

## CHAPTER TEN

# The Energy Centers

### The Architecture of the Self

Within you exists a system of profound elegance. Seven centers of energy, arranged along the axis of your being, receive and process the light that animates all existence. These Energy Centers<sup>1</sup>sometimes called rays or chakras in various traditionsare not merely symbols or metaphors. They are the actual mechanisms through which consciousness interfaces with the physical vehicle and through which spiritual evolution occurs.

Understanding these centers offers the seeker something invaluable: a map of the inner landscape. When you know how energy flows through you, when you can recognize where it moves freely and where it meets obstruction, you gain the ability to work consciously with your own evolution. The vague sense that something is blocked becomes specific understanding. The general desire for growth becomes focused intention.

We have spoken of death and what follows, of the veil and its purpose. Now we turn to the mechanisms that operate during incarnation itself"the systems through which you process experience, express being, and gradually transform. The energy centers are primary among these mechanisms. They determine what you can receive, what you can give, and ultimately, what you can become.

Each center corresponds to a color of the spectrum, a density of consciousness, and a body within your complex of bodies. Each has its proper function, its characteristic blockages, and its unique gifts when open and balanced. Together they form an instrument through which the Creator may know Itself in yet another unique configuration. You are that instrument. Learning to play it skillfully is the work of the incarnation.

## The Flow of Energy

The origin of all energy is the action of Free Will<sup>2</sup> upon Love. The nature of all energy is Light. This light enters your being through two pathways. The first is the inner light""the Polaris of the self, the guiding star that is your birthright and true nature. This light dwells within, waiting to be recognized and claimed.

The second pathway brings light from without. If you imagine the physical body as a magnetic field, this energy enters from the souththrough the feet, through the base of the spine, rising upward through the body. This universal light energy is undifferentiated when it enters. It becomes colored, shaped, and defined as it passes through each energy center, filtered according to the distortions and openings of each.

Picture the energy centers as a series of lenses through which light must pass. Where a lens is clear, light moves through unimpeded, retaining its full intensity. Where a lens is clouded or blocked, light is diminished, scattered, or stopped entirely. The quality of light that reaches your higher centers depends entirely upon the condition of the centers below.

In a balanced entity, each center functions brightly and fully. There is no significant blockage at any level. Energy flows freely from base to crown, and the entity has access to the full spectrum of experience and expression. This is the goal toward which the seeker works""not the overdevelopment of any single center, but the balanced functioning of all.

The violet ray, at the crown, serves as a thermometer or indicator of the whole system. It cannot be manipulated directly. It simply reflects the sum total of all that you are""the integrated state of all centers combined. When you wish to assess your spiritual condition, look not to the violet ray but to the centers that compose it.

## The Three Lower Centers

The first three energy centers deal with the foundational aspects of incarnate existence. They must be reasonably clear and balanced before significant work can occur in the higher centers. This is not optional. It is the nature of the system. Those with persistent blockages in the first three centers will have continuing difficulties in their seeking, regardless of how earnestly they pursue spiritual growth.

The Red Ray<sup>3</sup> center is the foundation of all else. Located at the base of the spine, it deals with survival, physical existence, and the most basic expressions of sexuality. This center is always somewhat active in any incarnate being""if it were completely blocked, the entity would not be alive. Yet it can be distorted in ways that affect everything above it.

Understanding and accepting this energy is fundamental. The red ray is not something to transcend or escape. It is the ground upon which you stand. The body's needs for food, rest, safety, and physical expression are not obstacles to spirituality""they are the foundation of incarnate spirituality. The seeker who neglects or despises the red ray builds upon sand.

The Orange Ray<sup>4</sup> center, in the lower abdomen, governs personal identity and one-to-one relationships. When this center is blocked, the distortion often manifests as difficulty accepting oneself""personal eccentricities, self-rejection, or confusion about one's own nature. In relationships, orange-ray blockages create patterns where others are seen as objects rather than as other-selves, or where the self is offered as object to be used.

The Yellow Ray<sup>5</sup> center, at the solar plexus, deals with the ego, personal power, and social relationships. Here the individual encounters the group""family, community, society. Blockages in this center manifest as distortions toward power manipulation, struggles for dominance, or difficulty finding one's place within the social order. The yellow ray is the ray of self-awareness and interaction with other selves in group contexts.

