



The Twelve Chakra System



The Blue Chakra

This is Article Number 10 of a 13 part series on “The 12 Chakra System” (which is also the title of Article Number One –the April '06 featured article). All past articles can be found at BodyMath.com under “Articles and Archives”, with Article Number One providing the context, overview and history of this system. Then starting with Article Number Two, each of the 12 chakras will be presented in order and in much greater detail than presently found at BodyMath.com. For the most part, the articles on each of the 12 chakras will follow the same format with a general overview presented first, followed by more specific information regarding the significance of the given chakra in each of the 4 bodies of the aura. Examples illustrating practical application of the concepts involved will be drawn from actual case studies to help make the information more real and less theoretical. There will be a greater individual emphasis given to the first 6 chakras (Red up through Green), with these articles being a bit longer and more in-depth, as these chakras are without a doubt the ones needing the most healing for us to become whole again, both individually and ‘planetarily’ as a species. More collective or universal information and commentary will then be included with the last 6 articles (on Opal up through Violet), which have even more global implications for the entire planet.

The Blue Chakra's Big Picture



The Blue Chakra is also known as “the throat chakra” and is located in the middle of the throat region over the thyroid and parathyroid glands (as well as over the vocal chords, esophagus and trachea). Those familiar with the endocrine system know that these two glands, especially the thyroid, have tremendous relationships and interconnections with the rest of the endocrine system. Also noteworthy is the fact that here is where the central nervous system must pass to connect and communicate with the entire rest of the body as it begins branching off to form the peripheral nervous system. And all air coming in through our nose or mouth must also pass through this channel in the throat, deep in the trachea, as gases move both ways, to and from our lungs, to be exchanged as a part of our exchange with the universe. This is well worth remembering as we attempt to understand the immense connection that the Blue Chakra has with not only the rest of the body, but also with the universe or the entire cosmos. And here we refer to both our own microcosmic universe within each of us, as well as the greater universe(s) of which we each are just a very minute part. So the main function of the Blue Chakra has to do with *connecting to whatever or whomever*, either within us or outside of us.

The Blue's relationship to the vocal chords is an even more obvious indicator of this function and also takes on the function of expression. And sadly, most of us use only a small range of the potential sound spectrum that our vocal chords are capable of producing. For the quality of our voice is very much interconnected to our emotional state, which relates to the other organs in our chest and abdomen below. This limited range within the possible spectrum of our voice is much like the limited function or access that most of us humans have to our brains. This also holds true for our twelve chakras in each of the four layers of our aura (the physical, emotional, mental, and spiritual layers). For we as human beings only access a very small percentage of our chakra potential (see *MISSION STATEMENT* at www.bodymath.com). Taking this concept a little further, it is through our Blue Chakra that we have the potential to expand our being as we learn to connect with new and different ideas, feelings, people, places, and experiences; ones that can extend beyond the limited reality to which we more typically confine ourselves.

A Closer Look at the Blue Chakra and its Functions



The Blue Chakra, located at the throat, actually projects slightly downward, that is, it has a slight orientation towards the earth versus projecting straight anterior or outward like all the other chakras. Its functional domain includes important aspects of communication and expression, for blue is the center of expression for one's will. Thus it rules hormonal and metabolic activity through the thyroid and parathyroid glands,

blood pressure through the carotid bodies (also located in this same region), vocal expression through the larynx and muscles of the throat, tongue and jaw, and the motor and sensory nerve output/input to and from the arms and hands (so they too can function as organs of expression). And as stated above, Blue has the unique ability to *connect*.

Damage to the Blue Chakra can occur when one's expression becomes blocked in any of the four layers of the aura. "The gag order" that often comes with sexual abuse is a common example, and there are many other ways we have learned or have been told to hold our tongues and not speak our truth. My newly released book, *EMBRACING CHANGE, Transforming Life's Challenges with Courage and Grace*, goes into this rarely discussed or written about subject in great detail in Chapter 6: *GETTING DOWN & GOING IN, Busting through the layers of our emotional denial* (see www.EmbracingChange.net). Blue is like the sky and the air and permeates almost everything, which in part is why it is very good at connecting and communicating. Its color is the deep blue hue of the sky on a crisp, cold, clear winter day. The Blue Chakra balances the Red Chakra and is a higher octave of certain aspects of the Red energy, which helps explain why it has a slight orientation downward.

Looking at how the Blue Chakra manifests in the spiritual layer of our aura, can give us an understanding of its more basic essence. For people with the Blue Chakra present in this layer will often be good writers, public speakers, musicians, artists, teachers and salespeople. Those who excel in any of these mentioned professions almost always have good access to their Blue Chakra in their spiritual layer. So by looking at the common elements of these professions listed, they are all ones that require connecting well with others in one way or another. For the musicians and artists it may mean connecting well to "the muse" that inspires them. Expanding this a little further with two more examples, we can note that the vast majority of both Chiropractors and Astronauts have the Blue Chakra present in their spiritual layer. With the Chiropractors their focus is freeing up restrictions that impinge the nervous system, the biological system that is designed to do most of the communication and networking within our body. With Astronauts, they have chosen a life that allows them to travel beyond our planet to potentially connect with new worlds.

