

# Tao of Horsemanship, Inc. *Chakra Conscious*®

## *Chakra Energy & Healing*

According to Hindu and/or Buddhist belief, chakras are vast (yet confined) pools of energy in our bodies which govern our psychological qualities.

There are seven main chakras within the human body and eight within the equine body. Chakras are points in the body that correspond to a specific area where multiple nerves crisscross engaging powerful energies. It is believed that through meditating on these specific Chakras you can learn to control the energy in your body and experience everything from spontaneous healing to enlightenment. Our work here at Rider Horsemanship not only educates you about the power of Chakras, it assists you, and your horse, in experiencing the positive power of healing and connecting within that Chakras can bring to your life and your relationships.

Everything begins with your consciousness. Everything that happens in your life, and everything that happens in your body, begins with something happening in your consciousness. Your consciousness is who you are, your experience of Being.

You decide what ideas to accept and which to reject. You decide what to think, and you decide what to feel. When these decisions leave you with residual stress, you experience the stress as if in your physical body.

We know that stress creates symptoms. The interesting question is, "Which stress creates which symptoms?" When we are able to quantify this process, we are then able to see the body as a map of the person's consciousness, relating particular symptoms to particular stresses and particular ways of being, in the same way that Type "A" Behavior has been able to be associated with heart disease.

Your consciousness, your experience of Being, who you really are, is energy. We can call it "Life Energy" for now. This energy does not just live in your brain; it fills your entire body. Your consciousness is connected to every cell in your body. Through your consciousness, you can communicate with every organ and every tissue, and a number of therapies are based on this communication with the organs which have been affected by some kind of symptom or disorder.

This energy which is your consciousness, and which reflects your state of consciousness, can be measured through the process known as Kirlian photography. When you take a Kirlian photograph of your hand, it shows a certain pattern of energy. If you take a second photograph while imagining that you are sending love and energy to someone you know, there will be a different pattern of energy shown on the Kirlian photograph. Thus, we can see that a change in your consciousness creates a change in the energy field that is being photographed, which we call the aura.

This energy field shown in the Kirlian photographs has been quantified, so that when there are "holes" in particular parts of the energy field, these are said to correspond to particular weaknesses in specific parts of the physical body. The interesting thing about this is that the weakness shows up in the energy field before there is ever any evidence of it on the physical level.

Thus, we have an interesting direction of manifestation shown through what we have described.

1. A change of consciousness creates a change in the energy field.
2. A change in the energy field happens before a change in the physical body.

The direction of manifestation is from the consciousness, through the energy field, to the physical body.

Consciousness-----1----->Energy Field-----2----->Physical Body

When we look at things in this way, we see that it is not the physical body creating the energy field, the aura, but rather the aura or energy field that is creating the physical body. What we see as the physical body is the end result of a process that begins with the consciousness.

When someone makes a decision that leaves them with stress, creating a blockage in the energy field with a sufficient degree of intensity, this creates a symptom on the physical level. The symptom speaks a certain language, which reflects the idea that we each create our own reality. When the symptom is described from that point of view, the metaphoric significance of the symptom becomes clear. Thus, instead of saying, "I can't see," the person would have to say, "I have been keeping myself from seeing something." If they cannot walk, they would have to say, "I have been keeping myself from walking away from something." And so on.

I believe that there are no accidents and no coincidences that events happen for a reason. Things naturally do happen according to a pattern and order. We can say that we have an inner guidance system, a connection to our Higher Self, or our Inner Being, or whatever name we choose to give this Higher Intelligence. This inner guidance system functions through what we call our intuition, or our instinct. It speaks a very simple language. Either it feels good, or it doesn't. All the rest is just politics.

We are told we should move with what feels good, and do not do what doesn't feel good to us. We are told to trust this inner voice. When we don't follow this inner voice we feel tension. We feel not-good.

Then, the voice must get louder. The next level of communication is through the emotions. As we move more and more in the direction that feels not-good, we experience more and more emotions that feel not-good, and at some point we can say, "I should have listened to myself when I thought to move in the other direction." That meant that we heard the inner voice. Otherwise, we could not have said, "I should have listened." If we make the decision we know is the right one for us, and therefore change direction, there is a release of tension, we feel better, and we know we are again on the right track.

If we continue to move in the direction that feels not-good, the communication reaches the physical level. We create a symptom, and the symptom speaks a language which reflects the idea that we each create our own reality. When we describe the symptom from that point of view, we can understand the message. If we change our way of being, feeling and perceiving, we have received the message, and the symptom has no further reason for being. It is able to be released, according to whatever we allow ourselves to believe is possible.

If we created the symptom with a decision, we are also able to release it with a decision.

*Reference: Martin Brofman, Ph.D.*