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## ***Ask Dr. Chakras***™ — the book

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*Based on the award-winning web site, "Ask Dr. Chakras: Practical Advice on Personal Growth and Living Spiritually in a Material World" — first appearing on the World Wide Web July 22, 2000.*

by *Dr. Chakras*



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## INTRODUCTION & DEDICATION

*However you've discovered this book, it surely was not by "chance"!*

 TODAY, more people than at any other time in human history are hearing and heeding an inner imperative to seek out life's deeper meanings, as well as the guidance to live and be *healed* in accordance with them. And yet, many are also finding that traditional worldviews and religious dogmas no longer provide the answers needed to maintain a spiritual bearing while struggling with the uniquely diverse challenges of twenty-first-century life.

At the same time, a mind-boggling array of books, magazines, recordings, films and TV shows, Internet sites, seminars, retreats, gadgets, techniques and other wares purporting to open our hearts and minds to new viewpoints and possibilities are flooding the marketplace in an effort to keep pace with the accelerating demand.

This is fine for folks who have the patience, determination, time and resources to explore and find something that works for them. But where can others turn for "enlightened" yet not "airy-fairy" advice on the real-life puzzles, problems and dilemmas they face? **Even those who might be considered "advanced" can sometimes use a little outside perspective**, and not every one has a personal *guru* to call on.

That's what this book is all about. You'll find provocative, soul-searching commentary, questions, answers and insights unlike anything appearing in most other publications. And while similar *wisdom* can certainly be found elsewhere, I strive to frame mine in **relevant** terms, with a full measure of originality and even an occasional touch of wry humor.

**Regardless of your religious or spiritual orientation**, I have no doubt that within these pages you'll find something useful, inspiring or thought-provoking with which to make a genuine improvement in the quality – and perhaps even *quantity* – of your life.

So CONTINUE. But FIRST... **please check your beliefs at the door**, because the key to personal and spiritual growth can only be found if one has an **OPEN MIND** and – even more important – an **open HEART**.

**Namastè\***,

*Dr. Chakras*

\* Pronounced "NA-ma-STAY", this ancient Sanskrit derivative is used as both a greeting and a goodbye, just like Hawaii's *Aloha*. It essentially means – in mystical terms – **"The God in me salutes the God in you"**.

## KEY PERSPECTIVES



THE following four Key Perspectives comprise this book's foundation. Each and every word of these has been carefully considered and thoughtfully chosen. Although at first you might not agree with or even totally understand them, resolve to at least read them with an open mind and then allow yourself to consider the implications of... **WHAT IF?**

# Relationships

## Me vs. **We**: Who's *Really* Responsible?



E read and hear a lot these days from pop-psychologists, self-help gurus, and a plethora of other "new age" thinkers about taking responsibility for our lives and our own feelings. They urge us to carefully examine the sources of our various beliefs and how they contribute to the way in which we view the world and create our "personal realities". Their goal is to overcome a pervasive "victim" mentality and empower us to make beneficial changes in our relationships with others, with our selves and for lack of a better term, with "God"; to help us lead happier and more productive lives by consciously making better choices.

When two mature human beings genuinely commit themselves to one another, a third "entity" is miraculously created -- a gestalt commonly referred to as "US".

This is all laudable and, for the most part, extremely valid. But when it comes to affairs of the heart, frankly I'm tired of hearing well meaning but misguided pundits decree that nobody can *make* anyone feel good, bad, happy, sad, loved, unloved -- or *anything*. They hold that we have a choice as to how we view and respond to what our partner may or may not do, and that each of us is personally and solely responsible for his or her emotional well-being. It's hard to argue with their reasoning because, technically, it's correct. But all too often it's invoked to excuse thoughtless, insensitive and inconsiderate behavior.

### ***A sacred sanctuary***

What many of these sages overlook is that in marriages and other seriously committed intimate partnerships an additional dynamic comes into play. When two mature human beings genuinely commit themselves to one another, a third "entity" is miraculously created -- a *gestalt* commonly referred to as "US" -- in which the whole is truly greater than the sum of its individual parts. This is a *spiritual* process, a "mystical marriage", which is superior to any legal contract and whose purity, binding-ness and endurance are determined by the *intentions* of its co-creators more than by any other factor -- because *action follows intent*.

When any couple is thus joined, in essence they mutually agree to forsake certain aspects of their individuality -- to put aside self-centeredness and self-absorption -- for the greater good of their intimate partnership. This doesn't necessitate that they sacrifice their unique thoughts, needs and desires. But it does require that the interests of the relationship henceforth supersede those of either individual. Absent of this commitment -- *equally* given and *equally* honored -- *their* union cannot long endure.

In making that pledge each person is also tacitly saying to the other, "I am permitting myself to be vulnerable by *sharing with you* responsibility for my happiness and well-being. I am *giving* you the power to affect me, for better or worse, because *I trust* that you will never abuse it". This is a sacred covenant. It conveys to each the *right* to have **expectations** as well as the *obligation* to fulfill them.

### ***What it takes to "Tango"***

We can minimize the risk by choosing our partners carefully. But once the choice is made, intractability must defer to compromise; autonomy must give way to *interdependence*. To receive the very best a relationship has to offer, a couple must surrender to it *unconditionally*. Even that can't *guarantee* its success, but anything less will almost certainly assure its failure.

Seen in this light, it is clearly possible for others to bring us joy or sorrow, to lift us up or drag us down; to make us feel wanted or feel rejected. Although, admittedly, they can only do so with our permission, without taking this risk we also stand to deprive *ourselves* of the greatest of all human rewards -- the opportunity to genuinely LOVE and BE loved.

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(Note: At the urging of several readers, I've adapted the sentiments contained in this treatise to a **marriage ceremony** whose script is equally inspired by other sources including "[The Prophet](#)", by Kahlil Gibran and "[Love Without End...Jesus Speaks](#)", by Glenda Green. It is available by request using the means detailed at the beginning of this book. As always, donations are voluntary – but certainly welcome and appreciated.)



# Work & Wealth

## Creative Individualism



**W**HY does it seem that so many of us are so unhappy at work these days, no matter how much we earn?

Do you know people who have sacrificed and slaved for years to pursue a chosen profession – only to find themselves *trapped* in lucrative but unfulfilling careers? Or who are caught in the rut of trading "hours for dollars" -- working at jobs that leave them too little time and energy to enjoy the tiny fruits of their existing livelihood or create a more rewarding one?

A Creative Individualist is governed more by awareness ... than by demands or irrational fears.

And how about those people who essentially enjoy what they do and might even be paid handsomely for it, yet find themselves unhappily in the employ of some soulless mega-corporation that relentlessly chases bottom line results at the expense of personal expression, individual creativity and social responsibility? Resentful of those constraints, these individuals often dream endlessly of "being their own boss" -- as if that alone would dispel their persistent feelings of dissatisfaction.

It can be a pretty bleak existence.

### ***The grass MIGHT be greener***

So, what *should* you do with your life? There are literally hundreds of publications and other resources that address this question by promoting "spiritual" approaches to work and money issues. Simply stated, in one form or another, the wisdom goes something like this: "*Follow your heart. Heed your inner voice. Visualize success. Do what you love and the money will follow*". And so on.

These are all fine concepts, with many Truths behind them. But they're easier said than done, as plenty of frustrated, disillusioned aspirants have discovered. See, the fact is that unless we first look deep within ourselves to determine the real source of our discontent -- and then change the *actions, attitudes* and *beliefs* that have put us where we are -- we just end up taking the same "baggage" along with us to our next job -- *even if we wind up working for ourselves!*

The good news is: no matter where or how unhappy you are right now, it hasn't been a mistake or a waste of time. Clearly, somehow you needed this experience in order to *grow*. It's providing you with lessons that, on some level, *you've asked for* – perhaps to prepare for your true calling or develop another dimension of your being. *At the very least, it's clearly showing you*

*what you DON'T want – while you struggle to determine what you DO!* In any case, "undesirable" experiences are no longer needed once their lessons are thoroughly understood. *That's your real job!* And that's why it's not always as simple as just leaving your present situation for another. You can do that, but if critical lessons from it remain unlearned you'll simply find a similar pattern of circumstances showing up in your life again – *in different places, dressed in different faces.*

Wouldn't you prefer to avoid all that?

Then *before* you make any serious career decisions, it might make sense to honestly assess what *kind* of worker you are – and *why*. Here's a slightly different approach that may help you better understand your nature, and the role it plays in your life's work and other experiences.

### ***Working with and for others***

Practically every occupation you can imagine involves working, one way or another, in or with an *organization*. An organization can be as simple as two individuals together pursuing a common goal or as large and complex as the government!

Every organization has *rules* – otherwise known as policies and procedures. Behavioral scientists call these "*norms*". They include everything expected of "members" at every level in **contributing to achievement of the organization's goals**. Some of these are absolutely critical or "pivotal" to its mission, while others are relevant but not *essential*. And every organization has a few rules or expectations that are pretty much irrelevant to its stated objectives – no matter how cleverly disguised or traditional they might be. In work situations, "**pivotal**" rules usually include things like showing up consistently and on time, following directions, completing assignments, treating customers and co-workers appropriately, not misusing the employer's property or assets, and so on. Failure to honor these could have serious consequences for both the employer AND the employee.

**"Relevant"** norms or requirements might pertain to respecting the "chain of command", dressing appropriately, attending seminars and events, maintaining a clean driving and criminal record, writing legibly, and not using the boss's parking place. Their overall importance is *relative* and *situational*, and therefore – to some extent – *variable*.

Attending a company's *social* activities, where employees live, the kinds of vehicles they drive, how they wear their hair, how they spend their personal time, etc. in most cases fall into the realm of "**irrelevant**" or "*peripheral*" norms. But they exist nonetheless – usually as unwritten and/or unspoken rules of an organization's culture that realistically have little or nothing to do with its success, but which **may still be perceived by most as having some genuine significance**.

## ***A practical behavioral model***

Now here's the whole point of all this socio-babble: From our understanding of the above emerges *three types of employees*: the **Conformist**, who unfailingly observes ALL of these rules -- doing everything "by the book" and never acknowledging any "gray areas"; faithfully "following the leader" and compliantly meeting even the most demeaning or insignificant demands. *This type of employee is seriously lacking in self-esteem and is also likely consumed by conscious or unconscious **fear of loss, fear of separation and fear of failure** or similar anxieties.*

At the other extreme is the **Rebel**, who seizes every opportunity to defy authority, bend or break even the most *pivotal* rules and otherwise demonstrate a disturbing lack of regard for the employer's objectives. This type of worker also suffers from poor self-esteem but is operating primarily from *anger and resentment* (manifested as *rigidity and resistance*), which in turn may really be masking **fear of rejection, fear of abandonment** and perhaps even (ironically) **fear of acceptance and/or success**.

In contrast, at the pinnacle of this triad is the **Creative Individualist**. The behavior of a Creative Individualist is governed more by *awareness* – an *inner* sense of security, decency, fairness and freedom – than by demands or irrational fears. He or she understands and honors the employer's most *critical* rules; appropriately recognizes when other expectations are relevant; and *chooses* to overlook – without grief, guilt or regret – those with no genuine bearing on the job. Whether working independently or for others, Creative Individualists make the best leaders and enjoy a greater likelihood of success because they're **bold, autonomous, understanding, and adaptable**.

Which type of person do you think is most valuable to any "organization"? Which most typifies *you*, and *why*? (Do you know yourself well enough to say?) These are questions that can lead us to answers with implications that go far beyond the workplace; answers that can open the door to a new understanding of our attitudes toward money, relationships and other critical areas of our lives. With this awareness firmly in place, we can go *consciously and competently* out into the world – *intuitively* BEING, DOING and HAVING **whatever we want!**

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# Health & Vitality

## Where Does It All Originate?



IN modern "civilized" societies, preoccupation with health, well-being and longevity has now reached epic proportions. Just open any newspaper or magazine, turn on the TV or surf the Internet and you'll find a preponderance of features and ads related to the improvement and maintenance of one's physical, mental and emotional wellness.

Have you ever wondered why it is that a few fortunate people remain young-looking, healthy and vital no matter *what* their age, diet or other proclivities?

Even topics once thought too private or personal – depression and anxiety; constipation, diarrhea, bladder control, contraception, feminine hygiene, erectile dysfunction, plastic surgery, etc. -- are now publicly paraded about in vivid detail. And while there's a growing interest in both prevention and natural healing, the fact is that most of our "new awareness" has been driven by the self-serving medical and pharmaceutical establishments. As a result, the desperate, confused and more gullible among us have been essentially brainwashed into believing that the solution to whatever ails them resides solely in some colorful little pill or "safe and simple" routine medical procedure.

### ***At the heart of the matter***

What so often seems to be missing from this jumble of information is... *Why?* Why must we even have to deal with these issues? Why do we become physically and mentally ill – or face other infirmities – in the first place? For that matter, let's go a step further and ask: Why do some of us experience crippling birth defects, fatal or disfiguring accidents or other tragedies? And why are some so completely overwhelmed by life's challenges that they see no choice but to opt for an "early exit"?

Heavy questions, indeed. But what if we actually have more command over these things than we realize? How might our lives change if we knew that ALL of our experiences were, in one respect or another, *self-created* – INCLUDING disease, calamities, disaster and even *death*?

*That's preposterous, you say! Why would anyone choose to suffer an illness or defect, a debilitating accident or a painful, lingering death from some horrible disease like cancer, diabetes or Alzheimer's syndrome? A fair question; but I never said "choose", did I? That would imply conscious awareness. For the sake of argument, though, let's go out on a limb and pretend it's so. What could possibly be their motive? To get what they want, perhaps, or at least what some part of them believes they want? I know it sounds absurd. Yet if we could look deep into the core*

of peoples' very being; into in all the secret places of their psyche and spirit – we might find that this is precisely the case.

### ***Maybe more than meets the eye***

Do YOU have some "serious medical condition"? If you tried really hard, what purpose could you *imagine* it might *possibly* serve? (*Hint* – start by looking at ALL the ways it's affecting your life.) Does your affliction excuse you in any way from having to deal with responsibilities or considerations you might otherwise find unbearable? Does it make you the center of attention or allow you certain measure of control over people? Has it given you reasons and opportunities to make needed changes in your life you might otherwise never have dared or wanted to consider? (It might not even be *all about you!* It COULD be as much about other people in your life who are involved or affected – *including* caregivers.)

Is it possible that these amazing bodies of ours have some sort of consciousness and wisdom of their *own*, which *creatively compels us* to pay closer attention to them and, if we don't (or won't), to learn certain lessons that – for whatever reason – our minds refuse to accept? Or are they more like sophisticated *machines* – robotically responding to commands contained so deep within our "programming" that we don't even know of or suspect their existence? Perhaps it's both.

Have you ever wondered why it is that a few fortunate people remain young-looking, healthy and vital no matter what their age, diet or other proclivities? What's their secret? *Lucky genes*? Medical science offers no solid explanation. Instead of their bodies, maybe we should be examining their *beliefs, desires, expectations and attitudes!* Could it be that disease and other such misfortunes originate somewhere other than in the *physical* realm; and that these individuals have found a way, consciously or otherwise, to connect with and *command* whatever is there? Of course, no one could reasonably be expected to believe that any of this might be so...

***...But what if it IS?***

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#### A BRIEF HISTORY OF MEDICINE:

- 2000 B.C. "Here, eat this root."
- 1000 A.D. "That root is heathen. Say this prayer."
- 1850 A.D. "That Prayer is superstition. Drink this potion."
- 1940 A.D. "That potion is snake oil. Swallow this pill."
- 1985 A.D. "That pill doesn't work. Take this antibiotic."
- 2000 A.D. "That antibiotic doesn't work anymore...  
...Here, eat this root."

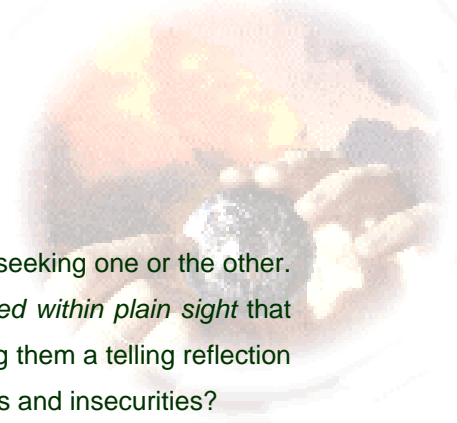
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# Reality & Divinity

## Whatever We Choose to Believe



ODS and heroes: it seems humanity is always in need of and seeking one or the other. Does *authentic* Divinity even exist? Is it so cleverly *concealed within plain sight* that we often feel compelled to invent the icons we revere – making them a telling reflection of *ourselves*; the by-products of our own collective human fears and insecurities?



### Concepts of Divinity

There are widely diverse notions about the nature of "God" and the paths to "salvation":

Belief systems of ALL kinds — even the most advanced or benign — keep us insidiously trapped within our illusions of our own design.

Christianity; Judaism; Islam; Hinduism; Buddhism; Taoism; Baha'i; "New Age" and Wicca... prayer, meditation and yoga... service, suffering, sacrifice, "*magick*"... and many more. The terms and methodologies may vary, but at their *esoteric core* they all eventually lead to the SAME realization – that Divinity, Truth and Reality are ultimately found **within** each of us. Their underlying message is remarkably consistent: That only ONE true nemesis ever really stands in our way... and **we see our mortal enemy every time we look into a mirror.**

Sadly, most *religious* belief systems are based on **F.E.A.R.** (**F**alse **E**vidence **A**ppearing **R**eal). Their otherwise well-meaning adherents insist that God is "out there" sitting on a heavenly throne, looking down on us in judgment and punishing us for our "sins". That's what they *believe*, but are those "Divine" or *human* attributes? Isn't it perhaps more plausible that, instead of "God", it's WE who judge and punish OURSELVES for our *perceived* transgressions – *real or otherwise* – *out of our own ignorance and fear*? Because as anyone ever been blessed with a peek behind "*the curtain of worldly illusion*" can attest:

**The AUTHENTIC nature of what most people call "God" is pure, inexhaustible, UNCONDITIONAL LOVE.**

### Humanity's fundamental birthright

**Belief systems** of ALL kinds – even the most advanced or benign – keep us insidiously trapped within *illusions of our own design*. Because through **the magic catalyst of belief**, each and every one of us is endowed by our Creator with creative powers of our own that exceed even our *wildest* imaginings. Yet most people go through their entire lives using them **unconsciously**. Modern science is actually beginning to *corroborate* what the world's great "Spiritual scientists" have *always* known and endeavored to impart:

**Created in God's image, WE CREATE OUR OWN REALITY according to our  
desires, expectations and BELIEFS**

This is the **Master Creed**; the ONE belief that transcends all others: religious, scientific, cultural or political; that honors our Divine origin, purpose and potential and places responsibility for ALL of humankind's experiences – individual AND collective – exactly where it belongs! It declares that through the most primal form of *energy* and *Creative Intelligence*, whatever WE accept and hold as "real" – *consciously or otherwise* – **IS** real, *in any and every conceivable way!*

HOWEVER, if this is indeed the case, then there's both good and bad news: The **GOOD** news is: we can have **everything** we want! The **BAD** news is: **We already DO!** (Think about it.)

If that seems like some sort of profound cosmic joke, then surely "God" has the **ultimate** sense of humor! Yet once its *perfect irony* is understood, we're well on our way to enjoying what some sages call "**Authentic Power**".

***We can all get there from here***

In one form or another, each of us is searching for "enlightenment". Yet, ironically, *we have always had the way to it within our grasp*. Our true challenge is getting and *staying* clear enough to recognize it! THAT is the only real purpose of any truly worthwhile book, technique, or teacher we'll ever find. But as many have also pointed out, it's the *journey* and not the destination that's important, and why we're here! (Have you ever seen the timeless movie classic *The Wizard of Oz*? Its story so beautifully symbolizes so many of these very same lessons.)

Awakening and transformation CAN be achieved with relative ease, together with peace, abundance and joy. Or they can involve a longer and far more painful journey. The paths are indeed diverse. And while *sacrifice and suffering* are certainly among them, they're by no means *requirements* -- IF we can merely transcend our own self-destructive, Self-limiting **beliefs**.

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## A moment, please...

Is it worth **ONE DOLLAR** to you to ensure the continued **FREE** distribution of this work?

The free, unlimited distribution of this book is a grand experiment in what I'm calling "*M3 (or Third Millennium) Economics Consciousness*" – designed to prove that it IS actually possible, in today's world, to create something of intrinsic value, have it widely distributed, and be fairly compensated for it **without having to make any unreasonable demands or unconscionable compromises.**

I'd rather receive a dollar from ten-thousand people who truly appreciate what I've written than a \$10,000 check from someone who doesn't! ***BUT this experiment's success depends entirely on your willingness to do just two relatively quick and painless things for me right now:***

1. **Send me a dollar** using whichever of the following 2 methods you prefer (please keep in mind that this is likely the only pay I'll ever receive for this work):
  - a) Put a dollar in an envelope and mail it to: **Ask Dr. Chakras, P.O. Box 3133, Elmira NY (USA) 14905-0133.**  
-- OR --
  - b) Use the PayPal convenience button provided below\*, in which case **an extra 33¢** (about the same cost as a postage stamp) is added to cover the processing fee. (And just in case you're moved to send *more*, there's an extra button for that). If you don't have a PayPal account, why not sign up for one? It's handy, safe and free, it won't take long... and *you'll actually even end up getting back part of what you donated!*
2. **Recommend or email this book to at least 3 or 4 people you know** who might also recognize and appreciate the value of what it contains. (But *please* don't create another one of those annoying, endlessly opening "chain" messages by just *forwarding* it. Save it first, and then attach it to your own emails. Or use this link to invite people to download it directly from my web site: <http://www.doctorchakras.com/sendit.htm>.)

That's all it takes, and ***together we'll help change the way the world does business!*** After all, who can't spare a DOLLAR? (Surely you'll find SOMETHING here worth at least that!) But if you really have doubts, read the entire book **FIRST** and then *send me whatever you feel it's worth.*

Thank you for your participation, and for proving that my faith in people has not been misplaced.

*Dr. Chakras*



Your donation also assures you of receiving any future updates or revisions to this electronic book



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## QUESTIONS & ANSWERS



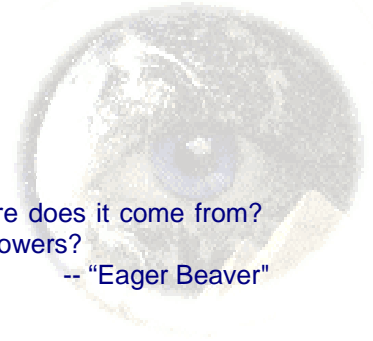
S this pivotal section evolved within the original *Ask Dr. Chakras* web site, it became apparent that a number of the questions are interrelated and/or involve more than one subject, while many of the answers also build on previously-provided information. They are therefore presented here in the same order in which they were originally published, with each likewise containing a link to “related material”.

If you choose to explore the links rather than view the pages sequentially, you may find that some of them take you to material that doesn't appear to be relevant – or that you've *already* seen. If so, just consider that it might be something you need to see *anyway* or *again* for some reason. The Universe does have a tendency to work that way!

Please also note that not all the questions here have come from readers of *Ask Dr. Chakras*, and of those that did, a few are *composites* of multiple submissions. Some owe their origins to people and situations personally known to the author. In any case, they all represent real and relevant issues that are common to our shared experience of ***being human***.

# Developing Paranormal Abilities

(Original Web Posting: June 15, 2000)



Dear Dr. Chakras,

It sounds like your information is channeled. Is it? Who or where does it come from? Are you a psychic, too? What's the best way to develop my own psychic powers?

-- "Eager Beaver"

Dear "Eager",

Recently, when I applied to have my site included in a certain Web ring, I was informed that I'd first need to be "authenticated" by providing some demonstration of my "psychic ability".

Development of what most would call "paranormal abilities" is a totally natural by-product of spiritual advancement, and we're ALL capable of it.

I respectfully declined to be tested in such a manner. Why? For one thing, I lay no claim to having or using any uniquely "psychic" abilities in the traditional sense and specifically try to dispel any such notions in my writings. Whatever wisdom I possess, and knowledge I receive, come to me directly from *Divine Source*. I don't attribute my capabilities to anything else OR care to have them scrutinized, categorized and labeled. I AM THAT I AM.

My ONLY objective is to encourage and empower others to look within *themselves* for what they seek by doing little more than perhaps steering them in the right direction and offering a tantalizing glimpse of what they might find there. Experience has shown that even if I *could* give people the solutions to their problems *and they'd accept them* (which is itself rare), doing so would, more often than not, irresponsibly deprive them of opportunities to learn critical life lessons on own their path to Self-actualization.

