



The Twelve Chakra System



The Golden Chakra

This is Article Number Five of a 13 part series on “The 12 Chakra System” (which is also the title of Article Number One –the April '06 featured article). Please note that all past articles can be found at BodyMath.com under “Articles and Archives”. Article Number One provides 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.

Overview of the Golden Chakra

Golden is the seat (or throne) within our being for The Mother of All Things (just as the Violet or 'the crown chakra' could be considered the seat for The Father of All Things). It is therefore no surprise that Golden is located at the umbilicus or navel, which is from where we received all of our sustenance from our earthly mothers for our first nine months while in the womb. Its color falls between the Yellow and the Orange which are the chakras directly above and below the Golden. It is a very rich and enlivened color like that of Buddha's belly in a golden statue of Buddha. The Golden is the center of nurturing and assimilation for our earthly being. As such it is not a surprise that it relates to the small intestines as well as aspects of the kidneys. Golden energy like Fire has not been well accepted in our male-dominant cultures on this planet, with this being true in general for all of the Mother Centers. But happily, "times, they are a chang'n" and the archetype Earth Mother energy is very slowly starting to be acknowledged, if not yet accepted. There are starting to be more and more people coming of age with good access to their Golden in their spiritual body, as well as much more being conceived with Golden present. Our planetary culture needs more of this energy for role models, as girls growing up are mostly exposed to aspects of being female that are missing this important element of the Golden Earth Mother in human form. Instead they are stuck with icons to emulate that are typically void of any real substance. I am referring here to computer-enhanced images of anorexic fashion models, which are impossible to emulate without having plastic surgery or somehow becoming 'computer enhanced' themselves!

Developmentally the Golden stage comes directly after and interfaces with the Orange, toddler (terrible two's) stage. So when we as toddlers grab this and that in our frenzy to explore and take in information (as well as learning boundaries as to what we cannot take in), we are also on a much more subtle level processing and assimilating all this new information. Much of this is done sub-cortically (subconsciously, without our conscious awareness), which is a critical point to remember about the Golden Chakra. For when our Golden Chakras are well developed in all 4 bodies, we are able to process huge amounts of information that would otherwise consciously overload our cortical brain. This is a critical part of our 'gut sense' knowledge-base that is able to take-in and process huge amounts of information that can far exceed the ability of the biggest and best government computers!

The Golden Chakra in the Physical Layer of the Aura

The first layer of the aura is located approximately 4 to 5 inches (~12 cm), from the body, and reflects the structural and mechanical aspects of the physical body as well as the conscious emotions. This is where both physical and conscious emotional traumas are found within the aura with direct correspondence to the physical structure. Restrictions of the first layer can involve any structure of the body and potentially any

conscious emotional issue. So the Golden Chakra, as it presents itself in this first layer of the aura, is likewise found at 4 to 5 inches from the physical body itself at the level of the umbilicus. It relates to the physical structures of the body and/or potential emotional issues of which one is able to be consciously aware. The restrictions that are associated with the Golden Chakra will more typically relate to the organs and structures ruled by the Golden, as listed above, and involve their commonly related issues.

The key issue for Golden is assimilation: this is the ability to take-in and process nutrients physically and information, emotions/feelings and beliefs on other levels. And similar to the Orange Chakra, the Golden has some aspects of sorting what we need and are able to take in from what we don't need and thus discard or let pass-on through. So the function of the Golden can be seen as being more refined than the role of the Orange, as Orange relates to more big/bold sorting (as associated with the functions of the bowel, bladder and uterus), whereas the Golden functions physically more on the cellular and molecular level as it processes nutrients (via the small intestines into the blood) and processes the blood itself (through the function of the kidneys in their role of purifying the blood). It is interesting to note that in Chinese Medicine nutritive qi (aka chi) is distinguished from the more general qi that flows through our body via specific meridian pathways, which is what Acupuncture works with. On the other hand, the use of Chinese Herbs is working more directly through the nutritive qi and can actually stimulate this important function of the Golden.

I have many times worked with people who presented with a primary restriction relating to their small intestines on this first layer, including often draining the Golden Chakra on the same layer. These people will, almost without exception, exhibit great difficulty in assimilating information. For example I frequently will have to explain things to them at least 3 times and in 3 different ways, and they often still can't get what I am telling them. Concurrently their physical bodies typically have digestive problems with them always being hungry, as they are not able to assimilate the nutrients they are eating. Then once I have worked with them to address and help them clear up this restriction, they not only are no longer always hungry, but they can easily understand what I am explaining to them.

