



DELTA LIFE SKILLSsm



EMOTIONAL FREEDOM IS IN YOUR HANDS with REBsm

Integral Energy Psychology

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PART ONE: THE RADIANT ENERGIES BALANCE (REB)sm PROTOCOL: PHILOSOPHY/RESEARCH/THEORY BACKGROUND©

Section:

22. THE RELATIONSHIPS BETWEEN THE ENERGY/INFORMATION CHANNELS AND CENTERS

Center # and English name	Hindu Name	Sufi Name	Location	Related Channel (meridian)	Function
1 Root, Base, Tailbone	Muladhara or mulathara	Qalabiya	In front of base of spine	ren/Central/Conceptual and ida nadia	Foundation, survival, Divine, abandonment, nurture, basic needs, feminine issues, reliability, the mother
2. Navel, Abdominal	Svadhistana or swadhishtara	Nafsiya	2" below navel	Kidney/Bladder pair	Creativity, generativity, sexuality, sensation, center of ego, passion
3. Diaphragm 3a. Hara 3b. Solar plexus	Manipura	Qalbiya	Just below navel At solar plexus, where ribs join	Spleen/Stomach pair	Body's energy center Power, frustration, anger, rage, the power of the heart
4. Heart 4a-b. Auxiliary	Anahata	Sirriya	Center of chest, just above nipples	Heart/Small Intestine and Pericardium/Triple Warmer pairs	Most emotions, also outrage, ecstasy; bliss, the life of the heart, often the center, spiritual expansion-the secret heart
5. Throat	Visshudha or vishuddha	Ruhiya	Base of throat	Lung/Large Intestine pair	Communication, especially of knowledge and wisdom, spirit, vibration

6. Pineal	Ajna	Khafiya	Center, just above eyebrows	Liver/Gallbladder pairs	Intuition, thought, insight, perception, "sight," wisdom, clarity
7. Crown	Sahasrara	Haqqiya	Crown of head	du/tu/Governing and pingala nadi	Spiritual connection, high states, masculine divine, the Father, illumination, unity, enlightenment transcendence, truth

Figure 22.1 The comparison of the energy/information centers and possible functional relations to the meridians as per Jovanovic-Iqnjatic and Rakovic (1999). Source Clinton, 2000, p. 15

ENERGY ANATOMY OF THE CHAKRAS

from Myss, C. (1996) (with correlates for the Energy Centers of BioKinesiology, Topping and Biokinesiology Institute)

CHAKRA SEVEN (Crown BioKinesiology Energy Center)

Organs: Muscular system; skeletal system; skin

Mental, Emotional Issues: Ability to trust life; values, ethics, and courage; humanitarianism; selflessness; ability to see larger pattern; faith and inspiration; spirituality and devotion.

Physical Dysfunctions: Paralysis; genetic disorders; bone cancer; multiple sclerosis; amyotrophic lateral sclerosis (ALS).

CHAKRA SIX (Pineal BioKinesiology Energy Center)

Organs: Brain; nervous system; eyes, ears, nose; pineal gland; pituitary gland.

Mental, Emotional Issues: Self-evaluation; truth; intellectual abilities; feelings of adequacy; openness to ideas of others; ability to learn from experiences; emotional intelligence.

Physical Dysfunctions: Brain tumor/hemorrhage/stroke; neurological disturbances; blindness/deafness; full spinal difficulties; learning disabilities; seizures.

CHAKRA FIVE (Throat BioKinesiology Energy Center)

Organs: Throat; thyroid; trachea; neck vertebrae; mouth; teeth and gums; esophagus; parathyroid; hypothalamus.

Mental, Emotional Issues: Choice and strength of will; personal expression; following one's dream; using personal power to create; addiction; judgment and criticism; faith and knowledge; capacity to make decisions.

Physical Dysfunctions: Raspy throat; chronic sore throats; mouth ulcers; gum difficulties; temporo-mandibular joint problems; scoliosis; laryngitis; swollen glands; thyroid problems.

CHAKRA FOUR (Heart BioKinesiology Energy Center)

Organs: Heart and circulatory system; lungs; shoulders and arms; ribs/breasts; diaphragm; thymus gland.

Mental, Emotional Issues: Love and hatred; resentment and bitterness; grief; self-centeredness; loneliness and commitment; forgiveness and compassion; hope and trust.

Physical Dysfunctions: Congestive heart failure; myocardial infarction (heart attack); mitral valve prolapse; cardiomegaly; asthma/allergy; lung cancer; bronchial pneumonia; upper back,

shoulder; breast cancer.

CHAKRA THREE (Spleen, Solar, Diaphragm BioKinesiology Energy Centers)

Organs: Abdomen; stomach; upper intestines; liver, gall bladder, kidney, pancreas; adrenal glands; spleen; middle spine.

Mental, Emotional Issues: Trust; fear and intimidation; self-esteem, self-confidence, self-respect; care of others; responsibility for making decisions; sensitivity to criticism; personal honor.

Physical Dysfunctions: Arthritis; gastric or duodenal ulcers; pancreatitis/diabetes; indigestion, chronic or acute; anorexia or bulimia; liver dysfunction; hepatitis; adrenal dysfunction.

CHAKRA TWO (Genital and Abdominal BioKinesiology Energy Centers)

Organs: Sexual organs; large intestine; lower vertebrae; pelvis; appendix; bladder; hip area.

Mental, Emotional Issues: Blame and guilt; money and sex, power, and control; creativity; ethics and honor in relationships.

Physical Dysfunctions: Chronic lower back pain; sciatica; ob-gyn problems; pelvic/low back pain; sexual potency; urinary problems.

CHAKRA ONE (Tailbone BioKinesiology Energy Center)

Organs: Physical body support; base of spine; legs, bones, feet; rectum, immune system.

Mental, Emotional Issues: Safety and security; ability to provide for life's necessities; ability to stand up for oneself; feeling at home; emotional support.

Physical Dysfunctions: Chronic lower back pain; sciatica; varicose veins; rectal tumors/cancer; depression; immune disorders.

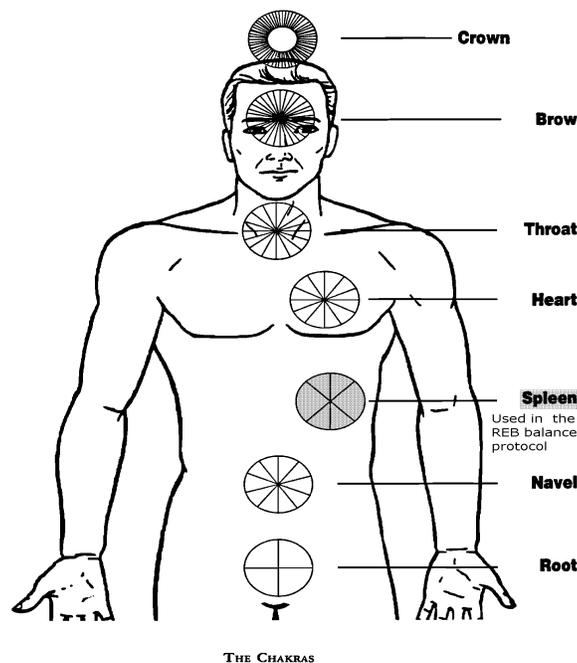


Figure 22.2

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