

EARTHLY ROOTS - FORGOTTEN BONDS

by *Light Dancing*

INTRODUCTION

Most of the information I will share with you today has been dangerously distorted or ENTIRELY SUPPRESSED by countless generations of conspirators over *the past 6,000 Years*. Although a variety of hostile influences have secretly conspired to suppress this information, the most incipient of them all is a race of parasitic inter-dimensional beings who have been hell-bent on asserting and maintaining absolute control of humanity. Early in their game of dominance these normally invisible telepathic parasites recognized that such knowledge represented a real threat to their plan for GLOBAL DOMINATION.

Subsequently much of the human suffering and environmental degradation we have endured for thousands of years can be directly traced to their violent suppression of this ancient wisdom. Therefore, clearly understanding and integrating the following fundamental principles into our daily lives has never been more critical for the survival of the human race than it is now. So, please treat this information with appropriate respect. Once you have begun to wrap your consciousness around this information successful and apply it to your daily life, please - by all means - share your insights and personal experiences with others whom you feel may also make effective use of the ancient wisdom to enhance the wellbeing of their friends, family and others.

GROUNDING

Although the words GROUND, GROUNDING, and GROUNDED are familiar terms with real specific meanings within the science of electricity, few people have any clear idea what what they have to do with mental health, safety, security, emotional stability, and spiritual development. So, if I suggest to you that someone needs to be better "GROUNDED," I am not referring to an electronic ankle bracelet or some form of court-mandated disciplinary action. Being Grounded, as it applies to our wellbeing, is not a punishment but, instead, a healthy natural state and and genuine blessing to us all.

So let's begin by defining terms as they specifically relate to the subject of mental, physical, emotional, and spiritual wellbeing, and to an integrated balance between the various components of the human psyche. Fundamentally, to be well GROUNDED, means to both obtain and sustain an intimate connected to the physicality and energy of Earth. Every living things in our world - including Earth herself - possesses an electromagnetic or bioelectric field that radiates both around and within all life forms. Without the presence of this field we would not long remain healthy or alive.

In order to maintain a state of health and harmony as inhabitants of Earth, we naturally possess a Bioelectric Field that must continually interface and synchronize with the field of the Earth. To do this most harmoniously, our Human Energy Centers - best known in Eastern Philosophy as Chakras - must be wide open, spinning optimally, and in a state of relative equilibrium with each another and with the electromagnetic field that emanates from Earth. So, the phrase "**GET MORE GROUNDED**" should never be bantered about

like some passé cliché for “*getting your act together!*” Becoming better grounded literally means further increasing your energetic connection to Mother Earth.

To be very WELL GROUNDED – as it relates to biology and the human psyche – means to have a compatible and enduring connection to the electromagnetic field of our planet. Do not mistake this for some new-age mumbo jumbo. I’m speaking of a very real and scientifically demonstrable intrinsic connection between the bioelectric energy field around your body and the field of Earth. 7,000 years ago this wisdom was common knowledge. However it has since been strategically suppressed, and subsequently lost to both modern and near-ancient societies. The conspiracy to make folks poorly grounded was intentionally instigated in order to make all of us **less safe, less secure, less healthy, mentally and emotionally unstable, and spiritually compromised.**

Above all, this was a strategy to thoroughly confuse us about our true relationship to one another, as well as all other life forms. This was done to discourage independent thought, action, feeling, intuition, and *especially* inspiration. It was also done as a diabolical scheme to confuse biological, psychological, and instinctual responses to the those subtle energies associated with environmental changes that would otherwise be ‘naturally familiar’ to every well grounded creature on the face of earth. Without realizing it, all modern societies that dwell primarily in cities – where all manner of artificial materials separate them from direct contact with the earth – are for the most part **VERRY POORLY GROUNDED! *Being improperly or poorly grounded makes people FAR MORE VULNERABLE to instability, confusion, mood swings, indecision, arguments, inner conflict, illness, injuries, violence, and all kinds of self destructive behavior... even to the brink of death!***

This is not to suggest that most ungrounded people are automatically suffering from all of the above, but to let you know that being poorly or improperly grounded WILL greatly EXACERBATE the frequency and intensity of suffering from one or more of those inevitable tendencies. But before I elaborate further on what it really means to be WELL GROUNDED, I’d like to give you a little background on just when and how I rediscovered this ancient suppressed knowledge and the true meaning and function of grounding, as well as how this discovery so dramatically effected my own wellbeing.

HOW I REDISCOVERED GROUNDING

To set the stage for this bit of personal history, I’ll briefly describe my life during my very first epiphanies about grounding. In 1989, at the age of 40, despite 20 years of research, experimentation, and incalculable life-changing personal experiences as an emotional clearing councilor, massage therapist, and metaphysical teacher – during one fine day of immense inner clarity, it suddenly dawned on me that something absolutely VITAL was still missing from my repertoire of training and self healing. At that juncture in my life I received an emotionally painful reminder that I was still lacking important understandings about what it meant to operate my body, mind, and spirit in a state of healthy integration. It was at that point that I also became aware that I was not nearly as comfortable in the lower half of my body as with the upper half.

Am I implying that I was physically inhibited, or had any problems walking, standing, bending or running. NO. Not at all. In fact, after 2 decades as a carpenter, roofer, and Certified Massage Therapist, I believe I was stronger, more flexible, and more versatile than most other men in my age group. What I AM SAYING is this. After more than 2 decades of rigorous studies in psychology, physical therapy, and several advanced spiritual disciplines, I could sense, more acutely than ever, that some MAJOR piece of insight, essential to my wellbeing, was still completely missing in my life. That's when the unique idea of becoming better GROUNDED popped into my head. And just as quickly as the insight came to me, I realized that I had absolutely NO CLUE where that idea came from, what GROUNDING really meant, much less HOW to **BECOME WELL GROUNDED!**

YOUR 12 PAIRED CHAKRA CHART



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So, thinking back in time, to certain disciplines I had briefly examined during my professional massage training, I recalled the Hindu system of 7 Chakras (energy centers) of the etheric body. If you're not familiar with that system, you can look up CHAKRAS online, study the definitions, examine a "typical" Chakra chart, and thoughtfully reflect on the potential implications of each of the 'energy centers' represented there. Please note that you don't need to be a Hindu, or know anything about Eastern philosophy to appreciate the usefulness of this type of information.

It was during that same month in 1989 - while living in seclusion in a cabin amid mountains bounded by great conifers, a deep canyon, a gentle stream, and exquisitely beautiful rock formations - that I began quite suddenly and without effort to receive a massive "DOWNLOAD" of information at a high vibrational frequency, from an evolved aspect of my **Higher Self** that resides at a much higher wavelength of reality than the one I usually occupy. However this type of transmission - or as I prefer to call it "A Cosmic Download" - is an entire subject in itself. But, for those unfamiliar with that kind of information transfer, suffice it to say that when that body of conceptual insight first *Dawned on me*, it was imparted as a **MASSIVE CONCEPTUAL DOWNLOAD**, loosely analogous to a compressed file computer format, as if several gigabytes of lucid imagery, like some inspiring SILENT MOVIE, was delivered to my waking conscious mind in a way that allowed me to have instant recognition of its meaning. Then, as I began to decompress the information to "view it" on the inner video screen of my mind, I was truly awestruck! YES! Suddenly, what had been missing in my life for the past 40 years was now so **OBVIOUS** to me! Many creative people who have downloaded information in this way may know exactly what I mean. Material which may have previously been entirely unknown and unique to you can suddenly strike your consciousness like a great bolt of lightning making instant contact between earth and sky.

Getting this Download and "watching this holographic video," so to speak, was not even the most mind-blowing part. Without a doubt, the biggest challenge was to translate these timeless hologram-like images into coherent words and sentences that would allow me to reflect back upon it and share my insights with others in a way that they might also comprehend. And, although some of you already know for certain that your Brain is not your Mind, it may be more helpful to picture the Right side of your brain as the Creative and Intuitive side of you that receives the download and plays the movie to be viewed, where as it's the task of the Left side of your brain, the rational or analytical side, to accurately interpret these concepts into a familiar language that may be shared with others. When both right and left hemispheres are working cooperatively, instead of competing for your full attention, inspiration will typically lead to useful applications. Depending on how clear, open and balanced your chakras are, the conversion of useful information can happen quickly or take years to fully integrate and translate into a format that can be successfully applied to life and even shared with others.

At that time, I wrote down everything that came through to me as clearly as I could, after which I faced the daunting task of editing and reorganizing the information that would express ideas which were previously unfamiliar to me. Consequently I had some inner struggles, in relationship to describing some of the chakras, to find the clearest terms for accurately depict the true functions of those energy centers. But I will write much more about that later as I cover the individual functions of each of the Chakras.

As these brand new - yet somehow strangely familiar - Holographic images, washed over me like a **giant tidal wave** of cosmic inspiration, I thought to myself, "Oh My God! There are major important Energy Centers here that aren't shown on ANY Chakra Charts that I have ever seen!" Instantly I envisioned the presence of the chakras in my knees and feet and, just as quickly, realized that none of my own chakras were functioning at anywhere near their full potential. Further more, my lower chakras - especially the ones in my feet - were the most blocked or dysfunctional ones, far more so than the upper ones had EVER been in this life. In terms of symptoms, I quickly recognized the fact that I was spending too much of my waking life 'in my HEAD', still emotionally conflicted in my HEART, and that I didn't really understand how to efficiently manage my own POWER. (These of course are functions of 3 of the upper chakras most familiar to amateur students of this subject. I also realized that had some unresolved conflicts with my SEXUALITY. But, most critically of all, I now realized that I - and apparently the rest of earth's inhabitants - have been completely clueless about the fact that there were extremely important chakras not included in the charts covered by traditional eastern esoteric teachings. That's when I used my third eye to see that I had a very severe blockage of the chakras in my feet.