The Golden Chakra in the Emotional Layer of the Aura



To summarize what we know about the emotional layer, which is not as obvious or as familiar as is the physical layer: the second layer of the aura, located approximately 9 to 10 inches (~24 cm) from the physical body, or about twice as far as the first layer, relates to the subconscious emotions. This is where the Golden Chakra presents itself at the level of the navel. Restrictions in this body of the aura usually will come from the early imprinting of society via our immediate family (parents, grandparents, older siblings, etc.) or other early caregivers, from the time of conception to about age seven. Again, these are subconscious emotional restrictions, which rarely can be consciously remembered as they bypassed the conscious mind when they first occurred. So this is

where our ancestral imprinting shows up as does unresolved past life issues that the soul carries forward (given the acceptance of the existence of past lifetimes).

This emotional layer has a functional relationship to the body's cells and physiology, unlike the physical layer which has a structural relationship to the body. From this it follows that when there are long-standing and severe restrictions present in this second layer of the aura, there can be functional problems with the tissue involved. For example diabetes will often have a primary restriction present in this layer over the pancreas. Cancer will also show up as a primary emotional body restriction over the involved region most all of the time. This is because the subconscious emotional memory in the brain that relates to this second layer has not been sending the proper input to the cells and tissues in the involved regions(s) instructing them how to continue carrying on in their programmed functions. From this we can easily see how the Golden Chakra, which we noted is also the seat of The Mother of All Things (the Yin Force of the Universe), has a more natural affinity to this second layer of the aura – the very yin, emotional body. And similarly, the Orange Chakra has a more natural affinity to the first layer – the very yang, physical body of the aura.

So in applying our understanding of the Golden Chakra to this emotional subconscious layer, we see a different presentation of the same energy as compared to the first layer. There can be a very similar situation going on with one's digestion and ability to assimilate and process information, but it is much more subtle or veiled in its presentation almost like there is a fog around the person and you can't quite put your finger on what's up with them as they just feel like they are not all there. This again relates to the strong affinity or connection the Golden Chakra has to this emotional subconscious layer. So when the Golden is blocked or not present in this layer it somehow feels like the person is also not quite all there. Of course there can be many other reasons for people to seem 'not all there' or not present. However this quality of being, that is associated with the Golden Chakra in this second layer, has a very distinct characteristic associated with the way the person feels 'present' or not that is difficult to put in words. For words relate to the yang element and we are talking here about the most yin aspect of the yin element.

The Golden Chakra in the Mental Layer of the Aura



The third layer of the aura, located approximately 14 inches (36 cm) from the body (about three times as far as the first layer), is the mental body and relates to our belief systems. And this is where the Golden Chakra is found, at the level of the navel, in this layer. Restrictions in this layer come from beliefs and mental constructs that we formulate in order to cope with different stressful situations in life, particularly during our formative years as young children. Problems can arise later in life, long after the original stressful stimulus is gone, if we still have our thinking and beliefs organized in such a way that no longer serve our best interest.

Restrictive beliefs may exist in the more mundane realm of mental constructs, paradigms and belief systems, or in the spiritual realm regarding how we relate to the

Divine. The mental layer is also different from the first two layers of the aura when it comes to assessing the chakras. For damage in the mental body is typically more of an 'all or nothing' phenomenon. In the first two layers individual issues, traumas and restrictions will typically just involve one or sometimes two chakras at a time, whereas restrictions in the mental body will frequently cause all of the chakras in that body to become blocked or damaged. Often it is the Red Chakra in this layer that is the only one 'left standing' – the survivor, holding the space for the entire mental body. For without at least one chakra being present in this third layer or mental body, one cannot sustain any more than the presence of one chakra in the spiritual body or fourth layer. This is a very important point and a 'rule' that I have not seen broken in many thousands of cases.

So when a restriction in this mental body of the aura is draining the Golden Chakra of the same, it indicates a problem from a belief that is causing us to be out of balance with our ability to access our 'gut sense' or our 'woman's intuition' (be we male or female) as it relates to how we process information. In other words such a restriction here would likely cause us to be more rigid versus fluid in our beliefs as we deal with life. And unfortunately this type of restriction relates to a vast majority of the population who don't have good access to their Golden in any layer. But again, this is starting to change, so there is hope! And as is typically the case with all 4 of these Mother Chakras (Fire, Golden, Opal and Cobalt), Golden issues do not typically surface until the chakra above and below (Orange and Yellow in the case of Golden) are functioning to some significant degree.