Greater abilities bring with them greater *responsibilities*. The question then becomes: *Which is better served -- the needs of the **Soul** or the interests of a single human ego?* Perhaps this old adage says it best: "Better to *teach* a man to fish and enable him to feed **himself for a lifetime** than *give* the man a fish and feed him only for one day." (This doesn't mean, by the way, that I'm promoting seafood here!) Since we're on the subject, though, I will share some additional thoughts on "special powers":

Development of what most would call "paranormal abilities" is a totally natural by-product of spiritual advancement, and we're ALL capable of it. For a variety of reasons, some people are born with certain talents, while others appear to acquire them spontaneously. On the other hand, a few devote entire lifetimes to pursuing and perfecting specific "supernatural powers".

But our real life's purpose is to achieve *higher consciousness*, and the greatest danger inherent in the latter approach is *imbalance*. The classic *Star Wars* films cleverly depict this as "*being seduced by the Dark Side of **The Force***". Without higher awareness guiding their use, such powers can indeed be destructive. However, when consciousness is suitably developed we automatically enjoy the *support of nature*, which unfailingly ensures that our abilities and their use are aligned with *Divine Will* (even though it sometimes may *seem* otherwise).

**Maharishi Mahesh Yogi**, founder of the *Transcendental Meditation* program, uses this analogy: Imagine that the *realm of higher consciousness* is a great *fortress* that contains many heavily guarded treasure-filled mines (the multitude of *powers*) – any of which is yours if you can capture it. You can spend a lifetime assailing **one**, or you could instead **capture the FORT and command them ALL, plus the right to use, enjoy and keep forever everything you've attained!**

Now, which approach makes more sense to you?

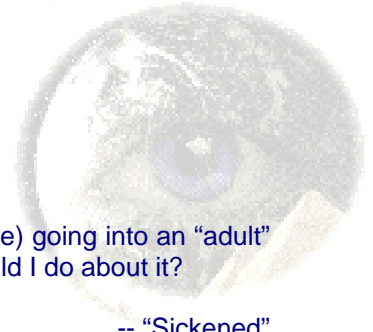
***Intuitively yours,***

***Dr. Chakras***

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# Evolved Appearance & Behavior

(Original Web Posting: June 15, 2000)



Dear Dr. Chakras,

I recently happened to observe one of my spiritual advisors (a male) going into an "adult" establishment. I'm really shocked, disgusted and disillusioned. What should I do about it?

-- "Sickened"

Dear "Sickened",

First of all, let go of your judgments and assumptions. You don't know his purpose, and even if he WAS there out of "prurient" interest, that doesn't necessarily make him a "pretender".

"Awakened" people still have personal issues to deal with as they're moving up the "spiritual ladder" ... We simply need to be careful not to confuse the messenger with the message!

We all need to put aside our romanticized, preconceived notions about enlightenment and how "evolved" people are supposed to look or behave – what they *should* practice or avoid; say or not say; think, feel and experience. In today's world there are no such absolutes or clear parameters – if there ever were. That awareness alone is incredibly liberating, and is one big step we can all take toward being more evolved!

"Awakened" people still have personal issues to deal with, even as they're moving up the "spiritual ladder". This doesn't negate whatever wisdom they might already have or can impart to others. It's our unrealistic views and expectations of them that tend to leave us disappointed and disillusioned. We simply need to be careful not to confuse the *messenger* with the *message*!

Sometimes, too, very highly advanced teachers will purposely do things to shock us into opening our minds to certain lessons. I remember a story about a renowned and beloved yogi in India who was referred to as "The Smoking Saint" because of his flagrant use of tobacco! Those who judged his authenticity based on that alone were repelled, but those who were more open to it benefited greatly. Carlos Castaneda's tales are likewise filled with the mischief employed by his esteemed spiritual mentor, Don Juan.

You might also bear in mind that a vast number of spiritually-inclined people struggle with this particular subject matter, because the very same energy that allows us to reach the peaks of awareness is likewise the source of our *libido*! There is nothing inherently "dirty" or unholy about it, and just as abstaining from drink doesn't "cure" an alcoholic, denying one's sexual nature does NOT advance one's spiritual development. On the contrary, this pervasive misconception creates untold guilt, grief and shame around one of humanity's most truly wonderful gifts. Instead, our

real challenge is in achieving *mastery*, which means developing the ability to *consciously choose* if, when and how to indulge our various desires, versus permitting THEM to control us.

If I were you, I'd also ask myself why it was ME who witnessed this event and why I find this issue so unsettling. Is it a "coincidence"? Do these feelings you have come from a *loving* or *fearful* place? The answers might very well reveal attitudes and beliefs that are standing in the way of your own progress.

And, lastly, I'm reminded of this old saying: "We also teach what we most need to learn". It's all just something more to consider.

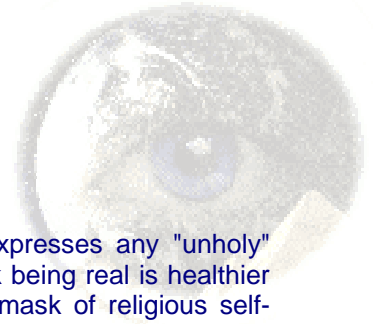
**Suggestively yours,**

*Dr. Chakras*

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# Forms & Effects of Bad Language

(Original Web Posting: June 21, 2000)



Dear Dr. Chakras,

I have a prissy friend who's offended if someone swears or expresses any "unholy" attitude. She has those thoughts of her own, but represses them. I think being real is healthier and far more honest than feigning piety or hiding your flaws behind a mask of religious self-righteousness. Am I wrong?

-- "More Genuine"

Dear "Genuine",

I do know the type, but let's resist the temptation to be equally judgmental. We have all, at times, said one thing and meant or felt another, believing that no one could tell. But as the old saying goes, we can fool some of the people all the time and all the people some of the time, but we can't fool ALL the people ALL the time (or *ourselves!*).

The fact is that any word can be vulgar OR reverent, depending on the intention behind it.

Some of us are simply more perceptive than others. Some are deeply veiled. But there's much more to *being* and communicating than most people realize. Despite whatever words we may use, our outer self always betrays our innermost thoughts and feelings one way or another. The subtle energies radiating from our very core, as well as our "body language" and tone of voice, can all be interpreted by anyone sensitive enough to discern them. On the other hand, verbal and written communications alike can be highly ambiguous. For example, consider the following statement:

**I didn't say I saw him take that book.**

How did you interpret it? There are *nine* words in that sentence and as many possible meanings, depending on which word receives the emphasis. For instance, if "*I*" is stressed, it suggests that someone *else* said it. Emphasizing "*didn't*" refutes the entire notion, while doing so with "*say*" means that although it might be true, the statement wasn't *expressed*. And so on. Sound it out each way yourself and notice the differences. (Writers have to rely on tools like *italics*, CAPS, **bold type**, underscores and punctuation to overcome this dilemma, by the way).

In the final analysis, though, what really determines the difference? ...**INTENT!**

It's *intent* that gives our words meaning. Without it, they're really just odd sounds and shapes! Intentions give words a tremendous power, which can be used equally for good or ill, to heal or hurt; to clarify or obscure. Words carry the *vibrations* of our thoughts and feelings. That's what they represent and ideally what determines their impact (although our "receiving equipment" – which isn't just limited to our *ears* – is also less than optimally "tuned" quite often).

Since you brought it up, let's discuss profanity. Many people are truly appalled by it and would never use a "swear word" (at least *in public*). Yet they'll freely express the same thoughts, emotions and *energy* other ways, including substituting a more "acceptable" expression or even some silly "spoonerism". (I once knew a smug, self-righteous member of a certain strict Christian sect who, if stuck behind a slow-moving driver, considered it perfectly OK to impatiently pound the steering wheel and yell, "*Come on! Pit or get off the shot!*") I guess that made it acceptable.)

The fact is that any word can be vulgar OR reverent, depending on the intention behind it. Some people use profanity sparingly and with purpose, to create an impact. Writers employ it to make their characters colorful and dialogue more realistic. The real problem with *indiscriminate* use of profanity is that it makes its user appear crude and uncouth; insensitive and disrespectful; unintelligent and uneducated – which gets in the way of effectively communicating and becomes yet one more obstacle to getting what we *want*. Nevertheless, it does sometimes serve the useful purpose of releasing negative energy, instead of bottling it up until we explode or make ourselves sick! But then that also betrays our lack of inner peace, doesn't it? *Hmmm...*

In any case, I'm pretty sure no one's going to burn eternally in (you-know-where) just for using foul language!

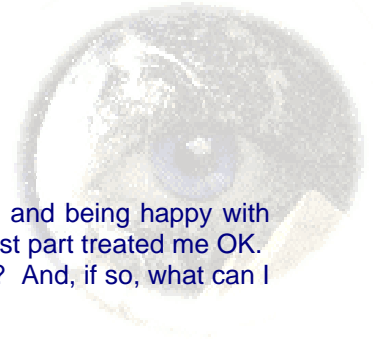
My advice is to heed all this and not be concerned with who's right or who's wrong. Be yourself, but have as much dignity, sensitivity and tolerance as you'd like others to have toward you. Recognize and work on your own issues rather than focusing on anyone else's -- keeping in mind that the best way to change peoples' hearts is always *by example*.

***Intentionally yours,***  
***Dr. Chakras***

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# Adoption-related Issues

(Original Web Posting: July 10, 2000)



Dear Dr. Chakras,

I'm middle-aged and have always had trouble fitting in, adjusting, and being happy with myself or anyone else even though my parents and others have for the most part treated me OK. Is it possible that this has something to do with the fact that I was adopted? And, if so, what can I do to change it?

-- "Lost Soul"

Dear "Lost",

Not only is it possible, it's almost a certainty. And I can empathize. I was likewise adopted and know very well the inexplicable feelings you describe. Even though my spiritual nature was firmly entrenched and advanced at an early age, it took many years and much soul-

Once you reach this understanding and are truly prepared to let go of the past, you'll recognize adoption and ALL your life's circumstances for the blessings they are.

searching for me to finally understand and come to terms with the *emotional* effect that adoption had on me.

But I'm happy to tell you that by recognizing and opening yourself to this reality you've already taken the first and most important step in healing your wounded spirit. Congratulations!

What most institutions and professionals involved with adoptions and behavioral or psychological counseling fail to acknowledge is the prenatal spiritual-emotional bond that exists between a mother and her child, and the unconscious effect that postnatal separation has on both. Unfortunately, conventional wisdom holds that it's best to remove an "unwanted" child from its mother before any postnatal bonding occurs.

The most intuitive and compassionately developed treatise I've ever found on this subject is entitled "[The Primal Wound](#)", by Nancy Verrier, and I highly recommend reading it. So rather than duplicating her extraordinary effort, I'll merely add to it this perhaps *lesser seen* dimension.

We must first understand that a unique, lifelong karmic, or energy, connection exists between any woman and her biological offspring. For emotional development to proceed normally following birth, the *in utero* symbiosis between the mother and child must be severed and *transformed* in ways other than just physically. The *gestalt* must be completed; the circle must be closed, so to speak. This is normally accomplished through the bonding which occurs when a mother holds, feeds and otherwise externally nurtures her newborn child -- instinctively allowing their now distinctly separate energies to co-mingle and align in an easy, natural way. This is what brings *closure* to the actual birth experience.



But when that process is precluded, or interrupted by premature separation, a *void* is created at the most fundamental level of our human existence. Although it may not be perceived on a conscious level, a primal longing to fill that void nonetheless exists in both the mother and child -- manifested in feelings and behaviors which often seem inexplicable to *them* as well as to others, regardless of the forms or circumstances under which they appear. Tragically, although the mother may grieve, it's the child who inevitably suffers most -- from pervasive and nebulous if often contradictory feelings or fears of abandonment, worthlessness, incompleteness and abject alienation.

But the good news is that there IS a purpose. AND a solution!

How many of us, adopted or not, have ever said or thought to ourselves during a heated argument with a parent, "I didn't ask to be born", or "I didn't ask for you to be my mother/father"? How many parents have felt similarly toward their children, or siblings toward one another? We find a certain comfort in that belief. However, although closed minds will likely reject this notion, the Truth is precisely the *opposite!*

You may be wondering: *How can that be?* This may be difficult to accept or understand, but here's my explanation: Prior to birth, a greater part of our true being, or Soul, consciously and very deliberately chooses our parents, children, mates and friends with the full knowledge and agreement of that part which is to be incarnated. This is solely and expressly for the purpose of providing our selves with opportunities to learn the lessons that will enable us to evolve spiritually, integrate, and become whole through this collection of experiences we call life. It is also the way that Divinity has chosen to experience *Itself and Its Creation*.

This is a collaborative effort of the highest order, and one of which we are typically and necessarily unaware -- at least in the earlier stages of our development. Why? Simply because knowledge of the plan would interfere with the plan unless, of course, it's PART of the plan! It's a sort of Self-induced amnesia that we create "for our own good"!

If this sounds like a case for the existence of reincarnation, maybe it is. But there's no need to belabor the point right now. If your religious orientation precludes that concept, just try to be open to the *possibility* that somehow, some way, you've put *yourself* in this situation, with the blessing and cooperation of your adoptive *and* your biological parents!

The solution, then, begins with taking personal responsibility for your life and what has happened -- or will happen -- in it. The next step is to determine the lessons your spirit intended for you to learn through these experiences... *and learn them!*

But that *still* doesn't fill the void left by early separation from your mother, does it?

Many adoptees launch an exhaustive and occasionally successful search for their birth mothers. To be held in her arms – maybe for the first time -- and reconnected at heart level with her unique maternal energy is a common dream. If that were to happen, it would undoubtedly complete the *gestalt* that began with your conception. But the bureaucracy, cost and effort involved can be frustrating and prohibitive. And what if she can't or doesn't *want* to be found? What if she's no longer even living? Where would that leave you, then?

Thankfully, closure does NOT have to occur in the “material” world! At the deepest level, we are all eternally connected to, by and through ***The Source of All That Is***. ALL we have to do is ASK for what we need with *heartfelt pure desire* and *right intent*, and it will be granted within the realm of Spirit where all things are first created, then manifested in physical reality. *That is God's covenant with us!*

Whatever we can't do on our own can *always* be accomplished with the help of Spirit. Once you reach this understanding and are truly prepared to let go of the past, you'll recognize adoption and ALL your life's circumstances for the blessings they are, and be released from any further suffering because of them.

Now one final "secret": Through awareness, you can go within yourself and nurture the wounded child who resides there any time he/she threatens your peace – by and FOR yourself. You don't need *anyone* else to do that!

My prayer is that this answer has given you Hope as well as what you need to effect your own healing. And by the way, my confused friend -- a Soul may be *fragmented*... it might even be *misplaced*... but It can never *truly* be lost!

**Compassionately yours,**

***Dr. Chakras***

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# Inexplicable Physical Maladies

(Original Web Posting: July 15, 2000)



Dear Dr. Chakras,

For some time, I've been suffering from severe fatigue, headaches, pains throughout my body and other mysterious physical ailments. I can't work or function normally at all! My medical tests have all come back negative, and nothing but sleep seems to help. A book I found suggests that this is "fibromyalgia", but I feel there may be something "deeper" going on. Any ideas?

-- "Ready to Jump off a Bridge"

Dear "Ready"

You have my genuine sympathy. I wonder – have you been involved with or exposed to someone with an abundance of "Spirit" or who's otherwise deeply involved with "inner work"? My

...if, as a result, your life should change in ways you once resisted or feared (like losing your job), trust that it's all happening for the greater good and that you'll be fine.

reason for asking is that the symptoms you've described, which all of a sudden seem to be simultaneously afflicting *thousands*, are common characteristics of the rarely recognized and even less often understood **awakening of Kundalini energy**.

Volumes have already been written on this subject, so I'll just provide an overview along with perhaps some unique insights on what is occurring on a *global* scale. (First, though, I must emphasize that I am not a physician and that anyone experiencing the type of symptoms you mention should receive a complete medical evaluation.)

The Truth is that our entire world is undergoing an unprecedented shift into what is often referred to as "the new age". This isn't a myth, wishful thinking or merely some contemporary catch phrase. Humanity is collectively on the brink of a giant leap forward in the evolution of its consciousness. Not only is this having a profound effect on individual growth, it is equally *being influenced* by every living person's ongoing development as well.

Kundalini, as it is known by some, is the **primal creative force**. In a very real sense, it is "God" manifest as pure energy – the Spirit that enables and sustains our existence. It is within all of us simply by virtue of our being alive, but for most it remains relatively dormant – pooled at the base of the spine in the vicinity of the "root chakra", like fuel in an oil lamp. From there, it invisibly and steadily goes about its work of animating our physical, mental, emotional and spiritual beings through our uniquely human energy (nervous) systems for as long as we live – much the same as the way a tree draws and distributes its nourishment from both the earth and sun.

Kundalini has many names and forms. In its most basic role, it is the force that compels us to "be fruitful and multiply" (to procreate), and is therefore known as "sexual energy". Yet it is equally the means by which we evolve spiritually, acquiring greater awareness and abilities in the process. In its supreme manifestation, Kundalini is the medium by which we may commune with God. For that reason, in the Christian tradition, this Divine messenger-illuminator is referred to as "**The Holy Spirit**". They are, indeed, one and the same!

Once Kundalini is "awakened" it begins its ascent to the crown *chakra*, activating and harmonizing the other energy centers within us, each of which has its own characteristics. This can occur "spontaneously" -- when "the student is ready", so to speak -- or more deliberately, through specific disciplines and also by what is known as *Shaktipat* initiation (or "baptism of fire"). In the latter case, it passes from one in whom it is active to a recipient (sometimes unexpectedly), much as a flame jumps from one candle's wick to another without their necessarily even touching. It could even be considered "catching", in a strictly positive sense. Kundalini has *consciousness* -- an intelligence and purpose all its own -- "infecting" only those susceptible to it by virtue of their readiness to receive the Spirit.

In order to achieve its ultimate purpose, however, Kundalini requires a clear path -- and will create one for itself! This is where we may experience, for a time, the less pleasant effects of its work. Any physical, mental or emotional "blocks" arising from one's "issues" will be efficiently and sometimes "severely" removed. Depending on the individual, this could result in a host of mystifying emotional or psychological conditions, and even extreme physical discomfort. One of my esteemed teachers, Dr. Larry Jensen, tells of struggling for nine months with his own Kundalini awakening while his exhausted body was wracked with excruciating, inexplicable pain. Once he "surrendered" to the mysterious Force, however, the agony subsided; and thereafter he received an abundance of blessings, including his amazing ability to command and use Kundalini energy for the spiritual benefit of others.

None of this is intended to frighten you. Ironically, any such fear might only create yet another block needing to be cleared! And this is NOT necessarily the case with *every* Kundalini awakening. But as Dr. Jensen observes, the key to getting through it with a minimum of difficulty is to *trust and surrender* to the process, understand that something **holy** is happening to you, and believe that wonderful blessings will be the result -- for you and for all humanity. Most important, don't RESIST and do not succumb to despair! Whether you realize it or not, you're in the process of becoming something greater than you might ever have imagined possible!

OK, you might be thinking, *but what can I do in perhaps more **concrete** terms?*

*Listen* to your body and Spirit, and they'll guide you. Don't use your condition as an excuse to indulge yourself, but if you feel the need for rest or sleep get all you can! Don't worry about irrelevant things like housework or reading every piece of mail. Screen your telephone calls, and answer or return them only when you know it will bless you or when you absolutely must. And don't let yourself feel guilty about ANY of these things!

This may cause some consternation among your boss, friends, loved ones and the other people in your life, but it really can't be helped. In some ways this experience may be as trying for them as it is for you, but could they possibly understand what you're going through -- even if you had the energy or ambition to try explaining it? And who really cares whether the carpet is vacuumed or the dishes are washed? If it's so important to anyone else... let THAT person do it!

Now I'm certainly not suggesting that you become a cold, unloving, lazy, insensitive or selfish brat; that you quit your job or abnegate your most essential responsibilities. I'm simply saying that you and others need to recognize and honor your limitations under the present set of circumstances. When this is over (not *if*, as long as you tend to these things), there will be ample opportunities AND energy to compensate. But if, as a result, your life should change in ways you once resisted or feared (like losing your job), trust that it's all happening for the greater good and that you'll be fine. As long as you remain aligned with Spirit and true to purpose, the Universe will unflinchingly come to your aid (in ways that may even appear "miraculous") to provide whatever you need to continue with your *real* work.

There are two additional things you can do for yourself to move this process along. The first is to meditate, as often and as deeply as possible. This is not the same as merely "relaxing". Use a proper technique, like TM, (Transcendental Meditation), which is "effortless" and effective. There are also some excellent books and [recordings](#) that can serve as useful tools. Whatever method you employ, do it easily and naturally, allowing any thoughts or experiences that arise to simply wash over you without resistance and take you wherever they will.

The other step you can take, as soon as you feel up to it, is to get some fresh air and exercise. Walking for an hour or so a day, in a relatively peaceful setting, is an excellent way to do this. Life's natural rhythm is *rest and activity*, but clearly your life *hasn't* been balanced, and it's all finally caught up to you! You'll now need to break the negative cycle of feeling bad, doing less, then feeling worse because you're doing less, then doing less because you're feeling worse, etc. If you can begin simply walking, you'll reverse that process, creating another self-sustaining cycle, but a *positive* one this time. You'll feel better, if only because you're doing *something*. And you'll do more because you're feeling better; then you'll feel even BETTER because you're doing so much more -- and on and on it goes. Eventually, your body's equilibrium will be both restored

and maintained. Kundalini will add **power and endurance** to all your activities, and your clearer connection with Spirit will facilitate thinking and enable you to achieve deeper rest in far less time than you have ever before experienced.

I can't say unequivocally that this is what's happening with everyone who experiences symptoms such as yours, but I feel it's so in your case and with many others like you. Perhaps now, those "suffering" people and their caregivers have an explanation that can be understood and worked with.

As a parting thought, I hope you'll too one day come to understand that the force I have referred to here as "Kundalini" is, in the final analysis, the very essence of **Divine LOVE**.

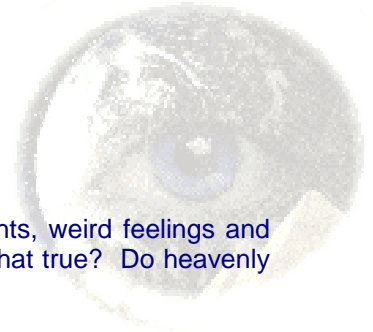
**Namastè,**

*Dr. Chakras*

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# The Influence of Heavenly Bodies

(Original Web Posting: July 18, 2000)



Dear Dr. Chakras,

A co-worker claims that my periodic restlessness, strange thoughts, weird feelings and other occasional odd behaviors are because of "phases of the moon". Is that true? Do heavenly bodies really have such an effect on us?

-- "Curious in Ohio" (USA)

Dear "Curious",

It may not account for ALL your idiosyncrasies but, yes, the moon, sun, stars and planets all do have an *influence* on people -- some more subtle and some more apparent than others.

Even the most fundamental "laws" are ultimately illusions, which can all be transcended by connecting at the deepest level with Divine Spirit.

If you consider the fact that the moon can move Earth's vast oceans and create the tides, what must it do to the comparatively tiny volume of blood and other fluids in our bodies? Contemporary science certainly recognizes *their* workings and influence, as well as the fact that most celestial objects exert gravitational forces of their own. Put those two factors together and it's no great stretch to envision how it could be -- not only with the moon but with other "heavenly bodies" as well, depending on their relative position to us and to each other at any given time.

Actually, there are all kinds of "unseen forces" working on us all the time. Some people are simply more sensitive and susceptible to them than others. (Sometimes, it seems amazing that anyone is able to function normally at all; but then, what is "normal", anyway?)

Astrology deals mostly with the *celestial* kind. It IS based on real science, but not the kind that can be observed or tested with our normal five senses -- except through its *effects*. In distant times, astrology was explored and thoroughly charted by "scientists" who were far more advanced, and capable of drawing knowledge from multidimensional sources. As with many such things, in succeeding centuries their wisdom and knowledge was passed down, but not always with complete integrity (i.e. to or from those who could *directly experience* its Truth). These days, however, with the aid of computer technology, astrology is becoming increasingly reliable and useful as another *tool* for understanding ourselves. Nevertheless, it's important to remember that everything in Creation, including the "esoteric sciences", is *relative*. **Divinity alone is absolute.**

The astrological influences under which we are born *set the stage* for our basic nature and experiences. Yet, as with all things, this isn't by chance but rather by design -- arising from the purposes for which we've each chosen to experience this particular life. Understanding this

can help us uncover what those purposes are so that we may better align ourselves with them and make *better choices* by being aware of the inherent challenges or pitfalls that could deter us from their achievement.

I'm reluctant to lend credence these sorts of things only because so many people tend to become so misguided and obsessed -- putting all their faith in, and focus on, external forms of knowledge and power. It's fine to employ these **tools and guides** in our journey. But at some point in our development we'll come to understand that even the most fundamental "laws" are ultimately illusions, which can all be transcended by connecting at the deepest level with *Divine Spirit*. I hope you'll bear that firmly in mind.