I'm sure that it's no accident that this remarkable series of epiphanies occurred to me not long after I moved to this remote area of the forest, near a river, where I had been meditating frequently, journaling daily, and often walking barefoot on the soil. During those months of solitude, I also began to discover that I was never really alone, but literally surrounded, day and night by countless sentient life forms that instinctively knew far more about life on earth than I. During those serene meditative moments, I reached out frequently to my Creator, my Highest Self, and opened myself up to brand new wisdom. I began recording thoughts, feelings, and insights in my journal. As I reflected thoughtfully back upon 2 decades of adulthood, I could at last see that, although I had reached many worthwhile goals, attained some unique abilities, and learned to practice a variety of therapeutic disciplines, I still felt strangely out of balance, often in doubt of my real purpose in this life. On a few occasions, I even became accident prone, sustained some mild injuries, and subject to some sudden mood swings and symptoms of random instability. Out of necessity I had I reached out to my Highest Self in meditation, asking for more guidance toward my next major step in emotional and spiritual development. That's when this massive Download revealed to me what was most acutely missing in my life. I NEEDED to become "GROUNDED." And I was shown precisely what that meant. That's when I thought of a very old saying in an entirely new way. "THE HIGHER YOU SOAR THE HARDER YOU FALL." . . . **IF YOU'RE UNGROUNDED (I had to add).** Yes, because **IF YOU'RE WELL GROUNDED, you don't crash and burn.** Your instinctual relationship with earth provides awareness of what you can do and get away with, and what you can't. It's all about SAFETY AND SECURITY. WOW! It was now so very very obvious to me. So, here's a shout out to all you avid Out of Body Experiencers. Being better grounded does not confine you to the limits of your body. Nor does it make it harder to fly high. Quite the opposite. It actually enhances the quality of every 3D & 4D experience.

A QUESTION OF BALANCE

So, for all those who truly seek spiritual "enlightenment and ascension," I offer you this

warning. The more you strive to reactivate those upper chakra abilities associated with intuition and enlightenment, the more critical it becomes for you to unblock, open up, and enhance your lower chakras as well. Otherwise, the more you neglect the lower ones, the more unreliable, unstable, and risky your upper chakra experiences are going to be. As but one example, people who practice disciplines exclusively devoted to opening the so called "Third Eye" (the Crown Chakra) or the Compassion/Heart Chakra, to the EXCLUSION of the other eleven (yes, I mean 11) are inviting a variety of undesirable long term negative side effects that wise and ethical Gurus wouldn't wish on anybody!

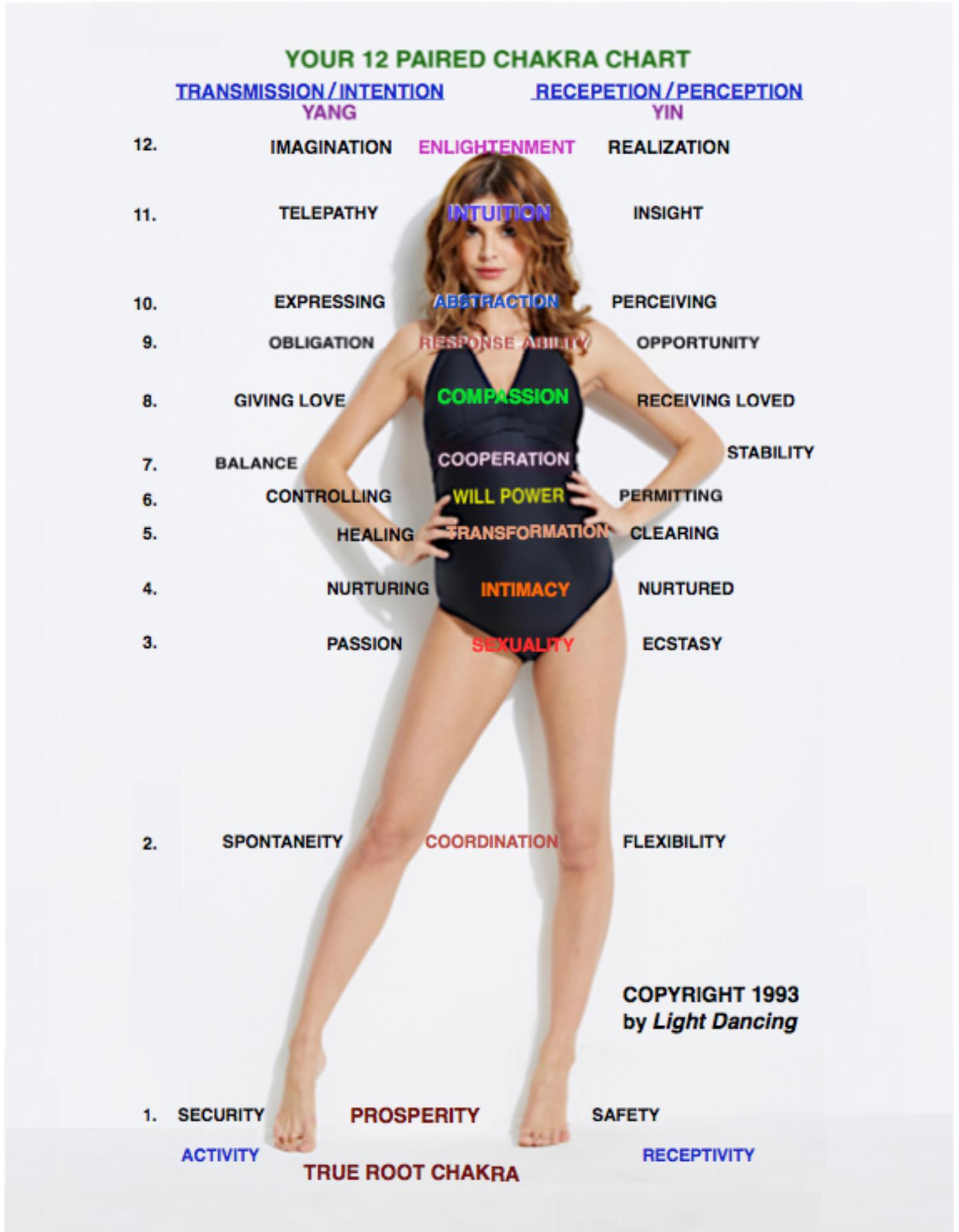
In fact, I myself have never practiced opening 1, 2, or 3 chakras to the exclusion of the others. Definitely a bad idea over the long haul. So why then (you may ask) did I have any issues with mood swings, arguments, illness, indecision, or minor incidents of self sabotage? Once I learned about the TRUE ROOT CHAKRAS IN MY FEET, the answer struck me at the speed of Light. My chakras have been way out of balance all my life!" WOW! What a concept! In fact some of them were barely functioning at all. And please keep in mind, when I tell you this, that I had been a trained and Certified Massage Therapist, meditator, and intuitive healer for over 20 years.

I had what some folks would call a psychic ability from early childhood, but didn't know it then. As a small child, I frequently perceived other children's feelings without realizing it. That's because I believed, at the time, that all the odd thoughts suddenly popping into my head must naturally belong to me. See, I was born with some of my upper chakras wide open and spinning, (like the one commonly referred to as the 3rd eye) while I had most of my lower chakras spinning very poorly, and still others were completely blocked. HOLY JEHOSEPHAT! So at the ripe old age of 40 I was suddenly realizing all this.

"So how can I correct this huge imbalance" in my energy field, I asked my Higher Self. The answer came instantly, in a flood of visual images which my HEART then had to translate into concepts that my MIND could scarcely translate into words. Suddenly I understood exactly what it meant to THOROUGHLY be GROUNDED, and just as quickly realized that I was FAR from being grounded. But now I also knew precisely what to do about it. I needed to begin to practice visualizing everything within me as it should be functioning optimally. So I began practicing the [Creative Art of Grounding Visualizations](#), minutes at a time, and at first several times a day. As I did so, I envisioned a column of light-energy moving down from the crown of my head, through each of my chakras, down through my legs and out the bottom of my feet, extending deep into the center of the Earth. Consequently, the changes in my mental, physical, emotional, and spiritual wellbeing were palpable.

It wasn't long before that simple visualization got a bit boring, so I experimented by visualizing shafts of spiral colored light energy passing through me, taking special notice as it began opening my knee and foot chakras, as it traveled down into the center of the earth - where I notice that mother earth happily recycle my tired old spent energy, like so much CACA in a pile of dirty laundry. That's when it hit me that the awesome Consciousness of Earth call Gaia, the very Heart and Soul of Earth itself, was also functioning as "The Great Recycler" our our spent human energy. She wasn't the least bit offended by me giving her my tired old, mental and emotional energy for recycling,

because I did it with love, admiration, and gratitude for her power, wisdom, and beauty.



Gaia immediately transformed all my sluggish energy as easily as you rinse your hair or calmly clear your throat. Then she would send my newly laundered energy right back up to me, immediately, up through the molten lava, rocks, and soil and water and sod, out from the surface of the earth. Right on up through my feet and legs and torso and on up through body and out my mind. WOW! What an awesomely unique experience that turned out to be for me. This naturally gave me a brand new appreciation for the power and consciousness of Mother Earth, not to mention the amazing power of my own spontaneous creative visualizations. So I continued doing some version of these kind of grounding visualizations several times a day for several minutes at a time. Every time it occurred to me, averaging at least 3 or 4 times a day. By the end of two full weeks I

was so transformed, literally in a different higher state of consciousness that often felt as if I had literally shifted into an alternate reality, where everything, though similar in appearance and function, was so very fresh and new. Consequently I gained a whole new outlook on my life, embarking on a grounded path of exploration of my true life's destiny.

This is when my life really began to change, for the better, in many ways. It was vividly apparent that, before my new grounding practices, I had been almost entirely blocked in my **TRUE ROOT CHAKRAS**. I'm not speaking of the chakras located at the perineum, near the base of my spine, but in the **bottoms of my FEET**. That is where the vast majority of human populations need to begin clearing out energy blockages - my Higher Self admonished me - beginning with the **Chakras that are most severely occluded**, by running streams of spiritual light energy from the Crown of the head down through the bottoms of the feet and then into the earth, deep into the center of the earth, all the way down and back up again, up through each of the chakras to the Crown and into outer space. So I continued practicing my Creative Visualizations, changing it periodically in subtle ways to keep from getting bored with it, and as an ongoing experiment to find out which methods personally worked best for me. In doing this so faithfully I could not help but begin to feel a deep and abiding gratitude that I was given this unprecedented blessing at a time when I needed **MAJOR CONSTRUCTIVE CHANGE**.

THE UNDENIABLE RESULTS

As one obvious result, I became far more comfortable with my whole body than ever before. Now, please remember, this is coming from someone who had grown accustomed to giving and receiving 2 hour deep tissue Swedish massages for the past 20 years. So it's not as if I had big issues with intimacy, touching, or being touched in therapeutic ways. Fact is, most people do not realize how many subtle layers of discomfort, disfunction, or emotional denial they may have buried deep within the cellular memories of their on bodies, stemming from early childhood, prenatal, or past life trauma. This is one of the many reasons that I love giving and receiving high quality intuitive massage.