These three centers""red, orange, yellow""form what might be called the personality. They deal with the self as individual, the self in intimate relationship, and the self in society. Until they function with reasonable clarity, the seeker cannot effectively access the higher centers. This is why so much spiritual work involves returning again and again to basic issues of survival, identity, and social relationship. These are not distractions from the path. They are the path.



## The Heart Center

The Green Ray<sup>6</sup> center is the heart of the system in every sense. Located in the center of the chest, it is the center from which Third Density<sup>7</sup> beings may springboard toward infinite intelligence. It is the great transitional ray—the bridge between the personal and the universal, between the self-focused concerns of the lower centers and the transpersonal capacities of the higher.

Green ray is the ray of universal love—not personal affection for particular beings, but the ability to see all beings as other-selves, as the Creator in another form. When this center opens, the entity begins to perceive the unity that underlies all apparent separation. Compassion arises naturally, not as obligation but as recognition. The suffering of any being becomes relevant because any being is the self in another guise.

Blockages in the green-ray center manifest as difficulty expressing universal love or compassion. The entity may love particular individuals intensely while remaining indifferent or hostile to others. Or it may understand intellectually that all are one while being unable to feel this truth. The heart remains partially closed, and the light that could flow through it is diminished.

The activation of the green-ray center marks a crucial threshold in third-density development. Once this center is activated, the entity's incarnations cease to be automatic. It begins to participate consciously in planning its experiences. It becomes aware, at some level, of the mechanism of spiritual evolution. This is no small thing. It represents a fundamental shift in the entity's relationship to its own journey.

The green ray is also the first center through which genuine energy transfer between beings can occur. In the lower centers, energy exchanges tend to be extractive or manipulative. In green ray, both entities are strengthened. Both give and both receive. The exchange is mutual, loving, and evolutionarily beneficial to all involved.

*The center of heart, or green ray, is the center from which third-density beings may springboard toward infinite intelligence.*



## The Three Higher Centers

The three higher centers—"blue, indigo, and violet"—deal with aspects of being that transcend the personal. They are available to the third-density entity, but skill and discipline are needed to access them effectively. They are not necessary for basic harvest, but they offer capacities of immense value to the serious seeker.

The Blue Ray<sup>8</sup> center, at the throat, is the first center that radiates outward as well as receiving inward. It governs communication—"not merely speaking, but the honest expression of the self to the self and to others. Those blocked in blue ray have difficulty grasping their own nature and even greater difficulty communicating that nature authentically.

Blue ray requires something your peoples possess in great scarcity: honesty. The free communication of self to other-self, without reservation or manipulation, without armor or pretense—"this is blue-ray functioning. When achieved, it offers tremendous aid. The entity becomes capable of expressing its entirety of being, of teaching and inspiring, of communicating in ways that carry the full weight of authentic selfhood.

The Indigo Ray<sup>9</sup> center, sometimes called the third eye or pineal center, is the gateway to intelligent infinity. This is the center worked upon by the Adept<sup>10</sup>—"the serious practitioner of what might be called the inner, hidden, or occult teachings. Through this center, contact may be made with intelligent energy. Through this gateway, the infinite possibilities of the Creator become accessible.

The most common blockage in the indigo center manifests as a sense of unworthiness. The entity feels undeserving of direct contact with the infinite. It experiences itself as too flawed, too limited, too sinful to approach the Creator without intermediary. This blockage diminishes the influx of intelligent energy that would otherwise stream through this center.

The Violet Ray<sup>11</sup> center, at the crown, is unique among the energy centers. It cannot be worked upon directly. It cannot be balanced or unbalanced in the way the other centers can. It is simply the total expression of the entity's vibratory complex—"the sum of everything else. It is the register, the mark, the true vibration of the being. Whatever the distortion may be, it reflects in violet ray. In harvest, it is this ray that is manifested to gauge the entity's readiness for the next density.



## Understanding Blockages

A blockage is not a wall but a distortion""a clouding of the lens through which energy must pass. Every entity has blockages of some kind. Perfection is not the goal of third-density work; sufficient clarity for graduation is. Yet understanding the nature of blockages allows the seeker to work with them more skillfully.