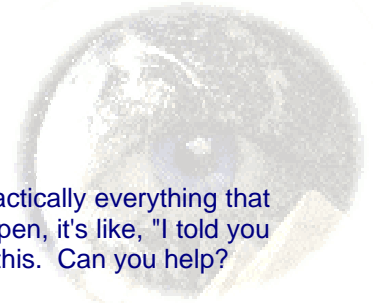
**Celestially yours,**  
*Dr. Chakras*

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# Overcoming Useless Worry

(Original Web Posting: July 25, 2000)



Dear Dr. Chakras,

Everyone says I'm a chronic worrywart. I worry so much about practically everything that I sometimes actually make myself sick. But then when bad things DO happen, it's like, "I told you so!" All I know for sure is that I'm going gray and getting tired of living like this. Can you help?

-- "Anxious Ann"

Dear "Anxious",

Do you remember that funny song from the 1980s by Bobby McFerrin, called "*Don't Worry, Be Happy*"? It was upbeat and catchy, and most people saw its title message as nothing more than a clever platitude to casually toss around. *Wrong!*

The price of relief -- when it eventually comes -- is knowing you've cheated yourself and others out of the JOY you could have been feeling all along.

Most listeners mistakenly interpreted it as a *directive*, but those four simple words are actually an abbreviated but profoundly wise *formula*. It's not "*don't worry; INSTEAD be happy*" but rather "*don't worry, **AND YOU WILL be happy!***" See the difference? The first amounts to hardly more than artificial "mood-making", which rarely lasts long. It's the latter idea that holds the key to genuine peacefulness.

The song is actually based on the teachings of a revered *guru* named Avatar Meher Baba (1894-1969), who understood – as do all awakened masters – that we literally manifest our reality according to *where and how we focus our innermost thoughts, feelings and beliefs*. Setting aside metaphysical considerations, let's just take a look at *worry* from a strictly **practical** standpoint that might assist you in both understanding AND overcoming it:

First of all, *what IS worry?* Isn't it just the *fear of being powerless* to prevent something from happening that will result in our either (a) NOT getting what we think we want, or (b) getting something we think we DON'T want? Either way, it's a **negative expectation** that causes untold suffering. But what's the reality? Suppose that what you fear happening actually DOES occur. Did worrying PREVENT it? Obviously not! Who or what should get credit if it DOESN'T happen?

In either case, there are OTHER forces at work. But what was happening to YOU in the meantime? Were you mentally or emotionally paralyzed by doubts and indecision? Needy and uptight? Tense and miserable -- maybe even physically ill? Unpleasant to be around? Probably.

Without even getting into the way our fears can become *self-fulfilling*, my point is this: If something's going to happen it'll happen **whether you worry about it or not!** Even if it IS within

your power to change, you aren't much good to yourself or anyone else if your body is shaky and your thoughts are all erratic from crippling anxiety. And if something *isn't* within your control, what good can worrying about it do anyway? **It doesn't serve your purpose in either case!**

Now I'm not suggesting you shouldn't be vigilant or aware; that you become foolhardy, passive, nonchalant, uncaring, unprepared – or otherwise behave like a "Pollyanna". It's simply about **letting go of the fear**, as so profoundly suggested by Reinhold Niebuhr in these inspiring words from his **Serenity Prayer**,:

**Grant me the SERENITY to accept the things I cannot change;  
The COURAGE to change the things I can;  
And the WISDOM to know the difference**

If you waste your energy fretting over something that never happens, the price of relief – when it eventually comes – is knowing you've **cheated yourself and others** out of the **JOY** you could have been feeling all along. And what will happen if you DON'T worry? Even if you have faith that everything will be fine and it *isn't*, in the meantime you'll have had **clarity** and **peace of mind**, with which you can better face any crisis or challenge. As a *formula*, it looks like this:

**Life + Love + (Faith - Fear) = Joy<sup>n</sup>**

Or, in other words: **Don't worry. Be happy!**

**Serenely yours,**

***Dr. Chakras***

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# This Teacher's Authenticity

(Original Web Posting: August 17, 2000)

(Note: The following came from the founder of a Seth discussion group in response to my request for web site feedback. The ASSET process referred to here is an advanced spiritual development program created by one of my mentors, Dr. Larry Jensen, and featured on the ADC web site)

Dear Dr. Chakras,

OK, I'm going to be frank. The site reads like a big advertisement, but it's hard to figure out what the product is. Then I got to the end and read about the ASSET process but still wasn't sure. To be honest, I didn't read anything in your pages that I haven't read elsewhere. I also didn't come away from the experience with the feeling that I have just read the writings of a true Master. I wouldn't think a true master would be here soliciting in the first place. It left me wondering, what's the purpose? Are you selling the ASSET\* process? Wanting to play guru? Or just a concerned soul wanting to help? That's my honest impression. Please correct me where I have formed a wrong impression.

-- Vipasanna (F)

Dear "VIP"

Thank you for your candor. It's exactly the type of feedback I look for. And since you asked to be "corrected", I'll be equally frank.

I ask no one to subscribe to my beliefs or to anyone else's, but encourage those seeking Truth to look for and find it within themselves.

First: I'm a bit disappointed by the righteous and judgmental tone of your message. It's as if you somehow feel threatened. It's also clear that you gave my writings little more than a cursory look and missed the most crucial information (which might have pre-empted a few of your comments) – basing your opinion instead on incomplete information. (I'm referring mostly to the Q&A section, specifically the piece concerning "evolved behavior".)

Spirituality isn't some kind of competition. It's certainly not about being right or wrong or better than someone else. It's simply about **being the Love that you are** – the very essence of whatever we choose to call "God", of which we are all a part, to which we are all connected, and with which we are all seeking to *consciously* unite.

I'm further dismayed to note that the more "vocal" members of your group seem more interested in wasting time and energy exercising their vocabularies and demonstrating their left-brain erudition in rambling run-on sentences and endless eye-straining paragraphs filled with pretentious posturing than in understanding the deeper meanings of Seth's poignant lessons.(!)

Creating conflict and controversy may work well for business and politics, but it rarely serves those who are genuinely interested in personal growth and spirituality. With regard to the "originality" of my site's subject matter, though – to some degree you're right. I can't create "new"

Universal Truths! Like others of my kind, all I can do is present them in somewhat different forms for people at different levels of understanding. This has always been the challenge for those who see and comprehend what others don't – *whatever* the subject. It is also the root cause of most misconceptions regarding the lessons of Jesus and other great spiritual teachers of the past.

To effectively impart the essence of this wisdom one must communicate it to others in contemporary terms – *the language of the times* – if they're to grasp it, much like the way adults are obliged to explain *sex* to children of different ages and levels of maturity. Certain truths can be presented, but not in the same way or to the same extent lest the recipients misunderstand or get confused by information they're not yet ready to receive. But they're nonetheless still **truths**.

My many years of sales, marketing and advertising experience in the secular world are undoubtedly reflected in my graphical and literary styles, but I'll offer no apologies for that. What better purpose for which to use my acquired worldly skills than to advance the causes of human consciousness, world peace, joy and Universal Love? Must "truly enlightened" teachers be "dry" and serious all the time, live in austerity like monks – removed from the world that so desperately needs them -- and subsist on little more than *air* to be unquestionably considered "genuine"?

I, for one, greatly enjoy and appreciate the words and works of others who have a gift for presenting difficult concepts in attractive, inspiring and/or simple terms. My material isn't targeted to those already at the highest levels of awareness; it's designed to attract and open the minds of those who are seeking help with more fundamental issues. It is what it is, and it speaks for itself. And how anyone chooses to perceive ME is irrelevant, except insofar as it might detract from the message. My mission is simply to share whatever wisdom I can with as many people as possible through the most effective means – and I've chosen to use the Internet for that purpose. I ask no one to subscribe to my beliefs or to anyone else's, but encourage those seeking the Truth to look for and find it within themselves.

To that purpose, I do admittedly recommend some ways of accomplishing it, and employ a few strategies to get them noticed. I've also visited numerous "spiritual" or "religious" message boards, where hundreds of people talk endlessly of "God", "Angels", "The Devil", etc. as if they've gotten their information first-hand. Yet, oddly enough, there is considerable disagreement! Such things cannot be comprehended by *intellectual* means. They must be **experienced**. Having ever been so blessed, one finds no gratification in perpetuating the ignorance and illusions from which he or she has been freed. It reminds me of this clever phrase I heard long ago:

"The people who KNOW know that the people who DON'T KNOW don't know  
that the people who KNOW know that they DON'T KNOW!"

With regard to my promotion of ASSET or anything else via my web site: First of all, it is a tradition to honor one's own spiritual guides and mentors. Additionally, a multitude of earnest but misguided people waste vast amounts of time, money and energy pursuing experiences and avenues of knowledge that will not effectively give them what they want or need. If I'm aware of something that WILL and have the means to guide them to it – why should I not? Wouldn't it be irresponsible of me to do otherwise? And if, in return, I also gain some financial benefit, what is so "unenlightened" about that? What better way can you think of for someone to get by in the material world? Do you think the authors and publishers of other spiritual material live and work for free? Or that the world's most evolved teachers all finance their efforts and organizations with *pennies from Heaven*?

If this were solely about making money, I could certainly earn more by applying the same time, talents and efforts to creating something with broader appeal and far greater profit potential!

And finally, if you really want to "challenge" my authenticity, why not ask me a question of substance – something from your *heart* – about some real issue or problem that's standing in the way of your own growth and inner peace? THAT is what I'm really here for!

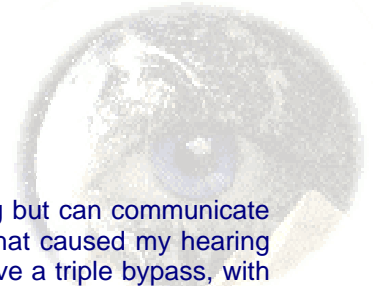
***Unpretentiously yours,***

***Dr. Chakras***

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# Why Some Return

(Original Web Posting: August 22, 2000)



Dear Dr. Chakras,

I've been interested in spirituality a long time. I'm hard of hearing but can communicate well with my hearing aid. I almost died at seven months old, which is what caused my hearing loss. I've almost died a number of times. Several weeks ago I had to have a triple bypass, with only a 30% chance of survival. But there were spirits there, trying to wake me. One whistled, which is what got my attention and brought me back. Why was I spared? I feel there's something I need to do, but I don't know what. I am into tarot cards, healing and handwriting analysis. Can you do a reading for me?

-- Patsy (Female, age 66)

Dear Patsy,

There is always an abundance of clues in our lives pointing to our most critical lessons, which typically appear as recurring patterns.

I'm glad your operation was successful. Your Spirit obviously isn't ready for you to leave this life without learning *something* more. That you have come so close so many times and then had this most recent moving experience – and remembered it – are clear indications of this.

As I've stated elsewhere, particularly regarding the subject of "paranormal abilities", I don't "do readings" and, for various reasons, I can't tell you what your lessons are. But I CAN offer some methods you might find useful in uncovering them for yourself.

There is always an abundance of clues in our lives pointing to our most critical lessons, which typically appear as *recurring patterns* – crises, problem situations, confrontations, challenges, behaviors, etc. that we repeatedly seem to find ourselves facing in one form or another until we finally "get it" and break the cycle.

At sixty-six, you actually have an advantage over most people in that you can look back "farther" to more easily recognize these (as long as you're looking for them). So, first of all, try to objectively review in detail all the key events, features and figures in your life, and see if you can find any common, recurring themes. For example, let's suppose that throughout your life you've had "feelings" that you should or shouldn't do one thing or another – even though they might have gone against conventional wisdom, religious or societal norms, the expectations of your family or friends or even your own desires. But for whatever reason, you've ignored this inner counsel as a rule, only to find yourself situation after situation, thinking, *I KNEW this would be a bad idea!*

Or maybe your relationships or jobs have all started out wonderfully, only to end in disappointment, disillusionment, sorrow and regret. Perhaps your life has even seemingly been "cursed" by the untimely deaths of those most dear to you. These are just some examples of the kinds of patterns I'm referring to. You'll have to discern what's actually been the case in your

life, but such recurrences exist for all of us until we learn the lessons they conceal. That's what we're doing here! Once you've identified a pattern, you can begin to look for the *lesson* behind it. At that point it's fine to ask for outside help because your heart will be open to receiving answers that your mind may have stubbornly rejected right along. Still, the responsibility for finally solving the "puzzle" rests entirely with you. It has to – because that's the only way you'll ever really learn.

And when that *epiphany* does occur, it will be the kind of transformational experience that makes you slap yourself on the forehead and say, *AH-HA!!! WHY didn't I ever see that before?*

In the examples mentioned above, the hidden lessons could be about faith or trust, "living in the moment", overcoming self-limiting boundaries or beliefs, or any number of things. They are different for each person, depending on his or her unique mental, emotional, spiritual and physical makeup. But in one form or another, they're almost always about letting go of FEAR and **BEING the LOVE that you are.**

In your case, there are some specific clues that might help you get started, as everything that happens to us has some deeper significance than what appears -- the "tip of the iceberg", so to speak. *Hearing* is obviously one major challenge in your life. Is there perhaps something that you refuse – or are afraid – to "hear"? Something you don't want to *know* or *face*? Give it some intentional thought, and then release it to your subconscious mind to continue doing the work.

Likewise, the heart is eternally a symbol of *Love*, and heart-related problems are often indicative of some spiritual/emotional deficiency in that area of one's life. Are you afraid to Love someone? And if so, *who?* *Yourself*, maybe? That's just a guess, but lack of self-esteem is one of the most pervasive and troublesome problems of our entire species. Yet how can we ever truly love one another – or "GOD" – until we have first learned to love our Selves?

I know these aren't exactly the sort of answers you were seeking but, believe me, you're better served by them than by the other methods in which you're willing to put your faith – IF you genuinely wish to grow, evolve and find peace before you pass on, that is. Please know that I am sending you all the Love and healing energy that you care to receive.

**Revealingly yours,**

*Dr. Chakras*

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# Belief System Relativity

(Original Web Posting: August 24, 2000)

(Note: This group of "questions" and answers is derived from my postings on a message board devoted to a particular "Eastern" Spiritual belief system. It refers to my suggestion that the writer stop leading innocent seekers astray until he has directly experienced Divine Truth for himself.)



Dear Dr. Chakras,

If you wish to hold onto your belief systems, then by all means do so. Please explain who you are to judge who is "innocent" or not. You have no concept of who I am or what my experience is, so please refrain from passing judgment.

-- Max

Dear Max,

I could easily say the same, but no disrespect was intended.

Structure is always threatened by concepts that go against the old, familiar ways.

First of all, I wish to FREE people from their Self-limiting beliefs, where others would keep them shackled and starving in the darkness of ignorance. I fully recognize and revere the True Masters, and having experienced the unity of which they commonly speak, understand their deepest Wisdom as well.

I serve only the cause of Consciousness, and have no harmful or ulterior motives. What I know is that we are known by our works and our words, but most of all by our LOVE. I base my opinions solely on what I've seen, and I see no evidence of Love or *command* in your writings. I see much the same with your brand of beliefs as I do with zealots of other stripes: dogma, fear-mongering and efforts to impose your beliefs on others. You would sooner diminish their Light than to offer them hope, the tools and leave to seek their own Truths, and the freedom to create their own realities in accordance with their God-given right. Saddest and most telling of all, you do this to them with *conviction* and the belief that it's in their best interests.

Regardless, because the truly enlightened have prepared the way, Christ Consciousness will soon reign and lift those who are open to it out of the darkness. When that occurs, those who have stubbornly chosen to cling to illusions of *any* kind will lament their choices. Yet even these may find their way Home through the Love that God is, by simply BEING the Love that THEY are.

Structure is always threatened by concepts that go against the old, familiar ways. We all know how "the establishment" rewarded Jesus for His audacity. Would you likewise crucify me? "Those who have eyes to see and ears to hear" will recognize the Truth of which I speak". "Not all seed falls on fertile soil". Jesus teaches that the mind is a fine servant but a poor master – that only the **Sacred Heart** can discern Truth. Open yours and read between the lines of my words, and you might yet recognize whence they originate.



Lovingly yours,

*Dr. Chakras*

(This was Max's response, which was closely followed by a more conciliatory message from the board's founder and resident *guru*):

Dr. Chakras,

Please name your lineage and the authority by which you make your pronouncements. I have studied and practiced meditation since 1975, following the Inner Path of Shabd. I have also practiced Transcendental Meditation. I am merely a student; I make no claims of enlightenment. This club is for the Path of the Masters and I serve by occasionally providing commentary based on the testimony of the Saints.

-- Max

Dr. Chakras,

It seems to me that Max was discussing the merits of your path, Kundalini Yoga, with the path of Surat Shabd Yoga, or the Path of the Masters. You, Dr. Chakras, brought the dialogue to a more personal level. I think we should be able to disagree without descending to that level. Kundalini was around before you, Dr. Chakras, and Sant Mat was around before [Max]. Let's remember that and try to keep from engaging in personal insults and mudslinging. Soami Ji Maharaj has said that we can't judge an individual as he is. God is within each individual, and he should be the one to make an accurate personal judgment.

-- Michael

(My final response):

To all:

I regret that my comments have been perceived as judgmental, or as personal attacks. That was never their intent but, as Max has correctly observed (earlier), such things belong to the perceiver. It was not I who first asked, "*Who are you...*"

I do find many Truths within your words, but they are obscured by misconceptions that have arisen as the True teachings have been spread and filtered by changing times and the *Mind of Man*. It saddens me that those who would most know and join with the Father are so often the last to recognize and embrace His will. Perhaps it's THEY who have been deceived.

The true meaning of "sin" is not about "evil", but about "missing the mark" – efforts made with good intentions that have gone astray. With regard to so-called "lineages": all too often such labels are reduced to a matter of pride – a construct of EGO, not Spirit. Therefore, while I honor all my teachers, I follow no "path" save that of Christ Consciousness, and have no other Master. My "pronouncement" is I AM THAT I AM. It would do you well to understand and live that Truth, as well. What did Jesus mean when he said, "*All that I have done, and more, can you also do.*"?

And, by the way, where did anyone ever get the idea that there is something wrong with *enjoying* our journey! Our experience of Creation was intended to be every bit as joyful as union with The Divine – for in Truth, they’re identical anyway. It is only WE who ever *choose* to make it seem otherwise.

My mission is to break the barriers and bridge the gaps that separate people of ALL faiths from knowing God via the Truths that reside at the very core of their own beliefs. We have much common ground with which to work, but our goals cannot be accomplished as long as humanity is advised and encouraged to continue stubbornly clinging to its self-defeating, self-perpetuating structures.

I reiterate my opinion, however, that most of our differences are attributable to *semantics*. So I suggest we set aside our differences and “build a new temple” dedicated to preparing this world’s inhabitants to receive the freedom and blessings that will soon be theirs to claim.

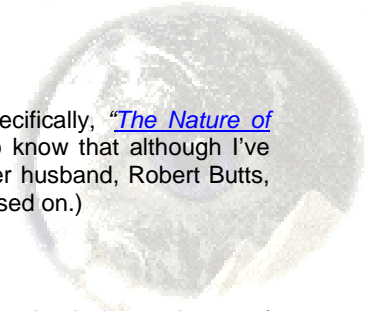
**Namastè**

*Dr. Chakras*

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# Creating Our Own Realities

(Original Posting September 6, 2000)



(Note: The writer is referring to information provided in "the Seth materials"; specifically, "[The Nature of Personal Reality](#)", by Jane Roberts. Those familiar with it may be interested to know that although I've never met either of them, I once lived around the corner from where Jane and her husband, Robert Butts, produced most of their work; and also lived quite near Rob long after Jane had passed on.)

Dear Dr. Chakras,

I'm studying alternative (Chinese) medicine, which says the human body is made up of various elements, and to each of these belongs a part of the soul; that different parts of the body and soul work together to maintain health, emotions have a major influence on health, that diseases also affect emotional balance and that there are many things we can do to help people get rid of disease. But Seth says that "we create our personal realities", so it makes no difference what kind of doctor we use. What matters most is whether we want to be healthy or believe the doctor can help; it's our thoughts that make us sick and attack certain parts of our bodies. If that's so, it seems I would first have to learn about this in order to make people healthy.

Do you know how creating reality relates to traditional Chinese medicine, or about which thoughts attack what part of the body? Where can I find out?

-- Babett (Germany)

What perpetuates the illusion of our existence being in the hands of "outside" forces is the fact that most of our feelings, attitudes, beliefs, choices and resulting creations arise unconsciously.

Dear Babett,

Congratulations, first of all, on your study of "alternative" medicine. As your letter suggests, there remains much to be understood about the unseen cause-and-effect relationships of the many forces influencing physical, mental, emotional and spiritual well-being.

Throughout Creation, the greater Truths are always concealed within the lesser ones and are revealed as humanity peels away layers of obsolete or misguided beliefs through its individual and collective experiences. Ironically, this sometimes leads to the *rediscovery* of understandings that already existed but were buried beneath the rubble of

social, religious and scientific "progress". There IS tremendous Wisdom contained within the system you are learning – as far it goes.

What Seth correctly refers to is the Ultimate Truth of our "material" existence. This Truth transcends even the most seemingly advanced of our belief systems because – through our own God-given powers of creation – *ANY beliefs we choose to hold become self-fulfilling and manifest as reality* (review Key Perspective #4). This applies to beliefs about sickness and health, scarcity and abundance, conflict and peace, "good" and "evil", and even such areas as chemistry, physics and the so-called immutable or natural laws (*gravity* is one good example).

What perpetuates the illusion of our existence being in the hands of "outside" forces is the fact that most of our feelings, attitudes, beliefs, choices and **their resulting creations** arise *unconsciously*. Yet WE are either "controlling" or "commanding" them, nonetheless!

Once we completely understand and accept that we **literally** create our own reality – *collectively*, as well as individually – were well on our way to becoming liberated from all our illusions/delusions and enjoying the ability to *consciously create* our Hearts' desires, *whatever they may be!* That's the point where we begin living in what's known as "the Realm of Miracles".

In the meantime, some of our beliefs are surely more beneficial and more closely aligned with Truth and Spirit than others. It behooves us to explore these because they can enhance our "Life" experience, as well as expedite our personal growth. However, it's also necessary to recognize and honor the fact that within the Cosmic School are students at many different levels of progress, who all have the free will to make their own choices. But there aren't any "grades" or "failures". **Every** choice we make ultimately advances our spiritual purpose and *eventually* leads to the same place. *Eternity is long enough!* It's all part of the awesomely brilliant Divine Plan.

That being said... you're naturally still curious about HOW we create our own reality. Clues to this are concealed within religious or spiritual systems and writings of all kinds; in medicine, science, politics, economics, and similarly in thousands of other places. However, humanity has now reached a point where such knowledge need no longer remain veiled; we are on the brink of revelations that will transform every traditional view of "reality" we've ever held!

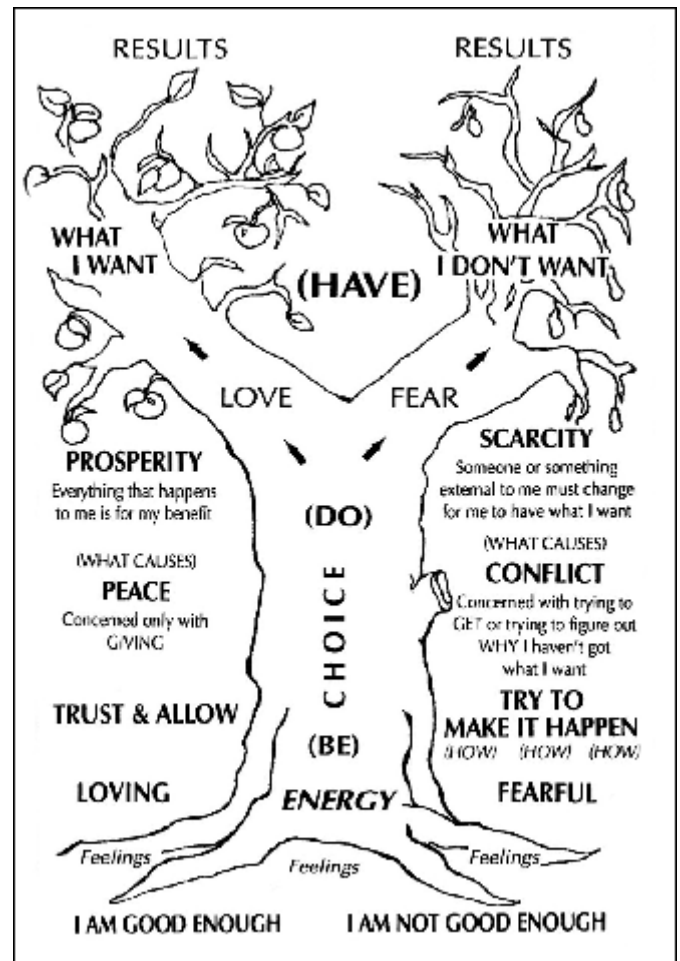
This subject merits considerably more discussion, but for your purpose and the sake of simplicity I'll keep it relatively brief and employ the following illustration (with sincerest gratitude to *Peggy A. Davenport*) which will, among other things, help to explain why we can't "make" anyone healthy without his or her cooperation...

