

# An Alternative View of the Chakra System and Its Function

*Drawn from the Early Theosophical Society's Model,  
as Outlined in C.W. Leadbeater's Book "The Chakras"*<sup>[1]</sup>

by John R. DeLorez

In early Theosophy it was postulated that both the physical body and its energy body draw a portion of their nutrition from a type of energy known as Prana in the Vedic Traditions, and Chi or Vital Force in other practices. This assimilation is done through a non-physical network of energy acquisition points called Chakras in Sanskrit.

It is held that the assimilation of Prana is necessary for both the proper functioning of the physical body and for the emotional wellbeing of an individual. In the East it is believed that those who have attained the level of "Master" can actually subsist entirely upon Prana alone, forgoing the consumption of any form of organic food. But is there any scientific evidence of the existence of energy of this nature, or of its usage by organic life forms, both animal and human?

In Rupert Sheldrake's book "*Science Set Free*"<sup>[2]</sup>, he discusses a series of experiments conducted over a period that began in the 1890's by mainstream science designed to determine if the amount of energy consumed by both animal and human test subjects through food and drink is equal to the amount of energy expended. In the chapter titled "*Is the Total Amount of Matter and Energy the Same?*" he presents the following: (bold emphasis mine)

*In the late 1970's, Paul Webb reinvestigated human energy balance in his laboratory in Ohio, with surprising results. The figures simply did not add up, especially when subjects were overeating or undereating. He looked again at the data from Atwater and Benedict's research<sup>[3]</sup>, and found that some of their experiments showed serious discrepancies under conditions of vigorous exercise or undereating. Atwater and Benedict's near-perfect results were arrived at by averaging data where too much or too little energy was consumed. Webb also found puzzling discrepancies in other previous studies<sup>[4]</sup>. He concluded, "The more careful the study, the more clearly there is evidence of energy not accounted for.*

*In Webb's own experiments, he took a careful tally of the food eaten over a three-week period, changes in body weight, heat and other forms of energy output, as well as measuring rates of oxygen consumption and carbon dioxide production. **He found that more energy was being used than he could explain.** He did not question the law of conservation of energy, but instead suggested that there was an as yet unrecognized and unmeasured kind of energy, which he called x. **Taking all the studies together, x was on average 27 percent of the total metabolic expenditure; in other words, more than a quarter of the energy was unaccounted for.** Subsequent studies revealed further discrepancies in the energy balance of people who were gaining or losing weight, in pregnant women and in growing children.<sup>[5]</sup>*

*... a modern-day vitalist could assert that there is a vital force at work in living organisms, over and above the standard forms of energy known to physics. A yogi could speak in terms of prana, or an acupuncturist in terms of chi.*

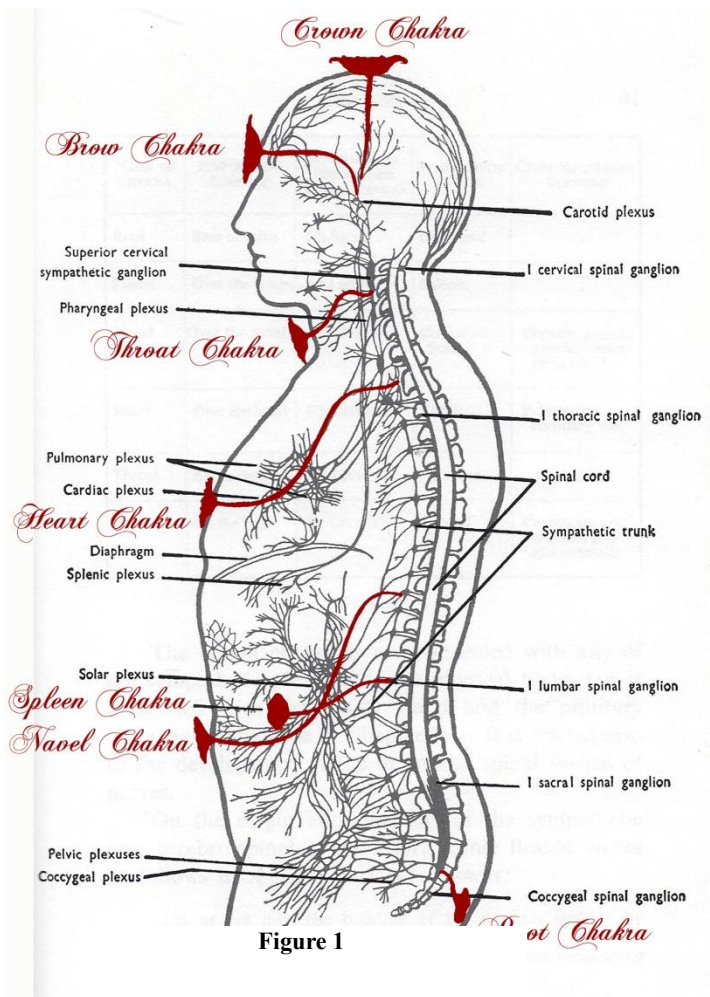
For the purposes of our discussion here, it can be assumed that Dr. Webb's energy  $x$  is the Prana described in Eastern Teachings, which is all around us and is held to emanate from the Sun and stars. It is an energy field with constituent parts on all seven planes that is at a higher frequency than can be detected with existing measurement technology.

