this energy there is still a matter of allergic reactions to much that is eaten. The energy of this chakra has a reaction with certain foods because the vibrations are in disharmony. This is the cause of ulcers and cancer and gall stones.

Juice diets should not last over one week. It is a viable tool for a cleansing but is not exactly the answer to the formation of good eating habits. The digestive system was not made to exist on liquids only. This throws parts of it into disuse and anything that is not used consistently will deteriorate. A weeks rest would be excellent but a juice fast should not last any longer than this. The pancreas is the first thing that becomes disorganized when there is no solid foods in the diet and the pancreas is the physical manifestation of the solar plexus. By disorganized, I mean the cells in the organ are no longer called on to perform their duties and the same thing happens that happens to a human being when they lose their job or retire, it is a shock to the total person. This would be a shock to the total organ.

If the human form were not so intricately tied in with what fuel the form is given, the proper nutrients for each form could be consolidated in a capsule form and perfect nutritional balance for all would be obtainable. But the human form is such that the nourishment by mouth through the sensing of the taste buds and the chewing being the stimulator of digestive juices which must flow correctly to communicate with the higher planes, there is no way at the present stage of evolution that humans should try to go without food. The very act of chewing is intricately tied in with mental balance, through the stimulation of the digestive system. By drinking the juice you bypass the very act that stimulates the whole process of good health. Remember, a juice fast should not last past one week.

### **Problems of the Fourth Chakra**

The heart center controls the heart and the lungs and the energy here is directly responsible for the flow of life giving blood to all the other areas. This is the most important chakra as far as allowing a smoothing of the raging energy. There is much study that needs to be done on this. Some of this can be controlled by the mind, but there is a certain percentage of it that is a physical function of the physical form. If the mind is enlightened about the function of purpose and direction of the energy that makes up his total being, all stemming from that tiny electrical spark, a tiny nuclear reactor from his Creator, then and only then can the mind learn to control the body.

The opening of the fourth level of the heart chakra is a long process. As the person flows with this new energy and the feelings it brings, and expresses these feelings, at that time will the strong physical sensations begin to disappear. Then they will go through a stage of no physical sensations for a period of time until almost through opening the fifth level at which time these sensations will again return.

There are those who think they are suffering angina, or heart pain and doctor for it when it is, in truth, the further opening of the heart center on these individuals. All chakra opening will cause physical sensations of some kind. It may be in the form of pain or it may be just a strange sensation, but it cannot help but be felt in the physical body because the chakra itself is the physical organ's inner planes. Anything that happens to the physical body or takes place in the physical earth plane life always happens on the inner planes first. This is where all growth begins inwardly. This was so as the beginning of creation and as creation is a repeated pattern it will always be so. This is why a clean inner physical body through diet and mental discipline allows for more growth. When the interior of the physical body is not overloaded with the wrong food, the inner life of these organs will respond more quickly and strongly to the chakras, which in turn will be more active through the mental discipline. It all works together into the most perfect way of allowing for growth that there could be. The person will find themselves much more loving in

response to their family and friends and less demanding of their attention and able to let go of their children and allow them their independence.

### **Problems of the Fifth Chakra**

This is a smaller center and you will be working with much finer degrees of energy as you enter these higher centers. They are a different form of energy, much more intense but much higher vibration.

The throat chakra controls the functions of the esophagus, the vocal chords and the teeth. I'll continue with the physical distress the opening of different stages of the throat chakra brings about.

#### **1st Stage**

The throat chakra in its first stages, for humanity as a whole and each human individually at birth, is the ability to cry. This cry is a sound of distress. It is of disharmony with the environment. The ability to cry brings those to you who can help relieve this distress. When it is said that tears are healing this is what is meant. The cries are heard on the inner life and what you need to have will be drawn to you. It will be from someone who has suffered the same distress that you are going through. This is the law of "like attracts like" being continued even unto this concept. The baby when crying is letting his distress or irritation with matter be known. This is what distress is – irritation with matter, or the matter world as opposed to the smoothness and flow of the inner world.