## HOW we create our own realities

First, it is necessary to understand that *everything* in material existence – solids, liquids, gases, etc. – is essentially *energy*. The question, then, is: *what causes it to assume all its diverse forms?* Many would correctly say "the will of the creator" (although they would mostly be referring to the typical notion of some separate, external, paternal, supernatural form of "GOD").

As previously stated, the creation process occurs both *deliberately* (by "command") and, more often, through unconscious intentions or deliberate "control behaviors". Either way, the "raw material" (*energy*) is exactly the same. The differences are determined by its *path*, which is set by our *emotions*, which arise from our *beliefs*, which determine all that we desire to *BE, DO and HAVE* in our lives.

The RESULTS (what appears within our experience of reality) depend solely on whether we've created (i.e. channeled the energy) through *LOVE* or through *FEAR*. We can tell which is the case by considering the "fruits" of our creation; in other words, by the nature of what shows up in our lives. And whether we *think* it's what we wanted or not, at the deepest level *it always IS* – having been wholly manifested through the power unleashed and directed (consciously or unconsciously) by our very own, innermost **BELIEFS** – which we ALSO *choose!*



This is precisely why it's essential that we identify and overcome our FEARS and learn to consciously command reality – i.e. create through LOVE. (Are you beginning to discern the cause of all our vicious negative cycles, as well as the real nature of humanity's "original sin"?)

As the illustration suggests, FEAR originates from ignorance of our True Divine nature, which manifests as the personal belief (in one form or another): "I am not good enough", leading then to the creation of all kinds of self-fulfilling realities deigned to VALIDATE our negative belief, resulting in even more fears, misguided beliefs and misdirected efforts that all insidiously work to perpetuate FEAR and lead us even **further** from LOVE! *Whew!*

The cycle only ends when we recognize that LOVE commands the energy by which all of "reality" is created... that Love is GOD and God is LOVE... and that NO separation exists between ourselves and the Divine. When that occurs, our transition into *Christ Consciousness* has begun.

(In "[Love Without End ...Jesus Speaks](#)", by Glenda Green, the Divine Master himself also explains this great Truth – referring to the most basic building blocks of Creation as "Adamantine Particles" and confirming **unequivocally** that each and every one of us IS – *no less than he* – a true "Child of God", endowed with *right* and *power* to command all the elements of our existence.)

The misguided (as well as those with certain agendas) would have everyone believe that it's far more complicated and difficult than it really is: That enlightenment requires many years (or lifetimes) of dedicated effort, prayer, meditation, sacrifice and purification, devotion to a "living master" or a host of other equally outmoded beliefs. But right HERE and NOW... to have health, wealth, joy and all the other "Heavenly fruits" we could want is as simple as **A-B-C-D**, if we will:

**ACCEPT** and acknowledge that we **ARE WORTHY** (i.e. "GOOD ENOUGH")  
**BE LOVING**, in every possible way  
**CHOOSE** to TRUST in the Divine and ALLOW everything to naturally unfold; and  
**DO** whatever advances the twin causes of PEACE and LOVE.

All the rest will then "miraculously" just fall right into place! If we can come to know our SELVES well enough, the answers and everything else we're seeking will simply *appear!*

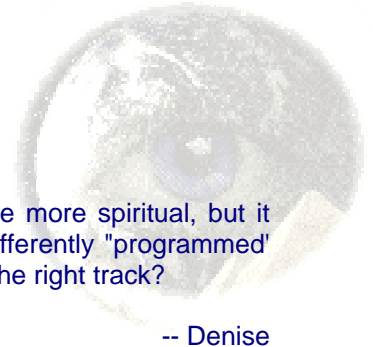
As to your original question regarding Chinese medicine, the Taoist system of yin-yang and other "advanced" forms of healing or esoteric belief systems, there's no question that they're valid and have a useful role. Given all the information above, I'll leave it to you to uncover their relevant connections and hidden core Truths, because the journey of discovery itself can be quite enlightening (depending, of course, on what you believe, desire and expect to get from it!). I wish you every success with your studies.

**Creatively yours,**  
*Dr. Chakras*

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# A Practical Plan for Spiritual Growth

(Original Web Posting: September 9, 2000)



Dear Dr. Chakras,

I see the wisdom and truth in what you say and want to become more spiritual, but it seems so hard to make changes in my thinking and beliefs after being differently "programmed" for so long. What would you recommend that people like me do to get on the right track?

-- Denise

Dear Denise,

I'm pleased that you've given me this opportunity to offer some steps that can easily be taken by anyone who wants to become more closely aligned with his or her spiritual nature.

Any improvement one can make, however small, is better than doing nothing at all and can break the spiritual inertia that seems to grip so many otherwise well-meaning individuals.

I've observed that the paths advocated by many religious and spiritual teachers are overly strict or ambitious, and therefore daunting. Unfortunately, that defeats their purpose because then spirituality becomes interpreted as an "all or nothing" proposition, which inhibits folks from making even the most basic changes. I maintain that **ANY** improvement someone can make – however small – is better than doing nothing and can break the spiritual inertia that seems to grip so many otherwise well-meaning people. As they say, *you have to learn to crawl before you can walk, and walk before you can run.*

Let me give you a very mundane but poignant example of how one person's increased "awareness" (or lack thereof) can make a real difference. We've all seen places where litter mars the landscape's natural beauty (although I'm sure no one puts it there with that intention). Yet even people who would never think of tossing a can or bottle along the road are still often guilty of contributing to the blight. *It's only one little gum wrapper or cigarette butt,* is what they probably tell themselves. But multiply that by the millions of other people who believe and act similarly and you can begin to understand the *cumulative* harm inherent in such thoughtlessness.

While one person's changing his or her behavior won't eliminate the entire mess, the fact is that with every such CHOICE we make, we EACH become either part of the problem or part of the solution. With that in mind, I offer the following suggestions – none of which is dangerous, harmful, expensive or difficult in any way. You can employ them individually, collectively or in any combination. The most important thing of all is, simply, to do *something*:

1. **Learn to meditate.** As I've said elsewhere, this isn't the same as relaxing, praying or sitting quietly in contemplation. There are proven techniques that can effortlessly enable one to

still the mind's activity, experience altered states of awareness, and enjoy a deeper rest than that provided by sleep in as little as 20-30 minutes once or twice a day. And there's no need to spend a lot of money. Although approaches and results do vary, there are many books that can get you started as well as some [sophisticated recordings](#) that can help you to achieve a meditative state.

2. **Get some fresh air, exercise and solitude.** The outdoors has a particularly inspiring and regenerating effect -- especially when enjoyed in a serene setting away from all the stresses of daily life. Taking a simple 40-60 minute walk every day doesn't require strenuous exertion and can do absolute wonders for your health, disposition and Spirit, and it doesn't have to be on some far-off trail in the deep woods. Just find an area where there's a little more of Nature around – even if it only entails exploring some of the less beaten paths of your own town or neighborhood.

3. **Improve your diet** – most importantly, by eating less meat, fish and other "dead" things. But it's NOT necessary that you become a full-fledged vegetarian or "vegan". Without even considering the intangible negatives associated with "flesh foods", merely cutting your intake of the **toxins** created by the way those items are processed and preserved can make a tremendous difference in how you feel, think and even look.

4. **Learn to breathe properly.** Most people take far too many rapid and shallow breaths – never bringing enough fresh air into the lower part of their lungs to fully expel the stale air. This robs you of vital energy and allows harmful toxins to accumulate. You're doing it correctly if your breaths are long, slow and deep, making your abdomen expand with each inhalation and contract with each exhalation. This may require some conscious practice but will be well worth the effort, and it's especially important if you're a smoker (DON'T apply the technique to inhaling SMOKE!).

5. **Read, view and listen to inspiring, thought-provoking things.** The GIGO principle ("garbage in-garbage out") applies as much to the mind and Spirit as it does to computers. This doesn't mean that you have to give up other forms of literature, music or TV – just regularly mix in things that nourish your Spirit and open your mind to other realities. There are all hundreds of great publications that can provide you with a solid basis of understanding. (Some of my favorites are [“The Seat of the Soul”](#), by Gary Zukav; [“Love Without End...Jesus Speaks”](#), by Glenda Green; [“Autobiography of a Yogi”](#), by Paramahansa Yogananda; and [“The Nature of Personal Reality – A Seth Book”](#), by Jane Roberts.)

6. **Question everything!** Don't automatically accept and believe what *anyone* says is Truth – including ME! Instead, use the opportunities, tools, techniques and information described above to seek and experience it within yourself (my "mantra" for this has always been the simple question... *Why?*). While you're on this journey, ask "God" or "The Universe" for guidance, listen



to your "inner voice", and adopt only those changes and beliefs that you intuitively know will bring you nearer to LOVE, while assiduously avoiding the whispering demons of FEAR and DOUBT.

7. **Beware the NIOP** (Negative Influence of Other People). Whether it's because of ignorance or their own agendas (which, one way or another, are almost always based on Fear) some people -- deliberately or otherwise -- will try to discourage, detour and/or compel you to believe as they do. Some are even like "psychic vampires", draining your spiritual energy. The further you advance the better you'll be able to withstand such influences; but, in the meantime, remain vigilant. Share your energy only with those who are supportive and reciprocating. Create "Master Mind" alliances with people who not only share your passion for Truth-seeking but also recognize the importance of *experiencing it for one's self*.

Once you've gotten started with those, I further suggest the following:

8. **Practice "mindful awareness"** (also called being "in the moment"). Become totally immersed in whatever you're doing -- whether it's taking a walk, performing a task, talking with someone, etc. Put aside any distracting thoughts about the future or past and focus completely on what your physical senses are detecting in the present -- everything you're seeing, hearing, smelling, tasting and feeling right HERE, right NOW! Although it might seem a contradiction, this actually frees your Spirit to experience other realms and bring back invaluable knowledge. It will also enable you to start becoming aware of all the guideposts, signs, symbols and other mystical messages that are *hidden in plain sight* all around you!

9. **Explore the core Truths of your own religious/spiritual heritage**, if you have one. There is no need to find a "new religion" if one can simply cut through all the erroneous *BS* (Belief System) notions that mask the heart of many spiritual teachings. Go to Church, to Temple, to the Mosque, etc. Hear and read the words of the Bible, the Talmud, the Koran and other holy books, but don't take everything literally or at face value. Consider instead their cultural, historical and political context -- what life in the world was like when they were written versus what it's like now. Look for the underlying messages; the timeless deeper meanings. Added to all the other insights you're acquiring, you might be absolutely *amazed* by what you find!

10. **Use creative visualization** (this works for any goal). In your mind's eye, repeatedly see the life changes you desire as if they were already accomplished. Most important, **FEEL** the actual FEELINGS, because it is significantly through our emotions that we create our realities.

11. **Keep a journal** -- to record your questions, observations, ideas, insights, dreams, feelings, breakthroughs and other significant items. It needn't be fancy or formal (a plain spiral-bound notebook will do), or become a burdensome effort you have to force yourself to perform.

Don't worry about style, spelling, neatness, etc. Use your own abbreviations, codes, drawings, or whatever you want. This is solely for YOU; no one else ever has to see it. But by itself, the act of documenting these things can serve as an invaluable tool in the growth of your awareness, as well as a tangible record of your progress.

These are just a few of the very simple things you can do to get your spiritual growth moving. Remember: doing ANYTHING is better than doing nothing at all, and it can always be added-to or improved. So why not just get started? Right HERE; right NOW!

***Practically yours,***

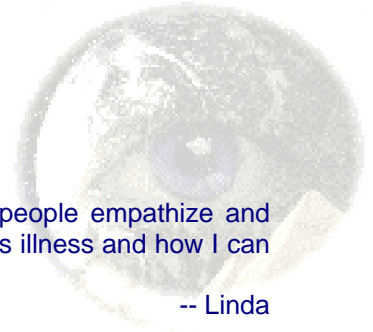
***Dr. Chakras***

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# Steps Toward Self-healing

(Original Web Posting: September 22, 2000)



Dear Dr. Chakras,

I have a chronic illness. I participate in support groups where people empathize and comfort one another but I'd like to better understand my role in creating this illness and how I can effectively help myself, as well as others. Can you elaborate?

-- Linda

Dear Linda,

I'm sorry to hear of your troubles but pleased to know you're open to the idea that what we experience is essentially self-created. It's the all-important first step toward any real healing.

Regardless of its manifested form, residing at the core of any "negative" situation will always be found some deep-seated FEAR which need only be replaced by LOVE.

Given that premise, the next step is to understand that even though they manifest in physical reality, illness and health both originate in the spiritual plane, and any infirmities we suffer have a deeper significance; a specific purpose in our lives. In that sense they're actually blessings and opportunities, although we more often choose to view them as tragedies, curses or punishments.

Physical, mental and emotional problems all point to areas of our being that are not whole -- core issues that block our spiritual growth -- and therefore hold key lessons for us. Once they've served their purpose they're no longer needed and can then be released. This is the "miracle"

behind stories of spontaneous remissions and similar "unexplainable" recoveries.

The third step, then, is to **accept personal responsibility** for what we're experiencing, rather than agonizing over "*why is God punishing me?*" or shifting the blame anywhere else.

The fourth step is the most challenging. It requires honest soul-searching -- a willingness to deeply and objectively examine our lives and beliefs in order to determine what purpose this particular experience serves, and what lesson it holds. Sometimes, especially in the case of congenital defects or persistent life-threatening situations, it's an issue whose roots aren't even to be found in our current life experiences -- and one which will somehow continue to follow us until it's finally resolved. However, this doesn't require either a belief in reincarnation or the employment of "past life" therapies. All the information and tools needed to heal ourselves exist in the here and now, and the clues necessary to uncover them are all contained within the sum of one's present life experiences... up to and including this very moment!

And here is the greatest clue of all: regardless of its manifest form, residing at the core of any "negative" situation will always be found lurking some deep-seated FEAR, which need only be replaced by LOVE.

Once we have recognized the purpose a situation is serving it's much easier to deduce the lesson or lessons behind it. When we've done that, the final step is to make the necessary changes in ourselves **at Heart level**, if we wish to be completely healed; anything less amounts to a "band-aid" solution, offering merely a temporary, illusory reprieve.

Even so, being "healed" doesn't necessarily guarantee a longer life or infer that all of our troubles will vanish, because until we permanently reach the ultimate state of awareness and being -- God Consciousness -- there will always be further lessons. But with each such release we become clearer in our true purpose and more closely aligned with the One Spirit -- gaining inner peace while making it possible for ourselves to learn whatever else is needed through gentler, more joyful experiences.

As we progress along this path we also inevitably become and inspired and able to share our wisdom and peace with others who are open to recognizing and receiving it. Thus, we become a source of Light and thereby a blessing to all of Creation. This is the hidden, pervasively misunderstood message at the core of mankind's "devilish" beliefs. The literal meaning of the name Lucifer is... "Light Bringer".

This is also why, ironically, the most selfless contribution any of us can make to the rest of world is to truly know and heal ourselves.

I wish you every success in that endeavor.

*Delightedly yours,*  
*Dr. Chakras*

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# Myths & Merits of Monogamy

(Original Web Posting: September 26, 2000)

(Note: This Q&A has created more controversy than any other. Please read it carefully and understand that I am not advocating any particular position; just raising issues and questions that beg further consideration.)

Dear Dr. Chakras,

I don't consider myself shallow, hedonistic, promiscuous or disloyal, but I do have more than one intimate partner in my life and love each of them dearly. I could never choose between them because each uniquely blesses and brings my life joy in a way that isn't just physical (although that's an important element). Yet, they would gladly have me choose. Why are people so hung up on monogamy? Isn't it hypocritical to say you love and want someone to be happy, but only on the condition that if he or she wants happiness with you there can't be anyone else? Is monogamy is the only healthy, natural and spiritual way to have an intimate relationship?

-- "Casanova"

Dear "Casanova",

You've certainly raised some challenging points. Because this issue is so complex and controversial, I'll respond by simply offering some considerations that might aid you in formulating your own answer. (Please also refer to my treatise on [Relationships](#).)

Which seems more "evolved" -- to demand and control another's fidelity through fear of repercussions, loss and retribution; or to command another's respect and loyalty through unconditional Love?

The first thing that needs to be understood is that everything in our lives happens for a reason, whether we recognize it not. In fact, uncovering and understanding those reasons plays a key role in our personal and collective spiritual development. As we become more aware, we notice that exactly what we need inevitably shows up exactly as required -- although not always *when* or *how* we expect it!

So it follows that there is also a reason why certain people come into our lives at certain times and in certain forms. There is something to be learned by and from each of them. Sometimes the lessons are pleasant; sometimes less so. Some connections are fleeting, while others can last a lifetime. Expansion, connection and change (evolution) are the nature of Creation. "God" is the only constant. LOVE is God's currency and the only form of wealth we can ever "take with us".

Does it therefore seem natural or right to believe that our Love should be reserved for any one person? Of all the things we might repress, doesn't denying our Love to anyone (including ourselves) seem the greatest of all our potential "sins"?

On the other hand, what IS Love? How can we know when it's real? How much of what we believe is "love" or even lust is actually FEAR in disguise? Unfortunately, it happens far more often than we realize or care to admit. But determining the difference is fairly simple nonetheless:

The essential nature of Love is *giving*; the essence of Fear is *taking*.

Therefore, to know whether we truly Love someone we need only examine our motives by asking *what does he or she really mean to me?* Am I moved to GIVE whatever I can to this person, that he or she truly wants or needs? Or does he or she merely HAVE -- or **represent** -- something that I myself hunger for; something I'm actually somehow AFRAID to be without? (This, by the way, is the intended meaning of the word "covet" as used in the Old Testament).

All too often, what we perceive as Love is really nothing more than a desire to *possess and control* someone or something outside ourselves that we believe will make us WHOLE, but which we already know at a deeper level is a void only WE can fill. In a manner of speaking, it's our uniquely clever human way of trying to "beat the system". But it has nothing to do with Love. It has everything to do with FEAR!

Consequently, we project our need onto the object of our desire (which we may also somehow perceive as unattainable). This accounts for our obsessions -- the constant seeking after the things we feel we lack as well as the way we desperately cling to what we have if and when we get it -- whether a relationship or something more "material". It stems from the fear of losing what we cherish and betrays a belief in *scarcity* arising from our more fundamental feelings of *unworthiness*. Ironically, it also virtually assures the likelihood of our fears being materialized!

*How's THAT?* Because our beliefs, attitudes and expectations constitute "perceptual filters" through which we selectively view the events of our lives in the creation of our own reality. These allow us to consciously perceive only those things which reinforce the very fears that formed them in the first place -- preventing any evidence to the contrary from even registering! As a result, we tend to respond to our mates and others in ways that compel them to respond in-kind and, ultimately, to fulfill our worst expectations! It becomes **a viciously self-destructive, self-perpetuating negative cycle.**

In Truth, we're powerless to control another person's heart or prevent changes that occur naturally over our experience of time. We can only really change *ourselves* -- our beliefs, attitudes, expectations and personal perceptions of reality. And we can only do that with any beneficial outcome... through **LOVE.**

The truest and healthiest relationships are therefore those where Love is never coerced in any way but is given willingly and joyfully without conditions or regard for receiving -- yet is reciprocated in equal measure nonetheless. The challenge lies in the fact that, even when equal, the exchange *is not necessarily immediate or always in the expected form*, which means it often

goes unrecognized. This typically results in misunderstandings, anger, resentment, withholding and countless other difficulties between otherwise kind and loving people.

Regarding *monogamy*: how many times have we heard of "open marriages" or similar relationships and wondered how anyone who genuinely loves and is committed to another could be – or allow his or her partner to be – intimate with someone else? How can a couple share such physical-emotional adventures with others and still remain happily united?

Yet, many do. So a better question might be, *"Why would anyone go there in the first place?"* Are such people merely depraved, amoral and indifferent, or could it be that they've actually "evolved" to some new understanding of Love; that they've learned the real nature of giving and devotion? Is it really so despicable for a couple to say to each other, *"I am secure in your Love for me and because I likewise Love you, I want you to be happy. So if being with someone else in any way at any time is what makes you happy, then it also increases my happiness"?*

This is not the same as encouraging nonchalant behavior or hedonistic bed-hopping. But consider the absence of Fear that is required and engendered by sincerely making such a proclamation. Think of the freedom it gives both partners – NOT to wantonly go about having relations with others but to move forward with a firm foundation on which to build a lifetime relationship. In reality, it conveys an even greater responsibility to each, inspiring thoughtfulness and consideration. And, if practiced in the spirit in which it's made, it actually minimizes the likelihood of such events occurring solely on a whim or arising from the rebellion, frustration and resentment so often created by more restrictive, conditional forms of Love.

Which seems more "evolved" – to demand and control another's fidelity through fear of repercussions, loss and retribution; or to command another's respect and loyalty through unconditional Love? Is there not tremendous Wisdom in the saying, "To truly have a thing... you must be willing to let it go"?

And which is really more important in any relationship -- the joy and Love a couple shares when they're together or what the other half is doing when they're not? If one or each is separately involved in something that genuinely fulfills and brings him or her joy – even if it's with someone else -- isn't that likely to enhance the contentment they feel when they ARE with one another? Isn't being together totally "in the moment" ultimately the most rewarding experience that any two people can share?

It does seem that the lines we draw between acceptable and unacceptable behavior in our mates are often arbitrary, unrealistic and based on neediness arising from our own

insecurities. Is it realistic or fair to expect any single person to fulfill all our personal and social needs? Where IS the line between loyalty and betrayal? Why do we draw it only at certain forms of *physical* contact?

If you're in a marriage or committed relationship but enjoy spending time and energy with another person of either gender "platonically" – especially in activities you could be sharing with your mate -- couldn't that be viewed as a form of "cheating"? And what about interests that your partner doesn't share, but you participate in with others? Unless a mate's "outside activities" involve "intimacy", most people don't feel threatened. But what IS intimacy? Isn't it really *the sharing of your deepest self with another* -- in any number of possible ways? And isn't that precisely what occurs in many of our closest non-sexual relationships – sometimes more so than within our "marriages"?

The inescapable Truth is that, like it or not, **we are all connected by love to those who love the people we love, as well as to those who are loved BY the people we love.** This isn't a bad thing, really, because there can never be too much Love in the world. Our problems arise rather where there's a LACK of it! Perhaps this explains the mystifying way individuals can sometimes sense when their mates are sharing *real* Love with another, yet not have an inkling of anything being amiss when a tryst involves nothing more than purely physical gratification.

We can never really know when Providence will bring new people into our lives, and we need to remain open to our lessons. Nevertheless, a committed relationship is a sacred contract governed by Love. Its terms and conditions must therefore be fully disclosed, understood and agreed to by BOTH parties; honored by each in every respect, and modified only FOR their mutual benefit, BY mutual consent.

Given this perspective, aside from legitimate concerns about STDs one could certainly argue that insisting on monogamy dishonors the love we might share with others and could even be seen as a fearful, selfish attempt to hoard what no one is exclusively entitled to. By the same token, it obliges us to reconsider our concepts of attraction and romance and deeply examine our own motives and choices made in the name of "love".

Ultimately, we may simply need to do whatever our hearts tell us is right.

**Devotedly yours,**

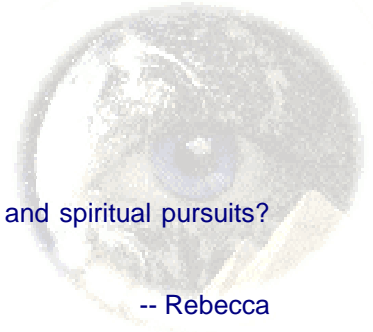
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# Chakras & Kundalini

(Original Web Posting: September 28, 2000)



Dear Dr. Chakras,

Aren't you aware of Reiki, prana, chi and other energies used in healing and spiritual pursuits? What got you so interested in and focused on the chakras and Kundalini?

-- Rebecca

Dear Rebecca,

Thank you for the opportunity to disclose some personal history while clarifying a few common misconceptions.

When we open our minds and hearts to common connections, seeking unity rather than separation, a whole new level of understanding is miraculously opened unto us.

My interest in the chakras goes back many years, subsequent to my experience of *samadhi* at the age of eighteen. At the time, it was neither an anticipated occurrence nor a lasting state. After returning to "normal" consciousness, in the process of attempting to understand what had happened and integrate it into my worldly existence (make use of the awareness I retained), I explored many diverse belief systems, spiritual practices and other sources of "esoteric" information.

During the course of this journey, I came to realize the unseen connections between and common workings of many things. Although books and other guides served as useful tools, the confirmations, clarifications and deepest insights I've attained have ultimately all come to me from a "higher" authority.

The "*Chakras*" theme permeating this site is connected to the "coincidental" spelling of the family name I acquired shortly after birth, from my adoptive parents. Strangely enough, at the age of thirty-nine -- after almost two decades of seeing and using the word "chakras" -- I realized that when rearranged, the letters of my last name spell it! To employ it within the context of this work was, as they say, a *no-brainer*. (Interestingly, this would not have been the case if my late, adoptive father had not added a "c" to the spelling of his surname many years before I was born -- for reasons he never really explained to me.)