Until people have learn to release more of those hidden layers of societally programmed deep seated emotional pain and stress, they will never know the unbounded joy of fully living (head to toe) within their skin can offer them. As more of those layers of trauma are peeled away, releasing more of the mama-trauma-drama that, fear, injuries, chemicals and negative social programming impose upon us all, we begin to love our own bodies to a profound degree that is virtually impossible to describe to anyone who hasn't been there and done that yet.

These simple - **NO COST, EASY TO APPLY, CREATIVE EXERCISES** - quickly transformed my less-than-optimum relationship with my body and, very soon, so many of the unpleasant symptoms I had previously tolerated began to melt away. I was no longer accident prone, illness prone, emotionally volatile, or spiritually so vulnerable. But one of the most surprising and totally unexpected changes of all was the fact that friends and strangers alike suddenly began to treat me with an **unprecedented level of respect**, as if my opinions suddenly mattered, as if I was more **REAL** to them, more **substantial** in their eyes than ever before. My words cannot adequately describe the ways or the degrees to which my outlook on life was transformed.

Another direct outgrowth of these energetic changes was my inspiration to design a Chakra Chart based upon all my information about the “missing chakras.” A new chart needed to show that there were NOT merely 7 important chakras within the energy field of the human body, but most definitely **twelve vital chakras**, each possessing Yang and Yin paired components, located all the way from the head down to the bottom of the feet. Simply put, each of the 12 vital chakras embody a **transmission and reception** element that conveys etheric energy throughout the physical and emotional body of a human being.

During that cosmic download, I was clearly shown that much of this vital information has been suppressed for at least 6,000 years, from a time when eastern awareness of the 12 chakras was once quite common wisdom. For, in ancient times, it was widely observed and accepted that there are equally important chakras in the shoulders, elbows, hands, knees and feet, as well as the seven chakras widely acknowledged today. However, knowledge of the other five, and the Yang/Yin (Transmission & Reception) polarities of each of the 12 has been uniformly ignored, denied, or entirely suppressed by gurus and “new-age” teachers throughout our modern world.

Consequently, over the past 6,000 years, students of meditation have been trained to sit in what is euphemistically referred to as the Lotus Position, a very physically restrictive posture for one’s lower extremities that invariably greatly constricts a healthy blood flow and one’s **Chi Energy** in the legs, knees, and feet. But, most detrimental of all, meditation practitioners are also admonished to visualize their etheric energy as flows up and down through the torso, ignoring the knee and foot chakras entirely, running the energy from the base of the spine, straight down into the earth, **entirely ignoring 5 equally important chakras located in the shoulders, elbows, hands, knees and feet.** Although certain modern “experts” in this field may accuse me, at the very least, of gross exaggeration or misinterpretation, I must insist that this is nothing less than a **6,000 year old occult religious conspiracy and monumental crime against humanity.** Consult your inner guidance, and I believe you will agree that this is unfortunately true. **Ungrounded people are FAR easier to confuse, injure, manipulate - even exterminate - than a fully grounded one.** Back in ancient India, nearly 7,000 years ago, all the Yogis knew and practiced this essential grounding wisdom. It was an inseparable part of meditation, martial arts, and healthy relaxation. Plus, they didn’t do it sitting in a plastic chair, enclosed within a metal room with a polyester carpet or lying on a concrete floor. In fact, fair weather permitting, they most often did it bare foot, sitting on a rock or large root, leaning up against a shady tree. They would never have dreamed of denying the importance of the **TRUE ROOT CHAKRAS** in the feet, much less to teach new pupils to sit in a so-called “Lotus Position,” which requires you to pinch your knees and feet and completely bypass your lower extremities as you visualize your connection to the Earth.

SO, HOW DID HUMANITY GET INTO THIS MESS?

How did this human travesty of justice all begin? Take a wild guess! Approximately 6,000 years ago, a powerfully persuasive, or should I say crafty and manipulative 4th Dimensional Entity brilliantly disguised and misrepresented itself as an Enlightened Master. This devious “Master” somehow managed to convince a few leading Guru’s to drastically altered some of their ancient spiritual traditions. That demonic 4-D entity

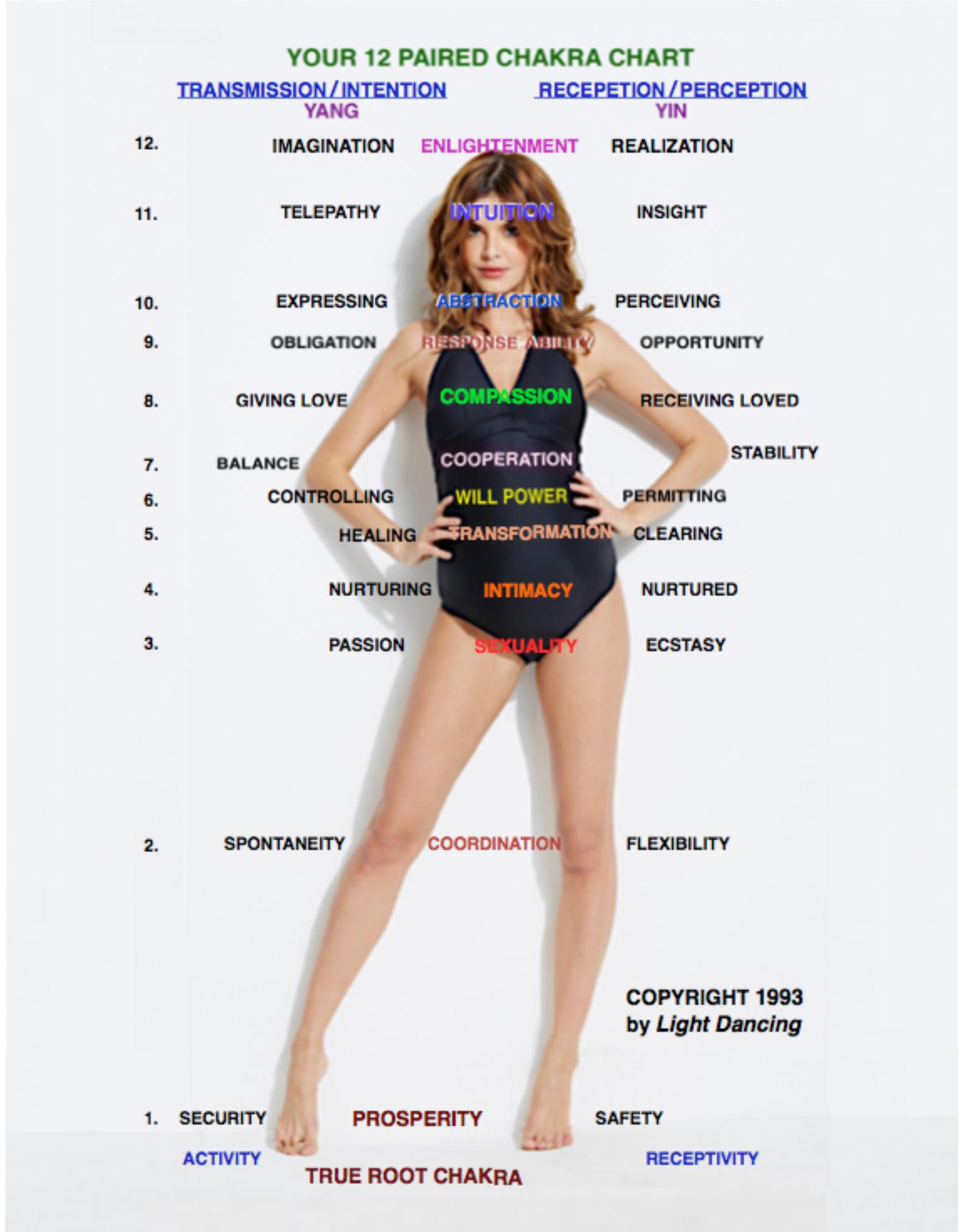
taught them an allegedly “new and better way” to empower the human body/mind/spirit energy field that involved bypassing 5 of 12 chakras, using black magic (stolen energy) to compensate for what would otherwise be lacking when one ordinarily runs their etheric energy through the entire body. From that day onward Yogi’s began to treat the lower chakras as inferior, less important, even insignificant.

Over the centuries, this inevitably resulted in a dramatic denial of vital human awareness and **intuitive (in-to-it)** abilities, In this case the **it**, in *intuitive*, refers to the **earth**. The end result of these *DENIED NATURAL ABILITIES*, such as **RESPONSIBILITY**, governed by the **opportunity** and **obligation** chakras in the **shoulders**, **CO-OPERATION**, governed by the **balance** and **stability** chakras in the **elbows**, **INSPIRATION**, governed by the **healing** and **clearing** chakras in the **hands**, **COORDINATION**, governed by the **flexibility** and **spontaneity** chakras in the **knees**, and the **PROSPERITY**, governed by the **Safety** and **Security** chakras in the **feet**, resulted in cultural disharmony with earth and inevitably inharmonious interactions with all other living things, severely threatening the well being of all life forms depending on their **organic intuitive connection** with **Mother Earth**. It’s important to study the functions of these Chakras as they relate to your awareness. Once this major “download” made the problem crystal clear to me, I enthusiastically embraced experimentation with subtle variations on this central theme of grounding through all 12 chakras, with **special attention** to the **most blocked chakras** of all, located in **my feet**. My earliest visualizations were simple shafts of pure white light that extended from head to feet and down into the earth and back again. Later I got a bit more creative and envisioned them as spiral beams of multicolored light. Of course, one of the simplest and most effective ways to ground, in the beginning is to stand barefoot on warm earth, or grass, or a large rock, either with arms outstretched or at your side, and with your eyes gently closed. Then visualize a gentle beam of light energy moving through your entire body down into the center of the earth, and back again.

Another favorite way of mine, when the opportunity presents itself, is to sit, leaning against a large conifer or oak tree, with my knees gently bend so that my bare feet can rest flat against the sod or soil. On a warm sunny day those are some of the most pleasurable forms of grounding. When the season and the weather will permit you, this is a real great way to reap the more of the benefits of grounding. As I got even more adept at creative visualization, my favorite way was to ground while walking barefoot on a warm and sunny day, with eyes open, leisurely admiring the scenery, yet visualizing spiral grounding rods of etheric energy coursing through my body, dividing into distinct beams of light as they passed down my arms and legs, through my hands and feet, going deep into the core of Mother Earth and then back again. Once you get a knack for stationary methods, graduating to the grounding while in motion isn’t really difficult at all. In fact it’s most invigorating.