As mentioned above, the ability to efficiently tap into energy from a source that is in addition to that which is derived from conventional food and drink is vital to our health and wellbeing, and its absence through either inefficiencies in the Chakra system, or through attenuation of the prana source, is detrimental to both our physical and emotional health.

The Sun, the primary source of prana in our solar system, radiates prana in a manner similar to the way that visible light is radiated, meaning that it travels in a straight line directly outward in all directions. Although not without some loss, unlike visible light, prana is not blocked, but will pass through the solids of the material universe with a level of attenuation of signal strength in proportion to the magnitude of the mass that it passes through. As a result, at night when our portion of the Planet Earth is turned away from the Sun, and we are in both a visible light and Prana shadow, the amount of Prana available for assimilation and use by the body is diminished. It is thought that this is one reason why so many people, who were already near death, make their transition in the early morning hours, when the Prana has been at its lowest for the longest period of time in the daily cycle.

As stated above, the nutritional assimilation of Prana is accomplished through a non-physical absorption and distribution system called The Chakras, a network of energy flow paths that parallel the human nervous system, and which receives its supply of energy from openings on the surface of the Manifest Physical Body's Energy Body.

In the interest of full disclosure I should point out here that I don't believe that I have ever personally seen a Chakra. But then too, even though I have a degree in Electrical Engineering and over 50 years of working with electricity, I have never personally seen it either. I have seen the effects and by-products of electricity though, like the glow from the filament in an incandescent light bulb, experienced the personal consequences of coming directly in contact with electricity, and I have learned numerous ways to control, direct, and make beneficial use of it, but the actual flow of a stream of electricity I have not seen.



The same holds true for Chakras. Even though they do not appear to my physical senses, to a limited extent I have learned how to influence the flow of energy to and through them, and I have both learned about, and personally experienced, the effects on the emotions and the functionality of the physical body that can be brought about through varying the amount of flow of Prana through individual Chakras, and through the balancing of the system.

It is taught that the Chakra System functions in the following manner. The Prana Stream enters the Energy Body through an area at the base of the spine and travels up, through, and around the body, passing through each of the six lower Chakras and exiting through the Crown Chakra, which is located on the top of the head.

The Prana Stream is similar in composition to a stream of white light. Just as white light contains all of the colors in the visible light spectrum, Prana contains all of the bands of frequencies or Rays that will be absorbed by the individual Chakras. As the Prana stream travels up through the Energy Body, each Chakra functions as an energy organ that filters out specific bands of frequencies, extracting its' particular Ray or frequency band. These bands of energy are then routed through an energy network which parallels the physical nervous system to the appropriate areas of the energy body of the Manifest Physical Body. (See Figure 1)

Continuing to use the visible light simile, in a healthy body with a balanced system each of the lower six Chakra extracts the same proportional amount of one color from the Prana/White Light stream. By the time the Prana stream reaches the Crown Chakra equal amounts of each color Ray have been taken from the now diminished total stream, leaving an even distribution of colors and it is once again the equivalent of white light in appearance.