In the red-ray center, blockages typically manifest as existential fear, survival anxiety, or distorted relationship with the body and its needs. In orange ray, look for difficulty in self-acceptance, troubled one-to-one relationships, or patterns of seeing others as objects. Yellow-ray blockages show themselves as power struggles, manipulation, difficulty with authority, or confusion about one's social role.

Green-ray blockages appear as inability to love unconditionally, conditional compassion that extends only to the similar or likable, or an intellectual grasp of unity that fails to penetrate the heart. Blue-ray blockages manifest as dishonesty, inability to communicate authentically, or difficulty understanding one's own deeper nature. Indigo-ray blockages center on unworthiness""the feeling that one does not deserve spiritual attainment.

The first step in working with blockages is simply recognition. The seeker learns to notice where energy flows freely and where it meets resistance. This requires honest self-observation""the willingness to see oneself as one is rather than as one wishes to be. It requires patience, for the deeper blockages often hide beneath layers of rationalization and defense.

The second step is acceptance. This may seem paradoxical""how can accepting a blockage help release it? Yet resistance to a blockage often strengthens it. The energy spent fighting a distortion becomes part of the distortion. Acceptance does not mean approval or resignation. It means acknowledging what is, allowing it to be fully seen and felt, creating the conditions under which change becomes possible.

The third step is intention. With recognition and acceptance established, the seeker may direct conscious will toward greater balance. This is not forcing. It is inviting. It is holding the image of clear, spinning, brightly functioning centers and allowing that image to work upon the deeper levels of being. Through concentration of will and the faculty of faith, reprogramming becomes possible.

## Rotation and Crystallization

As the energy centers become unblocked, they begin to spin. This rotation indicates the free flow of energy through the center. In the lower three centers, full unblocking creates increasing speeds of rotation. The faster the spin, the more efficiently the center processes the light that passes through it.

In the higher centers, something different occurs. As these centers develop, they begin to form crystalline structures—"regular, faceted configurations of energy that are unique to each entity yet follow recognizable patterns. These structures represent a transmutation of the space/time nature of energy into the time/space nature of regularization and balance.

The red center, when crystallized, often takes the shape of a spoked wheel. The orange center appears as a flower with three petals. The yellow center becomes a rounded, many-faceted form, like a star. The green center takes the lotus shape, with the number of petals depending upon the strength of the center. The blue center may have a hundred facets, capable of great flashing brilliance.

The indigo center tends toward a triangular or three-petaled shape, though adepts who have thoroughly balanced the lower energies may create more complex forms. The violet center is sometimes described as thousand-petaled, representing the sum of all the other centers, the totality of the mind/body/spirit complex's distortion.

These structures are not mere visualizations. They represent actual configurations of energy that a sufficiently sensitive observer could perceive. Each entity's crystalline structures are unique, as no two snowflakes are alike, yet each follows regular patterns. The development of these structures indicates advanced work with the energy centers—"work that goes beyond simple unblocking toward actual transformation of the energy body.

## Different Paths, Different Patterns

The pattern of energy-center activation differs fundamentally between those who choose the positive path and those who choose the negative. Understanding this difference illuminates much about how Polarization<sup>12</sup> actually works within the system of energy centers.

In the positively oriented entity, the configuration is even and crystalline across all seven rays. Energy flows smoothly from red through violet, with each center contributing its unique quality to the whole. The heart center serves as the hub from which the higher work proceeds. Love is the foundation; wisdom and power are built upon it.

The negatively oriented entity follows a different pattern. Energy moves through red, orange, and yellow—"the centers of survival, personal identity, and power"—then bypasses the green ray entirely, moving directly to indigo. The negative path seeks contact with intelligent infinity without the intermediary of universal love. It accesses cosmic power through personal will rather than through opened heart.

This is possible. It is evolutionarily functional through fifth density. But it is extremely difficult. Opening the gateway to intelligent infinity from the solar plexus requires tremendous stamina and energy in the lower rays. It demands a concentration of personal power that most entities cannot achieve. The ninety-five percent dedication to self required for negative harvest reflects this difficulty.

