



The Twelve Chakra System



The Orange Chakra

This is Article Number Four 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 Orange Chakra

The Orange Chakra is located a few inches below the navel at the level of the lumbosacral junction of the spine, at the top (or fundus) of the female uterus. Its functional domain includes all of the organs and structures of this region including aspects of the small and large intestines and kidneys, the female ovaries and uterus, the male prostate, the bladder, the spleen, the legs, all bones of the skeletal system as well as the immune system. This is obviously quite a lot as this chakra is very important and has its own names in Hindu and Chinese ("hara" and "lower dantian" respectively). The Orange Chakra relates to all aspects of the self and identity, which includes personal boundaries. These boundaries need to be strong and healthy in order to be truly creative as creativity is another key aspect of the Orange. Developmentally, Orange develops between 1 ½ and 3 years old, around the age of 'the terrible two's' when we start developing our own autonomy.

Perhaps one of the most important aspects of the Orange Chakra is the ability to 'open space' or 'create sacred space'. This is more naturally a female or yin function as the male or yang counterpart is to 'fill up' or 'occupy space'. Since we all have both aspects of male and female within us to varying degree, this is something that men can also do, but women are 'wired' to do it naturally as it relates to the uterus (whether you have one or not). So this is a key function of Orange, choosing who or what to allow in and who or what not to allow in your space. (For more on this topic see February '06 featured article on "Creating Sacred Space" under ARTICLES & ARCHIVES at BodyMath.com.)

The Orange 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. So the Orange 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 lumbosacral junction of the spine (a few finger widths below the navel). This first layer is where both physical and conscious emotional traumas are found within the aura with direct correspondence to the physical structure. Restrictions of this layer can involve any structure of the body and potentially any conscious emotional issue. 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 Orange Chakra will more typically relate to the organs and structures ruled by the Orange, as listed above, and involve their commonly related issues.

A brief overview listing of some of these issues include: bones and bone marrow – support/core self/immune system; bladder – holding on and letting go; kidneys – filtering and purifying/being safe; intestines – sorting out what we need from what we don't; uterus – opening and protecting/creating; prostate – releasing/creating. Notice that the

functions of all of these organs that are ruled or co-ruled by the Orange Chakra fall into this same pattern of identity and boundaries as we define ourselves not only by who/what we allow into our space but also by who/what we keep out. Metaphorically we can apply these functions to our experiences in life and when we have problems with these organs we are often having problems with the Orange Chakra. For example, an underlying issue that can go with men having prostate problems that usually come on after age 50, can involve not having manifested in their life (their work) what they truly wanted to create and put out into the world. And such problems almost always have their origin around age two when we first learned how to 'go out into the world' (from behind our mother's skirt) and establish our identity as a toddler. This important developmental stage is 'revisited' as a teenager when we have another chance to establish our autonomy and develop a healthy identity or sense of self. The common pitfalls are succumbing to the pressures of our parents to please and conform (and then later, to our teenage peers) when what we really need to do during these developmental stages is the exact opposite (or at least learn to please ourselves first). So without such a solid foundation of self we can easily find ourselves adrift in the turbulent waters of fear and paranoia.

Chinese Medicine associates the emotion of fear with the kidneys and this is why. For without our Orange Chakra developing a solid core foundation, we are easily susceptible to being manipulated by fear. For we need to realize that there is healthy fear that is survival based, and there is paranoid fear that's only foundation is our own lack of foundation. Marijuana can typically have the affect on people of increasing one's paranoia as it typically blocks both the Orange and Yellow chakras in the first layer of the aura, thus increasing one's sense of being both self-less (Orange) and power-less (Yellow). Extreme cases of imbalance or little presence of the Orange Chakra is manipulation. For when our boundaries have been violated, which can happen by not being allowed to be a 'terrible two-year-old' (or even worse, by sexual abuse at this young age), how then are we supposed to develop healthy boundaries? So this is often the cause of damage to the Orange in this first layer of the aura. For when we aren't able to develop healthy boundaries ourselves, we can, without knowing it, violate other people's boundaries (since we don't even understand the concept of boundaries in the first place and thus don't realize that we have violated some else's).

So this is part of the reason why toddlers in 'trying to learn this concept' grab things from others and shout "mine". And since 90 to 95% of the population on the planet has major damage in their Orange Chakra in this layer, is it any wonder why man is constantly at war either over boundaries or simply not honoring someone else's boundaries?

The Orange 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. The Orange Chakra will present itself in this layer of the aura a few inches below the navel, 9 to 10 inches from the physical body. 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.

So in applying our understanding of the Orange Chakra to this emotional subconscious layer, we see a different presentation of the same energy. So let's say, as is often the case, that the damage to the Orange Chakra is strongest in this emotional body and that the Orange in the physical body of the aura (that relates to the conscious emotions) is in okay shape. So this person, we'll call "she", appears to have healthy boundaries, well understands the concept of boundaries having a fairly good sense of self in the conscious emotional realm. However in the subconscious realm she may have very deep and intense programming to meddle in everyone else's affairs particularly her family and loved ones, and so to speak, 'be in their face' without even consciously being aware she is doing this. Or in another scenario she may be extremely seductive and flirtatious, again without knowing she is doing this. The mechanism for such programming can be both of genetic origin (an important aspect of this second layer relating to our subconscious as well as collective unconscious emotions) and from our early imprinting from our family starting at our conception. In the first example, she may have subconsciously learned to do this through imitation (e.g. from her meddling mother, who learned from her mother, etc, etc.). Or in the second case, she may have learned to do this to get her needs met as a form of manipulation. She may do this as naturally as the sun rises and sets, but is totally oblivious that she does so or that it is manipulation and that she is not respecting the boundaries of others, as she feels no boundaries at all – especially her own.