Be that as it may, although the chakras and Kundalini appear to be the focus of this site, they're really only an incidental part. It's simply that both are inherent to human existence and spiritual development -- much like engines, transmissions and fuel are inherent to the field of auto mechanics. I strive to not get hung up on any single aspect but rather to simply make sure that

"the vehicles are capable, overall, of getting their drivers to their destination" -- which is ultimately the reason for having them. No more, and no less.

Likewise, I always use particular words for various reasons. As I've indicated elsewhere, *Kundalini* has many titles, aspects, purposes and applications. Yet whatever it's referred to, the essential origin, nature and workings of this Divine spiritual energy are nonetheless common and consistent (i.e. a rose by any other name is still a rose).

Electricity makes a good analogy. Depending on how it's transformed and the devices through which it's channeled, it can "produce" light, heat, cold, sound, motion or any number of other things – and yet not one of those itself is electricity. But without it, the light bulb won't shine, the microwave oven won't cook, our computers can't compute, our motors won't turn, our stereos are silent, and the most powerful laser in the world is little more than a useless sculpture.

Obviously, some of these items are more benign or dangerous than others, but we can't legitimately say that of *electricity itself*. It just IS. What we DO with it makes the difference. Still, we don't confuse those devices or their uses with the power that enables them. It should be no different with the chakras ("transformers") and Kundalini energy.

Certain Christian sects actually invoke this same Force when "speaking in tongues" or experiencing other spontaneous mystical events; yet their leaders and members alike would be aghast at the idea of something with "Eastern" or "New Age" overtones! It's much the same with practitioners of the occult, mystical arts, healing arts, and other religions and belief systems.

Some so-called spiritual teachers even refer disparagingly to "the path of Kundalini," or claim that their methods are safer or superior to it. As is so often the case, such assertions arise from fear and ignorance, and sometimes just from short-sighted interpretations or semantics.

When we open our minds and hearts to *common connections*, seeking **unity** rather than **separation**, a whole new level of understanding is miraculously opened unto us.

**Semantically yours,**

*Dr. Chakras*

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# Why Some Self-destruct

(Original Web Posting: October 1, 2000)



Dear Dr. Chakras,

I know a middle-aged woman who is a very kind, loving, and spiritual soul at heart but acts like "royalty" to those closest to her. She stays cloistered in her "palace", making most people come to her if they want the privilege of her company. Although she projects an air of strength and independence, she manipulates others into doing a variety of things for her. She's considered "wise", yet conveniently exempts herself from the rules and high standards she sets and expects everyone else to abide by.

What's so perplexing is that this woman is attractive, witty, intelligent and desirable. She could easily have any man she wants but always seems to prefer weaker ones with major flaws. When she did have a strong, balanced, committed partner who truly loved and treated her well she sabotaged their relationship, broke his heart, and cruelly drove him away. In case you haven't guessed, that man was me. Although I learned a great deal from the experience and have since happily moved on, I still often wonder why she behaves this way.

-- "Mystified"

Dear Mystified,

It looks like she might have done you a favor and possibly herself a disservice -- although appearances CAN be deceiving. It's clear that YOU'RE still carrying some feelings from the relationship, but since there's always more than one side to a story and she isn't here to tell hers, I'll have to respond in fairly general terms.

It all stems from one fundamental, FEAR-begotten belief: "I am not good enough".

As I've said or implied elsewhere, a basic lack of self-esteem is essentially the most pervasive and insidious problem confronting humanity.

Virtually all of our crime, aggressions, conflicts and other man-made disasters, as well as most of our sorrows, arise from it one way or another. Ubiquitous feelings of unworthiness are made manifest in behaviors sufficiently varied and bizarre to keep an army of psychiatrists busy indefinitely. Even those who outwardly appear "normal" -- never seeking or receiving professional help -- often suffer deeply from this affliction nonetheless.

How many bright, talented, and attractive people do any of us know who have seemingly settled for less than they "deserve" and are capable of -- whether in a career, a lifestyle or an intimate partner? It all stems from one fundamental, FEAR-begotten belief:

**"I am not good enough."**

From that single "seed" thought sprouts unconscious feelings, attitudes and behaviors, which the conscious mind rationalizes as its "unique personality". These set up situations in a person's life which invite validation of the negative core belief -- often while he or she is also striving desperately to disprove it! Consequently, internal as well as external battles ensue, which

sap the person's energy, alienate him or her from most others, and invariably repel those who do somehow manage to get "too close".

I had a boyhood friend who was basically good-hearted, but tried desperately to portray himself as tougher, smarter, "cooler" and more "macho". After coming to know him better and learning of the emotional devastation he'd suffered as a child, it became clear that this baffling superiority complex was actually his way of masking, coping with and compensating for deeper feelings of inferiority – even though none of that was consciously created or acknowledged.

I suspect your lady friend is similarly suffering. Perhaps as an innocent young girl she experienced some traumatic real or perceived rejection, threat, disappointment, danger or other burden involving a male for which she blamed herself. If so, it was likely internalized as shame and still exists subconsciously. (By the way, scenarios like these are NOT limited to cases of sexual abuse – or even to REAL occurrences.)

Based on your description, it seems probable that her strength and independence were developed as coping and defense mechanisms -- to limit her vulnerability and protect her from being similarly harmed. Despite appearances to the contrary, this is consistent with her pattern of attraction to weaker, flawed partners which -- besides being all she may subconsciously feel she "deserves" -- is likely an unconscious effort to "fix" the causal experience by selecting males who resemble and/or represent the offending childhood figure, and then attempting to "reform" them.

Ironically, whether she succeeds or fails in this mission -- she loses! If she succeeds, by virtue of his newly acquired strengths any "improved" man ultimately becomes a threat to her need for control and is likewise no longer a suitable "subject". Because of her unresolved feelings of unworthiness, she might also subconsciously view him as now "too good" for her – or HE might come to that conclusion himself!

On the other hand, if she fails, it will surely trigger, surface and reinforce all the negative feelings arising from her earlier experience -- creating anger, resentment, conflict and sorrow in both partners and inevitably resulting in their estrangement.

Like my friend's superiority complex, your friend's manipulative and "royal" bearing could have been unintentionally developed to mask and compensate for the inferiority and shame she may feel *inside*. If your relationship ended as you say, it was probably not in spite of your strength, commitment and love – but because of them! They challenged her dominance, taxed her limited capacity for trust, and conflicted with her negative core beliefs.

You also stated that she is essentially kind, loving, spiritual and wise. Have you considered THIS possibility: that having awareness of her own shortcomings and feeling that you deserved better, she freed you to pursue it while at the same time gaining the "space" needed to continue working on her issues? Although her methods may have been painful and ill-chosen, she may have actually intended and viewed her actions as a loving *sacrifice*.

Undoubtedly, the two of you shared a Spiritual Partnership. These aren't always long-lasting or blissful, but they do always bring each person critical lessons required to find true bliss – although not necessarily right away, or with one another.

So come to honor the relationship on that basis. Recognize, feel and express gratitude for the gifts you've received from it – in any form. Then do yourself, your former partner and any subsequent partners either of you may have a kindness by acknowledging, forgiving and releasing any negative energy that resulted from the experience.

One way or another, we are all seeking "LOVE". But as a well-known song suggests, too often we end up looking for it "in all the wrong places". Knowing what you now know, where do you suppose Love FIRST needs to found -- and CAN be?

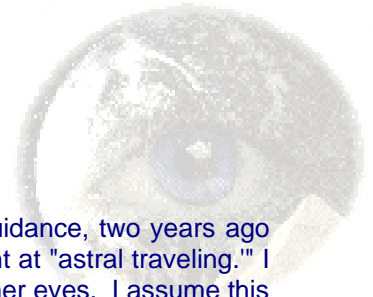
***Introspectively yours,***

***Dr. Chakras***

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# Dangerous Practices

(Original Posting October 23, 2000)



Dear Dr. Chakras,

I need your advice on a friend's spiritual journey. Without any guidance, two years ago she began experimenting and, using meditation, she has become proficient at "astral traveling." I was shocked to learn that she sees a whirling star-shaped circle between her eyes. I assume this to be the "third eye" chakra, which a book I read says should always be opened last as doing otherwise can be detrimental.

I'm concerned because my friend has always had severe emotional problems and is unable to open up to partners and friends. It's virtually impossible to broach the subject of her feelings, which I believe may be because she hasn't yet opened her base chakra. Could this be the case and, if so, what can be done to prevent any bad effects? I haven't spoken to her of this because I'm no expert either. Please help

-- Mia, age 20, Glasgow, Scotland

Dear Mia,

Your friend is fortunate to have someone so caring and devoted in her life.

Overload and "burn-out" are serious dangers inherent in any spiritual practice whose goal is solely to develop specific abilities.

I'll try to provide some perspective on what might be happening and also how you might help your friend without hindering her growth. However, please bear in mind that only she really knows what she's experiencing and, even then, *everything we perceive is subjective* – and therefore *relative*.

Beyond imbalance, overload and "burn-out" are serious dangers inherent in any spiritual practice whose goal is **solely to develop specific abilities or experiences**. This is particularly true if the practitioner is not emotionally or psychologically stable to begin with; and all the more so without the benefit of an experienced personal guide. Normal spiritual growth evolves safely and naturally as vast lifetimes of individual human experience are gradually assimilated. (Contrary to common misconception, this *doesn't* mean we each have multiple lives *per se*. Being immortal, the Soul has only ONE – but with many diverse "faces and "chapters" throughout its endless existence. It's a small but exceedingly significant difference.)

At the center of this activity is the human nervous system – including [the chakras](#), which serve to transform omnipresent subtle energies into the forms necessary for human existence. Each of these has its own unique purpose and performs specific functions at different levels. This system can be likened to an electrical wiring circuit. For the purpose of analogy, let's say that at different stages of spiritual development we're "wired" for different types of "current". At one level we might have a "12 volt" capacity, while at another it's 24. Some of us can handle 120 or 240 volts. Others have a capacity sufficient to endure even greater intensities of Divine energy.

But what would happen if you tried to pass 120 volts of electricity through a wire meant to carry only 12? *It would melt!* That's the risk inherent in carelessly experimenting with powerful "mind-altering" techniques and substances. Deliberately activating chakras "out of sequence" through artificial means can unleash energies for which the individual's nervous system has not been adequately prepared, creating the potential for great damage. I have witnessed the tragic results. And while the gravest peril belongs to the experimenter, there is also a risk of harming *others* – through misunderstanding and misuse of unnaturally acquired knowledge and abilities.

(Paradoxically, in the larger scheme of things there AREN'T any accidents or mistakes, and none of us can be harmed without our agreement and participation on a far higher level, for a much higher purpose. Try to wrap your mind around that one!)

That your friend has been drawn to such interests is indicative of a spiritual healing and awakening which needs to be nurtured, not discouraged. So the real question is: How might we best guard against the inherent dangers of the path she's on and encourage a safer, more holistic approach? My first suggestion may appear passive or even nonsensical, but it's actually the simplest yet most effective thing you can do for her or for **anyone** beloved: Whenever you think of her, send your friend loving, protective energy by holding her image in your heart and visualizing a "cocoon" of the purest white light enveloping her. Attach to it no conditions or intentions other than Love and a desire for her safety. She'll feel this warmth in the deepest part of her Spirit, and be guided by it.

Your friend is "closed" to others because of her Fear. It's a strategy she employs to protect herself from the pain and anguish experienced at some time in her past. As you've found, more direct attempts to connect with her emotionally will only be met with resistance. All that you or anyone else can really do to melt the barriers erected around her heart is to avoid Fear and be the Love that you are. Nothing can withstand the power of pure, unconditional Love. She WILL eventually respond to it.

You might also share the information I've provided on the dangers of experimentation. Encourage her to continue meditating, but in a way that does not seek any particular experience or outcome other than the balanced, natural development of her innermost Being. The key to this is neither forcing OR resisting any spontaneously-arising phenomena, but rather surrendering to the process and not attaching to its results any judgments of failure or success.

There are also some breathing exercises your friend can use to get centered or become grounded, especially when she feels anxious or frightened. The safest and simplest of these is to take long, slow inhalations through both nostrils deep into the lungs until the abdomen is fully

expanded, holding in the breath for few seconds, slowing exhaling through the mouth, and then repeating the process until a sense of calm is restored. It might help to visualize a stream of white light entering and circulating throughout the body with each inhalation and one of darkness – carrying toxins and "negative energy" – leaving the body with each exhalation. A few other simple things your friend can do to round-out her development are discussed in another of my Q&As: [A Practical Plan for Spiritual Growth](#).

I mentioned earlier that spiritual evolution results from lifetimes of accumulated individual experiences. Although that's so, humanity is *collectively* evolving, too. As a result, at some point each individual's consciousness undergoes a transformation whereby it is no longer necessary to *personally* suffer or enjoy every possibility of Creation in order to transcend human boundaries. One becomes compassionately connected to *collective human consciousness* and "vicariously" benefits from the experiences of all others, past and present – the beginning of true liberation.

In fact, humanity is right now rapidly approaching "critical mass" – a time when such occurrences are increasing exponentially. It's this phenomenon which accounts for the growing interest in things spiritual as well as the preponderance of spontaneous contemporary mystical experiences.

It might also comfort you to know that although your friend may have no earthly guide, she is watched over nonetheless. Despite outward appearances and our own self-limiting beliefs – we are never really out there "on our own".

My best wishes to you both.

**Encouragingly yours,**

***Dr. Chakras***

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# Aspects of Negative Energy

(Original Posting October 26, 2000)



Dear Dr. Chakras,

When I was 16, three times I had epileptic seizures during the night and have been taking medicine ever since. I'm fine, except that I want to eliminate the medicine, and will soon begin gradually reducing it. A few weeks ago I had some small attacks while I was picking apples in a Kibbutz. I went there to paint pictures and be closer to nature. The trees made me feel peaceful in a way I've never experienced, but I was also nervous because there were so many people and making friends is hard for me.

Before falling asleep I had tremors in my hands and legs. It was early morning because, as usual, I was too tense to sleep. It seems that these attacks were because of that tension and maybe also the relaxed feeling. I spent seven months traveling through India, Nepal and Singapore and slept well in all those places. I don't know why this happened when I was younger but I do feel that there's a deeper reason for it. I believe I can heal myself, but I don't know how.

-- Michal (F), age 21, Israel

Dear Michal,

I have some ideas, but first I need to caution you that I am not a medical professional and that you should certainly seek the attention of one if your troubling symptoms persist. (It could even be that you had an acute allergic reaction.) As you're aware, however, your letter does provide some clues to your mystifying seizures.

At the core of this quandary lies our troublesome human tendency to unconsciously retain negative emotional "charges" from innumerable past experiences.

Epilepsy is a general term that includes various types of seizures. Those diagnosed with it have had more than one, and possibly more than one kind. A seizure occurs when abnormal electrical activity in the brain causes an involuntary change in body movement or function, sensation, awareness or behavior.

In some cases, seizures can be triggered by things that happen in the environment, such as flashing lights or sudden changes from darkness to light (or vice-versa). Other triggers can include loud noises, monotonous sounds and even certain musical notes. Excessive sleep deprivation can lower seizure thresholds and is known to be a precipitating factor, as are high fever, increased excitement and changes in body chemistry. Even hypoglycemia (low blood sugar) can induce epileptic-like seizures (although, in and of itself, this is not typically considered a form of "epilepsy").

There are also a number of telltale parallels between epileptics and chronic migraine headache sufferers. In all such cases, for some "unseen" reason the brain's energy system appears to become overloaded and/or "cross-circuited". The obvious question is... *Why?*

In a word – **STRESS!** Although there's some debate about the "bad" kind (*distress*) vs. the "good" (*eustress*), what I'm referring to is the harmful variety. It's been well proven that this stress weakens the immune system, saps one's energy, plays havoc with the emotions, inhibits rest and creates a host of other apparent and, even more often, not-so-obvious problems. At the core of this quandary lies our troublesome human tendency to unconsciously retain "negative emotional energy" from innumerable past experiences -- extending even to each individual's earlier existences (i.e. "past lifetimes"). In the preceding Q&A I've provided a key to resolving the endless debate on the subject of "reincarnation". As it's particularly relevant to this discussion, it bears repeating here:

Because the Soul is immortal, essentially we have only one "LIFE". Yet each "life" is comprised of innumerable "chapters", or "lifetimes". So, really, BOTH viewpoints are correct! As is often the case, however, self-serving belief systems, dogmas and semantics have long stood in the way of understanding this great Truth.

Our four states of being – physical, mental, emotional and spiritual – are all inextricably linked; anything that occurs on one also impacts the others. And the energy of what we perceive as traumatic or otherwise negative life experiences (including guilt and shame) is particularly insidious – embedding deep within our psyches and ultimately manifesting on a physical level. This comprises **stress**. (It is also, by the way, the best explanation of the concept of "*karma*".)

"Negative energy" remains in our system until it is either released or ultimately destroys us (in one form or another)! Acquiring and releasing it is an ongoing function of normal living. By conducting ourselves in various ways, within a given lifetime most of us do eventually "get ahead" – although some just "break even", a regrettable number acquire a "deficit" and a few actually manage to become "debt free".

Fortunately, negative energy can be eliminated in a wide variety of ways, each of which essentially equates to one of these basic methods: suffering, sacrifice, service, devotion and (for lack of a better term) "magic". The first four are self-evident and comprise the "traditional" paths. However, by virtue of what is now occurring within the realm of *global consciousness*, humanity has the unprecedented opportunity to release massive amounts of negative energy (*karma*) and heal itself with astounding speed through what might be considered more "magical" means.

(The flip side of this is that never before in human history have we also had the potential to inflict such unconscionable devastation that we could as easily incur a new and unfathomable collective debt! That's why, on this "ultimate battlefield", every single "warrior" makes a significant contribution – and difference!)

What are the *magical methods* to which I allude? One of the simplest yet most effective is something you'll see me refer to often – *meditation*. If you're able to receive instruction from a teacher of Transcendental Meditation (TM), for instance, that's great. If not, there are many other useful techniques and resources available. Just be sure that whatever you use, you can embrace it *without having to adopt any particular new belief system*. The legitimate practice of meditation requires NO specific religious or spiritual beliefs.

As you've already discovered, **Nature** is also an outstanding healer. The same way they take in our respiratory wastes and give back clean air, trees and plants absorb negative energy and generate positive. Hugging a tree isn't as crazy as it might sound! Get as much solitude in Nature as you can. Your artistic aspirations provide an ideal platform for this, by the way.

Although you're uncomfortable in social situations now, as you follow these practices and eliminate more and more stress you'll find that it becomes easier and more natural to be around more people – although certain individuals and groups may still have a disturbing effect, which is best avoided. Trust your instincts on this without giving in to old *fears*. The positive, supportive atmosphere created by a group of spiritually like-minded individuals is an ideal environment in which to safely release negative energy by connecting and sharing yourself with others at heart level. You can *always* make a significant difference -- for yourself and anyone else – simply by *being the Love that you are*.

There is one other particular form of "magic" I'd prescribe. If you can find an instructor of *The One Brain Method, Emotional Freedom Technique (EFT) or Neuro-linguistic Programming (NLP)*, do whatever you can to learn it. These are all systems of gentle-yet-powerful techniques for *rapidly relieving unresolved emotional stress*. The results (which I've personally witnessed and experienced) can truly be miraculous!

Ultimately, Michal, when you heal your spirit, you heal your body. By doing so, you'll not only likely beat the seizures; you'll also be serving the cause of global consciousness and helping to heal the world as yet another indispensable "Spiritual Warrior". I sincerely hope you'll join us.

***Stresslessly yours,***

***Dr. Chakras***

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# Releasing Negative Emotions

(Original Web Posting: October 28, 2000)

Dear Dr. Chakras,

My parents divorced when I was a toddler and I was mostly raised by my mom. My parents both have wonderful qualities and have blessed me in many ways. But their personal issues and animosity toward one another have also caused me great pain, affected my behavior and choices and left me feeling tremendously resentful.

As I try to deal with my own issues, I realize that I can't move forward without letting them know how their treatment has made me feel. The problem is, whenever I try to have a discussion they each get self-righteous and defensive, which only makes matters worse. I've come to the conclusion that neither of them will listen to what I have to say, but I still need to say it! So how can I accomplish this?

-- Dee (F), age 22, New York

Dear Dee,

Not that it's much consolation, but this sort of predicament is one of the most basic, prevalent and problematic conflicts known to the entire human race!

One of the most effective alternatives for releasing negative emotions is to write the person a long, fully detailed, no-holds-barred letter that will never be sent.

You're absolutely correct about needing to release the negative emotions before you can be free of their influence. And based on your description, you're probably also right about the small likelihood of your parents giving you that opportunity directly, openly and objectively. But despite appearances to the contrary, you aren't hopelessly caught between the proverbial "rock and a hard place"! There ARE other ways.

One of most effective alternative techniques for releasing negative emotions held toward anyone is to write the person a long, fully detailed, no-holds-barred letter *that will never be sent*. It has to be for your eyes only, because your objective isn't to escalate the situation but rather to neutralize its power over you. (This is also one of the only ways to settle things with someone who is deceased or otherwise physically unavailable, by the way.)

As I indicated, make your letter as thorough as possible. Have a good time and even a good cry writing it! Make it positively rich with detail and earthy feelings. Express every negative emotion that person has ever evoked in you, including *how* and *why*. Do your best to recall specific dates, times, places, situations and any other people involved. Hold back nothing! **Be as vile, vulgar, petty, accusing and hateful in your words as you want.** The more, the better! Don't worry about style, spelling, neatness, chronology, etc; and if it takes all day or even several days or longer to finish – so *what?* Just write and **keep writing** until you have nothing left to say!

Are you getting the idea?

However, once you've reached that point, the work still isn't finished. For a little balance, now try to remember and write down any positive feelings and memories about the person – but ONLY if they're sincere (try to find at least one or two). Don't stop yourself if you feel inspired to continue writing, but don't feel guilty if that isn't the case – even if you can't think of a single thing!

Now we're almost there. When you're finished writing, the last step is to take what you've written someplace where it's safe to do so and BURN IT! This step is just as necessary as the rest of the process. But there's nothing "supernatural" going on. This merely informs your Inner Spirit of the finality and allows you to achieve genuine closure. Don't make any copies and, if you've composed it on a computer, delete the file. If you really want to let it go, there's no need to keep it, is there? And if you can't bring yourself to complete this "ritual", then maybe – for some reason still to be uncovered – you really don't WANT to let it go.

If any negative feelings remain, an equally powerful alternative – *the surrogate method* – can be tremendously effective at removing them. This one is more involved because it requires the assistance of another person – preferably someone of the same gender as the parent or other person with whom you wish to "speak". If not a professional counselor, this should be someone you can completely trust with your rawest emotions, because he or she will be assuming the role of your "*nemesis*".

Find a comfortable, quiet, private place with no possible distractions. Put out the "do not disturb" sign. Unplug the telephone or mute its ringer and the answering machine's speaker. Let nothing interrupt or interfere. Take a few deep breaths and make sure your partner understands the upcoming process. Don't start it until you're both relaxed and ready.

To begin, stand up facing one another and holding hands. Look directly into your partner's eyes and bring into your mind's eye a clear image of the person he or she represents. Be totally "in the moment". Mentally project the image outward until you can almost see that person in the one standing before you, and allow yourself to bring forth all the negative memories and feelings you have toward him or her exactly as in the previously described technique.

As you feel all those emotions bubbling to the surface, DO NOT let go of your partner's hands at any time until the exercise is completed. This is very important. Now, permit yourself to say all those things you've wanted and needed to say for so long in whatever way they come out. But don't *whisper*. **Let the energy flow freely!** Shout, cry, whine, laugh, growl – anything short of physical violence – whatever feels good and right to you.

The SURROGATE'S instructions are to look "neutrally" into your eyes (with no particular facial expression), NOT let go of your hands, and make only "reflective" comments -- softly, and at appropriate times. For example, if you say, "*You've never cared about me*", your partner's response should be, "*I've never cared about you*". If you say, "*I hate you*", the surrogate replies, "*You hate me*", and so on. No matter what, he or she is NOT to comfort you or otherwise try to relieve your pain in any other way.

As with the letter method, continue venting until you have nothing left to release. Then, look within yourself for any loving feelings, and express them. When you reach the point where you truly have nothing left to say, gently release the image of the person from your mind until you are only aware of you partner, break physical contact and thank him or her for this great gift. (At this point, a spontaneous hug will most likely ensue!)

A word of caution: Although using these techniques can release negative energy from the past, it won't necessarily modify anyone's behavior but your own or prevent *new* conflicts from arising. Going forward, you may have to learn to draw the line, stand your ground, and refuse to let old patterns be repeated. On the other hand, you might find that in purging these feelings, YOU begin relating to and perceiving the person in question differently -- causing him or her to be more open to you and respond in-kind – creating a new, POSITIVE, self-fulfilling, self-sustaining cycle. Wouldn't THAT be a wonderful change?