The Golden Chakra in the Spiritual Layer of the Aura



Let's look at the meaning of the spiritual layer itself. The fourth layer of the aura, located about 28 inches (72 cm) from the body (where the spiritual aspect of Golden would be found at the level of the umbilicus) relates to our spirit –our own healing life-force. It is necessary to have a minimum of one chakra present in this fourth spiritual layer or body to be alive, and that is all that most people do have present. Most of my experience with the spiritual body has come through working with the chakras in this layer, as restrictions here will almost always clear by treating the first three layers or bodies (other than with situations of interference from 'foreign energy' that tends to more directly impact this layer, see ENERGY CLEARING at BodyMath.com).

The Golden Chakra manifesting in the spiritual layer of the aura is rare to find present with people, but as said, is becoming less rare as more and more people (particularly women) are being conceived with Golden present. An archetype for Golden when present in the spiritual body is 'Pachu Mama' or that 'big black mama', who Hollywood always seemed to cast as the cook or nanny in the old movies. Golden also embodies the fierce protective warrior(ess) energy that a mother can have for her child. People with Golden present in their spiritual body can assimilate huge bodies of knowledge with a deep understanding of it that would seem impossible for most people. My Chinese Bagua teacher, Dr. Xie (who recently passed on in his 80's), had Golden present in all 4 bodies. Bagua encompasses an extremely huge body of knowledge of both the healing

and martial arts. The fact that there is no student of his still living that he was able to pass on the entire system to, says a lot. I believe it was his presence of Golden in his spiritual body that gave him the capacity to know and embrace such a tremendously huge body of knowledge.

One might ask, if we were conceived with a chakra present in our spiritual body, then why do we not still have it. Most people came at conception with the top 8 of the 12 chakras present in their spiritual body (as stated above, the bottom 3 to 4 chakras less frequently come through). However only about 5 or 6 percent of the adult population on the planet at this time have more than one chakra present in their spiritual body. So then what happened to the rest of them? It is more common in early childhood, before the 'school of hard knocks' has 'knocked off' the extra one(s), to find people/children with more than one spiritual body chakra present. So basically this reveals how easily we become 'shut down' with our spirit becoming diminished as we grow up (this being one of the things I focus on during a personal consultation session). There is a very strong correlation between intelligence and the number of spiritual body chakras present (at least during early development). Which chakra(s) are present in the spiritual body and how many, will correspond well to one's gifts, talents and abilities, as well as to the type of lessons or limitations one may have to deal with in life. Therefore, if one has survived growing up with more than one spiritual body chakra present, that individual would naturally have more gifts, talents and abilities with which to work, and thus experience fewer difficulties and limitations in life.

The expression "the body is the temple of the soul" reflects how restrictions or blockages in the physical, emotional and mental bodies, (the temple) will affect how much of the spiritual body life-force or chakras (the soul) are able to be present. The restrictions that come about in these first three layers are the pathways or mechanisms that cause us to shut down, and thus lose much of our spiritual essence (or spiritual body chakras) as we develop. The self-healing techniques of Body Math™ open the pathways for our spiritual body life-force (chakras) to flow strongly down through all the other three bodies of the aura. If one is willing to practice the simple exercises with diligence and persistence, then having all 12 chakras strong and present in all 4 layers of the aura is quite possible. ESR-Inner Opening Technique™ (see ESR/SPHENOID section at BodyMath.com) is another way that can accelerate this process of bringing up (or back) all of our spirit as represented by the presence of our spiritual body chakras.

Closing Remarks Concerning the Golden Chakra



So what does this all mean? It means that we as members of the human race need to be clever and work diligently if we want to access our optimal potential, as measured and represented by how many chakras we have present. So this reflects how much of our life-force or vital energy we have available to help us through life so we can experience and accomplish all those things that we want to, being all that we can be. And since it is not common to find present the Golden Chakra with most people at this time, it is no surprise that so many people are having difficulty in accessing their yin

side. Again in our male-dominant yang world our yin side represents our feelings, our creative, non-linear, intuitive, gut-knowing sense. If there were better access to this aspect of us, or if more people walked the planet with their Golden Chakras present, the world would indeed be a better place. So does this not help direct us as to where we need to focus our self-healing efforts? Then we can help re-establish the throne for The Mother of All Things or The Yin Force of the Universe to take Her rightful seat in each of us, thus providing the needed balance in our out-of-control, yang focused world?