



The Twelve Chakra System



The Indigo Chakra

This is Article Number 12 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.

Indigo Chakra Overview



The Indigo Chakra is one of the better known as well as perhaps the best understood of all the chakras. Indigo's color is a very deep blue/purple/black hue like that of the midnight sky over the Mediterranean, a blue sapphire, a dark purple pansy, or the color of mountains at twilight. It is also known as "the Brow Chakra" or "the Third Eye" due to its location in the center of the forehead directly between the eyebrows, with one of its primary functions being related to "seeing" (spiritual sight). In fact Indigo relates to every aspect of sight, to include: foresight, hindsight, insight as well as spiritual sight or intuition. Those with Indigo present in their spiritual body tend to be very visually oriented people.

The Indigo Chakra helps us to see the whole or big picture in order to better understand something, someone, or a given situation. For as we become more whole with good access to all 12 of our chakras at all times (see www.bodymath.com Mission Statement), we are then able to perceive the world from a far greater perspective. We then may have as the French say more *largesse de spirite* (greatness of spirit). For every time we have an "ah-hah!" from a greater understanding of some situation, there is always an even bigger picture of understanding to be had, which is all a part of the Indigo Chakra's higher function.

It is very important to know that Indigo was until very recently, the most common chakra in the spiritual body to be found present with people on the planet. For most people are unfortunately "shut-down" to having just one chakra present in this 4th layer of the aura (see www.bodymath.com for more on *The 4 Aura Bodies and their significance*). And Indigo being the dominant chakra for over a 100 years was therefore the one most frequently found present. It has only been since the beginning of this year (2007) that the Green Chakra has surpassed Indigo in terms of being the dominant chakra present with people worldwide. I will discuss this further to include offering possible explanations as to why this is the case later in the article.

Indigo's Primary Functions



The Indigo Chakra relates very specifically to the pituitary gland, which is also known as the "master gland" for its huge range of endocrine functions that influence or "rule" all the other endocrine glands and their functions throughout the body. It also relates to a very important brain center located immediately adjacent to the pituitary gland, the hypothalamus that also has widespread influence, through the nervous system, on the entire body. Indigo, not surprisingly, is a very cerebral chakra due to its location in the center of the brain, and relates to the linear logical components of cognition and comprehension, but it paradoxically also has the ability to relate to intuitive functions as

well. I will talk about this paradox or distinction of Indigo's functions, that between the logical and intuitive, in more detail below.

Much of my empirical understanding of the chakras, with Indigo being no exception, comes from seeing thousands of cases where there was found to be damage or restrictions inhibiting a given chakra. The nature of the damage or restriction allowed me to better understand the given function of a chakra by observing how such restriction related to a given chakra *preventing or interfering with it being able to carry out its normal function(s)*. So with restrictions in the Indigo Chakra, I repeatedly observed how people were *not able* to see or understand something (or were "blind" to seeing something) that would otherwise be quite obvious to one with Indigo present or not restricted. In addition, long-term or chronic restrictions relating to the Indigo would eventually produce poor endocrine function, often manifesting elsewhere in the body or endocrine system.

Indigo's Relationship to other Chakras



In looking at the relationship between Indigo and the other chakras, one could say that Indigo balances or serves a higher, or less basic, function than does its counterpart, the Orange Chakra. This is similar to the Blue Chakra serving as "a higher octave" to the more basic Red Chakra as discussed in previous articles (see www.bodymath.com *Articles & Archives*). When the Orange Chakra is present and strong, it serves as an important foundation for the Indigo. For it allows for one to be able to see and understand life and one's right place in life, and then to take a quantum leap from being able to just logically process and understand information to being able to formulate clear spiritual insights and intuition arising from such processing; in short, to be able to see a much bigger picture. Indigo also has a relationship with the Fire Chakra in being able to transmute the fiery passion of this more basic chakra, through compassionate insight in order to be able to comprehend a much larger picture. This bigger picture includes spiritual insights and wisdom that are inspired by the clear passion for life coming from a healthy Fire Chakra.

*The significant message here to understand is the vital importance of "doing one's homework and cleaning one's house" in the more basic (or lower) chakras in order to reap the benefits of having access to the all the functions of the upper chakras. And in referring to the more basic or lower chakras, this also includes the heart chakras, whose lessons must also be mastered in order to actualize the full potential of those chakras above them. Therefore "the compassionate insight" just mentioned that Indigo can potentially offer, can only come through learning the lessons of the heart. And if one has not learned the important lessons of the Orange Chakra, which include healthy boundaries, clarity of identity, and creativity, then the function of one's Indigo will be limited to the more basic function of simply logical processing of information, *without being able to go to the next level to truly be able to see the big picture through clear spiritual insight and intuition*. Or perhaps the person will have many spiritual insights and much intuition, but it won't be grounded or clear due to lack of clarity stemming from unresolved issues in their Orange and/or Fire Chakras.*

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Cultural Influences on Chakra Dominance



