

Tao of Horsemanship, Inc. *Chakra Conscious*®

Chakra Conscious®

Chakra Conscious® is a guide to attunement and self-alignment. Being conscious allows us to tap into wisdom within as we make the pilgrimage journey of self actualization and conscious living. Our work here at Rider Horsemanship assists you, and your horse, in experiencing the positive power of healing and connecting that Chakras can bring to yourself, your life and your relationships.

To understand the map of the consciousness that the body represents, we can turn to some ancient Hindu traditions which have been studying consciousness for thousands of years, and which use the language of the chakras.

When we are reading the body as a map of the consciousness within, we work with the idea that the tensions in the body represent tensions in the person's consciousness concerning what was happening in the person's life at the time that the symptom developed. The person was feeling stress about something that was happening in their life at that time.

Each of the chakras is energy vibrating at a certain frequency, in a logical and orderly sequence of seven vibrations. As we move up the scale, the elements become more and more subtle, moving through the five physical elements of earth, water, fire, air, and ether, to the spiritual elements of inner sound and inner light. The heaviest element is on the bottom, the lightest on the top. It is a logical and orderly sequence.

The colors of the spectrum also represent a series of seven vibrations in a logical and orderly sequence, as do the notes of the musical scale. Thus, we can put the heaviest vibrations or the longest wavelength on the bottom and the lightest on the top, and a particular color can be used to represent a chakra in its clear state, as can a particular musical note. Music played in a certain key vibrates a particular chakra, and we feel a particular way when we hear that music. Our relationship with a certain color says something about our relationship with the part of our consciousness that the color represents.