In many ways, when they are doing this the Chakras are functioning in much the same manner as the intestine does in the physical body. We are able to extract nutrient from the food that we consume because individual portions of the intestine have evolved to extract specific nutrition types; elements, vitamins, minerals etc. from the food being digested. When people have had portions of their intestines surgically removed they are no longer able to naturally absorb the particular type of nutrient that that portion of the intestine evolved for. To remain healthy, sometimes supplements that will make up for the nutrient deficiencies can be taken by the individual to maintain nutritional balance.

In a similar way, the individual Chakras evolved the ability to absorb specific bands of frequencies of the Prana Spectrum (generally referred to as Rays in the early writings). If an individual chakra has been damaged, become blocked, or has been insufficiently developed, then just like the situation where a portion of the intestine has been removed prevents the absorption of certain nutrients, the bands of Prana energy normally filtered out and distributed by that Chakra will be diminished, resulting in a form of physical/emotional malnutrition with varying effects upon both the physical and energy bodies. The Ray drawn from the Prana Stream by each Chakra, the health related function of the Chakra, and the consequences of any energy deficiency for that Chakra will be described below.

Additionally, because the amount of the Ray that should have been extracted from the overall flow will now be out of balance in the Prana Stream exiting the body through the Crown Chakra, the auric field that is visible to many will be tinted with the hue of that ray. Observing the colors present in the Auric Field is one way to detect deficiencies in the Chakra System.

Although many of the Western Systems list multiple areas of the body as possessing additional Chakras, there are actually only seven total Chakras. The additional areas distributed over the body that are listed as Chakras in these systems do have the appearance of smaller

versions of the Chakras, but derive that similarity in appearance from the whirlpool like effect that is generated by the Prana flowing into the energy body at those points. These additional Chakras are in fact just energy vortexes (visualize a whirlpool) where the energy on the surface portion of the distribution network is flowing into the interior of the physical and energy bodies.

The seven Chakras are named for the general area of the body over which their flower like opening is located. As illustrated in the diagram here, their point of attachment is to the area of three spinal channels, or energy paths that are located parallel to the physical spinal column and the central nervous system. Their order of attachment from the root up determines the order in which they are numbered. (See Figure 1)

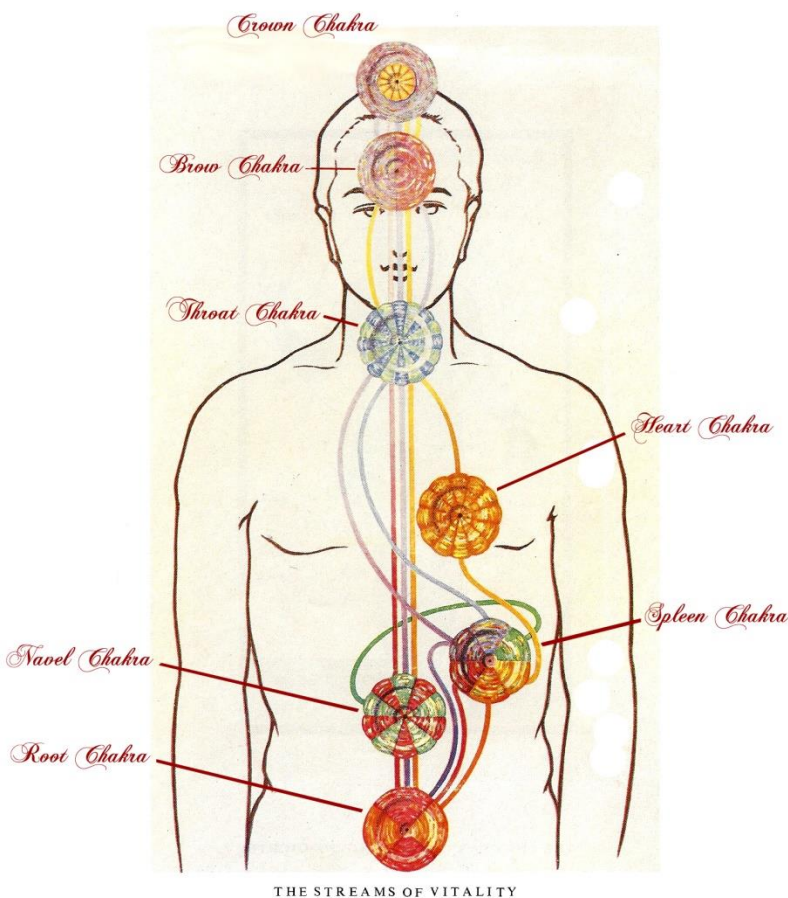


Figure 2

The seven Chakras were named in the early Theosophical Esoteric writings as the Root, Spleen, Navel, Heart, Throat, Brow and Crown Chakras. *Note: modern Theosophy seems to have abandoned this system and has embraced the popular Westernized system that, as far as I can tell, has no historical bases for its changes to the placement, number and functions of the Chakras.*