Although meditating in a serene environment may be ideal, life frequently demands the most from us during random unpredicted interactions with moving objects and other people. Traveling in cars, for example, or negotiating our way amid the hustle and the bustle of pedestrians or working environments - not to leave out social chaos - can be so destabilizing or “uprooting,” even during your best moods. Never is the need for solid

grounding more essential than while navigating your way through stressful social situations, like huge parties or group business meetings, busy traffic or active construction sites. So, it wasn't long before I realized that the most important variations on the theme of grounding would require learning to ground, almost reflexively, during a variety of typically high stress situations, including flying down a busy street while inside a moving car. Consider a long drive in heavy freeway traffic. Once you have mastered the art of grounding privately you will not really find it difficult to graduate to grounding while you steer the wheel and keep your eyes firmly fixed upon the road



ahead of you. Not only can you learn to ground while calmly driving down the road, but you can even increase your emergency response time in reactive situations, making you a much safer driver than before.

SHARING THE INFORMATION

In a matter of weeks, I had scarcely gotten a handle on the changes this was making in my own life when I decided I must also try to share these powerful techniques with others. So I began to talk about the sound reasoning behind it to anyone who expressed even the mildest of interest in self improvement. I began demonstrating grounding techniques to some of my massage clients, showing them how to do it for themselves. In the early 1990s I even shared a rented booth with a friend at the annual Whole Life Expo in San Francisco, where I set up my massage table, gave massages, and passed out copies of my 12 paired Chakra Chart to scores of clients who showed an interest in my unique healing energy work techniques. A year or so later, in a massage tent at the Whole Earth Expo in Davis, I also incorporated my silent grounding visualizations with chair massage, working on scores of clients who were all favorably impressed. For several more years I did my best to freely pass along the grounding and the chakra knowledge before I finally became disheartened at the apparent lack of interest in learning about this subject. Perhaps, I often thought privately, the world isn't ready yet to acknowledge the importance of these powerful tools for self improvement.

So, it wasn't until two decades after my own discoveries that the first book written in English about grounding came to the market place. Published in 2010, it's entitled "Earthing, The most important health discovery ever?" I'm not sure why there's a question mark after the title, but there is. It was researched and written by 3 men whom I have never met, nor had I heard of them before. One is a doctor. They describe, prescribe, and market simple bio-electromagnetic tools which enable you to ground while you're asleep, using wires, pads, and grounding rods connected to your bed. And yet the book doesn't discuss grounding visualizations, or offer a way to ground while in a moving vehicle. Still, it's a MARVELOUS way to become more grounded while you sleep. And obviously, unless you are an absolute master of lucid dreaming, it's impossible to practice a grounding *visualization* all night long, and still get some sleep.

So it's not hard to see the great value of such tools to for getting 7 or 8 full hours of grounding while you're unconscious. Also valuable for those who don't get out much and don't believe in the visualizing power of the mind. So, after all these many years of transformation and great personal empowerment through the highly effective usage of grounding techniques - contrasted by some periods of private lethargy, when I stopped visualizing entirely - have provided me with even more convincing evidence of the undeniably intrinsic value of not only grounding visualization techniques, but other forms of creative visualization as well. Truly, there is no substitute for conscious creative self improvement. So I will continue to recommend grounding visualization techniques for anyone who wants to make powerful positive personal changes in their life.

My best suggestion would be to begin your early grounding visualization experiments in a quiet place with no possible distractions. Under good weather conditions it is preferable, though not essential, to begin by sitting firmly on the ground, or in a wooden chair with good back support. Remove shoes and socks and commence by visualizing an etheric shaft of light-energy (the full breadth of your torso) passing down through your crown, head, throat, shoulders, elbows, hands, chest, stomach, lower intestines, genitalia, knees, and feet, continuing way on down into the center of the earth, releasing all your

used energy, allowing it to be lovingly embraced and rapidly recycled and returned by Mother Earth.

Then visualize the recycled energy beaming back up through your feet and hands once more, up through your entire body and out the top of head and on into the cosmos, leaving you refreshed, invigorated, and thoroughly renewed. Within two weeks or less of doing this simple visualization for just a few minutes at a time, several times a day, you will soon begin to experience dramatic positive changes in your health, your energy level, and general well being. It isn't necessary to make this a time consuming visualization. By focusing this energy for only 5 minutes at a time, at least 3 or 4 times daily, you can - within a couple of weeks - begin to experience impressive and unanticipated positive results.

So, what about the need for grounding in some of the more critical situations where you can't use grounding wires, pads, and rods? My favorite example of this is while you're driving on a busy highway in heavy traffic, where you have layer upon layer of non-conductive materials insulating and isolating you from your natural connection to the earth? In a vehicle you customarily have polyester or some synthetic weave besides the cotton in your socks and shoes, vinyl mats or carpeting on the floor, rubber tires keeping you insulated off the ground, as well as asphalt pavement interrupting your bioelectric field connection with the earth. How could you properly ground yourself with wires and copper rods inside a moving car?

Perhaps, in the old days, when roads were all made of gravel, dragging a wire with tin cans attached to the back end of the car frame on your wedding day was useful for more than just a noisy reminder to passers by that you got hitched. Perhaps the tradition began as an unspoken instinct that this might make for a safer more well grounded honeymoon. After all, being well grounded not only helps to heal illness, but increases alertness, improves reaction time, and enhances clarity of thinking in potentially hazardous situations. In the U.S. alone, in 2014, it was estimated that 3.8 million crash injuries requiring medical attention. I can't think of a more crucial place to remain grounded or a potentially more stressful situation where the ability to properly ground yourself using creative visualizations could be more valuable. Once you get the hang of this, creative visualization is not only cost free, but very simple to employ, and far more self empowering in the long run. I've tested it out while driving in my vehicle on countless occasions over the past 25 years, and I can attest to the fact that it has saved my life.

During the earliest days of my experiments with grounding, (1989 -1993) I was living in northern California. In my exuberance to share my new found knowledge and experiences with this amazing practice, I shared the information with a lot of people, most of whom showed little or no interest in the information. That was profoundly disappointing to me then, because doing those daily visualizations had so dramatically improved my quality of life that I wanted the world to have this ancient primal knowledge and full benefits of using it as well.

So, one year, I even booths at several new-age festivals, one being the annual Whole Life Festival in the San Francisco Bay Area. I had created a **Chakra chart, which graphically represented each of the 12 pairs of chakras and their specific functions**

and connections to the whole body and the bioelectric field. This included specific names and descriptive terms for each pair of chakras to enhance their understanding of their individual functions. I set up my massage chair and gave demonstrations to people interested in new methods of self awareness and self improvement. I gave out printed copies of my Chakra chart to each person to whom I had delivered a massage. Typically folks were favorably impressed with the information, expressing the impression that it made good sense to them.

That same year, I also participated in the Whole Earth Festival, which took place on the U.C. Davis campus in the greater Sacramento Area. There I erected a tent, and set up my massage chair, giving 10 minute sessions to a very large crowd of people. That was a particularly rewarding experience because, at that time, I had decided to silently incorporate my own Grounding Visualizations into my body work. The one difference being that I had decided to visualize not only myself being grounded while doing the massage, but my clients becoming grounded at the same time. By this time in my grounding experience, I was not only adept at a unique massage technique I called Extremity Remedy, but also quite adept at doing grounding visualizations while performing a variety of other tasks. The dramatic difference in my results at this festival, and the enthusiastic reactions of my clients as they got up from the chair, was no less than astonishing to them as well as I. Clients typically volunteered glowing reports and great enthusiasm, some even stating that it was the most wonderful massage they ever received. Some even commented that it was better than the best 1 hour full body massage they had ever had.

Almost immediately those clients began alerting others in their vicinity so that, before I knew it, there was an exceptionally long line of people waiting for a massage that easily extended 30 feet beyond the entrance to my tent. Officially, the fair had been over for quite some time, and all the other booths owners had closed up and hauled their stuff away. After all, night was closing in. By the time my line of clients had dwindled to the final 3, it was dark and nearly nine o'clock. A couple of my clients even told me that, in their minds eye, they had seen spiral streams of multicolored energy spiraling around and coursing through them as I did my thing. Mind you, I had never once mentioned that I was visualizing colors spiraling down from the head to the foot as I did my work on each client. After that night, I knew with total certainty that the power and creative use grounding visualizations far exceeded anything I had previously imagined it to be. That night I had done a record 50 chair massages ranging from 10 to 15 minutes each.

For me, the most unexpected reward of first doing this experiment was the fact that, instead of being exhausted after such long physical workout, I was in fact so greatly energized, so imbued with abundant energy, that I followed the sound of live music to the opposite end of the campus grounds where musicians were playing some great dance music to a small crowd of people still on campus. There I began to dance, just to release some of my excess energy before I drove home. I was naturally elated about doing so many great massages, but I had to attribute the abundant energy I was experiencing and the exceptional results I had achieved with joyful clients to the fact that I had been grounding myself, and each of 50 clients, for nearly 12 continuous hrs. It was one of those "Firsts," one of those truly unforgettably fulfilling moments that changed my life as a massage therapist forever.

YOUR 12 PAIRED CHAKRA CHART



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A SLICE OF ANCIENT HISTORY

Have you ever wondered why the chakra near the bottom of the spine is described with two different names? Originally the **Base Chakra** was named that because it resides near the **base** of the spine, centered at the perineum, between the anus and the genitalia. However, **for the past 6,000 years, that area of the body has ALSO been wrongly described as the "Root Chakra" too!** Sadly, this misnomer was not an innocent mistake. This is no mistranslation of sacred eastern literature. Not in the least! This is an **intentionally implanted 6,000 year old deception**, strategically designed to mislead humanity in order to precipitate literally **earth shaking negative consequences** that

continue to this day to threaten our **safety**, our **security** and very **existence**. I can not overemphasize the importance of clearing up this **HUGE** piece of **DISINFORMATION!** **YOUR BASE CHAKRA IS NOT THE SAME AS YOUR ROOT CHAKRA!**

A **ROOT CHAKRA** is an entirely different energy center, with an entirely different frequency and function from a **Base Chakra**. Furthermore, in earthlings, the **TRUE BASE CHAKRA** is farther away from the base of the spine than any of the other energy centers in the body, way down at the bottom your feet. It is called the **ROOT CHAKRA** for the simple reason that it's etheric spiral field of energy extends below your feet as you walk along the surface of the earth. Must I point out to the so-called 'experts' that we have to legs and feet for a many good reasons. Among those fine reasons is our life embracing need to be in continuous communication with the Earth. We were not designed by the Creator for the purpose of sitting around on our asses 24/7. Now were we designed to be disconnected from the earth (**UNGROUND**ED) while we are walking, running, sitting in a chair or kneeling in prayer. In extraordinarily **well grounded** healthy individuals, their energetic "**ROOTS**" easily extend well below the surface of the earth, much like the tap roots of those large trees that we all admire. This is why - prior to 6,000 years ago - the chakras our feet were appropriately called **ROOT CHAKRAS**. This is, without a doubt, our most vital and natural connection to the earth, our cosmic mother. Root chakras allow us - when wide open and spinning freely - to be the most intimately attuned to the **deeper and broader** Consciousness of **EARTH**.