Think of it, Dee. If only everyone had your wisdom, courage and willingness to deal with the issues from their past... what a completely different world this would be!

**Admiringly yours,**

*Dr. Chakras*

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# The Magic of Hearing & Being Heard

(Original Web Posting: February 3, 2001)



Dear Dr. Chakras,

My relationship with my girlfriend is rather strained at times because she refuses to acknowledge my spirituality. She perceives my not getting involved in disagreements between her and her friends as taking the other person's side. Although I stay calm and support her as much as I can, I refuse to back her up when I think her actions or words are wrong. Even so, she'll push until she gets an answer from me and then complain when it's not what she wanted to hear! I can't just tell her something that isn't true, but what CAN I do when she tries to goad me into an argument over it?

-- Tim, age 24, Melbourne, Australia

Dear Tim,

Relationship questions are sometimes the toughest of all! Without additional details it's hard to say what the young lady's specific issues or the motives behind them are. But, of course, I can speculate.

Regardless of the subject, misunderstandings created by miscommunication can be found at the heart of many needless human conflicts.

It sounds like your partner might be insecure with the relationship, and probably somehow feels threatened by the strength of your convictions – especially compared to her own. It's also possible she's "testing" you by creating those scenarios (deliberately or otherwise) in which you are forced to "take sides" – to choose between her and someone else, regardless of her position's validity. If so, what she's undoubtedly after is unconditional Love and approval. As ideal as that always seems, it's equally unrealistic, because conditions (i.e. expectations) of one kind or another are inherently a part of any adult relationship – *especially* romantic ones!

To meaningfully coexist, we must acknowledge that desires and expectations are the primary motivation for, and basis of, virtually all human relationships. To deny that is to INVITE conflict into them! There is only one genuine Source of unconditional Love and one place where it can be found. In the material world, the nearest most of us ever come to experiencing it (and even then, not necessarily) is in the relationships between parents and their children, between siblings, and between humans and their beloved pets. Even our deepest so-called "platonic" friendships have inherent terms and limitations of one kind or another. They have to.

Invariably, at the core of your girlfriend's insecurity is some *fear*, manifesting in the conscious or unconscious belief that, for whatever reason, she's unworthy ("not good enough"). While she strives to disprove this by seeking validation from external sources (you, for instance), at the same time her deeper feelings of powerlessness compel her to create the kind of "control

dramas" you've described, which ultimately serve only to reinforce her negative core beliefs. It's a vicious cycle, and one that's tragically far too common.

When a problem resides within us, its solution can only be found there, as well. Not you, nor I, nor anyone else can give your girlfriend what she so desperately wants and needs, yet is unwilling or unable to give herself.

The Spiritual implications here are fairly apparent and may possibly explain the difficulties in your relationship. But the problem might actually be far more basic! Either way, as much as it might seem otherwise at times, the situation is never completely hopeless. There ARE things you can do to help her... to help your relationship... and to help yourself in the process.

First and foremost, honestly and objectively examine *your* beliefs, attitudes and behaviors to determine if and how any of these might be contributing to your partner's insecurities and inhibiting, rather than empowering, her inner growth. It may be happening in ways you aren't even consciously aware of – through things that can be changed without compromising your integrity OR the essence of who you are. For instance, how honestly and effectively do you express your thoughts, feelings and desires? How's your timing? Do you acknowledge, honor and respect the various differences between you? Or are you more concerned with making your point and getting her to see things your way (*I'm right; you're wrong*)? Does she complain that she feels unheard, and do YOU ever feel that way? In discussions, do you frequently find yourselves competing with one another and afterward feeling drained? These are all indications of very fundamental, **very correctable communication problems.**

It's been said, "*Communication is the beginning of understanding*". But often – especially when *passion* of any kind is involved – we're so involved in what WE want to say that we never really hear or acknowledge what the other person is saying. We typically assume, presume, interrupt, jump to conclusions, make judgments, fill in the blanks, and become defensive. Even when we do accurately hear and understand, we often don't let the other person know it! Hearing doesn't require, or even imply, *agreement*. But feeling unheard is one of the most devastating experiences anyone can have. It produces "negative energy" in the form of frustration, anger, resentment and discouragement and, over time, contributes to poor self-esteem – compounding the problem by creating yet another vicious self-sustaining, self-perpetuating negative cycle.

One of the simplest and most effective things you can both do for your relationship is to learn and employ *active listening* skills. These are the same techniques used with astonishing success by trained counselors and others in the "helping" professions. The fact is that if these basic skills were taught early, along with reading, writing and mathematics, the whole of humanity would gain. That's NOT an exaggeration! Regardless of the subject, misunderstandings created



by miscommunication can be found at the heart of many needless human conflicts. The use of active listening can yield miraculous results and be used in almost any conceivable type of conversation to create a more positive, desirable, beneficial outcome.

Although it takes conscious practice to become "second nature", active listening is not difficult to learn, and the results are immediate. It simply involves first allowing another person to verbalize a thought without being interrupted, then reflecting back to the speaker what was just said – sometimes word-for-word, often by *paraphrasing*, and most effectively by identifying and summarizing the *feeling* behind whatever has been expressed.

For example: If your partner complains, "*You never take my side*", instead of jumping to disagree or defend yourself, you might calmly reply: "*I never take your side*", or "*You're saying I never back you up*". Better yet, acknowledge the underlying emotion: "*You FEEL unsupported*", or "*You're feeling unloved*". These kinds of responses prevent the discussion from deteriorating into an argument and show that you care – inviting clarification and opening the door to deeper dialogue.

It's remarkable how -- given the opportunity and suitable feedback -- people will often talk *themselves* out of some antagonistic position they'd held and verbalized only moments earlier! That's because so often what's said, isn't really what's *meant* – something that typically doesn't become clear, even to the speaker, until it's out. When we're so quick to react negatively to such statements, all we accomplish is to put the other person on the defensive and rob him or her of the chance to objectively reconsider.

Some useful information on active listening skills can be found on the Internet and in a number of books (many of which are designed for students). Recognizing also the genuine differences that exist between the way men and women perceive, think and communicate, I recommend Dr. John Gray's "[\*Men are from Mars, Women are from Venus\*](#)" and Dr. Phil McGraw's "[\*Relationship Rescue\*](#)". (Of course, be sure to review my own [\*Key Perspective\*](#) on the subject and the related material, as well.)

Ultimately, only you and your partner can determine whether the relationship is worth working on using the insights and skills I've offered. *Intention* is always a key factor. However, if the two of you can establish an effective means of communicating with each other, you may find that you're really not so far apart on issues that genuinely matter and can move even closer. In the meantime, if she tries to bait you into an argument, avoid knee-jerk reactions; take a deep breath; mentally count to ten; and calmly remind her that there are more productive ways to resolve whatever she's feeling. Start over with a clean slate, and avoid bringing up the past. Try limiting your discussions to only what's occurring between the two of you **in the moment**.

It bears reminding that those of us who consider ourselves “spiritual” have a responsibility to “take the high road” in all our relationships and help *raise* others’ consciousness – not through any kind of manipulation or force, but *by example*. To avoid becoming embroiled in senseless conflicts and allowing others to drag us down to their level, we need to remain vigilant, centered and self-aware. Admittedly, this is often easier said than done. But if WE won’t take that initiative; if WE don’t set the example; if WE won’t make the difference... then who WILL?

My best wishes to you both!

**Reflectively yours,**  
*Dr. Chakras*

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# Chakra Therapy

(Original Web Posting: March 10, 2001)



Dear Dr. Chakras,

A friend of mine is suffering from a liver ailment. I suspect that the chakra associated with the organ is blocked, but I'm not sure which one governs it. Any input from you would be helpful and appreciated. Also, I've been trying to open my sixth chakra. I'm already somewhat intuitive, but would like to activate my psychic sensitivity. Any suggestions?

-- Courtney R., 32, Hollywood, FL

Dear Courtney,

Because I endeavor to cultivate a more holistic, transcendental view of the chakra system (and since there's already a wealth of information available via the Internet and other sources), I avoid dwelling too much on the "mechanics". Nevertheless, I'll provide a slightly different perspective that's equally applicable to all similar questions.

In one form or another, what always impedes our development, threatens our health, and robs us of vital energy is our resistance to the "natural flow".

First off, the human liver is governed by the third chakra (*manipura*), also known as the "solar plexus" chakra. Other associations include the muscular system, the skin, the solar plexus, the large intestine, the stomach, and various glands in the solar plexus region. Aspects of consciousness attached to it include perceptions related to power, control, freedom, and the ease with which one is able "to be one's self". Mental activity and personality, or ego, are likewise associated with this center.

The sixth, or "brow" chakra (*ajna*), commonly referred to as the "Third Eye", is the center of human insight and awareness, clairvoyance, spiritual understanding and perception of the Divine. It, too, is associated with the mind and intellect.

With regard to awakening healing powers or other "extrasensory" abilities: These are as much a natural part of being human as are walking upright or thinking. And, like physical and mental skills, they can be consciously developed with practice and the application of certain techniques. However, what most proponents of those methods fail to disclose or acknowledge is that to use them safely and effectively, a practitioner must first identify and sufficiently resolve the psychological, emotional and/or spiritual issues that are blocking his or her natural ability to access these gifts in the first place. To do otherwise holds the potential for great harm.

As with most afflictions or personal obstacles, chakra blockages are more an *effect* than a *cause* -- symptoms of something existing on an even deeper level. Although chakra work can relieve acute suffering and at times produce other desired results, any benefits will likely be temporary if one's core issues have not been uncovered and adequately addressed. The original challenge will invariably resurface in time -- usually just in a different guise. With the brow chakra

in particular, blocks arise from feelings of inadequacy related to a person's unwillingness to examine his or her own belief systems and fears, likewise contributing to physical dysfunctions involving the brain, nervous system, eyes, ears, nose, pineal gland and pituitary gland.

In many ways, the subtle, "unseen" chakra system parallels the circulatory system. The heart is normally capable of distributing blood to the organs and other parts of the body without assistance. However, due to unhealthy habits and lifestyle choices, the blood's pathways sometimes become blocked – slowing or even arresting its natural flow to one area or another and resulting in disease. The blockage itself may be treatable with surgery, medication, etc., but if the core contributing factors aren't also corrected, the condition is likely to reoccur. If we let the heart represent *Divine Spirit*, blood represent *spiritual energy*, the organs represent *the chakras* and lifestyle choices stand for our *beliefs and fears*, this analogy gives us a pretty good idea of how the chakra system works -- as well as why certain practices intended to manipulate it have inherent limitations and risks.

My advice to anyone seeking help though spiritual means is **practice meditation** – to cleanse, stabilize and condition one's nervous system to handle higher levels of spiritual energy. Paying close attention to one's diet and other personal practices -- avoiding anything that might irritate, excite or pollute one's system -- will further enhance this process, as will carefully practiced periodic fasting. Several other relevant suggestions are included in a previous Q&A page on [A Practical Plan for Spiritual Growth](#). Healing and related topics are likewise covered extensively elsewhere (directly or indirectly), beginning with my Perspective on [Health & Vitality](#).

If you can gain any insight at all from what I'm saying here, let it be this: In one form or another, what always impedes our development, threatens our health, and robs us of vital energy is our *resistance to the "natural flow"*. **Resistance** is likewise the "static" that prevents our clearly hearing, recognizing, accepting and acting on the Truth within the very messages we often seek (and receive) from the spiritual realm! Really, the harder we try to "make" something happen, the more we tend to push it away!

As for specifics, I can only responsibly disclose that if everything else is in place as I've described, your goal might be accomplished through a combination of breathing and visualization techniques that can readily be found elsewhere. Trust your intuition to tell you whether this is the right path, and then allow it to guide you to exactly what you need. (After all, it did lead you here!)

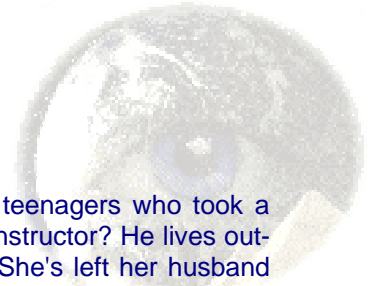
**Protectively yours,**

*Dr. Chakras*

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# Mid-life Crisis Complications

(Original Web Posting: March 11, 2001)



Dear Dr. Chakras,

What are your feelings on a married 43-year-old woman with 2 teenagers who took a yoga class and, the second time, started having sexual relations with the instructor? He lives out-of-state, and this has been going on 1 weekend a month for 6 months. She's left her husband and children, and her personality has completely changed. She's even proudly shown her family pictures of this man and mementos he's given her. Very odd behavior. I don't know what he's told her, except that she's an angel, but it's as if she has died and we're all mourning her loss. I think he's toying with her mind, but we can't convince her of that.

When she started taking these classes, she said she was going to be a much better person. She even started looking for a church to attend, because her yoga teacher attends one. But it seems hypocritical to be having an affair while preaching religion. She's had her own successful business for 17 years and even that's going down the drain. Any advice on this, and how we can get through to her? By the way, I am her mother.

-- Carla

Many middle-aged people undergo extreme emotional, psychological, physical and spiritual changes that often seem as baffling to them as to those around them.

Dear Carla,

You, your daughter, and her family all have my genuine sympathy and concern. In situations like this, it's quite easy and very tempting to be judgmental. Yet no one other than your daughter can truly know her heart or what's precipitated her strange behavior. And even she may not be fully, consciously aware of all the factors.

Many middle-aged people undergo extreme emotional, psychological, physical and spiritual changes that often seem as baffling to them as to those around them. This occurs for a variety of reasons. Often, people who start families very early do so unexpectedly – without yet having fully explored and experienced themselves OR the world. Before they've even fully understood and become accustomed to the challenges of being a *partner*, they've assumed the demanding added role and responsibilities of being a *parent*: caretaker, provider, protector, teacher, entertainer, etc.

From that point on, most of their choices, necessarily, are centered on the family. Their need for continued personal growth, and often even their own unique dreams and identities, are largely sublimated. Then, almost before they know it, their youth and former vigor are gone, just about the time the children are beginning to require less of their attention. This is especially true for women, but only because they typically bear more of the hands-on child rearing responsibility.

Still, one way or another, individuals and couples do grow and change over time. Some manage to stay close and grow together, while others seem to grow apart regardless of their best efforts or intentions. Sometimes, too, as soon as the opportunity presents itself, people abandon

longstanding relationships to escape intolerable conditions of which even their closest friends and relatives may not be aware.

No doubt, on some level your daughter is conflicted about what's occurring. She's probably torn between her duties as a wife and mother and her own need for self-fulfillment. Adding criticism and guilt to her burden is NOT the way to help her or her family. More than anything, what she needs most right now is someone with whom she can talk about these issues without the fear of being judged, despised or rejected for being human and, therefore, fallible. **Like everyone, what she's seeking is unconditional love.**

Since your daughter hasn't written to me, I can't counsel her. But perhaps I can offer you some comfort in the form of these additional suggestions:

First and foremost, BE her mother. Understand that with love and acceptance you can *influence* but never *control* her. It's HER life! Keep the lines of communication open by listening, rather than lecturing. Express no demands or desires other than for her safety, well-being and ultimate happiness -- whatever choices she makes. Convey your faith in her ability to figure this out and do what's best for herself and for everyone involved. Let her know that even though you may not understand, agree with or approve of her choices, you respect her right to make them and love her no less because of them. Tell her that you're there for her if and when she needs you -- no matter what. And genuinely mean it.

Isn't that what YOU would want to hear... if you were in her place?

As for the yoga instructor: If nothing else, his behavior certainly appears to be at least a breach of ethics. Yet, once again, we can't presume to know his heart or real motives. Based on your description, however, I don't feel that your concern is completely unfounded. To somewhat ease your mind, if you can afford it I'd suggest employing the services of a private investigator to explore this man's background -- only for the purpose of uncovering any previous similar pattern or likelihood of criminal intent. You could also make your own inquiries of the police agencies in his city, county and state. However, we all have the right to enjoy a certain measure of privacy in our personal affairs, and unless you have reason to suspect illegal activity, they may be reluctant to get involved.

Above all, do nothing "harmful". If there's no evidence of this being anything other than two consenting adults making perhaps poor choices, then I advise that you merely do whatever you can to pick up the pieces, offer comfort and support to those you love, and resolve to set a positive example.

How will this all turn out? I really can't predict, except to say that, without exception, every person involved in this situation has a **choice** as to how he or she perceives it, reacts to it, and is ultimately affected by it -- for better or worse.

Choices motivated by LOVE, as opposed to fear, always hold the seeds of a more positive outcome.

My heartfelt best wishes to all of you.

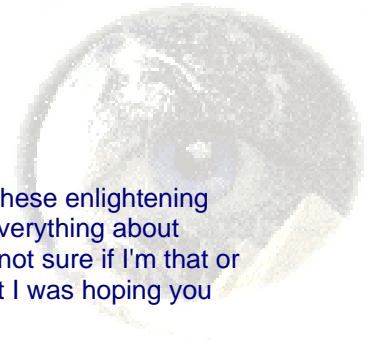
**Supportively yours,**

*Dr. Chakras*

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# Fatherly Advice for a Young Seeker

(Original Web Posting: March 21, 2001)



Dear Dr. Chakras,

I recently started reading about Paganism, and have been having these enlightening thoughts about how this religion sounds so perfect for my lifestyle. I love everything about Nature, except what harms it. I think I might be an Eclectic Pagan, but I'm not sure if I'm that or something entirely different. I know you can't tell me what religion I am, but I was hoping you could help me to figure out if I'm a Pagan or not.

-- Aurora (F) age 15, Houston, TX

Dear Aurora,

I commend your interest, and I'll do what I can to enlighten you further.

All too often,  
"belief badges"  
become a source  
of pride,  
prejudice and  
conflict among  
otherwise  
intelligent, well-  
meaning people.

First, I'd advise you to beware of all such "labels"! Although they can sometimes be useful, more often than not they're confining, misleading or somehow otherwise detrimental. All too often, "belief badges" become a source of pride, prejudice and conflict among otherwise intelligent, well-meaning people. Consider all the wars that have been fought in the name of "religion"; all the men, women and children who have been cruelly persecuted for it; and all the other innocent creatures that, even to this day, horribly suffer and die because of it. Do you really want to be any part of that?

"Pagan" can denote either someone with no religious beliefs at all, or participation in a system of beliefs that has been culled from a variety of religious or spiritual traditions (many people today might be shocked to find themselves, technically, Pagans!). As with "New Age", the term is quite broad. Unfortunately, it likewise invites certain fears or judgments, and carries some erroneous connotations among the ignorant (especially some who consider themselves "good Christians") -- conjuring up visions of idolatry, witchcraft, devil worship, and the like.

"Eclectic" paganism, as its name suggests, is actually an effort to enjoy the best of all spiritual worlds without the need for excessive structure or strict religious dogmas. Its adherents strive to recognize and honor the Divine in ALL aspects and elements of Nature (Creation) -- animate or inanimate; "good" or "bad" -- and properly so. Still, my advice to you is the same as I gave my own beloved daughter, years ago:

First, remember that beliefs are just that -- *beliefs*. Some are surely more insightful and less harmful than others, but it's all relative, just the same. Understand that *you create your own reality*, based entirely on your beliefs, desires and expectations. Therefore, question *everything!* Take nothing for granted, or at face value. Find your own Truth. Adopt no one's beliefs, including



mine, without careful evaluation. Learn, instead, to recognize and trust the Spirit that dwells eternally and unfailingly within you. Ask IT your most humbling, heartfelt questions. Then listen closely and patiently for the answers... and they WILL come.

Most important: **When in doubt, always choose the path of LOVE over that of fear.**

Ultimately, if your beliefs cause no harm, bless the world and the lives of those in it and peacefully empower you to grow continuously toward your fullest potential, does it really matter WHAT you call them, or HOW you refer to yourself? You can be anything you WANT to be. Why be limited a label?

Best wishes for a long, safe and fulfilling life's journey.

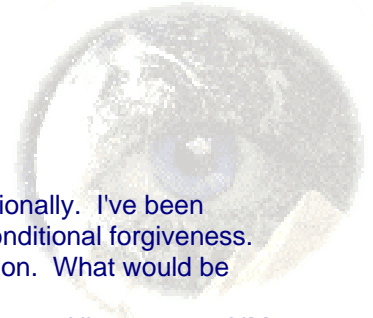
**Paternaly yours,**

*Dr. Chakras*

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# Unconditional Forgiveness

(Original Web Posting: April 18, 2001)



Dear Dr. Chakras,

I believe that I'm here to learn how to love, and to forgive, unconditionally. I've been presented with many such opportunities, but I still have problems with unconditional forgiveness. After reading your views on work, I also realize that I fit the "rebel" description. What would be your advice on how to clear what's holding me back?

-- Kerry (F) age 48, Albuquerque, NM

Dear Kerry,

Some of the sagest advice of all time is, simply: **"forgive and forget"**. And although many people *seem* willing and even eager to extend forgiveness, some still unresolved, residual core issue often leads them to make this vow (but not necessarily *consciously*): *I can forgive, but I will NEVER forget*. Yet the truth is, **if we haven't forgotten – we really haven't forgiven.**

The real magic of true forgiveness is that, by allowing ourselves to go there, we also take ourselves to a place where many other Great Truths can be discerned.

Perhaps part of the problem arises from too narrow an interpretation of the word. In this context, "forget" does NOT mean "becoming *unable* to recall something". Rather, it means "to release" – to *let go of the negative emotions attached to an event*. This requires reviewing it from outside one's tiny, fragile ego – from a larger, more objective and *detached* (dispassionate) position that takes additional factors into account. Do you see the difference?

We all learn best through experience, and it's not wrong to remember the lessons of our past *in an appropriate context* so that we can avoid having undesirable situations repeat themselves. The difficulty is: it's ALL a matter of *perspective*. Technically, no two of us can occupy precisely the same "space" at the same time. Now add the fact that our individual perceptions are all filtered through own unique beliefs, attitudes, expectations and experiences, and we can begin to understand our fundamental differences. This is how any number of people experiencing the exact same event at the same time can all come away with different or even conflicting versions of what just occurred. *Every one of them can be speaking "the truth" – without necessarily recounting the reality.*

To experience anything with total clarity requires "innocent perception" -- existing totally "in the moment", while perceiving everything as if through the "unadulterated" senses of a child. It's something far too few of us practice -- far too infrequently, if ever. Given this perspective, it becomes much easier to "forgive and forget" the transgressions of "those who trespass against us" – and our OWN sins, too, which brings us to yet another crucial prerequisite:

## **We cannot forgive others – if we cannot forgive ourselves.**

As occurs with so many of us, what may also be holding you back, Kerry, is a lack of *self-forgiveness*, which is typically accompanied by a tendency toward self-punishment for real or imaginary "sins". Yet all this ever accomplishes is to create a vicious cycle of depriving ourselves and those around us of the joys available in the *present*, to atone for what WE have judged as the mistakes of our past. This virtually assures the perpetuation of our self-induced misery. We all need to get past that! To boldly walk through this fire is the direct path to genuine transformation.

To those who believe in a "Divinity" that is compassionate and all-forgiving, I ask this: *If "God", in all His infinite wisdom, can forgive you, how can you NOT do the same for yourselves?* To those who don't believe in any such Being I simply ask: *What's preventing you?* What possible harm could forgiving yourselves do? What difference can it make -- except to improve the quality of your own lives as well as the lives of those around you? Think about it. Forgiveness doesn't require belief in anything but one's SELF (and we all have at least a little proof of **our** existence!).

As far as your tendency to "rebel" at work goes, this is likely related to some of the same issues; but it could also be something more. Fueled by anger and resentment, rebellion often stems from some perceived injustice. Much of the time, however, our negative perceptions are either misdirected or completely unfounded (see the earlier section on perspective). If you really want this to change, you'll have to get to the source of your hostility by getting very HONEST with yourself. You might start by asking yourself these questions -- with genuine humility, desire, and every intention of hearing the answers, even if they're not what you might want to hear:

WHAT am I really angry about?

WHO am I really angry with?

What PURPOSE does my self-sabotage serve?

What am I *really* **AFRAID OF**?

To truly feel unconditional Love and forgiveness for another requires, first and foremost, SELF-Love; and then *authentic empathy* – the ability to not only put yourself in the other's place, but to actually see your Self within the other's essence. The real magic of true forgiveness is that, by allowing ourselves to go there, we also take ourselves to a place where many other Great Truths can be discerned. Being motivated enough to even want it is a huge step in that direction.