In the Esoteric system, the Chakras are not arranged in a straight line from pubic area to forehead, as they are in some of the newer American System's diagrams, which appear to be based upon a literal interpretation of the diagrams that are sometimes used in India to 'symbolically' represent the characteristics of the Chakras. Rather, in the Esoteric system, the second or Spleen Chakra is shifted to the

left of the body centerline, residing over the area where the spleen is found, and the Heart Chakra is shifted slightly to left of centerline also.

It is possible to develop the ability to affect the function of each Chakra through the willful manipulation of the flow of the Prana Rays (colors that make up the total Pranic Spectrum) through such methods as; Meditation, the use of Color and Sound stimulation, and Visualization Techniques. The following information is provided as a background on the function of each Chakra, its location, and possible effects that can be expected if the Chakra is not fully functioning.





**Root Chakra**

The first Chakra, where the Prana stream enters the body, is called the Root Chakra. It extracts the Orange-Red Ray from the Prana Stream for use in maintaining those health functions related to Animal Life Force, Regeneration, Blood Stream, and Body Heat. Its' Psychic/Emotional Associations are with Sexuality and Basic Animal Drive (Get Up and Go). If the Root Chakra is blocked or underdeveloped, low sex drive and a lack of drive in general will occur.

The second Chakra, in order of attachment to the spinal area, is the Spleen Chakra. It is associated with the Rose Ray and is the chief source of Vitality for the Physical and Energy Bodies. It also plays an important role in maintaining the health of the physical nervous system. If the Spleen Chakra is not functioning properly the body will experience lethargy and a possible inflammation of the nervous system. People with low Vitality levels are frequently fidgety and can feel generally irritable.



**Spleen Chakra**



**Navel Chakra**

The Navel Chakra is the third Chakra and assimilates the Green Ray. The area of the body that it supplies is all of the organs, particularly the gastrointestinal tract, liver and kidneys. Its' psychic/emotional associations are with fear, anger and/or hatred. When the body is under supplied with the Green Ray, digestive issues, reduced liver or kidney function, and anxiety are often present.

The fourth Chakra, the Heart Chakra, assimilates the Yellow Ray and supplies energy to the chest cavity area. Its' proper function is necessary for the emotions of love, our ability to bond with another and a developed sense of empathy. When the Yellow Ray is undersupplied due to damage or an undeveloped Heart Chakra, the individual will be unable to experience empathy and will probably be emotionally cut off from others. Depression is also frequently associated with an insufficiency of energy flow through the Heart Chakra.



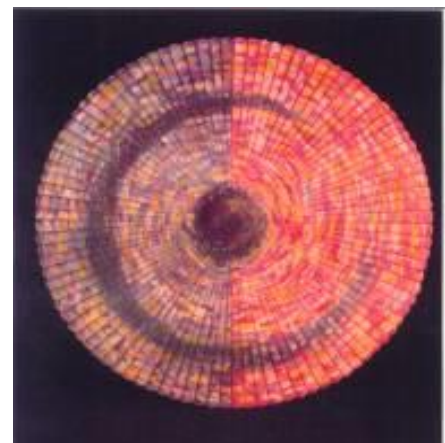
**Heart Chakra**



**Throat Chakra**

The Throat Chakra is the fifth Chakra. Aligned with the Violet-Blue Ray, it serves the area of the vocal chords and esophagus. This Chakra is tied to verbal communications within the Physical Realm, but is also closely associated with Clairaudience, or the ability to “hear” communications with the non-physical Etheric realm of the upper Physical Plane, as well as the Astral Plane. When there are problems with the Throat Chakra a person may experience throat irritation and blockage of the windpipe due to swelling in the throat. They may also experience a similar sensation, without any physical change to this area when this Chakra is active, the proverbial lump in the throat. This sensation is not a health problem, but is frequently an indication that the individual is experiencing growth or expansion of this Chakra, which will enhance their Clairaudience abilities.

