

This document is the continuing series in higher existence. This document addresses the aspects of cosmic energy flow and the relationship to our chakra system. It will coincide with the concepts of the energy matrix, harmonics, astral codex, and higher existence.

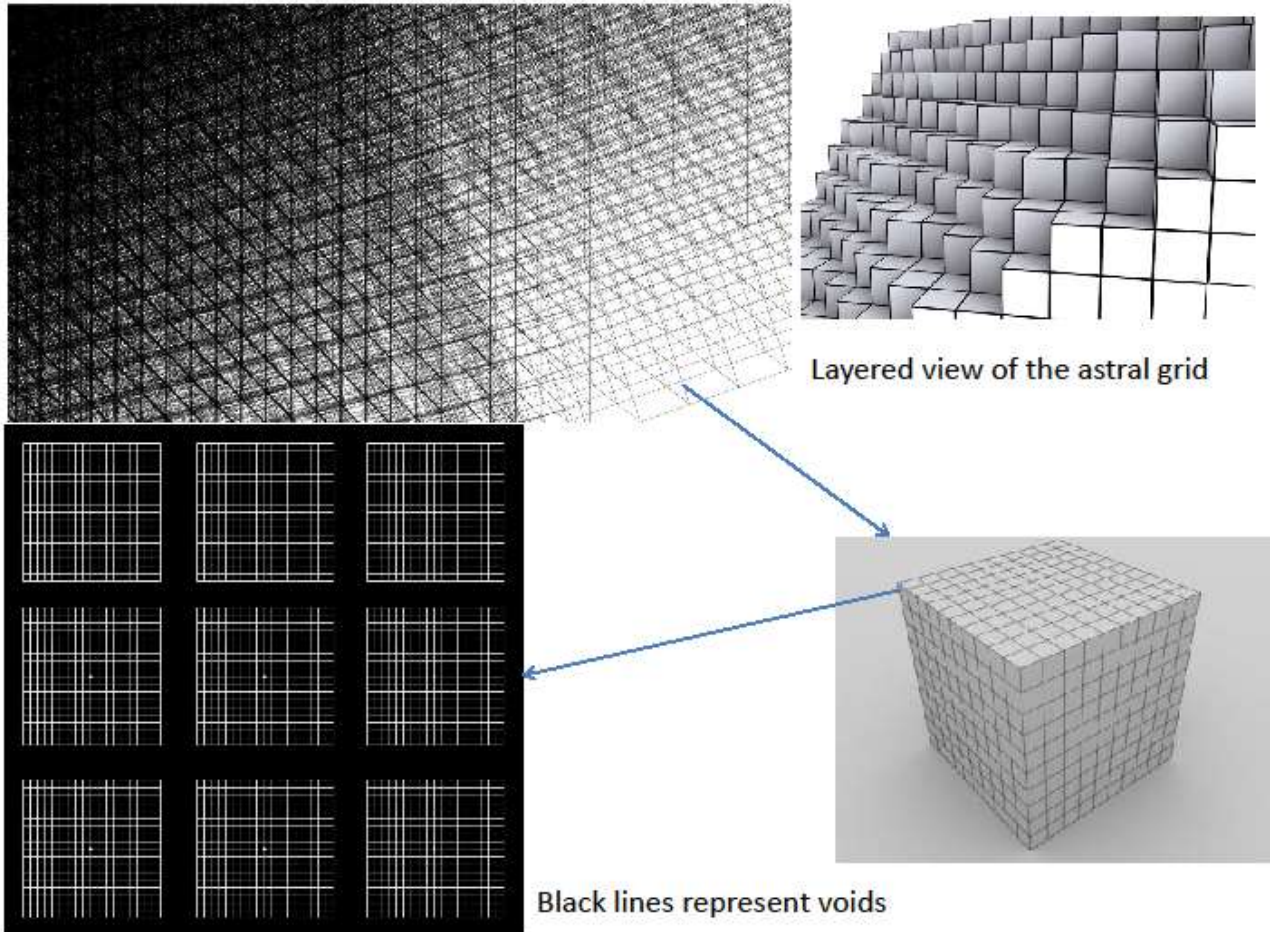
The relationship between Energy and Consciousness, between Light and Sound, and thought form is the basis of all Creation. The same truth that makes 'human beings' tick, is the same truth that explains the dimensional structure of the Universe and holds the key to the structure of our own, personal multi-dimensional anatomy. Understanding the nature of Multi-dimensional structure provides the platform for understanding your own multi-dimensional anatomy. Understanding these concepts is what will set you free. This is how we can understand the workings and manifest expression of Source and of Energy as Consciousness.

The inherent nature of Source to grow to ever increasing extent and degree is motivated through the creation of sentient life and free will choices of experiences. The relationship of all sentient life forms to these evolutionary phenomena is governed by the consequences of free will choice. This Principle is inherently known, encoded, and agreed to, by every sentient being at the time of origination.

Most teachings are founded upon the idea of a series of worlds or hypostases as cosmic ontological gradations arranged metaphorically in an upper and lower manner. The idea of a vertical world-axis, a cosmic mountain or tree or pole, is in fact a common archetype, and the theosophical planes are just one particular version or interpretation of that. Another is the Tantric theme of chakras, which are associated with an ascending series of states of consciousness, culminating in the Absolute Reality located either at or above the Crown. From this perspective then, the Cosmos can be divided vertically into a number of worlds or states or gradations of being. The concepts of realities are made up of a number of Planes of Existence, arranged in both a vertical and horizontal sequence. It is to this end that we are able to apply our understanding of a multidimensional state of being.