#### **2nd Stage**

The second stage of this throat chakra is, of course, speech. This takes the form of many different languages, but all of them are allowing for communication on a specific level with other humans. This is true for the early human just emerging from the animal track and is also true of a human now who has gone through the stages of crying in distress, even internally, who finally begins to speak up of what it is he desires and needs to have. In other words, letting others know what is wanted and needed instead of them having to guess what's going on inside you. What a relief this is for a baby, or for early man or for an adult on the spiritual path. It is the same relief no matter in which stage it comes. The early man was much more secure when he could finally relay what danger was imminent to his fellow men, such as a large animal in their vicinity, or a flooded river that threatened their cave home instead of just only being able to cry out in distress and making those who heard his cry search for what was wrong.

The same is true of the wee babe. When it cries his parents have to search to see what is wrong. When they can't determine what is causing the distress they take him to a doctor

whom they hope can. The same thing with an adult on the spiritual path. Many times the emotional body is crying out in much distress but the person cannot put a finger on what is wrong. Many of you have experienced that. It takes the opening of the second stage of this chakra to allow the wee still small voice within to finally be able to verbalize where-in lies the distress.

### 3rd Stage

This leads to the immediate opening of the third stage which is the rising energy bringing that small voice within to the forefront and then overdoing it and becoming demanding and insistent. This stage led to the formation of clans of cave men that began warring with each other. In the human babe it leads to the temper tantrum stage and in the progressing adult it leads to a stage of autonomy that makes it impossible for others to work with you. In all three instances there is no cooperation possible. This is where a good part of humanity is at, especially in the third world countries.

### 4th Stage

It takes the opening of the fourth stage of this chakra to bring things back to what is needed for cooperation with others to be a possibility. The cave man, after banding into groups and killing off each other, finally became aware of the need to band together with each other for protection against the large animals and the elements as their only means of survival. The same thing takes place in the child. The fourth stage of this chakra must open to allow them to be able to back off from their demands and talk with reason and intelligence in full sentences. This eliminates the frustration caused by incomplete communication. The same thing with the progressing human. This frustration is the cause of much of the sore throat pain that many are go through. Those suffering from many sore throats or a continuous feeling of a sore throat are entering or opening the fourth stage of the throat chakra. The opening of the fourth stage of this chakra allows for the continuation of talking out your problems with others and relieving the frustration that comes from incomplete communication.

### 5th Stage

The opening of the fifth stage of this chakra is the ability to sing. Many are reaching this stage.

### 6th Stage

It is the opening of the sixth stage that causes the aching throat and the loss of the speaking voice, known as laryngitis. This stage is one of being able to allow the still small voice we started hearing at stage two to be able to come into the physical world through the vocal chords.

### 7th Stage

The seventh stage of physical discomfort is that of deep aching in the vocal track and the esophagus. The seat of psychic power is in the digestive system, remember, and the esophagus serves the purpose of a transmitter of this energy between the digestive system and the communication system of the vocal chords.

### 8th Stage

The eighth stage of the throat chakra will be ability to communicate verbally, silently with other minds.

### **Problems of the Sixth Chakra**

The third eye center controls the nasal passages, the eyes and for now the lower stages of the ears.

A deterioration of vision, the physical manifestation of disease in the external eyes, can be caused by a blockage in the opening of the third eye internally. This can be helped by trying to open the third eye. Normally it would not be advisable for anyone to force the opening of this chakra, but in certain instances it is advisable. When the microscopic piece of flesh is removed from the location of the third eye chakra internally, then will come a slowing of the disease physically.

You see, the third eye does have a bearing on the external vision, although this is not generally known. The internal vision takes strain off of the physical eyesight. It is as antennae work on an insect. It reaches out in front of the physical being and “senses” the environment and atmosphere and the other people around one and the obstacles and dangers present and feeds this knowledge into the brain which in turn alerts the physical eyes.