Even a partial loss of such a strong connection to the Earth has resulted in 6,000 years of needless violence, war, death, and environmental **DISINTEGRATION**. This change of practices in how the spiritual master teachers of ancient traditions ground, meditate, and teach others to follow suit was no accidental error in perception. It was, in cold hard fact, part and parcel of an insidiously treacherous Draco-Reptilian plot to keep mankind unknowingly imprisoned within his own deeply diminished psyche. The most critical thing for us to understand and remember about all our Chakras is that the more one evolves "spiritually" in the traditional sense of that term -i.e. upper chakra clearing and development - the more grounded one must proportionally be in order to remain sane, happy, and in a relatively healthy state of **BALANCE**. For example, having a **WIDE OPEN "THIRD EYE"** chakra while other chakras are underdeveloped or occluded is a very risky state of being especially when your root connection to the earth is very weak. One only needs to count the plethora of vehicles with body damage from minor 'accidents' to see that our society is filled with ungrounded people risking their wellbeing on a daily basis. Another point which I want to repeat is that it is far more effective to do multiple grounding visualizations each day, for just 4 or 5 minutes at a time, than to spend a whole hour of practice only once a day. Experience has shown this to be invaluable.

THE TRUE MEANING OF YIN AND YANG

As for the subject of the Yin & Yang components of our chakras. Everything in this universe has an inflow and an outflow, a give and take, an function of **transmission** and **reception**. This is an incontrovertible element of nature, from the highest frequencies of consciousness to the deepest, darkest, densest. It should therefore come as no great surprise that the same word in Sanskrit which means **Spirit** is also the word for **Breath**.

Thus, no metaphor - or case in point - comes closer to describing YIN & YANG than your breath. When you inhale, that is YIN. When you Exhale, that is YANG. It doesn't get any clearer or simpler than that. This is the easiest way I know to make the point that Yin & Yang are ultimately INSEPARABLE! As a case in point, one cannot exhale (indefinitely) without inhaling once again. The human digestive & excretory systems offer another good example. Sooner or later, what goes in must come out, even if it takes death and decomposition to accomplish that. All things in nature must both outflow and inflow, transmit and receive. This is the literal meaning of the oriental terms of Yang & Yin.

Confusion over the true meaning of Yin & Yang has caused a serious flaw in western thinking. The ancient oriental terms of Yang and Yin are misdefined as "Male & Female," when in fact it has absolutely nothing, NOTHING, NOTHING at all to do with GENDER!!! This is an incredibly GROSS MISINTERPRETATION of it's meaning, leading to a very warped misunderstanding about a fundamental universal principle. In actual fact, Yang and Yin bear no relationship to the masculine and feminine. Yang and Yin are Chinese terms to express the Active (doing) and Passive (receptive/ perceptive) principles of this Universe. In any given moment, to be YANG means to DO, CREATE or CAUSE something to happen, where as to be YIN means to PERCEIVE, RECEIVE something happening.

TRANSMISSION is **YANG**. **PERCEPTION** and **RECEPTION** are **YIN**. It's actually quite simple! Every living thing that breathes must both Inhale and Exhale, regardless of it's gender. This is one fundamental manifestation of Yang & Yin that any child can clearly understand. Another way to see it is that, like the ocean tides, everything in the universe must ebb and flow, which is to say all energy must, exit and return, just as your lungs must eventually exhale and then inhale once again, at least until you're dead. So, then, why has this simple principle of life been submerged into a dark sea of major misinterpretation?

Like nearly everything that's wrong with western thinking, it's an ancient conspiracy. The redefining of the concepts of Yin & Yang - as meaning Male & Female - is yet another patriarchal misdirect, designed to confuse us about the actual meaning of countless common terms like Power, God, Man, Control, and Survival? After all, both genders exhale and inhale, give and receive, eat and excrete, screw and **get screwed**? And when it comes to human perversions, nothing in our culture has been strategically more perverted than our written and spoke languages.

Can you see that **GENDER has ABSOLUTELY NOTHING to do with YIN and YANG**, except within the distorted mind of a Male DOMINATOR who has convinced himself that **CAUSALITY** and **CONTROL** are strictly **SUPERIOR MALE** qualities? Such warped 'logic' would have you believing that **ALL INACTIVITY** (like meditation), **PASSIVITY** (like thoughtful observation), and **SURRENDER** (like refusing to resort to violence), is **WEAKNESS**, and therefore a "FEMININE" characteristic and is the opposite of **POWER.**"

Well, what about the **POWER** of **CHOOSING** to **ALLOW** or **REFUSING** to **ALLOW**? What about the **POWER** of **PERMITTING** or **REFUSING** to **PERMIT**? What about the **POWER** of **AVERTING** or **DEFLECTING** or **REDIRECTING EXTERNAL FORCE**... just to name a few. Is that **POWERLESSNESS**? Of course not!! What about **REFLECTING** thoughtfully upon something you are in the process of creating? Is that - in any sense of the word -

a weakness? Is it even *possible* for an Artist to CREATE a painting without alternately perceiving and producing it, as a work in progress, reflecting upon the potential for changes, making improvements and adjustments, all the while while ALLOWING it to be viewed both by herself/himself along with other people? In creating a painting, music, or a dance move, isn't perceiving one's art (while in progress) just as critical to the end result of that art as applying the next brush stroke, musical note or making the next footstep? Of course it is. What thoughtful person would be foolish enough to argue with that? Unfortunately, few people ever manage to make time to reflect on things like this.

THE GOD and GODDESS CONFUSION

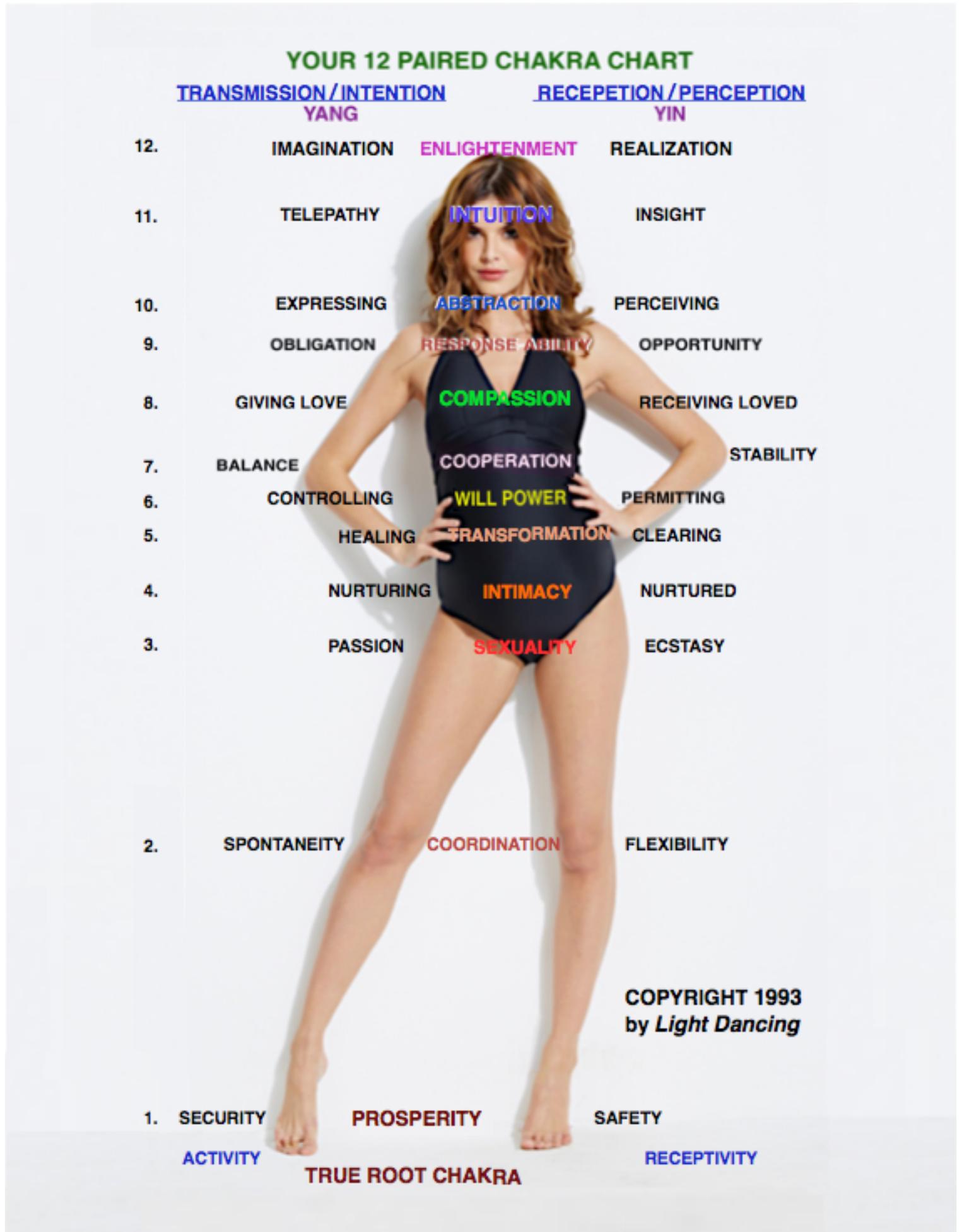
Originally the meaning of Yang & Yin was clear. But that was a 'very long long time ago indeed.' This is where the actual meaning of CAUSE & EFFECT (RESULT) was born. Anthropomorphically speaking, God (Himself) was considered to be the SOURCE or CAUSE (YANG), where as the UNIVERSE (Herself) was considered to be the EFFECT or RESULT (YIN). Yet, how could GOD (Yang) possibly CAUSE the universe without the UNIVERSE (YIN) simultaneously PERCEIVING/RECEIVING that EFFECT? The simple answer is they couldn't! This is where the ancient understanding of GOD & GODDESS has been corrupted. It all comes down to TRANSMISSION and RECEPTION/PERCEPTION and the endless interchange of energy that makes it all continuously possible.