On many levels, we can apply this to an ascending scale of consciousness. In this sense, we use the term planes to describe a gradation of consciousness. An alternative term might be prakritis, which refers to the fact that this scale of realities is actually a scale of gradations of prakriti, from the most sattvic (positive energetic foods) and spiritual to the most tamasic (negative energetic foods) and material. Also, the term Octaves of the musical scale is useful, as it refers to the fact that at each hypostasis, each

plane of existence, there is a full complement of subplanes or resonances, which fractally repeat the whole.



The representation of the astral grid would be one plane of existence and each of these in turn often subdivide into further subplanes and hypostases that would be termed gradations of consciousness or axis of being. Likewise, other planes of existence would correlate to a similar grid system. Much like a computer network grid, the planes of existence operate in the same construct.



These grids are fractal and holographic in design, and they span all of creation throughout all dimensional levels. Creation does not exist without these grids. They are needed to ensure the appropriate distribution of cosmic and life-force energy, provides the templates or elemental components needed for material creation, and contains the physicalized expression of the sacred code of creation itself. They are a blueprint of Source's consciousness expressed in a harmonic form.

The grids serve as an organizational blueprint that ensures proper dissemination and frequency alignment of the elemental components for the constructive flow and purpose of existence. The cosmic and Life force energies and the many sonic frequencies work in conjunction to maintain an effective energetic phase relationship of the frequency spectrum. This foundational network serves as a bridge that transfers positive evolutionary energies between the physical and energetic manifestations through established communication pathways.

The construct of the grid can be understood as containing an outer web of musical or harmonic light that spans the entire multidimensional network of grids of light that link up with other network grids surrounding other planetary bodies. Luminous strands of light intersect producing nodal points of light that create concentrated fields of force that are vortex in nature. Together the subtle light pattern forms a grid and with the nodal points act as the holding centers that produce the informing network of inter and intra-communication across all timelines.

The grids are a matrix of sound, light and color through which we virtually experience and learn. In physical reality grids are electromagnetic energy thus creating polarity or duality of experience, always seeking to restore balance and forever in (spiraling) motion. The cycles makes it appear as linear time in sequence and synchronicity. The grid is a matrix of sound, light and color - through which we experience time and emotion as it is an electromagnetic grid - based on polarity - of duality of experience. Grids never stop creating programs of experience. The energetic expression of these principles is the geometry of creation and it is these fundamental forces and perturbations of experiences being acquired across phenomenal ranges through electromagnetic phenomenon that create the state or quality of awareness.

We exist in a matrix of the grid, experiencing conscious awareness and reality because our brains tell us this is so. Within the human brain, the neural firing is electrical in nature because the firing of neurons is accompanied by an electromagnetic field surrounding the

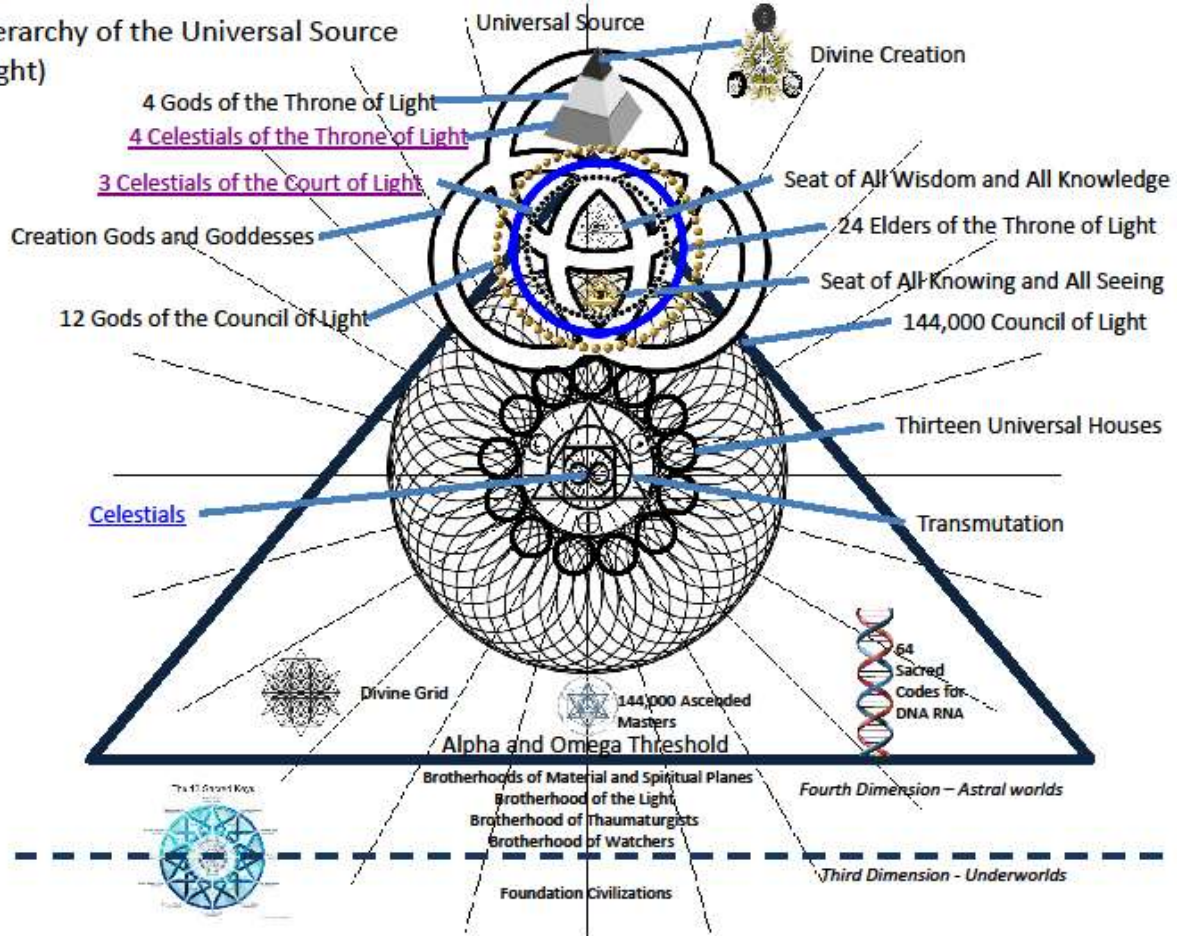
neurons. "Cogito, ergo sum" -- "I think, therefore I am." Consciousness is all and everything in the virtual hologram of our experiences brought into awareness by the brain - an electrochemical machine forever viewing streaming codes for experience and interpretation. Consciousness originates from a source of light energy for the purpose of learning. The human biogenetic experiment is consciousness brought forth into the physical by the patterns of sacred geometry that repeat in cycles called Time. Reality is about the evolution of consciousness in the alchemy of time. To become fully conscious, is to remember who you are as a being of light, why you are here, and where we are going as dictated by the collective unconscious that creates the programs of realities through which your soul experiences simultaneously.