During the Clinton impeachment proceedings, media coverage was such that during the final vote on impeachment, each Congressman and Senator that voted was shown on television casting their vote. This provided me with a great opportunity to quickly scan each politician as they cast their vote to see what chakra(s) each had present in their spiritual body. There were very few with more than one present, and of the rest, at least in the Congress, they just about all had Indigo if they were a democrat and Violet if they were a republican. As I scratched my head telling myself “this cannot be!”, there happened to be two I checked that followed the opposite pattern: one democrat had Violet present and one republican had Indigo present. Just as I was telling myself that at least this pattern is not absolute by seeing these two exceptions, the announcer said that these two were the only two that did not vote along party lines! They actually voted according to what chakra they each had present, with the Violet (democratic) Congressman voting for impeachment and the Indigo (republican) Congressman voting not to impeach. The Senate was a little different in that the vast majority had Violet whether they were republican or democrat, but of the ones that did not have Violet, it was exclusively Indigo that was present and it was always a democrat with the Indigo. I will discuss further significance of these findings in the next article on Violet.

The reason I share this story here is that it shows how biased we as a culture had become toward the Indigo (and the Violet, which was the second most commonly found chakra, up until very recently). Even most Native Americans in the past 100 years had predominantly Indigo as “their chakra of preference”. I say “of preference” because it is a subconscious choice as to which chakra “to wear” according to what best serves us, often being influenced by subliminal peer pressure as to what is socially acceptable or politically correct, among other reasons (see *Embracing Change, Chapter 6*). And Indigo has been in fashion for a long time and considered analogous with intelligence, but what kind of intelligence? Simple I.Q. type of intelligence that just measures linear logical processing is the answer; not heart intelligence, gut intelligence or emotional intelligence. And this is the same intelligence that our educational system has been geared toward, which unfortunately leaves out those gifted ones who have more right-brain creative and artistic functioning and less left-brain linear and logical functioning, which again are more basic Indigo functions. However a healthy Indigo, which means one supported by other strong and present chakras below it, can access the gestalt of both right and left brains.

And as a consequence of this world-wide bias, we now live in a very visually oriented world, where how something or someone looks or appears on the surface is what is considered important. Also logic reigns supreme for if you cannot see it, it cannot exist or at least cannot be considered as being valid. Therefore the “higher functions” of Indigo have been lost to the more mundane world of reason and linear/spatial relationships. Science is king and art is either under funded or not funded at all. And making decisions based one’s intuition or from what spiritual insights may arise from exercising one’s “third eye” is suspect at best. And why is this? It is simply because

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Indigo had to stand alone without the support of all of the rest of the chakras being present. And as such, it could not access its higher functions allowing one to embrace a greater world view.

So why now has the dominant chakra switched from being Indigo to being Green? It was not too many years ago that Green was ranked 5th in frequency after Indigo then Violet then Blue then Yellow, with only about 10% of the world population having Green in their spiritual body. The small percentage of Greens were very much compassionate, serving, heart people. Unfortunately I cannot say that the newly-come-to-Green, or “switchovers” from one of the above chakras necessarily fit this category even though they have Green as their operating chakra. The vast majority of new comers to the Green tend to be there due to feeling like a helpless victim. That’s right, Green can also be the chakra of choice for helpless victims. Does this new demographic pattern reveal how truly dire the world of corporate globalization is, with its associated raping and pillaging of the Earth’s natural resources, which include people living in a state of grace and dignity? Remember that Green is the Earth Mother’s nurturing side of the heart. Is the world view, promoted by the government via the controlled media, of simply being helpless victims to wanton terrorism since 9/11, also a factor?

The good news here is that even if these are some of the causes for this recent global change in chakra demographics, there is also a trend toward more and more people having more than one chakra present in this all important spiritual body. And the smaller percentage that already had two chakras present now have three chakras present, and guess which two or three are becoming the most frequent? The heart chakras in various combinations or all three of them are now the most frequently found. So my point here is that even if it is a passing stage of “victimhood” that has caused Green to beat out Indigo as #1, isn’t it better to have someone “stuck in their heart” versus “stuck in their head”. And being stuck in one’s heart even as a victim, may be a place from which one can more easily “recruit” other heart chakras, as one works on healing oneself and calls in more of one’s spirit or soul essence.

Then when Indigo “comes back on-line”, its insights will be tempered with compassion from the heart, versus the cold and rigid reason of pure logic devoid of any “virtues of the heart” (see www.bodymath.com Articles & Archives, Jan. ’07 article). For the heart is also that place from which all healing must occur, and an easier place to access the more latent Earth-based chakras as well. Thus in the end it could be said that these more recent changes in chakra demographics from an Indigo-based world to a heart-based world is indeed a good thing. For it moves us much closer to the goal (*Body Math’s Mission Statement*) of having all 12 chakras present in all four auric bodies, as we actively heal ourselves and embrace our wholeness by accessing all of our spiritual potential.