Normally this little piece of flesh is automatically removed during the growth period, and it is possible that a childhood accident may prevent this from taking place. At any rate, it can be removed now by gentle manipulation of this chakra center, by gently rubbing up and down between the physical eyes for a brief period twice a day, perhaps two minutes at each period. When retiring at night, focus on the inner vision and picture a fine membrane being pushed through. You do not want to destroy it quickly as this would not enable the healing process for the physical vision to have time to take place.

The third eye can be reopened in an operation. This is being done, but is not advisable because if it is opened when it was not planned to be, it can cause much trouble. If those having the operation are very highly advanced spiritually it would not cause as much trou-

ble, but they will not attain the goals of that particular lifetime if it was not meant to open.

The way it is possible is by severing the fine membrane between the human eyes and the pineal gland. The only time it would be advisable that this be done at all is for someone who has lost their eyesight due to an accident that was not part of the life's plan. It needs to be this way because some have chosen to be blinded to repay karma. Even though it is said over and over that there are no accidents, there truly are accidents due to man's free will.

For someone blinded accidentally, the opening of the third eye would help enormously their ability to sense their surroundings. It could be developed to the point where it would be almost as reliable as the human eyes, especially if done in one of a young age.

As a matter of fact, if the operation were done on a babe who was blinded by an accident at birth that he had not chosen, the operation could allow this youngster to be able to actually see his close environment because of the sensitivity to vibrations that this one would develop. He would need to have special schooling and training in the area of misusing the abilities that the opening of this eye would give him. He would also need to have special training in interpreting the vibratory patterns into pictures that would be the layout of the room he was in. It would not work necessarily very well on distance, but could allow a blinded one to move around a familiar room, such as their kitchen and "see" with their mind's eye where the appliances and furniture are and even be able to cook.

At the present time, the blind are using all their other senses which are of course very heightened compared to humans who can see. As given, the surgery of the third eye would allow them to actually "see" the rooms and furniture and appliances and in color also. It must be started very early. Therefore, it will not help as much for an older person who goes blind. It may help them enough to warrant doing the surgery, but they should not expect to be able to see as described. It will be almost as though the blind could go into another dimension and see as though seeing a vision, only they will be seeing the make up of the room they are in. The same process is being used only it is two different applications of the process. This is why the children who are blinded shortly after birth or at birth would need to have special education to learn how to use this other level of the ability to see into another dimension. This will be harder to do, to use this ability to see on the earth dimension than to use it to see into another dimension, but it can be done.

Most of the babes being born now have this third eye more open than the previous generations. They need to have special education in knowing how to use the abilities this gives them. Adults on the earth plane now did not have their incarnations set up and planned

with the idea of having the third eye open so their life plans and goals would be thrown off if it is unexpectedly opened. It will eventually cause them more harm than good.

There are some exercises and mantras that will help open it only if it was part of the planned goals for this life. This is why no one should judge anyone else. They cannot possibly know what that other one had set as achievements in this life. Remember, if it was planned for it to open, your soul will do the opening of it for you. There will be no need for the operation.

Psychic phenomena is the use of the sixth chakra (third eye) to astound or impress others with your abilities to contact other dimensions.

### **Problems of the Seventh Chakra**

The crown chakra controls only the brain – the motor functions of the body plus the mental thought patterns. The nerve receivers that receive from all the other locations in the body are located and controlled by the crown chakra.

### **Problems of the Eighth Chakra**

The two sections of the inner ear will be tough and thick if not being used. If this chakra is open or almost ready to these will become thinned out almost as tissue paper. There will be a progressive thinning and can happen within one lifetime or over several. This reverts back to choosing a physical form on the inner planes before entering. The physical evolution of forms is charted and one must have permission from those in charge before being allowed to choose a form in which this chakra is ready to open. Some have been allowed to choose this kind of form, but truly were not ready for this advanced stage of growth and are having much trouble now that they are in incarnation. At times, in the in-between stage of thick and thin, they cause a problem of physical balance. Some people have a difficult time physically when any chakra opens and the same is true with this one. This new chakra is a gift from the Creator for humanity. This is truly a new stage in evolutionary growth.