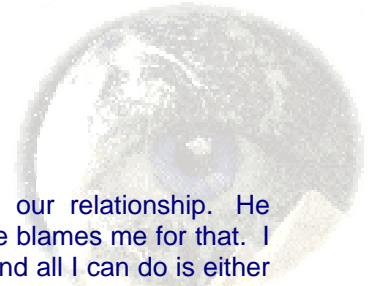
**Unforgettably yours,**

*Dr. Chakras*

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# “Controlling” Relationships

(Original Web Posting: April 20, 2001)



Dear Dr. Chakras,

I love my partner immeasurably, but I'm totally frustrated with our relationship. He doesn't seem to care about "us" like he used to or as much as I do, and he blames me for that. I feel like I'm always walking on eggshells; that he's controlling everything and all I can do is either forget my own needs or desires and bow to his or just leave. It wasn't always this way, but somewhere along the line something drastically changed. Any idea why this happens, and how I can know the right thing to do?

-- Sue, age 45, New York

Dear Sue,

I've written extensively on many of the fundamentals involved in maintaining a successful intimate partnership; but the issues with which you appear to be grappling -- power and control -- are common to virtually ALL kinds of human relationships.

To remain vital and healthy, all relationships require a true "balance of power".

Power-control issues originate with fear and have no place in a healthy relationship, because Fear and Love cannot peaceably co-exist. Particularly with romances, what typically happens is that, in the beginning, when both parties surrender to their Love, they forsake and transcend their fears – for a while. During this true "honeymoon" phase, everything seems easy, natural, balanced, and spontaneous, because both partners appear to care equally and neither seems to be "calling all the shots".

Then, at some point, our old nemesis – FEAR – makes its return appearance! Fear isn't rational OR justified, as a rule. But it doesn't FEEL that way when it's happening! Plus, Fear has a uniquely insidious way of becoming **self-fulfilling** by causing us to react to it in ways that, more often than not, have a negative influence on how others perceive and react to US, all because of their OWN fears! This sets up a vicious, self-perpetuating cycle. And for better or worse, the closer we are to someone emotionally, the MORE we affect – and are affected BY – that person.

It's a proven psychological dynamic that in any relationship between two people, whoever cares *least* about it (or *appears* to care least) controls it -- by default, even if not by design. Common sense alone makes that apparent. But to remain vital and healthy, all relationships require a true "balance of power" – which means that neither partner is perceived by the other as "controlling" *anything!*

Unfortunately, what frequently happens is that, for whatever reason, one partner begins to suspect that the other partner cares less about the relationship. This might be because of some real offense, misperceived intentions, unrealistic expectations, or any combination of

factors. In any case -- regardless of the reality -- when this occurs, it's interpreted as "you don't care about ME" and, by extension, "you don't care about US". *Trust* suffers, the "power balance" tilts, and in a trying to restore it or to wrest control from the "offender", what was once a peaceful, joyful and cooperative coexistence becomes, instead, a senselessly destructive **competition**.

What's even worse is that this doesn't always happen right away. Repressed angers and resentments can lie secretly smoldering for a long time until -- fanned by even some seemingly unrelated event -- *all Hell breaks loose* and then it's WAR!

There can be no opportunity to uncover our misplaced fears and erroneous assumptions without *open, honest communication* -- which requires expressing our feelings clearly AND at an appropriate time. Equally important, it demands that we learn to *listen* effectively by putting aside whatever we EXPECT to hear -- which all too often is based unfairly on judgments, presumptions or other forms of fear-induced "defense mechanisms".

Any successful relationship requires recognition and acceptance of individual differences, patience, compromise, adaptation and -- above all -- an unconditional commitment from each participant to *remember and faithfully honor those terms*. It isn't always easy OR pleasant. But what's the alternative? Unless we want to live in complete isolation; just *using* others, as needed, for our own gratification; believing that the problems with the world are with the *rest* of the world -- we need to start getting REAL.

How can you tell whether you should stay in a relationship or give up on it? **When you have *honestly and objectively* done ALL these things and yet the balance of power cannot be restored; when the pain of *staying* is greater than the anguish of *leaving*, then it's time to move on.** But not *until*, because the struggles we have with others are really just a reflection of the struggles with our *selves* -- ALL of which present us with unparalleled lessons that hold the keys to personal transformation and ***will invariably be repeated until they're learned***.

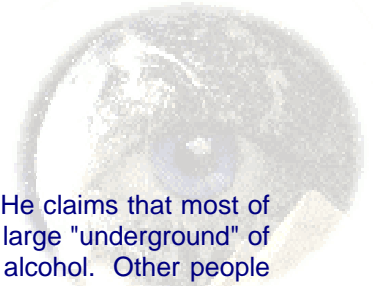
If you're willing to work at it, there are plenty of counselors and other authorities who can provide specific techniques for improving your relationship. But the motivation to do so can only come *from within*. It has to be sincere, and it also must be *mutual*. It takes an exceptionally fine mirror to reflect our likeness without distortion. If we're fortunate enough to find one, we may not always like what we see in it. But if we care to accurately know and thus change our appearance, it still might be well worth the price of having.

**Committedly yours,**  
***Dr. Chakras***

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# Reefer Madness

(Original Web Posting: April 23, 2001)



Dear Dr. Chakras,

Our seventeen-year-old son was just caught smoking marijuana. He claims that most of what we hear about it isn't true, that he uses it to "relax" and that there's a large "underground" of casual smokers who, like him, choose to avoid all other drugs, including alcohol. Other people I've talked with say that marijuana is very addictive, and I realize that many of those with serious addiction problems started out this way. What's your opinion, and what do you think I should do?

-- "Mortified Mom", Ohio, USA

Dear "Mom",

I'm sure that not all of my readers will want to hear, or will agree with, what I have to say on this subject. But since you asked, here goes:

The reality is that if your child is determined to smoke pot, there is probably no practical way you can stop him.

The use of marijuana and similar plant derivatives far predates the modern cultural phenomenon. For millennia, psychotropic substances have been known, revered and used in *shamanic-type* rituals to induce mystical experiences. But in today's world they're more often employed recreationally (as "mood enhancers"), without due reverence or any real understanding of their unseen power, potential and risks.

As with many such things, whether marijuana is "good", "bad", "safe" or "dangerous" depends a great deal on a user's physical, mental, emotional and spiritual makeup, as well as his or her purpose and intent (social opinion notwithstanding, of course).

Marijuana itself is not physically addictive. However – depending on the individual using it, how it's used, why, and how often – there IS the potential for psychological and/or emotional dependence, as well as side effects that can include lethargy and short-term forgetfulness. But these may be symptoms of issues that already existed and that the marijuana merely surfaces or intensifies (which isn't necessarily a bad thing IF growth is the objective AND reliable guidance is readily available).

Please don't interpret this to mean that I am in any way encouraging the use of drugs. But America's marijuana laws, in particular, are largely politically and economically motivated, as well as being a product of ignorance and fear. There is little legitimacy to the argument that marijuana is a "gateway" drug, leading to the use/abuse of more serious substances. That DOES occur, but most often it's because of an "addictive personality" and peer pressure, and sometimes even more insidious influences.

It is not uncommon for financially motivated drug dealers to coax the unwitting into sampling something "more powerful". It is similarly not unheard of for some of today's marijuana to be "laced" with other, truly addictive drugs (such as opiates) to provide a greater high and simultaneously create a real physical craving that CAN quickly (and unwittingly) lead to a genuine addiction.

As with any type of artificial mind altering (including those not involving drugs), it's equally possible for a deeply troubled, unstable individual to "go off the deep end". Many particularly sensitive and creative people can find themselves battling forms of substance abuse, addictions, or similar problems from "self-medication" used to dull the sometimes overwhelming thoughts, feelings or even *psychic impressions* they experience. (In the latter case, it's often best to seek the counsel of an experienced "spiritual trainer" and learn safer ways of dealing with the pain. Traditional medical and psychological or psychiatric practitioners are largely clueless about such issues and can unintentionally make things even worse.)

In addition to unsafe motor vehicle operation and all the obvious legal ramifications, these are the most serious dangers of marijuana use and are the kinds of facts you can confidently share with your son.

I do completely understand your parental concern. But things could be worse. Alcohol abuse -- particularly by young people -- is, in my opinion, a far more devastating, dangerous, and immediate threat. And the reality is that if your child is determined to smoke pot, there is probably no practical way you can stop him. So just do what you can to make him aware of its real risks without resorting to "propaganda" -- which he'll readily recognize as such and dismiss anyway, losing respect for you in the process. That way, he can at least make informed choices and take appropriate measures to protect himself, if he elects to continue.

Setting loving examples, fostering calm, open, non-judgmental communication, and being there for him when he needs you are probably your best strategies for keeping your son safe (and for giving yourself as much peace of mind as any caring parent is ever likely to get!).

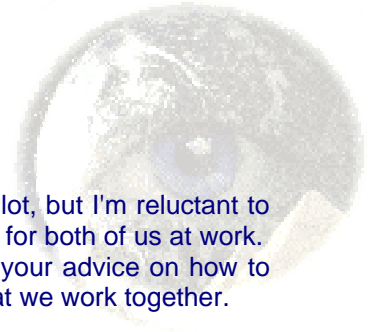
I hope this is helpful, and I wish you success.

**Objectively yours,**  
*Dr. Chakras*

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# Relationship Jitters

(Original Web Posting: May 16, 2001)



Dear Dr. Chakras,

I have just become involved with a coworker. I care about him a lot, but I'm reluctant to seriously commit for fear that it won't work out and will make things difficult for both of us at work. My feelings about commitment come from previous experiences. I'd like your advice on how to figure out whether, in this case, I'm afraid of commitment or just the fact that we work together.

-- Ann, age 19, New Brunswick, Canada

Dear Ann,

I think you've answered your own question, and what you're seeking is confirmation.

The second biggest mistake we can make (or avoid) is choosing fear over LOVE.

Fear is clearly at the heart of your dilemma. But, as you've indicated, this is more a matter of *WHAT* you're afraid of... *WHY*... and whether your fear is "rational" or "irrational".

No matter how seemingly bizarre or unfounded, all of our fears have a basis and an understandable explanation. *Rational* fears are typically those that reflect a real, imminent, physical threat in the *present*. But most of our fears are emotional and psychological in nature, are rooted in negative past experiences, and have more to do with our projection of some unwanted *future* event than with whatever is actually happening in the moment.

Ironically, our conscious and unconscious reactions in the present to those imagined potential situations alter our perceptions of "reality", influence our beliefs, and typically cause us to create the very circumstances and conditions that will virtually assure the fulfillment of our expectations! Then, when our expectations DO become reality, they only serve to reinforce the underlying belief that got us there in the first place – which now subsequently influences the way we view and handle similar future situations! And on and on it goes...

Are you beginning to see how the vicious negative cycles in our lives are self-created, self-fulfilling, and self-perpetuating -- and understand why enlightened teachers and guides have consistently, persistently reminded us to "*live in the moment*" or "*BE HERE NOW*"?

The GOOD news is that if this principle can work in negative ways, it can also work to our advantage! This is the basic difference between people who live joyful, fulfilling, abundant lives and those whose existence is characterized by endless suffering and scarcity. All it requires is becoming aware of and changing our negative beliefs and expectations by consciously choosing to BE in the present and to NOT create anything out of fear; moment-by-moment; day-by-day. That won't guarantee that our problems will all immediately disappear or that we'll never again



have any "undesirable" experiences, but how could it possibly make things worse? No matter what the time, place or circumstances, we each always have at least those choices!

As to your specific issue: Workplace romances do inherently carry some obvious added risks. My advice is to first examine your attraction to this person to determine whether it's really about him or about YOU. What IS the attraction? Do you know him, and yourself, well enough to admire his finest qualities while recognizing and accepting any faults or other shortcomings he may have. Can this relationship *bless* your lives enough to be worth the risk? Or are you possibly projecting onto this person certain ideals and attributes that are based more on your needs, desires, beliefs (and fears) than on reality? These questions, of course, all apply equally to him.

Love is a continuous process of discovery and co-creation, and falling "in love" involves "discovering" someone else. But *staying* in love is invariably about discovering ourselves as reflected in our partner – not just the "good and beautiful", but the "bad and ugly" as well – and then employing that incomparable awareness to create mutual growth and enduring changes that contribute incalculable blessings to one another and thereby to ALL of Creation.

If after a carefully and honest analysis you believe that this is truly the nature of your new relationship, then I suggest that you find a way to put aside your past- and future-based fears, "go with the flow", and see where it leads. If it's not... then your caution is probably warranted. The *second* biggest mistake we can make (or avoid) is choosing fear over LOVE. The BIGGEST is... **not understanding the difference!**

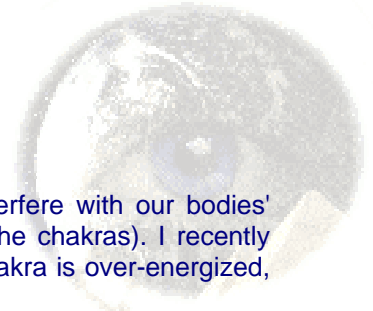
Best wishes for a happy outcome.

**Discerningly yours,**  
*Dr. Chakras*

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# Rock the Chakras

(Original Web Posting: May 16, 2001)



Dear Dr. Chakras,

How sensitive are chakras to medication? Do all medicines interfere with our bodies' natural flow? (This is for a communications class paper I'm writing on the chakras). I recently started a color therapy course and also wonder if you can tell me: If a chakra is over-energized, what color would be introduced to restore its balance?

-- Rachel, age 25, Dorchester, UK

Dear Rachel,

These are all excellent questions, as far as they go. However, we must never lose sight of the fact that our single greatest asset for maintaining health is actually the *spiritual realm*, from which all other things are derived and where, at the highest levels, it is literally possible to transcend "physical law" and simply *will* ourselves healthy. But that requires a level of clarity, understanding and *belief* that few of us yet possess.

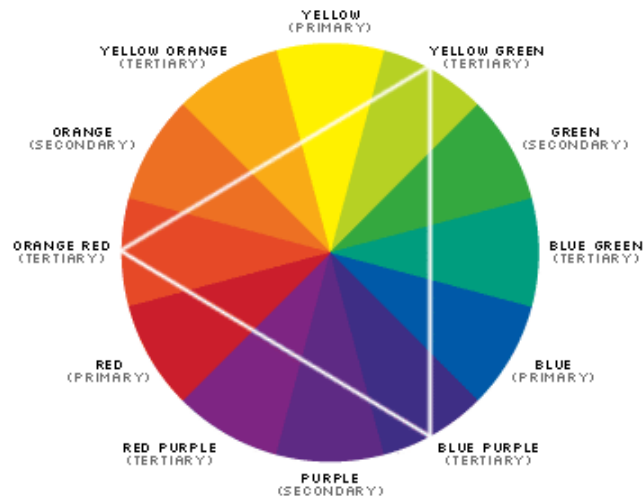
Our single greatest asset for maintaining health is actually the spiritual realm, from which all other things are derived.

Failing that, our physical bodies – which possess a "consciousness" of their own – have the innate ability to instinctively lead us to whatever they need for a healthy balance, or "homeostasis", to be maintained. The problem is that we've become systematically un-attuned to them – ignoring or misinterpreting their subtle signals, if we recognize them at all!

Essentially, anything taken into our bodies has an effect of some kind. This is because every single thing in Creation has its own unique vibratory quality that, in varying degrees, either harmonizes or clashes with the vibrations of everything else (much like musical notes) or has a neutralizing effect. It's no different with medicines and other "man-made" objects. At its subtlest level, the "raw material" for everything ("vibration" or energy) is identical; it all originates from the same "source". Yet every different thing it forms acquires singular characteristics.

Traditionally, science has attempted to understand and explain all this through chemistry and physics. But neither really recognizes nor takes into account the "mystical" nature of things. *Quantum* physics, however, does, and is now on the brink of some very exciting discoveries. And yet, in *practice*, this type of awareness has *always* been intrinsic to the field of holistic medicine.

Even though *chakras* are "transformers" of the subtle energies that make our material existence possible, their performance can indeed be influenced by outside factors, as well as *internal* ones – not only what we breathe and ingest, but even what we *think, do and say*. It's all intricately interconnected. The *color vibrations* associated with the chakras follow the visible scale, from red (root) to violet (crown). Though broadly representative and to some degree symbolic, we can use them therapeutically – because *intention and belief are what matter most*.



Essentially, a color wheel like the one shown above is all that's needed for the "chakra balancing" technique referred to in your question. The simplest method involves visualizing the hue of a particular chakra and mentally infusing its appropriate *complimentary* color – which can be found directly *opposite* of those shown. For example, the compliment of orange is blue, and vice-versa. (You may notice that the wheel contains more than just the seven basic colors; some advanced visualization techniques could conceivably employ the others, as well.)

Once upon a time, Nature itself provided everything we needed to keep ourselves in balance while living in harmony with it; and still could. But, as a species, we've used our "higher intelligence" to tamper with and disrupt the natural order. Before the advent of medical science, cultures developed and depended on healers who were far wiser in this respect. Many of their ancient discoveries and practices still remain with us today – frequently labeled as "quackery" or similarly dismissed by the formidable medical-pharmaceutical establishment, which often seems more interested in profits than in healing and health maintenance. Hence, we have come to believe in and rely more on what its proponents claim we need: expensive, irreversible surgical procedures, radiation, and chemical concoctions whose long-term effects may not be completely understood or even anticipated.

This isn't meant to suggest that all such remedies are useless or harmful. But without being guided by awareness of how things work and relate to one another in a *larger* sense, all we really accomplish through even our most sophisticated modern therapeutic techniques is a "band-aid" solution and, possibly, the creation of further problems for ourselves and future generations.

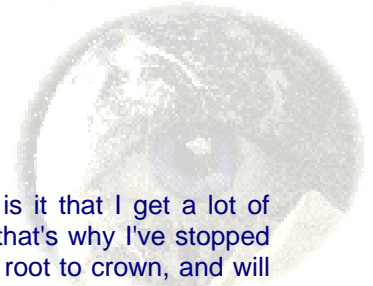
Higher *consciousness* is still, ultimately, our most reliable "medical consultant".

**Influentially yours,**  
*Dr. Chakras*

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# Meditation Anxiety

(Original Web Posting: May 21, 2001)



Dear Dr. Chakras,

I hope you can help me. Raja Yoga or just plain meditation – why is it that I get a lot of vagueness (I forget things)? I must be doing something incorrectly, and that's why I've stopped meditating. What are the exercises I need to do to open up the chakras, root to crown, and will these be relaxing? I'm doing an assignment on relaxation. Are these types of techniques too strong for beginners? Is it wise to present them to a class that doesn't know much about this? Because of different belief systems, I don't think everyone will agree, but do you think they'll go along with it? What is Kundalini? And who, exactly, are you? (I don't mean to be blunt).

-- Eleanor

Meditation is, overall, one of the safest and most effective techniques for achieving a deep, long-lasting level of rest and relaxation.

Dear Eleanor,

The only thing wrong with being "blunt" is that, by definition, it's the opposite of being **"sharp"**! Almost all of the information you're seeking is already contained within this [original web] site. I can tell you where to look, but I do have to wonder why you haven't first taken the initiative to research and explore it on your own. Could it be that there's some larger lesson for you here (perhaps having to do with impatience or "cutting corners")? It's just an observation, and maybe something more for you to consider.

Meditation is, overall, one of the safest and most effective techniques for achieving a deep, long-lasting level of rest and relaxation while also developing a solid spiritual foundation that doesn't require any particular religious or other beliefs. Although its results aren't always noticeable immediately, they ARE real -- AND cumulative. The key to meditation's success is to practice it consistently (generally, for twenty minutes, twice a day) without seeking, expecting, judging or resisting any specific experiences. Its best results are usually achieved with the help of a competent teacher, but benefits can also be enjoyed independently, as long as one follows a few basic but essential guidelines.

The practice of meditation is suitable for anyone, and doesn't necessitate assuming any "strange" or challenging positions. Sitting comfortably upright, in a straight-back chair with one's feet flat on the floor, works just fine. Typically, a mantra, or "seed sound", such as "OM" or something similar, is employed. After first closing the eyes quietly for 15-20 seconds, the sound is mentally recited. The objective is NOT to concentrate or force the mind to do anything but rather to allow one's thoughts to come and go as they naturally will, while experiencing the process from an "observer's" perspective. If one becomes aware that his or her mind has strayed, easily returning to the mantra and allowing the process to be repeated are the only effort needed. Nothing should ever be *resisted* -- not even an inclination to fall asleep! The benefits

will still continue to accrue. After about twenty minutes, simply stop the mantra, wait 15-20 seconds, and then slowly open the eyes to return to normal "waking" consciousness.

The "vagueness" to which you allude is characteristic of attaining a deep, dream-like "theta", or even "delta" state (which is rarer) – a good thing, really. If it's that troubling to you, you might try capturing any fleeting thoughts in a journal immediately upon arising (similar to keeping a "dream journal"). In any case, keep in mind that what you experience during meditation, or can recall about it later, isn't nearly as important as the long-term "waking" benefits you'll receive from its faithful practice.

There are some advanced techniques that do involve certain breathing exercises, postures, and visualizations, including some specifically designed to open, balance and otherwise "influence" [the chakras](#). But none of those will be effective if one hasn't first "mastered" the basics. Kundalini yoga deals with purposely awakening the primal life force that's within us all. It does have some potential risks, and is therefore not recommended for novices or those without access to a fully experienced guide.

If you need empirical data, over the past four decades a multitude of scientific studies on the effectiveness of Transcendental Meditation (TM), in particular, have been performed and are well documented. Much of that information is readily available via the Internet and from books, tapes and many other sources. It might even be possible and desirable to invite a certified local TM instructor to visit your class and do a basic, conceptual presentation (which doesn't involve a "sales pitch" or any cost or obligation).

Quite a bit more information on the [chakras and Kundalini](#), meditation and a few other developmental techniques can be found through this [book].

Lastly, "Who" I am, in terms of background and credentials, is explained in the [biography](#) [near the end of this book]. As to my "identity": I purposely avoid disclosing that. Not because it's some "big mysterious secret" but rather because I'm striving to eliminate pride and ego as factors in providing this service (while also maintaining a measure of personal privacy). I have no need or desire to develop a "following". PLUS, *one must always avoid confusing the messenger with the message!*

**Reliably yours...**

*Dr. Chakras*

(Same writer; follow-up correspondence)

Dear Dr. Chakras,

Thank you for your prompt reply. Where I'm located I can only receive certain things from your [web] site, and I'll admit that because of it I didn't go through everything. Please forgive my rudeness. Could you please clarify the "theta" and "delta" states? When I've finished meditating, I can't seem to get out of it. My hands, body and eyelids don't seem to want to work properly, and I'm very tired unless I sit for another half-hour or so. It may sound silly, but after the vagueness kicks in it feels like I may still be in some sort of dream state (all day, if that's possible!). I forget how to do my job and even how to answer the phone, and I'm more unsure than sure of anything. Do you know what's happening? Anyway, thank you again for emailing me directly.

--Eleanor

Dear Eleanor,

I'm sorry to hear you've had problems viewing my site. You weren't rude, and I apologize if my response hurt your feelings, which certainly wasn't my intention. I try to publish letters that offer me an opportunity to address a broad range of actual and potential readers and issues -- sometimes with a little sardonic humor. You'd be surprised at how often I receive questions that have already been answered here at some length. Yours gave me an ideal opportunity to make that point and also provide some valuable added information -- so I'm actually quite grateful.

My references to "*theta*" and "*delta*" relate to the scientifically-observable brainwave frequencies, measured in "cycles per second", which are characteristic of specific mental states. "Beta", the normal or "alert" state, is denoted by brainwave activity in the 13 to 30 cycles per second range. It is associated with active thinking, speaking and solving concrete problems. Typically, these frequencies are increased by anxiety or by concentrated mental activity.

"*Alpha*" is the most prominent pattern in the measured brainwave spectrum. Ranging between 8 and 13 cycles per second, most people can induce alpha activity simply by closing their eyes. Although a calm and relaxed state, it's *not* generally associated with inwardly-directed attention, relaxed awareness or strong feelings of well-being.

At 4-7 cycles per second, "*theta*" is below the alpha range and is characteristic of the dream state. *Theta activity is associated with creativity, access to the unconscious mind and deep meditation.* "*Delta*", the fourth state of mind, is primarily associated with **deep sleep**. Its brainwaves are very slow, measuring between 1/2 to 4 cycles per second. **There is evidence to suggest that the delta state is predominant during the onset of psychic phenomenon and extrasensory awareness.**

Apparently, you have a tendency to slip easily into the deeper zones during meditation. This really isn't a bad thing. People more often have difficulty trying to achieve it! Your problem seems to be with making a smooth transition *back* -- to normal (beta) consciousness.

I suggest "conditioning" yourself to do this before ever reopening your eyes. Starting at 10 (or even 20, if necessary), mentally count backwards, slowly, while telling yourself that when you reach the count of 1 and open your eyes, you'll return to normal awareness *feeling alert, refreshed and relaxed*. If you still feel "strange" after opening your eyes, close them again and repeat the process until you feel "normal". With a little bit of practice, this should eliminate the problem. (A similar countdown process can also be used to assist in *entering* a meditative state.)

I hope this additional information helps. Thanks for serving as an excellent example, and please don't take any of my quips or barbs personally. It's all intended for the greater good.