Grid energy is the very essence and fabric of the universe and has no beginning and no end. The grid makes a four-sided diamond shape, following creational/sacred geometry showing the interlaced woven matrix of Universal essence. When energy flows unobstructed, the flux remains relativity even, though there is always intonation at all times. Human DNA is configured by this geometry. In order for the flux to have different levels of intonation there must be catalysis of some kind. Thoughts and action are two different kinds of catalysts. Therefore, there must be movement to effect change.

Different laws affect the consciousness of the grids such as balance, neutrality, as well as, immutable laws or codes of energy that once put into motion cannot be stopped and must play out until the end of the program. How those laws affect us is determined by our own energy patterns. Our thoughts and actions determine the Law of Attraction by the types of experiences to which we have experienced in this lifetime or another. Immutable laws cannot be stopped. They can be altered by events but not stopped.

Furthermore, to understand this concept we must refer to the Hierarchy of the Universal Source. This will help us to understand the Cosmic Planes.

Hierarchy of the Universal Source (Light)



Cosmic Planes can be described in more detail as follows:

Cosmic Consciousness: This plane is the first stage of the Divine Universe or commonly known as the plane of Active or Free Intelligence or Overmind Intuition. It includes the Divine Worlds, Cosmic Gods and the Manifest Temporal Cosmos. Here is where the One Light becomes a prism of many radiances. These in turn supervise the creation below. This plane is experienced as a place of profound and subtle cosmic and esoteric mysteries and the Unfolding of the Universal Source, in which there is no distinction between oneself and the cosmos. This plane constitutes the union of the Causal and Supracausal (the more "outer" hypostases have already been subsumed).

Spiritual Mind: The next Universe down from the Divine Pole of existence is the region of pure Enlightened mind, a series of Spiritual Worlds of emanated hierarchies. These are the spiritual hierarchies that emanate from and are the expression and aspects of the Divine world, the ideational of divine hierarchies. This is the pure spiritual ontocosms to the three levels or gradations of spiritual mind - from lower to higher this is the Higher Mind, Illumined Mind, and Intuitive Mind (the latter intermediate between Mind and Overmind (Divine or Cosmic

Consciousness). Moving up from lower finite existence, these universes are experienced as a great Enlightenment, and beings who have attained this state are seen as great avatars, ascended masters, or spiritual teachers.

Virtuous Intellect: The Plane of Pure Mind, pure intellect, or virtuous intellect is the region of Creative Ideas. This includes the archetypal or Higher hierarchies from which originate the idea-forms that filter down into the ideational planes. The hierarchies of this plane still have a greater demiurgic or Creative power than the Affective hierarchies below them. These are the spiritual hierarchies that emanate from and are the expression and aspects of the Enlightened Mind worlds, including spiritual archetypes which filter down and eventually manifest in the Physical universe. It includes the highest faculties normally active in even the developed individual, and the higher unconscious in part, as well as many regions beyond normal human consciousness. The fractal nature of reality of this plane corresponds to the third eye.

Affectivity: (Pure Psychic Plane). The psychic or affective reality, is, like all the planes or universes, a vast region, with many subdivisions. Most often it is divided into two. The higher levels are regions of pure spiritual emotion or Affectivity commonly called the Angelic Universe, being in part equivalent to the spiritualist celestial realms. It includes the Spiritual and Spiritual-Psychic World; the highest faculties normally active in a person; the higher unconscious in part. This is the lowest of the spiritual realms or "pure universes", and corresponds to the Heart chakra. The lower subdivisions correspond to various psychic and occult planes of existence. Many of the higher psychic experiences, revelations, religious experiences, and so on, come from here. This is a region of great desires and passions, and a snare for the gullible and unwary, who mistake the half-luminous denizens of this Plane for an ascended master or supreme deity. The Psychic and Imaginal also provide the blueprints for the Physical universe.

Material Form: (Gross and Subtle Physical) The most manifest universe, the plane of Form or Matter, can also be divided into one or more upper or more subtle spiritual and a lower or dense subdivision. These are referred to as the Etheric and the Physical. The Etheric region represents the interface between the Psychic (and more subtle realities) and the Physical proper. It also includes many [refined and subtle states](#) of existence that have little relation to our world, or only irrupt into the known universe occasionally, as UFOs and other anomalous (Fortean) phenomena. In even more subtle dimensions of the physical one finds the physical Astral region, and beyond that Steiner's Spiritual Hierarchy. In the subtle physical also there is what in [esoteric Islam](#) is widely called the [Imaginal Realm](#), the [Barzakh](#) or the Intermediate World, in which "bodies are spiritualised and spirits corporalised". In western esotericism such as Theosophy and Hermeticism, this is or includes the Astral plane. Theon uses the term Nervo or Nervous (perhaps equivalent to "etheric" - nadis etc?). The Etheric and Imaginal also provide the blueprints for the Physical universe. Below this of course is the dense physical plane is the material universe, the lower part of the World of Asiyah, which includes physical consciousness, the mundane mind, higher states of consciousness, and also the very restricted state of consciousness in inanimate matter going all the way down to the inconscience of "formless" matter (only formless when experienced subjectively) or hyle; source of physical laws, and theatre for the soul's evolution, crucible of self-transformation, and the working out of the Divine Plan.

