

Chakra is a “wheel” or “discus” and, as such, allows for the circular movement of energy within our bodies. Our chakras serve as a conduit for life-force energy. In my tradition, there is an energy “grid” that manifests as a synthesis of a variation of the Kaballah Tree of Life, both five and seven chakra continuums, and the Himalayan *dmu-tag*, or “sky-rope. On a more subtle plane, energy is channeled through a system of *nadis*. This grid facilitates movement of our life-force energies.

What is most important in these various systems is the movement of breath and vibration throughout the “physical” and spiritual body in a manner consistent with awareness of the interconnectedness of everything in our cosmos.

If, indeed, our Universe was manifested by sound in “*the Word*,” and music heralds our release from our temporal bodies, then it is important that the alignment of our energy grids facilitates the unimpeded movement of sound and vibration within our energy fields.

Hazrat Inayat Khan tells us,

*... if we study ourselves we shall find that the beats of the pulse and of the heart, the inhaling and exhaling of the breath, are all the work of rhythm. Life depends on the rhythmic working of the whole mechanism of the body. Breath manifests as voice, as word, as sound. The sound is continually audible, the sound without and the sound within ourselves: that is music. This shows that there is music outside and music within ourselves.*¹

The *dmu-tag* gives the appearance of a vertical shaft connecting heaven to earth. If a person is standing “in harmony” with the life-force energy, this *dmu-tag* would run straight through the chakras. Carolyn Myss sees the chakras as “... *lined up vertically to represent the power centers of the human energy system.*”² The *dmu-tag* is composed of frictionless ether, a medium similar to a quantum vacuum. Light, energy and sound, in the form of vibration, pass through this field effortlessly, provided there is no energy blockage on any level.

Yogis speak of the state of *anahad-nada*, a universal sound of the spheres. It seems possible this sound may well travel along our own personal *dmu-tag* by way of our chakras, facilitating movement of primal energies in our lower, root chakras to more ethereal energies in our crown chakra. Hazrat Inayat Khan believes “*Spirit descends into matter by the law of vibration, and matter may ascend toward Spirit.*”³ If we permit Spirit to move unimpeded through our energy system, vibrating with a resonance of harmony with our Cosmos, we bring about a convergence of energy and matter designed to birth compassion.

There needs to be an ordering of our energy flow through our chakras, and information necessary to facilitate this energy flow derives from Wisdom itself.

Wisdom not only makes all things new, she also “makes friends of Gods and prophets, deploying her strength from one end of the earth to the other, ordering all things for good.”⁴

We must allow Wisdom to “deploy her strength” from root chakra to crown chakra, aligning them for optimal awareness. When we are in tune with Wisdom, our energy system will come to a harmonic resonance, by way of our chakras, and manifest compassion. Thomas Merton believed:

The whole idea of compassion is based on a keen awareness of the interdependence of all living things, which are all part of one another and all involved in one another.⁵

If we are aware of our energy centers and keep these channels clear, we have the ability to discover great wonder and unveil incredible mystery on a moment by moment basis. This then becomes our task, to give our full attention and resources to ensuring that energy moves unimpeded through our chakras. Our chakras are interconnected, and it is important that we understand that an energy blockage in one chakra can affect the entire system. One manner of preventing energy blockage in our chakras is to not cling to anything. As an example, if one clings to their breath, they will turn purple and suffocate. One has to let their breath back out. That is a conscious act of faith, to breathe out, and believe your breath will come back.

Becoming aware of our own vibration and resonance, along this continuum of spirit flowing through our chakras, is also an act of faith.

We control our relationship with our bodies and our environment, and it is important we consciously choose to connect with persons and energies that will not have an adverse effect on either our psychological, physical or spiritual energy fields.

There are three channels moving energy both around and through our chakras. Russill Paul describes this system as follows:

The main channel, called the susumna, is located along the spinal cord and runs all the way from the base of the spine to the crown of the head. When energy is directed into this channel, the highest spiritual goals can be realized. On either side of the central susumna are two important sub-channels, known as ida and pingala. Ida, associated with the left side of the body, is linked to lunar energy; it is both feminine and cooling by nature. Pingala is associated with masculine energy and solar power; it is by nature hot, and linked to the right side of the body.⁶

This spiraling vortex of energy, resembling a helix, moves life-force energy throughout our physical and spiritual bodies, and needs to maintain a harmonic that resonates with the pulse of our cosmos. We must move toward a sense of wholeness where we incorporate energies that support and sustain our spiritual journeys, and reject negative energies that could debilitate our life-force energies. Nurturing a healthy and vibrant chakra energy field will permit us to both manifest and embrace compassion on a moment by moment basis.

- 1 Khan, H. I. (1991). The Mysticism of Sound and Music. Boston, Massachusetts, Shambala Publications, Inc., P. 3.
- 2 Myss, C. (1996). Anatomy of the Spirit. New York, New York, Harmony Books, p. 63.
- 3 Khan, P. 10.
- 4 Fox, M. (1991). Creation Spirituality: Liberating Gifts for the Peoples of the Earth. New York, New York, HarperCollins Publishers, p. 65.
- 5 Ibid., P. 45.
- 6 Paul, R. (2004). The Yoga of Sound. Novato, California, New World Library, P. 85.

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- Fox, M. (1991). Creation Spirituality: Liberating Gifts for the Peoples of the Earth. New York, New York, HarperCollins Publishers.
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