The ear chakra does not control anything at the present time in humanity. It has not developed enough to be able to serve the function of controlling. When it does, it will take over totally the ear canals that the sixth center is controlling now and part of the work that the crown chakra is doing now in the brain – it will take over control of the nerve receptors from all parts of the body. This will free the crown chakra to focus on higher aspects of its destiny.

### **Problems of the Second, Third and Sixth Chakras Working Together**

The problem still prevalent in much of humanity that is causing crimes, rapes and mur-



ders starts out as a misuse of psychic power from a combination of the second and third chakras. It is a combination of the sexual powers, drives and desires of the second chakra that combine with the ability to focus this into another person's being – a power of the third chakra -- that combine to make this sickness. It is a feeling that overwhelms them and they don't know how to release it or how to get any help for it or to protect themselves from themselves in this area. This is what causes many of the relationship problems today. In some it does not culminate in rape and murder, unless you want to call some of the things that go on behind closed bedroom doors rape of a form.

As far as what to do to help those who are caught in this net, one chakra or the other must be disabled. This would require a psychic surgeon to use his so-called "white magic" to de-energize one or the other of these two chakras until the situation has cleared itself up and the two chakras can then be balanced along with all the other chakras. It is a balancing between all of them that will pull these people up out of this, but this balancing cannot take place until the chain of energy that has been set up between the second and third is broken. Then with the building up of the other chakras, the energy from whichever one is disconnected can be reinstated and the balance achieved. People doing balancing of the chakras do not know this and without being aware of what they are doing are causing some of these problems. This information needs to be given to those who are in the practice of doing chakra balancing, no matter by which method.

These two chakras should not work together. When they are working together and the sixth chakra powers are added, then is when the real problems start, because the sixth chakra is magic and it can be black magic or it can be white magic. When you have the combination of the second and third chakras working together already and to that you add the sixth, you are going to end up with black magic. Those whose chakras are out of balance must not tap into the sixth chakra, they must bypass it. They must raise it up to the seventh, which is what all humanity is supposed to have done. Now without the understanding of all this, how can anything ever be turned around?

## **Summary**

Memories are stored in the chakras. As chakras are manifested into the material world into organs in the physical body, the memories are stored in the pituitary gland. The chakra itself is as a reflection of the physical body all the time of the incarnation. Therefore, you might say the material is stored outside the brain in the crown chakra. The word reflection is not a good analogy, perhaps a better one would be extended energy or the possibility of extended energy. When death of the physical form takes place, the chakras withdraw the energy from the body and this is what survives to be reentered into the next physical form.

The etheric body, which is where the chakras are located, encases the human form at all times while incarnated on the Earth plane. This is what leaves the body at death of the form. In it is embedded the spark of electricity that generates the nuclear power plant of the divine. It leaves the body for a period of time during sleep for R & R (rest and relaxation) and returns to the atmosphere from whence it came to be restored and rejuvenated, or in your terms recharged for another day on the Earth plane. This is why lack of sleep makes one so listless and not have any energy. Actually it goes through stages. It will go through a stage of over activity trying to recharge itself in any number of different ways that will manifest on the Earth plane, if one has missed a night of sleep. But eventually it must have this R & R or dire consequences will arise. It could cause the death of the form eventually if it were not ever able to leave the body for R and R. But what it does is leave anyway and leave this one operating on animal brain power. There is no balance of thought in one who has missed sleep. He becomes irrational as the guiding soul is not there to balance out instinctual behavior.

The chakras have been kept secret for too long a time now as there is a danger involved in the premature opening of them. The danger is not as great now as it was 50 years ago, however, because humanity is much more evolved. Time marches on and so must our understanding of these matters. A comprehensive course on this subject should be a must for every school dealing with any aspect of the spiritual path. If the correct knowledge is not available, or if the subject is shunned, then unwise experimentation will be indulged in.