GOD (the Great Intender) uniting with GODDESS (great perceiver-receiver/receptacle) engages in Co-Creativity, to "impregnate" the potential Universe (space) with energy/matter, in time. Goddess becomes the UNIVERSE, her Cosmic Womb. But lest I digress, allow me to conclude that every animate or inanimate thing in the Universe inevitably possesses both Yin & Yang capacities in equal measure. At the moment of conception, when a woman is being impregnated, she is being YIN. At the moment when she is finally giving birth to a new life form, she is being YANG! When a man impregnates a woman he is being YANG. When he reaches down to receive that newborn baby, he being YIN.

As for those who still subscribe to the fallacious idea that YIN is - in ANY WAY SHAPE, or FORM - **INFERIOR** to YANG, I will remind you that the YIN aspect of POWER (or CONTROL) - which is all about ALLOWING or REFUSING to ALLOW, also known as PERMITTING or REFUSING PERMISSION for SOMETHING to be CREATED, SUSTAINED, or DESTROYED - THAT, dear reader, is **NO LESS POWERFUL** than the ACT of CAUSING IT in the first place! So this is what those two components of the widely and deeply misunderstood (WILL) POWER CHAKRA are all about. To state it slightly differently, the decision to permit, or refuse permission, is no less powerful than the decision to cause (create) or refuse causation (creativity). So, the sooner all you male (or female) **COMPULSIVE CONTROL FREAKS** finally wrap your minds around this accurate representation of what it means to be **GENUINELY POWERFUL**, the sooner there will be **REAL PEACE** on EARTH and **TRUE GOOD WILL** toward ALL.

Each of these concepts is incredibly simple to understand, once the ancient terminology is unraveled and redefined. These same Yang and Yin principles apply equally to the functioning of all of the 12 (pairs of) chakras. For example, the so called "Heart Chakra is associated with Love. So it follows naturally that the heart's Yang expression is to offer, transmit, or share Love while it's Yin function is to welcome, embrace, receive or accept love. The same is true of each of these 12 Centers of Consciousness. However,

one really needs to thoroughly study the chart, with full descriptions of the functions of each pair of Chakras and spend some time reflecting on examples of each one in order to fully wrap your mind around the concepts embodied here.



So please, **PLEASE PLEASE** - all you dedicated spiritual healers, teachers, and mislead 'experts' in the field of expanding spiritual development - **PLEASE REFRAIN** from misusing terms like **MASCULINE & FEMININE** to express any states of **YANG & YIN**. That is a complete fallacy, a **TOTALLY ERRONEOUS** comparison, all be it an ancient one. **YANG** refers to energy **TRANSMISSION** or **CAUSATION**, where as **YIN** refers to energy **RECEPTION** and **PERCEPTION**. Retrain yourself and your students to think in oriental terms of **Yang & Yin** to describe the various functions of **energy** and **consciousness** in ways that **enlighten**, rather than further confuse this

important and fascinating subject. To use '*Masculine*' or '*Feminine*' in reference to anything except Male and Female bodies (or their accessories) merely continues to **confuse** the entire subject of **POWER**, and further degrade all western thinking, actions, and perceptions, as it has clearly done for the past **6,000 tormented years!**

BECOMING BETTER GROUNDED

In the beginning of applying these new insights, I have often sat barefoot with my butt on the ground, leaning my back against a friendly pine or oak tree. I found that, by visualizing light Energy flowing through each chakra, this was an especially powerful and satisfying way to release old blockages in my feet, Knees, Ass, Gut, Solar Plexus, Heart, Shoulders, Elbows, Hands, Throat, Third Eye, and Crown... and most of all, in the energy centers located in those areas. Later on I found that it wasn't necessary to place my bare feet on the earth in order to balance my chakras. In fact, our most powerful connection to the earth is not entirely dependent on direct physical contact. Of course, when you're severely blocked, it does accelerate your progress. There are many healing benefits that I may cover later on. However, there are so many circumstances in which grounding in modern society with bare feet, or even copper wires connected to the soil are unfortunately impractical, if not impossible. Yet the need to be well grounded is so often the greatest in such places.

A prime example of this is our need to be extremely well grounded while riding or driving a moving vehicle. Just think of it. In a car you have many layers of artificial materials causing bio-electromagnetic interference between you and mother earth. There are man made materials which, perhaps inadvertently, serve as insulators, separating you from your organic connection to the natural energy field of earth. These insulators are composed of things like rubber and polyester in your socks and shoes, vinyl and metal alloys in the floor and floor mats, as well as rubber tires and asphalt separating you from direct physical contact with earth as you go whizzing through space, sometimes in heavy traffic. And all though synthetic insulation can keep us warm, it can also unground us, preventing our vital biological energy field from properly connecting with the earth. To say that this may well be hazardous to your health would be a major understatement. So, once I really got the hang of it, I also began doing brief grounding visualizations while driving in my car. It isn't really difficult to perform this sort of multitask once you have practiced it as a passenger.

As for doing grounding visualizations while walking, I found it most enjoyable and empowering to visualize great beams of colored spiral light being extended down from the bottoms of my feet as I strolled through a woods or near a gentle stream. It was most effective to imagine myself walking on great stilts of luminous light, that extended deep down into the center of the earth, while strolling along the way. So, while I am in favor of the use of commercial "Earthing" or grounding wires, pads, and rods that keep you so very well connected to the earth while you are sleeping, there is no substitute for consciously creative grounding visualizations when you are wide awake in casual conscious interaction with the natural elements in your environment during the course a relaxing day. After all, it will greatly increase your appreciation for nature, and you don't need to keep in mind the various Chakras to benefit by experimenting with grounding visualizations. So if you do this frequently, though briefly, you'll soon see results that will astonish and delight you.

I have placed identical copies of the 12 "paired" Chakra Chart at various intervals in this document for your convenience, so you can more easily reference and consider the intrinsic functions of each Chakra as I cover them, without losing your place in this document. Also, it is so valuable to get in the habit of reflecting on the YANG & YIN functions of each chakra, by asking yourself things like, for example, you are presently better at receiving intuition than transmitting it, assigning responsibility than accepting it, receiving love than giving it, exerting power than allowing it, offering intimacy than allowing it, or conveying sexuality than permitting it.

THE FUNCTION OF EACH CHAKRA

The words in white, down the center of the photo, describe the fundamental purpose of each pair of chakras. Enlightenment, Intuition, Responsibility, Abstraction, Love, Cooperation, Will Power, Intimacy, Sexuality, Inspiration, Coordination, and Prosperity.

12: "ENLIGHTENMENT" could perhaps be thought of as the ultimate reservoir of spiritual wisdom. When properly attuned, it can allow you to channel or download other-dimensional information from of your Creator-Self. It is traditionally called the **Crown Chakra**, although such labels describe only its location on the body, telling us nothing about its actual function. Unfortunately most traditional chakra charts, as they have been represented on traditional charts, have that weakness. Consequently I have found it necessary to rename almost all of them, as well as to add single word descriptions of their Yang & Yin (Transmission and Reception) functionality, using titles that actually reflect describe them. The crown chakra is the most elusive and therefore the most difficult one to express in human language.

11: "INTUITION" always functions at a significantly lower frequency than pure "ENLIGHTENMENT," and is therefore more of a '3-D/4-D based' awareness, inevitably dependent on some form of life in one of the denser echelons of soul experience.

10: "ABSTRACTION?" Traditionally, the very next chakra which (moving down) is located in the throat, has long been described as the **Communication Chakra**. However, I'm convinced this label is quite narrow in perspective, since ALL 12 chakras are communication centers in the broadest sense, each sending and receiving information in their own unique form and frequency. Yet, I would love to come up with a better word than Abstraction, but this is the closest English term I've found to delineate its specific function. As an example, from the perspective of a telepath, all verbal and written forms of communication are *abstractions*, in essence substitutes for direct telepathic communication. "A picture is worth a thousand words," people often say. Well, one form of telepathy uses mental pictures to transfer information without the use of any symbols, written, verbal, or sign language.

9: RESPONSE-ABILITY is a great name for the next energy center/chakra. After all, shoulder chakras are all about the 'Ability to Respond.' People often confuse Responsibility with fault or blame. The ability to respond to a critical situation is a constructive thing, not the result of being at fault, regardless of your prior cause-and-effect relationship to the subject. But that's another case in point of common word and

meaning **MANIPULATION!** As an important aside, have you ever noticed that the spelling of most “-ability” word suffixes have been modified to “-ibility” (with an **i**)? Another subtle conspiracy, I would assure you. That was specifically done by authors, in the previous century, as just one of many clever ways to **deemphasize** the real implications of words ending in **ability!** But clearly I digress.

8: COMPASSION ! The very best term for describing the energy center that is located near the human Heart is the Compassion Chakra, which of course is located in the center of the chest, not off to the left. That seems to me to be most descriptive, since the word love has long ago devolved into so many diverse and divergent meanings as to render it an oxymoron. I will say more about the Compassion Chakra when I describe the Yang / Yin aspects of each energy center.

7: CO-OPERATION is my word for describing the chakra associated with the elbows. At first, I had the toughest time of all understanding what the function an elbow chakra is, so I may still have to amend my terms one day, to reflect a clearer understanding of their purpose.

6: WILL POWER is a far better term for the energy center folks traditionally call the Power Chakra. “POWER” is undoubtedly the most misunderstood and maligned word I know. Like anything else, power is neither positive or negative. *It all depends on where, when, why and how you use it.* It is the **central Chakra** of all 12, (not the Heart Chakra) around which all the other chakras ultimately ‘revolve’. There is **YANG POWER**, which almost everyone (both pro and con) believes that’s what power is all about. But there is **YIN power** too, and that is every bit as powerful! Your **WILL POWER CENTER** is the **Cosmic Umbilical Chord** that connects you **directly** to **YOUR SOURCE**.