The omission of green ray has consequences. What is built without love lacks ultimate stability. The negative entity may achieve great power, may climb the hierarchies of control, may even become what might be called an adept of the left-hand path. Yet at some point—"in sixth density"—the path becomes untenable. The accumulated distortions of separation must be released, the heart must open, and the entity must join those it has long considered separate. This is the reversal we have mentioned previously.

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## The Sacred Potential of Sexuality

The energy that moves through sexual expression can operate through any of the centers, and the nature of sexual experience differs dramatically depending upon which center is active. Understanding this allows the seeker to approach sexuality not as obstacle or indulgence but as potential vehicle for spiritual work.

At the red-ray level, sexuality is purely reproductive""a random transfer having to do only with the continuation of the species. There is no personal element, no exchange between unique beings. At the orange and yellow levels, sexuality becomes personal but often distorted. One entity may be seen as object rather than other-self. Power dynamics enter. There may be endless appetite that cannot find satisfaction, for what these levels seek is green-ray connection.

In green-ray sexual transfer, something entirely different occurs. When both entities vibrate at this level, there is mutually strengthening energy exchange. The receptive partner draws energy upward through the centers, experiencing physical revitalization. The radiating partner finds inspiration that satisfies and feeds the spirit. Both are polarized. Both release excess energy that each has in abundance by nature.

Blue-ray sexual transfer is rare among your peoples but offers great aid. It involves the complete expression of self without reservation or fear. The armor falls away entirely. Two beings meet in total honesty, holding nothing back, defending nothing. This creates the conditions for profound healing and communication.

Indigo-ray sexual transfer approaches the sacramental. Here, contact may be made through violet ray with intelligent infinity itself. This is the sacred marriage of which mystics speak""the union that opens the gateway to the Creator. Such transfer is extremely rare, for it requires both entities to be fully ready for this energy. If one is not, the transfer simply cannot occur. There is no blockage, but neither is there connection. It is as though the distributor were removed from a powerful engine.

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## Working With Your Centers

The understanding we have offered becomes truly useful only when applied. There are practices through which the seeker may work directly with the energy centers""not forcing or manipulating, but inviting greater clarity and balance. We offer one such practice here.

Find a time of quiet. Seat yourself comfortably, spine straight but not rigid. Allow the concerns of the day to settle. Breathe naturally, allowing each breath to deepen your relaxation without effort.

Turn your attention to the base of your spine. Visualize there a sphere of red light""or, if you prefer, a red fire. Observe its condition. Is it bright or dim? Clear or muddy? Spinning or still? Do not judge what you see. Simply observe. Then, gently, invite this center to brighten. If it does not respond immediately, ask it to brighten. Watch it begin to spin, to clear, to glow with vital red light. Take whatever time is needed.

Move upward to the lower abdomen. Here visualize orange light. Again, observe its condition. Invite it to brighten, to spin, to clear. Any resistance you encounter is simply information""something to be noted, accepted, and gently worked with. Continue upward to the solar plexus and its yellow fire, following the same process.

At the heart center, take particular care. This green light is crucial to all that follows. Allow it to become vibrant and alive, clear and harmonious. Many seekers find this center prone to overactivity as the desire to love pushes too hard. Let it find its natural balance""bright but not forcing, open but not straining.

Continue through the throat's blue light""the center you will use in all authentic communication. Through the indigo light between the brows""be patient if this center seems dark, for it works in its own time. Finally, observe the violet light at the crown. This you cannot manipulate. Simply see what is there. It reflects the balance you have just created.

You may seal this work by visualizing the violet and red lights mixing, forming a protective sheath of red-violet around your entire being. Then, if you wish, invoke white light""the light of infinite love""to surround and protect the whole. This practice, done regularly, creates the conditions for gradual clearing and balancing of the entire energy system.

## The Instrument and Its Music

The energy centers are not abstract concepts but living realities within you, operating in this moment as in every moment. The energy streams through you now. The centers spin or struggle now. The work of balancing is not something to be done someday but something available in every instant of awareness.