So now that we have an understanding of the basics, let's go back to the beginning. Cosmic energy is the life force that is existent everywhere. It is present in the cosmos, between the galaxies, the molecules and in the space. It is essential to maintain the order of our life and expand our consciousness. It is the energy flowing throughout everything.

Cosmic Energy is responsible for maintaining order and balance throughout the Cosmos. Cosmic energy is the basis of all our actions, reactions to situations and functions in totality. Our body receives some amount of cosmic energy when we are in sleep, total silence and in peace of mind. We have already learned other names for Cosmic Energy include; super-consciousness, higher consciousness, or Divine consciousness.

Our body and mind are surrounded with an energy field which is nourished by cosmic energy. This positive energy always helps in the healing of the physical, mental and spiritual self. Cosmic energy reduces negativity, aids in complete healing and creates harmony in life. Cosmic Energy is essential for us as a physical and spiritual being. It is key to living a happy and healthy life. It is key to awakening spiritually, psychically, and it is key to ascending, and expanding consciousness.

Cosmic Energy is essential for life to continue in an individual and collective sense. It is the fuel for action, life, and being. Everything in the universe is made of energy. Energy is everything. Energy cannot be destroyed it can only be transmuted, i.e. converted into something else.

The cells and molecules in our bodies are made up of the same partiki units, atoms, electrons, carbons, etc as everything in the universe. An interesting fact: our bodies are made up of 70% water and recently it has been proven that not only does water have memory, not only can it be influenced by loving thoughts and words, but that there is water in space.

That space is not the vacuum we have always thought but that it is 70% water vapor. As energetic beings therefore, our energy can connect to all other energy. The other thing which we must understand and realize that the planet Earth itself, is made of the same energy, and has the ability to expand upon itself as well. Indeed, the life giving force of this planet, which sustains all life and life-forms, comes from the Energy, the supreme life energy of creation of the Planet. We are all living in same amplitude of the vibration of the energy. Our body is a home or host of the supreme life force of the Creation which by

itself is resonating on its own energy vibration which at the beginning is in correlation with the energy of the body. As we are getting more and more exposed on a huge variety of different energy vibrations in our daily life, this energy gets imbalanced which imbalances the body vibrating energies and causes many expressions of it on three levels , mental, physical and emotional and manifests as illness, stress and different kind of disorders.

Within our own body, we have certain energy points, which are like wheels, and spin in certain directions. These are called chakras or wheels of light. The Chakras are the seven power points in the human body that circulate energy. They are vertically aligned in the center of the body close to the spine. If the Chakra are unbalanced, not properly aligned or blocked, this can affect physical and mental health. The spiritual development is also connected with the good health of the Chakra.

The human body is a complex energy form; in addition to the 188 chakras, it also has 72,000 nadis, or energy channels, 600 nodes, 23 energy gates, and 14 paired vertical energy flow meridians, but we will only be discussing those chakra directly associated with the cosmic or hara line in this document. At first there were only 7 chakras activated of the original 24 to 72, for purposes of holding physical beings in the third dimensional state. Those individuals that Master higher existence or unity of consciousness, could access 12, 24, and higher. Mostly this knowledge was held in the hands of the Ancient Mystery Schools, which were in certain places of the Earth, and the knowledge was taken to these schools, by certain of the High Priesthood and Priests and teachers of Atlantis, Lemuria and Elysium. Chakras become activated by the elements of the energies of magnetic principles in these chakra areas, in particular the various organs. The spiraling energies chakras collect to reach a crescendo, peak experience to be released into the universal energy which unifies these energies in the unity of divine unconditional love.

For refresh of memory, these 7 Chakras (centers) of energy in the body are:

- I. The Root Chakra Located at the base of the spine; the color red represents this energy. This energy is commonly referred to as the cosmic or Kundalini energy when this energy is in the latent stage, coiled energy of enormous power lying at the base of the spine. This energy travels throughout your body by way of three energy channels, or nadis. The three nadis are the left channel, the right channel and the center channel. All three work perfectly together to integrate and balance the flow of this energy. This energy fuels the sex organs as creative aspect. The crystal often associated with this chakra is Black Obsidian as this is the elemental energies which best describe this chakra on a physical level. This energy is often dormant until it is awakened, releasing up the chakras to unite in a spiraling sphere of ascending and descending energies when released from its dormant, non-active position. The harmonic frequency of this chakra is note E on the harmonic scale. The Sun as it transits the earth is the Root Chakra. It can also be White in color and black as well, depending on the frequency of the sun energies. The Root