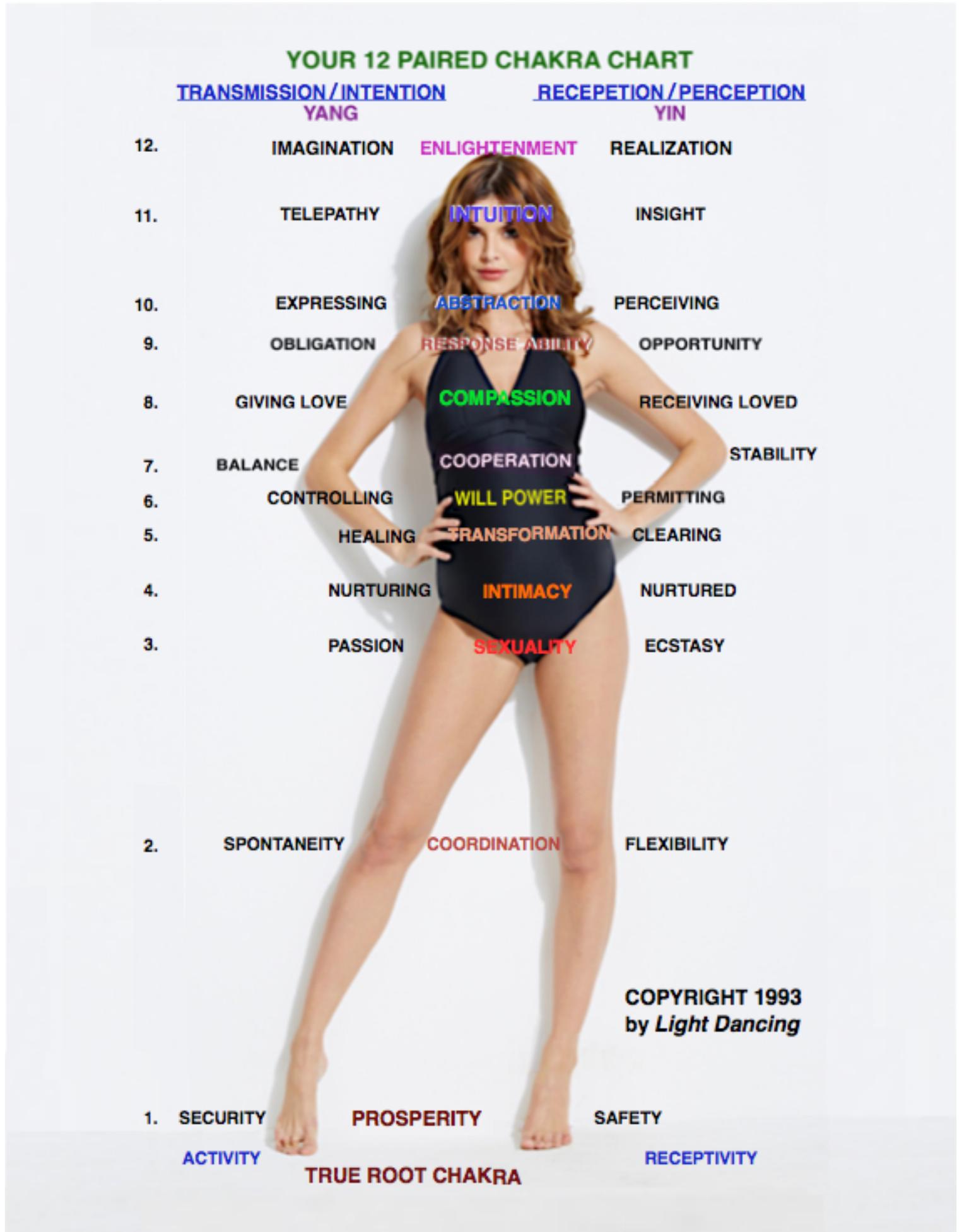
5: TRANSFORMATION

As for the overall function of the hands, I have yet to find a word that accurately encompasses both Healing & Clearing. although there are some words that come close. but not quite. recently renamed the Hand Chakra **INSPIRATION**, it still doesn’t feel like the ideal word to describe the function of the hands. Nonetheless, Healing and Clearing does accurately express their true Yang & Yin functions. So, if I ever come up with a more accurate term to describe the overall function of both sides of this chakra I will amend the term.

4: INTIMACY CHAKRA. The function of the next chakra is **totally different** than eastern tradition tells us. This chakra, in the lower belly/womb, is not, and **NEVER HAS BEEN**, the **Sexual** CHAKRA! If it wasn’t so **DEAD WRONG** it might be funny! But it’s not. In reality, dear readers, it is the **INTIMACY CHAKRA** (not the **sex** chakra). How on earth could any guru get this information so screwed up? Nonetheless, it’s no wonder people are sexually frustrated, having sexuality **confused with intimacy**. Most men haven’t got a clue about it, and most women don’t get a hint of this until pregnancy and the birth of their first child. Consequently, people search for intimacy through sex, expecting it to fulfill their unconscious desire to nurture and and be nurtured. Tenderness without sex.

3: SEXUALITY is the energy center below **INTIMACY**. Not the other way around. **IT** should be obvious to a 12 year old that **SEXUAL ENERGY** is centered in the area of the

genitalia, where the organs of sexual desire and arousal are focused. I really have to wonder how any so-called 'enlightened masters' or hindu gurus could overlook something so blatantly obvious. I mean, *Duuuh??* This is where ones kundalini energy originates, not in the womb. But that's an extensive subject in itself, and I'm no expert on the kundalini energy, nor is that my purpose here.



2: COORDINATION: Have you ever known anyone who was 'painfully' uncoordinated? Of course! We all have, especially when were young and rapidly growing kids. I was so clumsy. But being clumsy is much more than being awkward with your lower extremities, even the lower ones. I was not only physically clumsy as a teenager, I was socially careless and inept. In fact I was so "not fully in my body" that it was a wonder I never had a serious accident.

1: **PROSPERITY: THE REAL ROOT CHAKRAS in the FEET!**

Last, but certainly not least of all are the SECURITY and SAFETY CENTERS, the **TRUE CHAKRAS OF PROSPERITY** located in the bottom of your Feet. I could elaborate a great deal more than I will attempt to do right here. But fundamentally, the **ROOT** chakras are our most profound and vital connection to Mother Earth. With out at least a modicum of energy flowing through the partially blocked foot chakras of most people in the west, we would not for long survive on earth at all. Even when an amputee loses a limb, the corresponding chakras of the etheric body yet remain. This is partly why amputees still have such powerful sensations in their fantom limbs. Existing nerves are of course an important part of those sensations, but the energy chakras also exist exactly where they were before the limbs were lost.

DEEPLY BURIED TREASURES

So, now, what I'm about to share with you is part of an ancient story that has been lost and long forgotten - or suppressed - for the past 6,000 years by seriously misguided or intentionally mislead 'eastern philosophy experts' concerning some very crucial details about CHAKRAS! And this is where the ancient conspiracy has its most disturbing point of focus. A SIX THOUSAND YEAR OLD TRADITION has been telling millions of followers that the chakra in the womb is all about Sexuality! This is sooo very WRONG! In reality the Intimacy Chakra is all about qualities of **nurturing, tenderness, protection, and sensitivity** - all qualities naturally associated with caring for newborns and young children, family relationships, and protecting life. After all, the frequency of Intimacy is a harmonic, but slower frequency, of Love. So, doesn't it make so much better sense that the Intimacy chakra is located where the woman has a womb, not in the gentiles? Who would ever guess it otherwise? But, I'll go into this subject in much more detail after I cover explain the energy centers in the

Are you asking yourself about now why ANYONE would try to confuse or reprogram people into believing there is no such thing as an Intimacy Chakra, or that your Sexuality Chakra is in your belly and your Root Chakra is in your crotch? The reasons are astonishingly simple. Those conspirators wanted to deeply and thoroughly confuse human beings about the difference between sexuality, intimacy, safety, and security in order to profoundly suppress genuine intimacy, corrupt sexuality, and almost entirely block the capacity of the human race to become well grounded and deeply rooted in their intimate connection with Mother Earth. As a massage therapist since the age of 20, who didn't discovered this ancient coverup until I turned 40, this truly sick manipulative madness **REALLY SHOCKED ME!** By mis-naming the Intimacy Chakra as the Sexual Chakra, mislabeling the Sexual chakra as Root chakra, urging people to continuously wear shoes, inventing the "Lotus Position" and insisting it's the only proper way to meditate, they managed to suppress the True Root Chakras in our feet and corrupt our best connection to the Earth.

THE YANG & YIN OF EVERY CHAKRA

This is the segment where I elaborate on the Yang and Yin components of each of the 12 chakras. That's where the value of their respective functions really crystalize, as I remind you that the **YANG** side of the chart refers exclusively to an **OUTflow** of

energy, while the YIN side always refers to some energy that is flowing IN. Just as we inhale and exhale, so likewise do our chakras both Transmit and Receive. So even though, in a general sense, some of these terms could also be reinterpreted as energy flowing in the opposite direction, on this chart they are either YIN or YANG, but not both.

12: IMAGINATION and REALIZATION: Imagination, the first Yang component on this chart, is the Cause/Source of human enlightenment, while Realization is the Yin point of Reception. It's hard for me to say much more than that about it, because both states of consciousness function at a much higher vibrational frequency than words. So I'll leave it at that. Either you've experienced this for yourself already, or you haven't, in which case you have something wonderfully indescribable to look forward to one day.

11: TELEPATHY and INSIGHT: Telepathy is the Yang term I prefer to use here to describe the act of TRANSMITTING information by way of mental image pictures, sounds or compressed mathematical, geometric, or various other possible abstract information *exports*. This too is very difficult for me to describe in words. Conversely **INSIGHT** is my term for RECEIVING various energies by way of mental image pictures, sounds or compressed mathematical, geometric, or a variety of other possibilities for abstract *imports*.

10: EXPRESSING and PERCEIVING: I've said about all I can about the function of the Abstraction Chakra, except perhaps to point out that **EXPRESSION** and **PERCEPTION** (the Yang and Yin components of that chakra seem fairly self explanatory to me. So many Americans I have met demonstrate very poor communication skills, apparently compounded by the probability that they have obstructed throat chakras and they don't have a clue what to do about it. So when they can get their point across or don't understand with others are trying to say they, more often than not, assume that it's the other persons problem, rather than exercising a little self-reflection to discover it is they who are either partially or severely blocked.