You are an instrument through which the Creator experiences and knows Itself. The quality of that experience depends significantly upon the condition of this instrument. A well-tuned instrument produces clear, beautiful music. An instrument with broken strings or warped wood produces only discord. The work of tuning never ends, but the musician who attends to it plays increasingly true.

Begin where you are. Notice what you notice. Accept what you find. Invite greater balance with patience and persistence. The centers respond to attention. They respond to love. They respond to the sincere desire for clarity combined with the willingness to see what is actually present.

The catalyst you encounter each day—"the experiences that challenge and confuse and delight"—these are the materials through which the energy centers are worked. We turn next to this catalyst and its proper use. For understanding the centers is only the beginning. Using them skillfully in the midst of living experience is the ongoing practice of the incarnation.

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## Notes

**1 Energy Centers:** Seven centers along the axis of being that receive and process the light that animates all existence. Also called rays or chakras in various traditions. Not mere metaphors but the actual mechanisms through which consciousness interfaces with the physical vehicle and spiritual evolution occurs. Each center corresponds to a color of the spectrum, a density of consciousness, and a body within the complex of bodies.

**2 Free Will:** The First Distortion of the Infinite. The fundamental capacity to choose, to focus, to create. Without it, neither creation nor experience could exist. The principle allowing infinite exploration of possibilities.

**3 Red Ray:** The first energy center, located at the base of the spine. The foundation of all else. Deals with survival, physical existence, and the most basic expressions of sexuality. This center is always somewhat active in any incarnate being—if it were completely blocked, the entity would not be alive.

**4 Orange Ray:** The second energy center, located in the lower abdomen. Governs personal identity and one-to-one relationships. When blocked, the distortion often manifests as difficulty accepting oneself or seeing others as objects rather than other-selves. The ray of individual movement toward self-expression.

**5 Yellow Ray:** The third energy center, located at the solar plexus. Deals with the ego, personal power, and social relationships. Here the individual encounters the group—family, community, society. Blockages manifest as distortions toward power manipulation, struggles for dominance, or difficulty finding one's place in the social order.

**6 Green Ray:** The fourth energy center, located in the center of the chest. The heart of the system in every sense. The ray of universal love—the ability to see all beings as other-selves, as the Creator in another form. The center from which third-density beings may springboard toward infinite intelligence. The great transitional ray between personal and universal.

**7 Third Density:** The density of self-awareness and choice. The yellow ray. Where humanity currently resides. Duration: approximately 75,000 years per major cycle. Third density is unique in the octave of creation because it is here, and only here, that the fundamental Choice between polarities is made. The veil of forgetting creates the conditions of uncertainty necessary for this choice to be meaningful. Graduation from third density requires sufficient polarization: 51% or more orientation toward service to others for positive harvest, or 95% or more orientation toward service to self for negative harvest. Those who do not polarize sufficiently repeat the cycle.

**8 Blue Ray:** The fifth energy center, located at the throat. The first center that radiates outward as well as receiving. Governs communication—not merely speaking, but the honest expression of self to self and to others. Requires something your peoples possess in great scarcity: honesty. The free communication of self to other-self without reservation or manipulation.

**9 Indigo Ray:** The sixth energy center, sometimes called the third eye or pineal center. The gateway to intelligent infinity. This is the center worked upon by the adept—the serious practitioner of the inner, hidden teachings. The most common blockage manifests as a sense of unworthiness—the entity feels undeserving of direct contact with the infinite.

**10 Adept:** A seeker who has progressed significantly in the magical work of consciousness evolution. The adept has achieved sufficient crystallization of the energy centers to work consciously with intelligent energy. Within the adept is the potential to penetrate the veil and perceive unity directly.

**11 Violet Ray:** The seventh energy center, at the crown. Unique among the energy centers. Cannot be worked upon directly. Cannot be balanced or unbalanced in the way other centers can. It is simply the total expression of the

entity's vibratory complex—the sum of everything else. In harvest, it is this ray that is manifested to gauge the entity's readiness for the next density.

**12 Polarization:** The process of intensifying one's orientation toward either service to others or service to self. The active work of the Choice. See: **Polarity**. Polarization is measured not by individual actions but by the overall orientation of the entity's being. It is the cumulative direction of countless choices, large and small, that determines whether an entity has polarized sufficiently for harvest.