chakra symbol is a coiled snake. The Root chakra flower/scent is amber musk. This is the first level of your energy field. Within this level you feel all physical sensations, painful and pleasurable. There are direct correlations between the energy flow, field pulsation, and configuration in the first level of your field and what you sense in your physical body. Whenever there is pain in your body, there is a direct correlate of dysfunction within the first level of the auric field. The first level of the field tends to be fine, thin, and of a light aqua-blue color for quiet, sensitive people. It is thick, coarse, and a darker blue-gray for strong, robust people. The more you connect to your body, take care of it, and exercise, the stronger and more developed the first level of the field will be. Athletes and dancers tend to have a very highly developed first layer. It has more lines of energy, they are thicker, more elastic, more charged, and bright blue. If your first level is strong, you will have a very strong, healthy physical body and enjoy all the pleasurable physical sensations that go with it. This includes the pleasure of feeling your body, the feelings of vitality, of physical activity, physical contact, sex, and sleeping. It includes the pleasures of tasting, smelling, listening, and seeing. This means you will most likely continue to use all the functions of your first level, thereby keeping it charged and healthy. Using it will tend to recharge it. On the other hand, if you don't take care of your body, your first level will also become weak, the lines broken, tangled, or undercharged. They become thinner and sparser in the parts of your body that are the least cared for. If your first level is weak, you will experience your physical body as weak and will not like to connect with all the pleasures of sensation associated with it. You will then tend to keep it weak from lack of use. Most likely you will be connected to some of the lines of energy but not to all of them. In fact, some won't be experienced as pleasure at all. Rather, you will experience them as something you have to put up with. For example, you may hate physical activity of any kind. You may love to eat, but not to be touched. You might like to listen to music, but not to have to eat to keep your body going.

2. The Sacral Chakra is located in the sex organs; the genital areas of both sexes. Gonads for the male and the Vaginal area for a woman. This chakra's energies move around, travelling from the bottom to the top of the sexual areas, as high as the ovaries in a woman to the prostate in a male. This energy communicates in a sexual physical and psychic way with others. This energy is a higher frequency and the harmonics is D on the musical scale. The color is orange to saffron (depending on arousal) and it is represented by the crystal red jasper, smooth and consistent in energy. (For a woman the energy cycles up and down from the ovaries, to the inner and then outer areas creating a positive polarity. It runs opposite for male counterparts creating a negative polarity). To understand the activation of the various chakras, one must understand the harmony of the chakras in correspondence to frequencies incoming and outgoing, and the balance as well. Ideally chakras are balanced, and they can also be used to be activated for help with healing and other esoteric uses such as, vortex and earth/universal healing. The ruling planet of this chakra is Mars when it transits Venus. The Visual image of the Sacral Chakra is a lotus. Lotus or Jasmine scent. This is the second energy field. The second level is associated with your feelings or emotions about yourself. Every energy movement there correlates to a feeling you are having about yourself. Bright colors of cloudlike energy are associated with positive feelings about yourself. Darker, dirtier shades are associated with negative feelings about yourself. All colors can be found in this level. These clouds of energy flow along the structured lines of the first field level. If you allow the feelings about yourself to flow, whether they are negative or positive, the aura keeps itself balanced. And the negative feelings and the negative energies associated with your feelings are released and transformed. If you stop yourself from having emotions about yourself, you stop the flow of energy in the second level that corresponds to those emotions. And your second level becomes

stagnant, eventually creating undercharged, dark, dirty clouds of various colors related to the inexperienced feelings toward yourself. The dark, stagnant clouds act like stagnation in other parts of your body. They clog up the system and disrupt healthy functioning. This stagnation will also eventually cause stagnation in the first and third levels of the field, which are adjacent to it. Most of us do not allow all our feelings about ourselves to flow. As a result, most of us have stagnated energy in our second levels and have interfered with our health to varying degrees. If the second layer is strong and charged, you enjoy your emotional relationship to yourself. This means that you have a lot of feelings about yourself, but they are not bad. It means that you like and love yourself. You enjoy being with yourself and feel comfortable with yourself. If both your first and second levels are charged, you will love yourself and feel good about yourself when you are also enjoying all the physical pleasures that your body brings to you. If your second level is weak and undercharged, either you will not have many feelings about yourself or you won't be aware of them. If your second level is charged but is dark and stagnant, you will not like yourself, possibly even hate yourself. You are holding down the negative feelings about yourself, so you may be depressed from disliking yourself.

3. The Solar Plexus Chakra is physically located approximately 2 inches below the navel of the abdomen. This chakra energy is universal energy, and bodily it is directly associated with the adrenal glands. This energy can be summoned upon command, and comes directly from spiritual energies of the Divine. The sun has some energies that can be activated to produce supernatural or heightened powers. The sun and body goes through magnetic charges from the universal energies charging the sun. This energy can be consciously manipulated to create supernatural action. When used in meditation, it can be coaxed to connect the Root (1) and Sacral (2) chakras to ascend into the higher chakra for a cosmic consciousness experience, and to live from the higher chakras, once a form of existence is understood. The Frequency vibration is C to High C. The color frequency is Yellow. The crystal associated with this chakra is Citrine, which has a golden hue when illuminated by the above two chakras and bathes the ascending channels with a golden glowing twinkling light of divine awareness. The ruling planet of this chakra is Saturn as it transits the Sun. Visual image of the solar plexus is The Tiger. The Rose is the Solar Plexus scent. This is the third energy field. The third level is associated with our mental or rational world. The lines of structure in this level are very delicate, like the finest thin veil. This level's light lemon-yellow energy lines pulsate at a very high rate. (Its brightness, fullness, and energy flow along standing lines of light that correspond to our mental processes and our states of mind.) When this level is balanced and healthy, the rational and intuitive mind work together in harmony as one, and we experience clarity, balance, and a sense of appropriateness. When the first three levels of our field are synchronized, we feel self-accepting, safe, and appropriate and have a sense of personal power. If your third level is strong and charged, you will have a strong, clear mind that serves you well. You will have an active healthy mental life and be interested in learning. If your third level is weak and undercharged, you will lack mental agility or clarity. You will probably not be very interested in academics or other intellectual pursuits. When our thoughts are negative, the pulsations in the field are slower, the lines become dark and distorted. These "negative thought forms" are the form that corresponds to our habitual negative thought processes. They are difficult to change, because they appear to be logical to the person experiencing them. If your first and second levels are weak and your third is strong and energized, you will tend to be someone who lives more in the mind than in your feelings or body. You will be much more interested in problem solving by reasoning things out than by considering your feelings in any decision. This will automatically limit your life experience. Negative thought forms are also squeezed into action by stagnated emotions from the second and fourth levels just adjacent to them. In other words, when we try not to feel negative emotions about ourselves (second level) and/or about another

person (fourth level), we stop the energy flow in the second and fourth levels. The energy flow in the third level then becomes distorted by this "squeeze." Another way to understand this is to remember that the natural state of energy is constant movement. When the movement of energy is stopped in the second and fourth levels in order to stop negative emotions, some of that momentum that moves into the third level causes mental activity. The activity is distorted because it is not free to move naturally and it is squeezed in by the energies just below and just above it.

