

Spinning Wheels of Light

By

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Some of you may be like me in that we had parents who lived through the Great Depression. Newspapers were a penny but sometimes that penny was not there to spare. I remember my mother telling me that her friend was very lucky because her husband was a garbage collector and he had a job all through the depression so they were well off. Mom had so much stuff in her home it was difficult to navigate without bumping into a piece of furniture. The air conditioner was never turned on even though she was living in St. Petersburg. If someone joined me in a visit to Mom's I would warn them that it was kind of like camping out. We were in the elements and you had to watch where you stepped. She had a closet that was about 8 feet by 6 feet and was filled with cosmetics, lotions and make-up. Some of it had solidified. None of it would be thrown away or given away. In subtle body language, Mom's first chakra was running the show. The lack she experienced during the depression was never released. Mom had plenty of money but she wasn't living in the present moment. She was still in the depression. The first chakra has a name, Muladhara. It has a color association: red. It has a yantra: a red square. It has a mantra: Lam. It has personality traits associated with it when it is out of balance. Mom pretty much describes them. There is a drive to "get enough" of whatever it is that makes one feel secure and safe in this world. When in balance, there is faith that what is needed will be there, through the Universe or through one's ability to provide for oneself. When you really think about it, everything we really need is provided. The oxygen is there with every breath we take. The water we need comes from the clouds. The seeds push the fruits and vegetables up through the ground for us and even though Earth is spinning and orbiting, gravity holds us comfortably here.

Chakra means spinning wheel. There are seven major chakras in the subtle body, revolving around the central energy channel, the Shushumna. The Shushumna runs just in front of the spine and is the major highway for energy flow. The chakras can be likened to highway intersections. Above Muladhara is Svadistana, the chakra of sexuality/creativity/sensuality. It is here that we experience the joy of the sound of music, the beauty of majestic mountains, and the taste of delicious food. Next is Manipura, the center of personal power. Do you own your own power or do you give it away to someone you feel is more capable than you in some way? Do you take the responsibility of your power decisions? When out of balance, there may be ploys to manipulate others or control others to have needs met. That gets really messy.

The heart chakra, Anahata, is the center of love, seeing yourself in others and others in you. It is the gateway to the next three chakras. Vishuddha is the throat chakra, the chakra of expression and the beginning of the transcendence of duality. If you are in shoulder stand and you get that lump in the throat, it is an indication that this area needs some attention. Practice by stating what you need/enjoy/desire without worry of repercussion. That worry is usually just a mental construct that we have created, not reality. Ajina is the space between the eyebrows. It is the center of insight and intuition.

And Svadistana, just above the head, is the crown chakra, the connection with All That Is. And don't we all want to be there?

When you are lying in bed tonight, do a subtle body scan. Start with the root chakra, Muladahara and watch the rainbow of colors and you go from red to orange below the navel to yellow at the solar plexus to green at the heart to blue at the throat, amethyst at the third eye center and white diamond-like light at the crown. Watch the show and it will talk to you. This is one of the forms of self-study, the crux of Yoga.