

HEALING CHAKRAS

Awaken Your Body's Energy System
for Complete Health, Happiness, and Peace



I L C H I L E E







The Soul's Gate

5TH Chakra

Gate through which the soul travels
When the blue lotus blooms from the throat
Its azure light connects the Jade Gate
With Heaven's Gate
Allowing advancement of the soul

The fifth chakra is the bridge between the animal and the divine energies of the human being. Located in the throat, it is also the chakra that allows our expressive abilities. The quality of our speech, negative or positive, indicates the state of this chakra. The opening of this chakra allows the development of our divine aspect.

Everybody needs a voice. This is true externally, in relationships and in politics, and internally, as we develop our inner voice that guides us through life. Learning to develop, express, and listen to this voice brings your fifth chakra to full expression.

The voice allows us to express our divinity to the world. In fact, the negativity or positivity of our speech may be a primary indicator of our spiritual health. Also, it is through the voice that we can first learn to put our higher life purpose into reality in the physical world. When we express our desire and intention to make a difference in the world, we have made a huge step toward doing just that. It is also through our voice—through music, poetry, and oration—that we can touch the hearts of those around us and celebrate our common divinity.

If the fifth chakra is underdeveloped or blocked, a person may be shy and unable to express himself or herself clearly. Often, this is the result of self-judgment or the fear of judgment from others. Unfortunately, this lack of open communication only results in more problems that lead to more judgment and guilt. To overcome this, practice expressing your feelings and intentions to others without reservation. Also, work on developing clearly defined goals and intentions for your life so that you can express them well.

If the fifth chakra is overly active, the person may be loud, overly opinionated, and crass in his or her speech. The key to healing this chakra is the establishment of a clear sense of one's

higher purpose and divine nature so that the voice becomes a platform for personal empowerment, but not for boastful speech. Speech that harms another's sense of divinity, such as cruel or hateful speech, is an indication of an individual's disconnection from divinity.

The fifth chakra is also considered to be the gate through which the second of three births occurs. The first birth, of course, is your physical birth into the material world. The third birth is your final birth after fulfillment, when you have completed your soul and return to the heavenly sphere. During your life, you must also pass through the gates of the chakras by giving full expression to your divine nature and purpose. Thus, spiritual development begins with the development of the fifth chakra.

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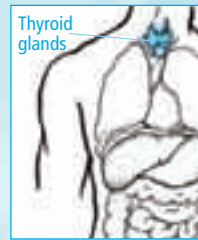
The color of the fifth chakra is green, the color of growth, rebirth, and renewal. The butterfly in the center of the chakra represents transformation toward our second birth as spiritual beings. The staircase represents the constant, upward striving toward the expression of our True Selves and the path to completion. It also symbolizes the cervical vertebrae through which the energy of the fifth chakra rises up to the last two chakras.

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Fifth Chakra - Chun-dol

- ① The fifth chakra is located just behind your throat, by the thyroid glands. Lightly press down on your throat, on the spot where a man's Adam's apple is located.
- ② Now, release the pressure of your fingers. Concentrate on the point just behind where the pressure was.
- ③ Lightly touch the roof of your mouth with your tongue. Breathe in, as you imagine a stream of breath enter the fifth chakra. Breathe out as you imagine a stream of breath leaving through the same spot.
- ④ Breathe in as you bend your head backward. Breathe out as you come back up. Breathe in as you bend your head forward. Breathe out as you come back up. Rotate your head from side to side.





Energy of Purification and Harmony

A sixteen-leaf lotus flower is the symbol of the fifth chakra. It is a blue-green color with a tinge of yellow. The fifth chakra is the center for purification and cleansing. This chakra represents an open heart and mind. An open mind leads to a greater understanding of life. A person with an open mind goes through life embracing discomfort along with comfort, the bad along with the good . . . the vinegar with the wine. Such a person possesses the wisdom to go along with the flow of life.

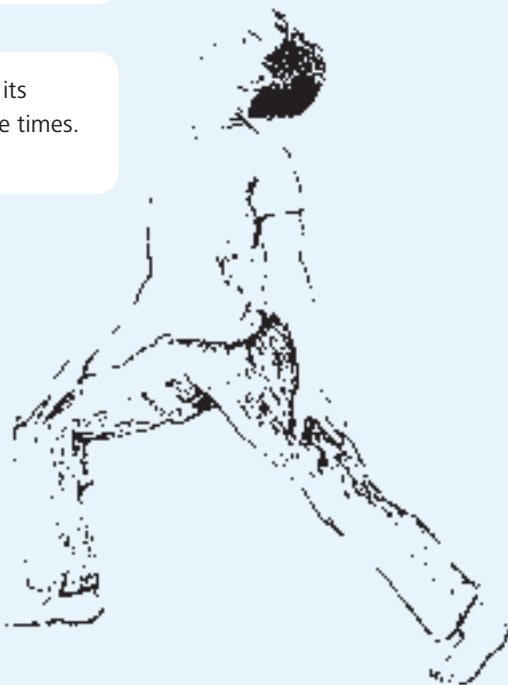
A problem with the fifth chakra translates into a lack of emotional control and rapid fatigue arising out of hypersensitivity to change. This chakra is the bridge between aspects of the physical human and the spiritual human. It determines whether you live a more materialistic or a more spiritual life.

This is why we refer to the fifth chakra as the Soul's Gate. Without going through this gate, you cannot completely move into the realm of the spiritually divine. With the fifth chakra closed, emptiness of spirit drives an attempt to attain lasting fulfillment with riches and recognition. This emptiness is a message from your soul. We can experience true peace only when we go through the Soul's Gate of the fifth chakra. Without pure consciousness and mind, it will be impossible to open its doors.

Emotional control and inner peace

【 Exercise to Open the Throat 】

- 1 With your hands on your thighs, step one leg forward and the other leg back. Your front leg should be bent at the knee, the back leg straight.
- 2 Breathe in as you tilt your head backward, stretching your neck.
- 3 Breathe out and bring your head back to its original position. Repeat this motion three times. Also try this with your legs switched.



【 Exercise to Open the Throat 】

- 1 Kneel with your hips resting on your heels. Place both hands on your back, approximately where your kidneys are located.
- 2 Breathe in and bend your upper body backward as much as possible.
- 3 Breathe out and bend your back and head forward. Pull your chin down so that it touches your chest.