**Contritely yours,**

*Dr. Chakras*

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# The Nature of "Good" vs. "Evil"

(Original Web Posting: June 2, 2001)

(Note: The following comes from questions posted by members of an Internet spiritual discussion group, and my response, regarding some challenging concepts found in Neale Donald Walsch's popular series of books entitled "Conversations with God".)

Dear Dr. Chakras,

I was reading in CWG about the coming Ascension, how we will make the world in which we live, and how GOD says that there will always be "bad" people. It states that to be totally loving is to be fully free. Walsch asks GOD if that means everyone should be free to do anything they want -- without consequences or punishment. And GOD says that's exactly what He means. But how could we deal with such things? This is really hard to understand. Can you provide any further explanation?

-- RC, age 51, Hawaii

Dear RC,

From a Divine perspective, there is no judgment and there are no "evil acts" or "evil beings" (human or otherwise).

This is pretty "advanced" stuff that some readers may feel goes way beyond the bounds of "practical advice", but it's particularly relevant just the same. What's being referred to here is the *largely unrecognized* purpose of Creation, which is nothing other than... **to BE!**

By its very nature, "manifest Creation" is dualistic -- an infinity of opposites -- meaning that everything within it is RELATIVE, *to infinity*. There is no "black" without "white", no "hot" without "cold", no "pleasure" without "pain", no "good" without "evil", and so on. **There are no absolutes**; it's all a matter of *perception*. And **it's from these perceptions, as well as humanity's ignorance of its Divine nature and purpose, that our various "judgments" are derived.**

There is only ONE absolute: **the unmanifest "GOD"** -- the unfathomable *"realm of all possibilities"* wherein **everything and nothing** exist together *simultaneously*. This mind-bending concept cannot be fully understood or explained intellectually, but it CAN be *experienced*. And it MUST be, if we wish to make any sense of our "reason for being".

Still, try to imagine if you can (even on this vastly simplistic level) existing as **ALL THAT IS**. *What could or would you do?* Going "places", doing "things" and communicating with "others of your kind" certainly wouldn't be available! There are no *companions* with whom to share your "eternal" existence -- because you ARE, literally, **ALL THAT IS!** Just try to imagine that...

So it was from this ultimate state of ALONENESS that Divinity brought forth Creation -- solely for the purpose of experiencing ITSELF. And into Its Creation it placed Itself, infusing Its own "images" with "life" (creative intelligence) and "free will" (consciousness) of their own; which necessitated, in the beginning, that they be completely ignorant of their own true Divine nature in



order to fulfill their Divine purpose. And then having done all this, Divinity withdrew ("rested") within Itself, allowing Creation to unfold and **evolve freely, of its own accord**, while KNOWING and LOVING Its Creation AS Itself (which it IS) – in the purest and most mystical sense of The Word: **LOVE**.

Although it's difficult to comprehend, this is why, from a Divine perspective, there is no judgment, and there are no "evil acts" or "evil beings" (human or otherwise). At the highest level, regardless of its "performance", each and every aspect of Creation is doing exactly what it was intended by GOD to do – no matter WHAT. And that is, simply... **to BE**.

Judgment, morality and punishment are the creations of lesser awareness. "Perfection" is neither a necessary nor attainable goal, because we're already there but don't realize it! If we are "imperfect" in any way, then we're *perfectly imperfect* -- and loved no less by GOD because of it. All our perceptions of separation from GOD, and from one another, are, in the final analysis, nothing more than the grandest, most magnificently brilliant, Self-created ILLUSION!

But this is neither a reason for despair NOR a valid excuse to go about wantonly doing whatever suits our moods and primitive urgings – destroying ourselves and everything in our path in the process, which is the ultimate *blasphemy*. The answer to ALL our challenges lies in recognizing the Divinity within and evolving a "Spiritual Life" -- being "*in the world, but not of it*" -- fusing matter, energy and spirit through our every thought, word and deed. Yet, paradoxically, **whether we do this or not**, there are still no "mistakes" or "sins". Our "existence" is an enigma that can be understood only through direct communion with The Creator. With all due respect to *Star Trek* creator Gene Roddenberry – THAT, if anything, is humankind's "*Prime Directive*"!

Still, Divinity is not inactive within Creation, which clearly could not exist without It. A "bridge" between GOD'S manifest and unmanifest states exists in the form of what is known, in Judeo-Christian terms, as "The Holy Trinity"; and by different names in other mystical traditions. We have NEVER been "abandoned" or left completely to our own devices. Wherever you find LOVE, there you will also find GOD. Wherever you find GOD, you will also find LOVE. GOD is within all things, and all things are within GOD – for *eternity*.

So, we can choose to embrace our Divinity as well as our humanity -- or not. Ultimately, the ONLY difference it will EVER make... is to *ourselves*!

**Enigmatically yours,**  
*Dr. Chakras*

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# WHO IS “DR. CHAKRAS”?



HOUGH fitting (and singularly significant), the name "Dr. Chakras" is a pseudonym employed by the author purely in the interest of avoiding self-aggrandizement and unwanted attention. Among other qualifications, the living/breathing person behind it holds a Doctor of Divinity degree and is also an ordained minister of [Spiritis Church](#).

## **Early awakenings**

Dr. Chakras was born near Buffalo, NY February 5, 1954 and adopted in infancy. An intelligent, sensitive and precocious child, he quickly became aware of the myriad ways in which he was "different" from others. The alienation and loneliness he suffered set him on a relentless quest for the deepest meanings of human existence as well as his own reason for being. As a teenager in the turbulent 1960s and early '70s, through the use of psychedelics he received many astounding mystical experiences and spiritual revelations, and at the age of eighteen he experienced *samadhi* (oneness with God). But for the knowledge to become *wisdom* there was much more for him to learn, do and integrate in the material world. At age twenty he became an "ethic" vegetarian, began meditating, and initiated an ambitious examination of diverse spiritual systems. *Knowing from direct experience* the relative and illusory nature of what is commonly accepted as "Reality", he questioned everything and adamantly subscribed to no beliefs other than those he independently and personally experienced as Truth.

For the next two decades, Dr. Chakras led what most would consider a typical life. He attended college, married twice, fathered three children and enjoyed a successful business career. But in spite of his advanced awareness — or perhaps because of it — he was more often an observer than a participant in worldly affairs. Yet he invariably felt that he was being protected and guided toward some special role he was intended to play... some significant contribution he would make to humanity's evolution *when the time and circumstances were ripe for his involvement*.

## **Mid-life emergence and momentum**

During a career lull at age thirty-eight, Dr. Chakras had an unanticipated opportunity to accelerate his metaphysical studies by becoming involved with an eclectic personal development training group. He was introduced to a variety of intriguing techniques and inspiring teachers including a woman who had worked closely with Dr. Gerald Jampolsky of California's Center for Attitudinal Healing, a man who had been a protégé of Dr. Fritz Perls (the father of *Gestalt* psychology), and another who was an accomplished expert in the transformational *One Brain* system. But it was with **Dr. Larry Jensen**, a renowned psychologist, a key figure in several dynamic human potential seminars, the creator of a powerful *psychogenesis* healing process and

an awakened master of Shaktipat Kundalini Yoga, that he recognized the most profound connection. *It was in mystical Sedona, Arizona, following weeks of intensive work with this same group, that he discovered the astonishing hidden significance of his own uncommon, lifelong surname -- a perfect anagram of the word "Chakras" (wheels of consciousness), which he has since adopted as his trademark.*

The synchronicities and spontaneous mystical experiences continued. Two years later Dr. Chakras had a revealing vision that vividly recalled his own birth. Then, an unlikely and intensely challenging spiritual partnership formed in 1997 set the stage for discoveries that would ultimately inspire his spiritual work. In 1999, he returned to Arizona for advanced training under Dr. Jensen along with a number of others including world-acclaimed artist **Glenda Green**, author of "[Love Without End...Jesus Speaks](#)" – the fascinating account of her life-transforming face-to-face conversations with Jesus, as he purposefully appeared during a 4-month period to sit for her miraculous portrait of him, entitled *The Lamb and the Lion*. Those events set the stage for creations, collaborations and spiritual partnerships whose full implications yet remain to be seen.

### **Implementation**

In many ways esoteric, the Internet and World Wide Web reflect the unique relationship between human and Divine consciousness. So it was through that medium that Dr. Chakras first chose to share the wisdom and healing potential of his own journey of the soul with the world in its greatest time of need – adding his guiding voice to the countless others making their presence undeniably known at this time... even as his own intriguing destiny continues to unfold.

This book simply represents another step.

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# APPENDIX

# About the Chakras

Despite the name and associations, **chakras** are not the primary focus of this book or my work, although there is a tremendous amount of interest in them. Most simply explained, the human chakra system (which cannot be detected through normal sensory perception) serves as the central channel for the flow of life force through the physical body.



Chakras serve as "transformers" of Divine Light – releasing subtle energy into the aura to invigorate the mind, emotions, and body. Each one has a specific influence on various aspects of our being and also enables various abilities, including those considered "paranormal" and sometimes even perceived as "miraculous".

These descriptions are intended only as a basic introduction. Much more detailed information is readily available via the Internet or through any number of excellent books and other resources. (My personal insights on this subject can be found within the Q&As entitled "[Chakras & Kundalini](#)", "[Chakra Therapy](#)" and "[Rock the Chakras](#)".)



**CROWN CHAKRA** (*Sahasrara; the Thousand-petaled Lotus*). Located at the very top of the head, it is the center of complete integration with "God" (Cosmic Awareness, Spiritual Love; Divine, Selfless Love)



**BROW CHAKRA** (*Ajna; The Third Eye*). In the middle of the forehead, this is the center of insight and understanding, perception of the Divine, the ability to summarize, clairvoyance, spiritual awareness, and creativity in the spiritual realm.



**THROAT CHAKRA** (*Vishuddha*). Centered in the throat area, it is the center of will power, inspiration, telepathy, persuasion and the voice of consciousness ("the gift of utterance"), and Self-expression.



**HEART CHAKRA** (*Anahata*). Located slightly left of the breastbone, it is the center of emotional stability/balance, awareness, empathy, faithfulness and the ability to eliminate grief, anxiety, jealousy and anguish without dulling the mind or memory.



**SOLAR PLEXUS CHAKRA** (*Manipura*). Midway between the end of the breastbone and the navel, it is the center of life-preserving energies for coordinating messages from the brain and neutralizing aggressive energies from one's surroundings.



**REPRODUCTIVE CHAKRA** (*Svadisthana*). Found midway between the navel and base of the spine, it is the center of emotional stability and balance, awareness, empathy and faithfulness in the material world.



**BASE CHAKRA** (*Muladhara; Root Chakra*). Located in the pelvic floor between the anus and the genitals, it is the center of physical energy, true creativity in the physical realm, and the primal life force.

## The Hidden Meaning of the Caduceus



Even though it's a symbol of their profession, few medical professionals (or others) know that the Caduceus actually symbolizes **awakened Kundalini energy** which, in esoteric tradition, is often depicted as two entwined snakes rising and encircling the spine (staff). Its wings represent *liberation from worldly illusion* and Oneness with God, which is achieved when awakened, unimpeded Kundalini attains and activates the crown *chakra*.

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# Inner Peace

## SOME SIGNS & SYMPTOMS OF INNER PEACE

A TENDENCY TO THINK AND ACT SPONTANEOUSLY, RATHER THAN  
BASED ON FEARS RESULTING FROM PAST EXPERIENCES

AN UNMISTAKABLE ABILITY TO ENJOY EACH MOMENT

A LOSS OF INTEREST IN JUDGING OTHERS

A LOSS OF INTEREST IN INTERPRETING THE ACTIONS OF OTHERS

A LOSS OF INTEREST IN CONFLICT

A LOSS OF ABILITY TO WORRY

FREQUENT OVERWHELMING EPISODES OF APPRECIATION

CONTENTED FEELINGS OF CONNECTEDNESS WITH OTHERS  
AND WITH NATURE

AN INCREASED SUSCEPTIBILITY TO THE LOVE EXTENDED BY  
OTHERS, AS WELL AS THE UNCONTROLLABLE URGE TO EXTEND IT

FREQUENT ATTACKS OF SMILING

MUCH HAPPINESS AND JOY

These words speak for themselves, and their message is so true! I wish I could take credit for writing them, but I can't... only for the imagery, plus a few insignificant editorial changes.

I adapted this from a barely readable, plainly typed 5th or 6th generation photocopy I picked up in 1993 while involved in a special program at an upstate New York university. I think one of the instructors, Steve, a quiet, peaceful young man who had previously worked with troubled youths in several of the fine Outward Bound programs, brought it in one day and made copies to leave around for anyone who might appreciate it. My research suggests that the original author's name is **Saskia Davis**, whom I would like to thank for her work of beautiful, timeless wisdom.

I liked it so much that I carried that simple, fuzzy copy around in my briefcase for five years until, at Christmastime in 1998, I decided to put it into a worthier format, print and frame a few copies, and use them as gifts. It proved so popular that I've since given away many more to beloved friends, family or other special people in my life.

And now I share it with you, in the hope you'll find it every bit as guiding and inspiring as we have.

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# ADC Helpdesk: Installing LOVE

## ADC HELPDESK SESSION TRANSCRIPT

Release: LV101.00

Date: September 9, 2001

Subject: Technical support for installing LOVE

CUSTOMER SERVICE REP: Can you install LOVE?

CUSTOMER: I can do that. I'm not very technical, but I think I'm ready to install now. What do I do first?

CSR: The first step is to open your HEART. Have you located your HEART, ma'am?

CUSTOMER: Yes I have, but there are several programs running right now. Is it okay to install while they are running?

CSR: What programs are running, ma'am?

CUSTOMER: Let me see... I have PASTHURT.EXE, LOWESTEEM.EXE, GRUDGE.EXE and RESENTMENT.COM running right now.

CSR: No problem. LOVE will automatically erase PASTHURT.EXE from your current operating system. It may remain in your permanent memory, but it will no longer disrupt other programs. LOVE will eventually overwrite LOWESTEEM.EXE with a module of its own called HIGHESTEEM.EXE. However, you have to completely turn off GRUDGE.EXE and RESENTMENT.COM. Those programs prevent LOVE from being properly installed. Can you turn those off, ma'am?

CUSTOMER: I don't know how to turn them off. Can you tell me how?

CSR: My pleasure. Go to your Start menu and invoke FORGIVENESS.EXE. Do this as many times as necessary until GRUDGE.EXE and RESENTMENT.COM have been completely erased.

CUSTOMER: Okay, I'm done. LOVE has started installing itself automatically. Is that normal?

CSR: Yes it is. You should receive a message that says it will reinstall for the life of your HEART. Do you see that message?

CUSTOMER: Yes I do. Is it completely installed?

CSR: Yes, but remember that you have only the base program. You need to begin connecting to other HEARTS in order to get the upgrades.

CUSTOMER: Oops... I have an error message already. What should I do?

CSR: What does the message say?

CUSTOMER: It says "ERROR 412 - PROGRAM NOT RUN ON INTERNAL COMPONENTS."  
What does that mean?

CSR: Don't worry ma'am, that's a common problem. It means that the LOVE program is set up to run on external HEARTS but has not yet been run on your HEART. It is one of those complicated programming things, but in non-technical terms it means you have to "LOVE" your own machine before it can "LOVE" others.

CUSTOMER: So what should I do?

CSR: Can you find the directory called "SELF-ACCEPTANCE?"

CUSTOMER: Yes, I have it.

CSR: Excellent! You are getting good at this.

CUSTOMER: Thank you.

CSR: You're welcome. Click on the following files and then copy them to the "MYHEART" directory: FORGIVESELF.DOC, SELFESTEEM.TXT, REALIZEWORTH.TXT, and GOODNESS.DOC. The system will overwrite any conflicting files and begin patching any faulty programming. Also, you need to delete SELFCRITICIZE.EXE from all directories, and then empty your recycle bin afterwards to make sure it is completely gone and never comes back.

CUSTOMER: Got it. Wow! My HEART is filling up with really neat files. SMILE.MPG is playing on my monitor right now, and it shows that WARMTH.COM, PEACE.EXE, and CONTENTMENT.COM are copying themselves all over my HEART!

CSR: Then LOVE is installed and running. You should be able to handle it from here. One more thing before I go...

CUSTOMER: Yes?

CSR: LOVE is freeware. Be sure to give it and its various modules to everybody you meet. They will in turn share it with other people, and they will return some really neat modules back to you.

CUSTOMER: I will. Thank you for your help

CSR: You're very welcome.

---

Note: The original author of this wonderful piece is unknown, but his/her insight and words are exceptionally wise and greatly appreciated. While transcribing it I noticed that, quite ironically, I had dated and posted this material to my web site September 9, 2001 – two days before the infamous attacks, in the U.S., on the World Trade Center and the Pentagon.

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## AFTERWORD – About this e-book

This book's material almost wholly originates from an inspiration I had at the dawn of the New Millennium, in the spring of 2000. It first appeared on a web site of the same name that summer and for most of the next four years was freely available to anyone with Internet access.

Initially, I was extremely ambitious about promoting readership and adding new content. As a result, the web site quickly expanded and enjoyed a high search engine ranking – receiving thousands of “hits”, including some from people who accepted my invitation to write to me. Many wrote simply to express their appreciation, while others were actually seeking my help and advice – their problems providing the grist for further new material. And while I wasn't profiting from any of this in a material way, it was nonetheless still gratifying to know that what had come *through me* was making a positive difference in the lives of at least a few people.

Then, as suddenly as it had appeared, *Ask Dr. Chakras* **vanished** – in *every* sense of the word. Seven months later it returned to cyberspace bearing the following explanation:

Dear Beloved Readers,

As many of you noticed, this site was off-line from December 2001 to July 2002. The explanation for that is both *mundane* and *mystical* in nature... because ALL events have a deeper significance and greater purpose in our lives than appearances normally suggest.

As it did for so many others, life changed considerably for me in September of 2001 — although not unexpectedly, or for quite the same reasons. There were certain challenges I had to face and lessons I needed to finish... worldly matters I couldn't avoid. *Life* tested both my temperament and faith by compelling me to return to situations I thought I had left behind, for reasons I had hoped I'd never again have to contend with. Meanwhile, old associations were dissolving or changing even as new ones were rapidly evolving. Well... that's *LIFE!*

As we humans often do, during that period of trial and tribulation I "lost touch" with the greater part of my Self — the "I AM" presence that IS "Dr. Chakras" — which inspired and is reflected throughout this site. So, when the company that had been graciously hosting it without charge went away, I let *Ask Dr. Chakras* quietly slip away as well. *But I never doubted for one moment that it would eventually return!*

The greatest challenge we all face is to remain firmly centered within our Sacred Heart, and thereby connected to our higher, truest Self no matter *what* Life sends our way. *Retreating* from it is hardly the solution! Like the ancient practice of dyeing a piece of cloth, fading it in the sun and repeating the process many times over to make it *colorfast*, it is only by immersing ourselves repeatedly in BOTH the *outer* and *inner* worlds that we learn to separate what's false from what's real... and come to enjoy any *lasting* rewards.

Although not yet fully restored, I am pleased to have taken the important step of returning this site and its Divine-inspired contents to the World Wide Web. I ask your indulgence as the reintegration process continues. Amidst all the words and wisdom with which I've been blessed, I've always endeavored to affirm my *humanness*. It's my hope that by candidly revealing myself as nothing other than *ordinary*, those who discover this work will themselves find hope, comfort, reassurance, and the inspiration to achieve their own highest potential.

In the end, it's all that any of us really has to offer.

Most sincerely,

*Dr. Chakras*

July 18, 2002

Despite my optimism, I would find no relief for many months that were to follow. Feeling guilty and depressed over my inability to respond to the genuinely troubled souls who had already written to me, I went so far as to post an apologetic preemptory message – eventually removing the contact invitation from the site altogether. Even so, heart wrenching pleas for help and advice occasionally still found their way to me. It got to the point that I actually considered taking the site offline again, this time for good. I felt like such a *fraud*.

And yet, I knew better than anyone the *validity* of everything I had written. With a sense of fateful irony I recognized that I was undergoing many of the very same trials and tribulations faced by those who had sought my help, and about which I had once so confidently expounded – not the least of them involving loss of income, rapidly diminishing assets and my inability (plus my unwillingness) to do the kinds of things I'd done to comfortably support myself in the past. My personal life was in tatters, too, and on top of everything else I was generally just not feeling *well*.

This continued for *TWO YEARS!* It seemed like each new day brought new challenges, with *choices* to make. As “Dr. Chakras”, I had certainly “talked the talk”. Now, would I “walk the walk” and follow the advice I'd given to others? Or would I instead surrender to despair – ceding victory to the vague voices that insidiously whisper at such times, “*Forget Everything And Run!*”?

Ultimately, I rejected hypocrisy and chose to remain “true” despite considerable pressure to the contrary. Gradually, through “fortuitous” circumstances as well as my own efforts, I found ways to provide for my basic necessities that didn’t involve bankruptcy, further indebting myself or having to make any other truly unconscionable compromises. I rested often – whenever I felt the need; read extensively – mostly just for the pure *joy* of it; ate whatever and whenever I wanted and minimized meaningless contact with the world outside my own home. Some might even say I *cloistered* myself. I think of it more as a sort of *cocooning*. Admittedly, some days were better than others; and *great* days were few and far between. But I got by.

Incredibly, time almost ceased to have any meaning. Days turned to weeks, and weeks to months. Seasons changed. Birthdays and holidays came and went. Eventually, I began to feel more ambitious and energetic. But I was still far from my former self and even farther from my ideal. And although I was doing better overall, my precarious financial situation persisted with no foreseeable prospects for improvement. Somewhere in the back of my mind I had always felt that *Ask Dr. Chakras* was somehow at least partly the solution; and for a long time I’d wanted to update, revise and reformat the material into a book. As with my other challenges, though, what I *didn’t* want to do was “sell out”. Besides, early on I had tried without success to interest a few mainstream publishers in it, so I already knew what an exercise in disappointment that can be.

I had also considered self-publishing – either in traditional or electronic form. Yet, either way, I was reluctant to start charging for what had been freely and widely available for so long via the Internet. Of the handful of people responding to my survey, most had indicated a preference for *paperbacks* and said they’d be willing to pay ten to thirteen dollars for the site’s material in that form. But then the issues of production, marketing and distribution costs and means would come into play – none of which was I particularly eager or able to tackle anytime soon.

That left only the e-book option, even though I know as well as anyone that reading from a computer screen is nowhere near as easy, convenient or enjoyable as curling up someplace comfy with “the real thing”. Plus, there was still the issue of what to charge, and my qualms about charging anything at all. “Fame and fortune” have never been my motivators in doing any of this work. From the beginning, I’ve always intended it to be passed on to others as “my gift”.

Then, seemingly out of nowhere, an idea occurred to me – ironically, with its roots in some of the world’s oldest “schemes and dreams”. I COULD continue to give this material away – making it available to EVERYONE who wanted, needed, could use and would appreciate it – and STILL be fairly compensated IF I could somehow enlist an exponentially growing number of people to (a) participate in its distribution and (b) each send me a “token contribution” – like *one dollar*.

Could it work? Absolutely. *Would* it work? I really didn't know. But what I *did* know was that I already had all the components needed for its success: (1) something of genuine value to give away; (2) a network of readers, colleagues, friends and other contacts I felt certain would be appreciative, supportive and willing to help me get the ball rolling; and (3) the technical tools and know-how to accomplish it. The only real unknown was whether anyone further "downline" would willingly respond, participate and keep it going. And, if so – *how many, how far and for how long?*

I thought about the current commercial climate: the high costs of things, all the corporate greed and misconduct; the widening disparity between the "haves" and "have-nots" and all the rest that's wrong with "traditional" global economics. And it occurred to me that if this experiment bore fruit it might serve an even higher purpose than just putting food on my own table. It could represent a whole "new age" way of doing things: one based solely on *giving* first, in *trust* – with no guarantee of any return save that founded on *faith* in people's basic desire to do the right and honorable thing – AND their willingness to, ***if it's made easy and affordable enough for them.*** Of course, I may be hopelessly naïve and idealistic. I guess that remains to be seen.

In any event, I can't claim that the ideas I'm working with here are original. A few years ago, the world's top-selling author, Stephen King, tried something similar by marketing a series of his new writings direct to consumers via the Internet, for a couple of dollars each. As I recall, the results were pretty disappointing. For years, charities have been giving away books, magazines, labels and such to elicit donations. And as implied earlier, "pyramid" plans, multilevel marketing and fantasies of becoming rich by convincing hoards of people to each contribute just a pittance have also been around a long time. If anything, I've just taken what's good about these notions, discarded what isn't and added some of the unique capabilities available to and through modern culture and technology.

Regardless of my little experiment's outcome, the world DOES have to change the way it does business – and a lot of other things, too. I can only hope that, in its own way, what I'm doing here makes some small contribution to moving us all toward a more *enlightened* way of Being.

**Namastè,**

***Dr. Chakras***

**September 11, 2004**

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