4. The Heart Chakra is green in color. It is the chakra of humanity and often represents the earth. The Earth and the Sun transit by the universal energies manifested as unconditional love. This chakra accumulates loving energies and transmutes them to body well-being, and spirit well-being. This can be used as the universal healing energy. It is the energy which harmonizes best with the human physical-spiritual being in the body mind spirit existence of our essence. The Heart is the Earth Chakra as the earth responds only to this energy. All life responds only to this energy. It is, in most cultures and religions, it is the crown energy of the human. The higher chakras will connect and merge the energies to recreate the universal energies in the human being. At this point the human ascends to the cosmic level of consciousness. The crystal of the heart chakra is green aventurine or whatever crystal harmonizes with the individual. Some find diamonds best resonant, others find red/blue stones or purple, like amethyst. Visual image of the heart chakra is an oak tree or symbolized by the tree of life. The scent is commonly musk and sweet grass with oranges. This is the fourth energy field. The fourth level of the field carries our whole world of relationships. From this level, we interact with other people, animals, plants, inanimate objects, the earth, the sun, the stars, and the universe as a whole. It is the level of the "I-Thou" connection. Here are all our feelings about each other. The energy of the fourth level seems thicker than that of the second, even though it is a higher vibrational level. In contrast to the energy of the second, which is like colored clouds, the energy of the fourth is more like colored fluid. It too contains all colors. If the fourth level has undercharged energy, or what healers call energy of low vibrations, this energy will be experienced as dark, thick, heavy fluid. I call it auric mucus. It acts just like the mucus you accumulate in your body when you have a cold. This auric mucus has a very strong negative effect on your body, causing pain, discomfort, a feeling of heaviness, exhaustion, and eventually disease. The energy of the fourth level can be extended across the room to another person. Whenever two people interact, either overtly or covertly, great streams of colored fluid-like bioplasma reach out from each to touch the other's field. The nature of the interaction corresponds with the nature of the energy-consciousness of these energy streams. For example, if there is a lot of love in the interaction, there will be a lot of sweet rose energy that flows in soft waves. If there is envy, it will be dark, gray-green, slimy and sticky. If there is passion, the rose will have a lot of orange in it, with a stimulating effect. The waves will be faster, with higher peaks. If there is anger, it will be harsh, sharp, pointed, penetrating, invasive, and dark red. The fourth level contains all the love and joy, as well as all the struggle and pain, of relationship. The more we interact with someone, the more energetic connections we make with that person. If you have a strong, healthy, and charged fourth level, you will tend to have a lot of strong good relationships with others. Your friends and family will make up a big and important part of your life. You may like to be around people a lot and may be in a human service profession. Love and your heart are foremost in your life. If your fourth level is weak and undercharged, your relationships with other human beings may be less important to you. You might be a loner. You may not have many intimate relationships with people. If you do, you may have trouble with them and feel that relationships are more trouble than they are worth. You may feel overwhelmed by others because many people will have a stronger fourth level than you, so your field literally gets overpowered by the energy in their fourth level. We are born with cords in the auric field connecting us

with our parents and ourselves, much like the umbilicus. These cords develop, as the aura does, through the stages of childhood development. These cords represent our relationships with each parent. Each is a model of how we will continue to create relationships to either the men or the women in our lives. Each new relationship develops more cords. The first three levels of the aura represent the physical, emotional, and mental experience of our world in the physical body. The fourth level of relationship represents the bridge between the physical and spiritual worlds. The higher three levels represent our physical, emotional, and mental experience of our spiritual world. They are the template for the three lower levels. That is, the seventh level is the template for the third level, the sixth is the template for the second, and the fifth level is the template for the first level. Each higher level serves as a pattern for the corresponding lower level.