Connecting and Expressing



These very important functions of the Blue Chakra that relate to one's ability to both be connected to oneself and one's world and to express oneself freely, are not nearly as accepted in our culture as they were even twenty five years ago. An additional factor causing the suppression of the function of the Blue, is that there is currently much more social pressure on conformity and saying the right thing. The effect of this often subliminal, social pressure is to leave one feeling or believing that one is not empowered to speak one's truth at all for fear of not being accepted. *Speaking one's truth* is indeed one thing that makes the Blue Chakra shine through on *all* layers.

The advent and recent boom in communication technologies that are more *visual* than auditory in nature has greatly added to this effect. And unfortunately cell phone technology, that is obviously more auditory, does very little to balance this. In fact cell phones make people feel more accountable to others than to themselves. Since the advent of television and now more recently the computer (not to mention the proliferation of motion pictures that have effectively replaced the radio as the main form of entertainment), there has been a decline in story-telling in our lives. Some educational systems, such as Waldorf Schools, make a point to honor and stimulate the development of this atrophied function that has been almost lost since the explosion of visual media. Native cultures throughout the world, including the ancient Greeks from which our Western culture arose, have always relied on the oral tradition that allowed the sages, elders, or wise ones of a community to share their stories as a means for passing down wisdom and knowledge to the next generation.

This means of auditory communication (story-telling) has the effect of stimulating the listener's imagination in ways that visual stories (videos and movies) cannot. And through such well-developed powers of imagination, the human will can be expressed in infinite ways thus allowing us to manifest a multitude of new and different ideas into creation. Perhaps it is no accident that our culture has fallen into such a rut of "sameness" in recent years, a non-imaginative state of reality that allows chains and franchises to proliferate and prosper. While at the same time individual creative powers have spiraled down into a state of disuse and atrophy, or at least in comparison to the limitless possibilities of our human potential. It is no wonder that our youth as they transition into adulthood are ever increasingly suffering from apathy, depression and despair, with little hope for the future.

This all ties back to the Blue Chakra, as with less auditory expression and communication occurring, one's power of imagination is not stimulated enough to allow for individual creativity to abound and flourish. Free creative expression in the arts is culturally downplayed as most support and funding for "creative expression" goes to the sciences for the development of technology. This is not to say that this is not needed, or that such technological development does not make use of creativity, but it is very much out of balance. For culturally, we no longer hold a space or provide for the pure expression of creativity for the sake of simply being creative. Another way of expressing this is that it is not *what* is being expressed or the end result that is so important, but rather *how* something is being expressed and the richness of the process of this communication that makes the real difference. And this difference relates to stimulating various and untold receptors within the very core of one's being, within those that are taking in or beholding such creative expression. So it is the link-up or connection that is so very important. For those listening to a story-teller and imagining all the various nuances, smells and flavors of the story, are being stimulated by the creative expression that is part of the Blue energy of the story-teller.

Another example of this somewhat difficult concept can be noted with music. A tune or melody expressed through the very same instrument, let's say the tenor saxophone by two well accomplished jazz musicians, will come across and sound very different depending if the musician has good access to his/her Blue Chakra. The musician who

has little to no access his/her Blue Chakra may be able to play the music perfectly, but it will not have the same richness of sound that has the power and ability to move the listener in untold ways, as that same music played by a musician with good access to his/her Blue Chakra. On one level it could be said that this difference is just a subtle difference, and yet in a very real and important way it is not subtle at all. For the power to move the audience or listeners by playing even a single note can be tremendous when the musician has good access to the Blue, and not possible without such a connection.

Blue's Relationship to other Chakras



Thus the energy that comes through the Blue Chakra is a critical transformative frequency for us as human beings that very much requires us to honor our free expression and creativity. And globally as we as a race are going through challenging times, our Blue Chakra energy is being particularly challenged as we are culturally less and less supported to express the truth that is within us. Chapter 11 of *EMBRACING CHANGE, Transforming Life's Challenges with Courage and Grace*, addresses this topic even further (see www.EmbracingChange.net for a complimentary download, under "sample chapter", entitled: *OUR RIGHT PLACE, Standing Tall in Our Truth with Gratitude*). And the article entitled "Creating Sacred Space" (see www.bodymath.com ARTICLES & ARCHIVES under February '06 Featured Article) also expresses another aspect of this topic. In this article the Orange Chakra is credited as being responsible for *holding and creating sacred space*. However the functions of the Red and the Blue Chakras (remember that the Blue is a higher octave of the Red) are also directly involved with carrying out these vital functions.

So whereas the Orange Chakra is more yin, embracing a very core aspect of the feminine –the womb energy, the Red and Blue are also vitally important in helping carry this out. They do this by embracing a more basic yang, or masculine, protective and creative part of this immense and tremendously important function of our being. And here I am talking more collectively, as well as individually. This is indeed an enormous concept to express as well as understand. It may be helpful to not only read or reread these articles (on *Sacred Space, the Red, Orange and this one on the Blue Chakra*, all found under [ARTICLES & ARCHIVES](http://www.bodymath.com) at www.bodymath.com), but also to go sit atop a mountain or hillside on a clear day. For as we sit there feeling the air and wind around us and are completely surrounded by blue sky energy, we can meditate on the Blue Chakra. Or if one is more skilled in meditation or has already a well developed imagination, then the same could be done from the quiet solitude of one's own home without having to climb a mountain or hill. For Blue is all about connecting, both within our self as well as out into the vast expanse of the universe. We can and will all greatly benefit by actively embracing and empowering our Blue Chakra to open and expand through its infinite connections to all that is.