The average man is being born today with more chakras already open, due to evolution, and those that are not open are being kept closed because that one and his teacher decided he needed to be veiled in a certain area for a period of time. Yes, this can cause problems, but there are ways of helping the situation by means of opening minor chakras at strategic points to compensate for the large center that is being kept closed. This is what happens also when there is a physical injury to a chakra center - minor compensating chakras will open.

Those studying medicine would be better able to treat the disease that affects humanity by understanding how these energy centers relate to the different functions of the different parts of the three different bodies of humans, the physical, emotional and mental. This could be and should be and will be the basis of all aid to disease in the New Age, and the sooner it can be started, the better.

The Mineral Kingdom eventually evolved into having one chakra, the root chakra, which came about by part of the Vegetable Kingdom giving back to the Mineral Kingdom in the

form of precious stones and gems. The Vegetable Kingdom evolved to having three chakras, due to return from the Animal Kingdom in the line of body wastes acting as fertilizer. The Animal Kingdom has evolved to having five chakras, although the fifth chakra is not fully developed in animals. Man has evolved to seven chakras, but the seventh is not fully developed. The energy is split between the sixth and seventh and it all needs to be drawn back up to the seventh.

The centers that are open on most humanity are the feet (a minor chakra) and sacral plexus and the solar plexus and most being born now have the heart and even the throat chakra open or nearly so. The kundalini and the third eye are closed, as is the crown chakra in all at birth, but in some rare cases there have been those born with the third eye and the crown chakra open.

The chakras are tied in with the rays. This is not common knowledge, but those working on a certain soul ray will have the corresponding chakra open or ready to open more quickly than is true with the personality ray's corresponding chakra. This is why a seventh ray is needed to do communication, as it is the crown chakra that is involved. Those not on the seventh ray can do communication after opening the crown chakra, but it is never as easy for them, whereas for a seventh ray soul it's almost second nature, like flying is to a bird.

The sixth ray would be the opening of the third eye and once this is open, the entity can never be the same or believe the old teachings ever again. This is why it is a ray of fanaticism and devotion. They can see all these wonderful things and naturally become "fanatic" about them. A fifth ray is related to the throat chakra, which makes voicing mental thought very, very easy for them. It truly can pour out of their mouth. A fourth ray is, of course, the heart chakra, and they are inclined to be very emotional and compassionate. The third ray is the solar plexus. They are very sensitive to vibrations of all strengths and to all energies put forth by others which makes them very good at mental telepathy. The second ray is the sacral plexus and these ones are very much into anything having to do with nature and of the Earth in general. The first ray is the kundalini, which is the strongest chakra and those on the first ray are very strong personalities.

The zodiac signs do match these qualities to a certain extent, but as there are twelve of them, they double up. They do not tie in as well as they should, but will when there are only seven zodiac signs. The twelve zodiac signs are already merging and blending into seven. All things are headed for twelve eventually, but the zodiac signs are going to drop back to seven first, then build up correctly in people's knowledge from there. Yes, the rays will eventually be twelve when the new trip of the Oversoul is made.

The ray coming in now, mistakenly called the eighth ray by some, is a temporary ray and also a minor ray. It is an energy source from the ships of the delegation from Tirus. It is temporary and will be with us until it is no longer needed. Though a very beneficial ray and a great help and comfort, it must not be depended on to too great an extent, because it will be withdrawn when Earth's emergency is over. It is a ray of Light so penetrating that many are going to awaken to the great possibilities the human brain is capable of. It is cutting through the fog of the astral plane and enlightening many souls at this time. We are on the brink of a great awakening! As evolution continues, the chakras will be added, one by one and the next one to be added will be in the area of the ears; clairaudience will come with this one. Others will be added to other parts of the body as evolution of the physical body progresses. The root chakra is not the same now as it was when the animals had tails. Those bodies the first sparks entered did not have more than two chakras available to be opened. The rest have been added as the human form was refined. The next five will be added the same way. **DON'T CLOSE DOORS IN ANY AREA.**

**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**