5. The Throat Chakra is blue in color. This chakra can become the seat of stored negative energies. This is a gateway Chakra, and requires complete calm and peace of all lower chakras to open like a lotus. The throat chakra can open when all aspects of a person's life are in harmony. The harmonics of A scale or C sharp (major 3rd). The crystal is Blue Lace agate or Aquamarine; whatever best resonates with the individual. Visual images are crossed candles with lit spiritual flame (for healing blockages) as well as a clear blue sky when healed. The scent is commonly cinnamon. This is the fifth energy field. The fifth level is the level of divine will. It is at first a bit confusing when you learn to perceive it because on the fifth level everything appears to be reversed, like a blueprint. What you normally experience as empty space is cobalt-blue light, and what you normally experience as solid objects are composed of empty or clear lines of energy. It is a template for the first level of the field. There is an empty slot or groove in the fifth level into which each blue line of light of the first level fits. The fifth level holds the first in place. It is as if space is filled with formless undifferentiated life. In order to have life take a specific form, it is necessary to first empty space to make room for it. The fifth level contains not only the form for your body but the form of all other life. The fifth level of the field contains the unfolding evolutionary pattern of life that manifests into form. Divine will is divine intent manifested into pattern and form. The personal experience of this level is the most difficult to explain because we lack the words in our vocabulary to describe it. This divine will exists within you and all around you. You have free will to either align yourself with this divine will or not. Divine will is a template or pattern for the great evolutionary plan of humanity and the universe. This template is alive, pulsating, and constantly unfolding. It has a powerful, almost inexorable feeling of will and purpose. To experience it is to experience perfect order. It is a world of precision and a level of precise tones. This is the level of symbols. If you are aligned with divine will, your fifth level will be strong, full of energy. Its pattern will fit the universal pattern of divine will, a pattern that also can be seen with HSP on this level. You will feel great power and connectedness with all that is around you because you will be in your place with your purpose and synchronized with all places and purposes. If you open your vision to this level, you will see that you are, in fact, co-creating this alive, pulsating template that determines world order. Your place in the universal scheme of things is determined and created by you on a deeper level within you, the harmonic level. If your fifth level is strong, you are one of those people who understand and maintain order in your life. "A place for everything and everything in its place." Your house is neat, you are on time, and you do your job very well, no matter how detailed it is. Your will is functioning very well. It is aligned with divine will, whether or not you have ever heard of such a thing. You know order as a universal principle. You may be connected to the greater purpose or pattern in your life.

If, on the other hand, you are not aligned with divine will, the pattern of the auric field on your fifth level will be distorted. It will not fit with the great universal pattern, and you will not feel connected to what

is around you. You will know neither your place in the universal scheme of things nor your purpose. In fact, the idea that there is such a thing may not make any sense to you. It will feel as if someone is going to lay a trip on you and define your place for you. Of course, from this perspective, your place will not be something you will like or be comfortable with. You are probably intimidated by clear will and precision. You will probably either deny the importance of clarity, order, and place or rebel against it. If you have doubts about your self-worth, you may experience the fifth level as impersonal and unloving because on this level your purpose, not your feelings, is most important. If you have negative feelings about yourself as you bring your conscious awareness to this level, you may experience yourself as just another cog in the great wheel of life. All the above is the human experience that results from the fifth level of the auric field being out of alignment and distorted. If your fifth level is not strong, you will not be orderly in your life. You are not interested in keeping everything neat and clean. In fact, it would be pretty hard to do so. Order may seem like a terrible hindrance to your freedom. In fact, you may even judge those who do keep order and say that it blocks creativity. You may not have much of a relationship to divine will or the greater purpose to your life. You may have difficulty understanding complicated systems or overall patterns of things. If your second and fourth levels are weak, and the first, third, and fifth are strong, you may very well overpower your creative freedom with a dictatorial form of order. It's time to spend more time enhancing your emotional life. However, if you can let go of your negative feelings and get through your resistance to such a perfect world by considering the possibility that you are co-creator of it, you have taken the first step to finding your purpose and your place and everything can change. You will begin to feel very safe because you are part of a great divine plan. You can experience yourself as a spark of light within this great, alive, and pulsing web of light. You, in fact, generate the web from your light, as does everyone else. If you open your HSP on this level, you can feel and see the plan. You will experience yourself and the world to be in clear light, almost like empty space on a cobalt-blue background. Contemplation of this level and meditation on the great evolutionary plan help greatly to align your life with its purpose and ease your development. It means surrendering to who you are, not to what seems right according to social norms. Thus, in fact, you are not a cog in a wheel; rather, you are a fountainhead of creativity unlike any other in the universe.

6. The Third Eye Chakra is activated by the pinal gland which is stimulated by this gland's special hormones as this is where these chakra energies collect when they are ascending, readying for cosmic consciousness ascension. The Third Eye is visually the "eye in the sky" and can be seen in clouds, etc, when one is readying for this experience. The color of this Chakra is violet. The stone of amethyst or amber represents this chakra. The violet-blue-red and the mystical amber powers can work in tandem as they are opposition complementary colors and energy frequencies. The frequency harmonics is OM which is middle C. The scents are Frankincense, patchouli, ylang ylang, freesia. This is the sixth energy field. The sixth level of the field looks like beautiful streamers of light radiating out in all directions, extending about two and a half feet from the body. It contains all the colors of the rainbow in opalescent tones. It is unstructured and is of very high frequency. When the sixth level is healthy, it is bright and charged. The beams of energy stream out from the body in beautiful full straight beams of light. The brighter and more charged this level is, the more we are consciously aware of it in terms of human experience. This is the level of feelings within the world of our spirit; it is the level of our divine love. Sitting in this level of conscious awareness brings a great calming effect to the body for healing. It contains the ecstasy within our spirituality. It is experienced as spiritual love, as joy, elation, and bliss. We reach this level of experience by silencing the noisy mind and listening. We reach it through meditation, through

religious or fine music, chanting or reverie. Here are great feelings of expansion where we commune in brotherhood with all the beings of the spiritual worlds of various heavens as well as all of humanity, plants, and animals of the earth. Here each of us is like the halo around a candle. We are mother-of-pearl opalescent light beams stretching out from a central light. If your sixth level is weak with not much energy, you will not have many spiritual or inspirational experiences. You may not even know what people are talking about when they discuss it . When the sixth level is undercharged and unhealthy, it is very difficult for us to experience anything on this level. When this level is unhealthy, it is dark, thin, and undercharged and its beams of light sag. This is usually a result of lack of spiritual nourishment. Lack of spiritual nourishment can be caused by many things, such as: not being raised in an environment that includes it, so that it simply doesn't exist; having had a trauma about religion that results in rejection of that religion and of spirituality generally along with the religion; having had a trauma of some other personal nature that results in the person's rejection of God and religion. In the first case, the sixth level is simply undercharged, and the person doesn't know he or she needs spiritual nourishment. In the latter cases, not only is the sixth level undercharged, it is separated from the other levels of the field. One can actually see a gap between the levels, and the normal communication channels between the levels are closed.