The six and last Chakra that only assimilates a Ray directly from the Prana stream is the Brow Chakra. Its' associated Ray is the Dark Blue Ray. The Brow Chakra deals with visual acuity and our awareness, both psychic and of the physical. It is the Chakra that supplies energy for our Clairvoyance activities, allowing us to “see” the non-physical through the appearance of using the physical sense of vision. It is the popularly known “Third Eye”, and although the Chakra itself is located in the middle of the forehead, as is generally depicted in illustrations; it ties into the nervous system at the base of the skull in the back, the area of the pituitary gland. When a person is working on developing their Clairvoyance it is not unusual to experience some tenderness or even a slight swelling in the back at the base of the skull. If the Brow Chakra is underdeveloped or blocked the person may experience problems with their physical vision and headaches.



**Brow Chakra**



**Crown Chakra**

The seventh Chakra, the Crown Chakra, has a much different function than the lower six. It is not so much associated with the health of the Physical Body (although it is a good indicator of overall physical health) as it is with the development of our non-physical abilities relating to the Energy Body – Group Soul – Personal Consciousness Human Triad.

It does draw from the Prana stream also, but unlike the other Chakras, it is not uniquely associated with a single Ray but draws from the Violet Ray that passes through the Throat Chakra, and the Yellow Ray that is drawn in through the Heart Chakra.

The opening of the Crown Chakra happens in two stages. The first stage is open for the reception of the Violet and Yellow Rays just referred to, and is the normal mode of operation for the average individual.

In addition to the assimilation of the energy associated with these two Rays, the Crown Chakra is also the exit point for the portion of the Prana stream that has not been absorbed by the Physical and Energy Bodies as it passed through the lower six Chakras. This “excess” Prana flows out and around the Energy Body and forms what is popularly referred to as the Health Aura. If the body is receiving ample nutrient from the Prana stream by virtue of equally balanced Chakra development, and there are no blockages in any of the individual Chakras, then there will be a sufficient amount of Prana left over to result in a whitish glow around the person that can be perceived by almost anyone when lighting conditions are right. The lack of this glow or Health Aura is an indicator that the person may not be able to pass a sufficient Prana stream through the body to maintain either a healthy vital Physical or Energy Body.

The second stage of this Chakra opens when a person has experienced a full awakening of Consciousness, meaning they have been able to bring their entire awareness of their role as a discreet Consciousness on all seven planes into their life as an incarnate Human Being. When this stage of the Chakra opens it re-radiates a bright white light (often depicted in paintings from the Middle Ages as a halo). There are a number of beliefs associated with this radiating of Consciousness in most of the world’s major religions which are too numerous for us to go into here. Suffice it to say that when you reach this stage in your development, you will not need the information contained in this missive.

Of course, there can be many other reasons why the person experiences any or all of these physical symptoms, the possible causes for headaches alone seems limitless if you spend any time perusing articles on health, and as is the case with all of the physical symptoms associated with any of the Chakras, one should never assume physical illness to be only associated with problems of Prana assimilation. On the other hand, proper maintenance of the health of the Physical and Energy Bodies cannot be done while ignoring the role of the Chakras either.

## References:

- [1] *The Chakras: A Monograph*  
by C. W. Leadbeater (Author) originally published in 1927  
(If you wish to add a copy of this book to your personal library I recommend one of the older editions such as the one listed below, even if it is used. The older editions generally had better quality images and contain just Leadbeater's text, without commentary by newer, New Age oriented authors on the subject)  
[http://www.amazon.com/gp/offer-listing/B000JE18C6/ref=sr\\_1\\_11\\_tw\\_1\\_olp?s=books&ie=UTF8&qid=1413485628&sr=1-11&keywords=C.W.+Leadbeater](http://www.amazon.com/gp/offer-listing/B000JE18C6/ref=sr_1_11_tw_1_olp?s=books&ie=UTF8&qid=1413485628&sr=1-11&keywords=C.W.+Leadbeater)
  
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