The Orange 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 again, the Orange Chakra in this layer therefore would be found at this distance out from a point a few inches below the navel. 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 Orange Chakra of the same, it indicates a problem from a belief that is causing us to be out of balance with our sense of self or who we are (or more the case, a belief about who we are not, but believe that we are!). It is often the case that the Orange Chakra in the emotional and physical bodies are more often the primary ones involved. It seems that really delusional people tend have Orange involved more frequently in the mental body. And frankly, such severe cases were only a very small percentage of my patient/client population over the years, and thus I do not have as much experience with this type of situation to offer any specific examples. The largest percent of severely delusional people end-up being highly medicated or in mental institutions or living on the streets. However, as mentioned in the Red Chakra article, 'street people' (the homeless) tend to have more damage in their Red. Culturally as a group, Americans tend to have delusional ideas of who they are in relationship to the rest of the world. Again, my patient/client population over the years was not the average American since what I offered was so outside of 'the mainstream box' (and in recent years I have spent much time working with people in South America, Scandinavia and the UK). Fortunately this is changing as more and more people in the US have at least heard of the word "chakra" over the past 5 to 10 years. (I too am changing as I attempt to present this information with more 'mainstream packaging' as well as reach more and more people through my books and speaking engagements.)

The Orange 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 Orange Chakra in this layer would be found when present), 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 Orange Chakra manifesting in the spiritual layer of the aura is extremely rare to find present with people, with one exception. Pregnant women will typically have one additional spiritual body chakra present from the moment of conception (thus that extra sparkle in their eyes) and it is usually Orange. In the past few years since I discovered a method to check which chakras are present at conception with people, I have found this tool invaluable. For since I have been checking people at conception I have found that very few come with Red, Fire, Orange or Golden in their spiritual bodies (with Golden being the most common to find of these four that are infrequently found at conception). What does this all mean? It means that since there are so extremely few people on the planet that have 50% or more of their Orange Chakra energy present in their spiritual body, that I can instead learn about this chakra by seeing patterns with those that came with it present at conception. It has only been in the past year or two since I have been able to check enough people with the Orange Chakra present in their spiritual body at conception, that I have been able to establish enough commonality to draw some reliable conclusions about what this means (thus being better able to understand the Orange Chakra).

A large percentage of the African people, that live in West Africa, came with Orange present in their spiritual body. Are you aware of how our white male dominated world has treated and continues to treat these African nations? If you do not know there are two very revealing movies I can recommend: The Hotel Rwanda and The Constant Gardener. So why are these first 3 to 4 chakras in our spiritual body so suppressed by our world culture? I mentioned that a very high percentage of those that came with Red (and to some degree Fire as well) make up the vast majority of 'the missing children'. Is this random chance or calculated suppression of the Red, Fire and Orange in the spiritual body? And if it is calculated, then by whom and why? These are important questions to consider for us as we learn to become more conscious and strive for a world where all life is valued, respected and honored as being equal. The answers to these questions may also be the same answers to why we as a race are operating with only 10 to 15% of our chakras present.

So back to specifically the Orange Chakra in the spiritual body. I did have one interesting client when I was working and teaching in South America a few years ago. She had just one chakra present in her spiritual body and none in her mental body (as I

mentioned above, I have yet to see more than one present in the spiritual body when there are none in the mental body). And I don't remember how many she had present in her physical and emotional layers (I think just one or two). I knew she was not pregnant as she had just given birth a few months prior. So upon questioning her if she had had a recent severe shock and felt like she wanted to remain pregnant, she swallowed hard, turned red and teary and informed me that her newborn child's father (whom she loved) told her shortly after she delivered that he was leaving. She, in reaction to this severe shock to her psyche, had retreated to her previous pregnant state of being (with the Orange Chakra present). So we could say that this was her soul's 'spiritual body chakra of choice', to be the only one present when all of the chakras in her mental body 'collapsed' with the shock of the news of her husband moving out at a time when she was so particularly open and vulnerable. I did verify all of this with her by having her remember before and after her husband told her this while checking to see what changed in her chakra configuration. This is a common technique I do with people during personal consultations to assess their 'energetic history', as energy follows thought. Her retreating to Orange only in her spiritual body was her most easily accessed place of strength from which she could manage to move forward in life (which she obviously had to do in order to stay strong to care for her newborn child).

One might ask, if 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 the 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 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 Orange 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 the Orange Chakra is one of the least present with most people at this time, it is no surprise that so many people have great difficulty with their identity, self-image, boundaries, and immune system as well as with creating the type of life they want to manifest. Is this then not a clue as to where we need to focus our self-healing efforts, so we can learn to be solid in our core and able to be and create all that we want in life?