If your sixth level is much stronger than all the other levels, you may use spiritual experience to avoid life in the physical. You may develop a childish view of life and expect life to take care of you as if you lived only in the spiritual world. You may use these experiences to make your self special and prove that you are better than others because you have them. This is only a defense against the fear that you have to be in life in the physical. This defense doesn't work for long, and you soon will have a rude awakening that will throw you into disillusionment. Disillusionment is a good thing; it means to dissolve the illusion. In this case, it will bring you back into life now in the physical. You will learn that the physical world exists within the spiritual world, not outside of it.

The key to experiencing the spiritual world is to charge the sixth level of the field. this can be done through very simple meditation, like sitting quietly for five to ten minutes twice a day and focusing on an object such as a rose, a candle flame, or a beautiful sunset. Another way is to repeat a mantra, one sound or a set of sounds with no apparent meaning.

7. The Crown Chakra is the Spiritual Gateway which allows for a full cosmic experience and connects all the universal energies. There are various levels of Crown Chakra activation. The color of this chakra is an undescriptive color past the ultra violet range, but is generally represented as bright white light mixed with purple and red or violet. This color is the most noticeable of all features, plus a very high buzz or hum which resonate the body making it lighter, or akin to the light body. The power found here is universal. The universal symbol is the spiral galaxy in multi dimensions and the avatar is unconditional love. The scents are white lotus, oranges, cedar, essences pure. This is the seventh energy field. When the seventh level of the human energy field is healthy, it is composed of beautiful, extremely strong golden lines of energy that scintillate at a very high frequency. They are interwoven to form all the physical components of your physical body. They extend out from your body three to three and a half feet. At this distance, the seventh level forms into a golden egg that surrounds and protects everything within it. The outer edge of this egg is thicker and stronger, like an

eggshell. It regulates a proper flow of energy out from the entire aura into the space beyond. It prevents energy leakage out of the field, as well as penetration by unhealthy energies from the outside. The seventh level serves to hold the entire field together. I am always amazed by the tremendous strength that exists at this level.

The seventh level golden threads of light also exist throughout and around everything. These threads knit everything together, whether they be the cells of an organ, a body, a group of people, or the whole world.

The seventh level is the level of divine mind. When it is healthy and we bring our conscious awareness to this level, we experience divine mind within us and enter into the world of the universal divine mind field. Here we understand and know that we are a part of the great pattern of life. Experiencing this truth of the universe makes us feel very safe. Here we know perfection within our imperfections.

On this level, with HSP we can see the golden grid system of truth as it interweaves itself through the universe. Here, with HSP we will eventually learn to communicate mind to mind. In the not-too-distant future HSP will be completely normal. Now we can sometimes access the universal mind for information beyond what we would be able to obtain through what are commonly regarded as the normal senses.

If the seventh body is strong, charged, and healthy, your two major abilities will be to have creative ideas and to clearly understand broad overall concepts about existence, the world, and its nature. You will create new ideas, and you will know where they fit into the great universal pattern of ideas. You will know how you fit into this pattern. You will have a clear and strong understanding of God. You may become a theologian, a scientist, or an inventor. Your ability to have a clear, integrated understanding may lead you to become a teacher of broad-scale, complicated subjects.

If the seventh level of our field is not healthy, the golden lines will be dull and weak. They will not hold their form and will be thinner in some places than others. They may even be torn open in some places, allowing energy to leak out of the system. If the seventh level is unhealthy, we do not experience divine mind of the connectedness of the truth held in the universal mind field. We will not understand the concept of perfection within our imperfections. Our imperfections will be very hard to tolerate. In fact, we may go into denial about them, claiming or striving for a perfection that is impossible to achieve in the human condition. We will not have access to the universal divine mind field. It will appear that our minds work in isolation and have very little to do with creation.

If your seventh level is stronger than all the rest, you may have the problem of making all your creative ideas practical.

The best way to strengthen the seventh level of the field is to continually search for higher truth in your life and to live by it. The best meditation I know to help strengthen the seventh level of the field is to use a mantra that repeats, "Be still and know that I am God." Doing this mantra

brings energy to the seventh level and eventually brings the meditator to the experience of knowing he or she is divine mind and God.

It takes good functioning of all your bodies to bring your creative ideas into manifestation on the physical plane. This includes your health. If you want to have good physical health and a full life, it is necessary to clear, charge, and balance all your bodies and therefore all the areas of human experience. Therefore any healing process must include focused attention to and nourishment for all seven levels of your field.

By keeping our chakra clear, clean, balanced and vibrationally sound, we are keeping our energy vibrating on a higher levels as well as allowing quick and free flow of cosmic energy. You can activate chakras by finding the frequency of chanting tonalities. Lower vowel sounds for the lower chakras and increase the tonality until the higher frequencies are achieved. Chanting is a prime means to raise one's vibration. Various planets and stars have a direct effect on activating various energies as well as other events to be discussed later.

The spinal cord of the human being is a wonderful instrument... not only does it keep our body upright and in place, but it is made up of 33 vertebrae. It reflects the 33 octaves of sound (notes) and thus certain vibration states or energies associate with each musical cord. Our body vibrates to certain musical cords in association with each vertebra in our spinal cord. Each vertebra has within it a wheel of pure energy that spins at a certain frequency and emits a certain vibration, which can be associated with a certain note/sound/tone and vibration.

Cosmic Energy heals and improves your mind, body, and spirit when you connect with it and it boosts intellect and intuition. Enlightenment continuously combines and connects spiritual beings into absolute oneness. Higher non-physical ethereal energies manifest the electromagnetic waves and charged bodies of sentient life into physical points of existence.