9: OBLIGATION and OPPORTUNITY: Responsibility, or Response-Ability, as I often prefer to spell it, is an interesting thing. I have learned over many decades worth of hard knocks, that most difficult or challenging situations can be approached in one of two ways. We can either address as a something we must face or do, against our wishes, as an obligation... OR we can cleverly refocus our attention on the situation and begin to see it as a genuine opportunity, rife with the possibility of learning something new and interesting, even something very valuable which may enable us to improve the quality an character of our life. So, when it comes to dealing with a really challenging situation and 'shouldering' the responsibility for getting it done, I've learned - the hard way, more often than not - to shift the focus of my consciousness to view new challenges as welcome Response-Abilities.

8: GIVING and RECEIVING LOVE: Understanding these as aspects of the Compassion Chakra seems equally to be a no-brainer to me in many ways. As I have previously expressed, unresolved issues associated with any of the chakras, including this one, leaves us with some stuck energy that can interfere with our judgement and general functionality in life. If we offer love on the one hand, while remaining secretly afraid of experiencing rejection in any way, we are better off admitting that we will be setting ourselves up to for disappointments, so long as we continue to allow unexpressed

conditions to remain unexamined and therefore unhealed. Spend some time in meditation. Face some of your fears with courage and conviction. The shadow side of your self is not the enemy. When confronted honestly, it's your best teacher.



The COMPASSION/HEART Chakra, is the most under-appreciated, misunderstood, and critical Chakra to explore of them all. It is directly connected to the Cosmic Umbilical chord, the #1 supply line from CREATOR/SOURCE ENERGY in this version of reality. If only people truly understood that the WillPower Center is their most direct 'hot line' to their Creator, with it's unlimited access to matter, energy, space, and time... they would not busy themselves with begging, borrowing, or stealing anything from anyone much less other forms of life. Open up your Roots & WillPower!

7. **BALANCE and STABILITY:** The thing most obvious to me about the Co-operation chakra is that, whether we are driving a car, dancing with a partner, or holding a baby in our arms, BALANCE and STABILITY have so much to do with CO-OPERATION. Perhaps others will understand this chakra better than I. Maybe I'm partially blocked in my elbows at certain times. Have you ever had what doctors call "Tennis elbow"? I have, more than once. At any rate, it's all a process of learning.

6. **CONTROLLING and PERMITTING:** Way back in 1989, one of my greatest epiphanies was about the dynamics of "POWER". Unfortunately, this subject has taken on mostly negative and violent interpretations, especially in western cultures. In my country it usually has the overriding connotation of unwelcome aggression, OVERPOWERING the will of others in a futile attempt to satisfy addictions such as greed and vengeance. Thanks to the rampant abuse of power by psychopathic and sociopathic rulers and opinion leaders throughout history, addiction to power has haunted mankind for many thousands of years. So, if I happen to repeat myself on this subject from what I've written earlier, get over it. I will not hesitate to say it again. Power is **neither good nor evil**, though it has the potentiality of both. That's why I feel that the words for POWER and CONTROL need to be stripped of all their emotionally overcharged negative connotations and then "re-birthed" with the unencumbered flexible root meanings that they once embodied. Power is the neutral Force behind an action. It's the motive and the ethics behind it that makes it good or bad. To CONTROL is to take charge. Nothing wrong with that if the motive and the ethics are sound.

In my experience the POWER CHAKRA is the most important energy center to bring into a state of balance and maintain that balance, because it has the greatest potential for affecting all the rest of them, for good or ill, not the Heart/Compassion Chakra. It's all about the use of WillPower because it is the "WillPower Chakra." Unfortunately it is generally the most under-appreciated, misunderstood of them all. And yet it is the most critical Chakra to explore and understand. It is directly connected to the Cosmic (etheric) Umbilical chord, the #1 supply line from CREATOR/SOURCE ENERGY to YOU as an Immortal Soul. If only people truly understood that the WillPower Center is their most direct 'hot line' to their Creator, with its unlimited access to free matter, energy, space, and time... they would not busy themselves with begging, borrowing, or stealing anything from ANYONE, much less other forms of life. Open up your Roots & WillPower!

Controlling is pure Yang WillPower. In its beneficial form, it's all about constructive accomplishments, **NOT** about forcing others to do things for you! The exact opposite of Controlling is Permitting - allowing and disallowing. This TOO is POWER!!! The YIN function of CONTROL is just as powerful as Yang WillPower. It's Self-Control. It's most often about knowing when to allow others to influence or impose on you, or declining their ideas, energies, assertions, interference, or violence when they are violating your free will. If you're centered and grounded in self confidence, and not projecting FEAR, you are OWNING your WillPower, which is every bit as POWERFUL as asserting your influence on others. If people could unequivocally OWN their Will Power, they would not be tempted to overpower other people, places, or things. Violence and all forms of crime would all but disappear and only unintentional errors in judgement would remain. WillPower is at the center of everything. We need to love and respect our willpower not fear or resent it. The sooner society has that epiphany the happier we all shall be.

5: HEALING and CLEARING: HEALING describes the proactive YANG aspect of removing blocked or conflicted energy. CLEARING expresses the YIN aspect of providing a RECEPTIVE conduit for that blocked and negative energy to be released from anyone or anything you touch, with clear intention behind it. It's important to mention here that some people have their energetic fields 'wired up' in reverse of what is demonstrated on this chart. There's nothing wrong with that. Some people are simply wired in reverse. So, although my own observations as a body worker indicate that a minority of individuals have their Yang aspect on the left side of their bodies and Yin on the right, this chart reflects my recognition that most people's energy field that I encountered were wired up the same way mine is.

4: NURTURING and BE NURTURED: I think there are several salient points yet to be made about NURTURING (Yang) and ALLOWING oneself to BE NURTURED (Yin). The emotional and physical development and wellbeing of young children depends so much upon receiving non-sexual parental tenderness and therapeutic touch, especially in their formative years. This should be a no-brainer! I'm convinced that the enforced confusion between the Intimacy and Sex Chakras is the main reason for so much sex abuse in our culture and the scarcity of real intimacy. America, WAKE UP! I frankly don't see how corrupt ancient influences manage to so thoroughly suppress human awareness of the true function of the INTIMACY Chakra. But it's not difficult to see WHY they did this. Were it not for both formal and informal suppression of so many forms of COMPASSION and INTIMACY, people would refuse to go to war! Nor would they fight for an unjust cause. As a massage therapist and spiritual healer and teacher all my life, HEALING, CLEARING and a fondness for NURTURING & being NURTURED comes naturally to me.

3: PASSION and EXTACY: Skilled practitioners of the Art of Tantric Meditation describe very intense states of ecstatic sexual arousal, often accompanied by O.B.E.s (out of body experiences), as their Kundalini energy emerges and arises from the genitalia, and moves up through the other 6 traditionally acknowledged chakras. There is no doubt that this form of eastern meditation - generally done in tandem with a sexual partner - can produce profoundly heightened state of Consciousness followed by enduring insights. What I suspect that most practitioners, as well as some Tantric Masters, may not be aware of is this. During a Tantric experience, if the intensity of the sexual energy overrides or overpowers the sensations associated with the higher chakras, it is invariably due to the fact that sexual energy has been building up in the Base Chakra and is even more seriously occluded in the Knees and feet.

The best way to attain a balanced state of Bliss is to work on opening up the Foot and Knee Chakras first, before engaging ones own, or your partner's sexual energy. If all 12 chakras were functioning with relative equanimity, the sexual energy would never override the influence of the others. Under such conditions, a Tantric partner is not need in order to achieve a state of transcendent bliss that defies all definition and description. I have achieved such transcendent states, on numerous occasions, without the benefit of a partner. This is not to suggest that there is no value in Tantric Sex. Just the opposite. Once two people have learned to express such unencumbered PASSION and experience such ECSTASY independently (without a need for masturbation), sharing their O.B.E. Sexual energy and experiences with a partner is twice as mind blowing!

2: SPONTANEITY and FLEXIBILITY: I personally think that this pair of chakras is another 'No-brainer.' To me, SPONTANEITY and FLEXIBILITY are so clearly the Yang & Yin expressions of COORDINATION. And Coordination is so obviously the function of the knees that it seems redundant to elaborate much further. However, if you think of elbow and knee joints like the joints of the limbs in a tree, dancing gracefully in space, in response to each and every change in the direction of the wind, perhaps this makes it all the more obvious why knee chakra serve these functions.

1: SAFETY and SECURITY: Every chakra in the body, has a COMMUNICATION FUNCTION, not just the chakra in your throat. In fact everything in the universe is communicating and receiving communication at all times. However, your True Root Chakras are the most important centers for communicating with the consciousness of Gaia, who gives us physical life. In a healthy state of open and vibrant connectedness, your Root Chakras help to protect you from the elements throughout your life. Our most profound sense of SAFETY and SECURITY is derived from the earth connection through our feet. Relatively open and un-conflicted root chakras provide us with the instinct to be WHERE we are supposed to BE, WHEN we are supposed to BE there... not our "THIRD EYE." People who seldom get sick, rarely lose their tempers, aren't easily confused or distracted from their goals, who seldom get injured, and don't struggle with inner demons, have root chakras that are at least as open as their other ones. They are not therefore easily manipulated or defeated. How much more safe and secure can someone be? Now, THAT is the TRUE definition of PROSPERITY! So, for now, let this be enough to share on this great subject. I've given quite a bit of information and some inspiration to play with. I'm very happy to offer this kind of support for better understanding a subject few have tackled.

Light Dancing is not a pen name. It is my real and legal name, and I am the soul author and editor of this material. For those who wish to receive a free written transcript of "EARTH ENERGY CONNECTIONS - THE FORGOTTEN BONDS" please send your request to: lightdancing@hotmail.com and be sure to use that title in your email heading so your request won't wind up in my junk mail folder. The only exchange I ask of you is this. When reprinting my chart and sharing this information with others, please give credit where credit is due. If you wish to write to me with questions or concerns related to this subject, I will do my very best to respond within the limits of my own evolving understanding of this subject. May you make constructive use of the information I am sharing in ways that enhance your own wellbeing and the wellbeing of others.

CREATIVITY

I absolutely *love* the word "CREATIVITY" and all that it implies. It is, in my opinion, the most appropriate single english term for describing the ESSENCE of ALL CREATION, or, as I sometimes like to put it, the "INFINITE UN-MANIFESTED POTENTIALITY." That's because, in an un-manifested state, "SOURCE" (in STASIS) is neither the "CAUSE" nor the "EFFECT" of anything... is neither Yang nor Yin... and yet *possesses* the unlimited potential to MANIFEST ABSOLUTELY ANYTHING and EVERYTHING!

written, edited, and vividly experienced by: *Light Dancing*

YOUR 12 PAIRED CHAKRA CHART



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