



The Twelve Chakra System



## The Cobalt Chakra

*This is Article Number 11 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 Cobalt Chakra Overview**



The Cobalt Chakra is less known and understood, being one of the Earth-based or Mother Chakras, and yet it is the most frequently found present of all these Earth-based Chakras. For it is the upper-most oriented of these and positioned right below the Violet and Indigo, the top two of the Heaven-based chakras. (*Please read previous articles of this series, found under “Articles & Archives” at [www.BodyMath.com](http://www.BodyMath.com) for more details on the Earth-based or Mother Chakras, or under “The 12 Chakras” for a brief overview.*) Being the topmost and most spirit or yang oriented of the Mother Chakras, Cobalt relates to many of our more primal brain functions. Its location embodies the mouth and tongue, encompassing all the taste buds and receptors of this region including many of the cranial nerves, such as the olfactory nerve to the nose which is responsible for the function of smell. The brainstem, cerebellum and other centers of the lower brain (often collectively referred to as ‘the reptilian brain’) are also found in this region, and all have their functions ruled by the Cobalt Chakra. Cobalt is the rich blue color of blue glass. For not only in hue does it fall between the deep sky blue of the throat center below it and the dark indigo purple/blue of the brow center above it, but in location Cobalt sits right between these two better known chakras as well.

## **Cobalt’s Primary Functions**



So what are the main functions of Cobalt? I find it helpful in understanding Cobalt’s varied functions to take a look at our reptilian, four-legged, aquatic, and feathered friends on the planet. For many of these “planet-mates” of ours not only have incredible ways of communicating, navigating, receiving and processing information non-verbally, but also have in common with us humans this same part of the brain. Such functions have dumbfounded our biological scientists, as they do not know how these creatures with “just simple reptilian brains” can possibly do such things, since they do not possess our more evolved cortical regions of the brain. Perhaps these scientists need to shift their perspective and instead ask: If such creatures, who share the same ‘simple reptilian brain’ as we humans, can do feats beyond our understanding, then how does this shared reptilian part of the brain work and what do we need to further understand about it? Or what aspects of this part of the brain that we have in common, are we as humans not using? Then we could possibly learn from such planet-mates how to better access more of our brain and thus more of our potential. Current scientific research on the brain shows that we use little more than 10% of this mysterious organ. And most research is focused on our neo-cortex with not nearly as much focus being on our reptilian brain, or at least not in discovering new brain functions and thus expanding our human potential.

Cobalt could be considered the higher mind for the Earth-based chakras, which includes the more autonomic and vegetative (basic) functions of our human brain and nervous

system. For these lower regions of the brain are governed by Cobalt and very likely will be where the centers for telepathy and non-verbal communication will be discovered someday when scientific research turns its attention to such esoteric functions. In recalling the previous article on the Blue Chakra, we could say that Cobalt also represents the yin aspect of the Blue, *or the receptive part of communicating or connecting with others or other dimensions*. The fact that cobalt is not frequently found present in most people, shows that this part of our human potential is dormant or extremely underdeveloped at this time.

It is also helpful to understand about Cobalt that it is one of three chakras that rule the brain, with Indigo and Violet above it being the other two. Thus we can understand how each of these three top chakras relate to specific regions and functions of the brain, which then relates to our whole body/being. *Therefore Cobalt, as well as Indigo and Violet, all have a more primary widespread (whole body/being) governing and organizing affect on us, as does our brain*. This is different than the other 9 chakras below them, which all have a more primary regional affect with only a secondary whole body/being affect.

It is my belief that evolutionarily we at one time in our human history had *only* the four Earth-based, Mother Chakras present. And of these, Cobalt related to our brain and mind, and was very highly developed. It was likely the center from which we could perform such feats as telekinesis, by joining our minds together to augment our individual power, and thus be able to move heavy stones precisely into place through the power of our minds without even physically touching them. For modern science has not yet come up with any good explanation of how early man was able to erect mammoth stone circles/henges or build pyramids and temples; not knowing how they could have lifted and fit such huge stones together in ways that we currently cannot even replicate. I figure this theory has just as much validity as any others I have heard that are based on limited left-brained speculation. The lost civilization of Mu or Lemuria may have represented such a period of human evolution where those living then may have had just these 4 Earth-based Chakras present (the Fire, Golden, Opal, and Cobalt).

### ***A Deeper Look at the Cobalt Chakra***



If we suspend some of our more left-brain functions and soften into our more right-brain or gestalt sensitivities for a few moments, we can then better grok or understand Cobalt. Much like allowing the focus of our eyes to soften as we begin to feel more than think. We are actually still thinking, we are simply doing it in a different way, with a less active focus allowing us to feel, perceive and thus better meld with what we are taking in. This could be more through our olfactory senses of smell as we breath in the floral richness of hue that comes with a summer rain filling our senses with such life-giving humors. Or as our taste buds take in the exquisite nuances from the nectars of our favorite tree ripened fruit just picked: revealing subtle textures through our teeth, gums and tongue when we break through the outer skin, exposing the explosion of juicy sweetness within to our waiting taste buds. Or perhaps we sense such through our lips as we take in the

vibration of a loved one, be it through the exchange from the most gentle kiss on the forehead, or with a lover from a more passionate and juicy exchange involving the whole mouth and tongue to include textures, tastes and smells of one another.

But is that all? Are we not during such an exchange actually drinking in the essence of each other as we feel the other's whole being connecting with ours. Words so often come up short in describing so many sensory experiences that simply go beyond words. Wine tasting has come up with many descriptive words to try to capture the bouquet of a fine wine. But they only describe aspects of the wine itself. For is it not the combination of the wine with how we feel at the time and with what we are experiencing within when we taste it that makes up the total experience? All of this is just scratching the surface in an effort to convey what is possible to experience through our Cobalt Chakra. For it is through this neglected center that we potentially can take in and experience *everything* around us at a given moment, without limits of time or space. A concept that is perhaps as profound as it is difficult to understand.

### ***Connecting with Others and our World***



So the above example involving say, a first kiss with a lover, has such an intensity and is so personal and real that most everyone can get it. But what about the less intense, less passionate, and less one-on-one situations? When we watch a newborn during a more alert phase, with eyes open and yet not focused on any one thing or person, we can feel how this young being is taking in its world. Newborns are still closer to the spirit realm from which they just came than this earth plane, and as such are using much more of their senses to take in their world. Senses that for the rest of us have long since atrophied from disuse. This processing or taking in the frequency or vibration of another or our environment is indeed a Cobalt function and one that as a culture is ignored as if it does not exist.

The implications for communication are potentially ground shaking: being so sensitive that we don't need words to be told what is going on around us or with another person with whom we are connecting. Thus not allowing room for misunderstandings, much less conflicts or wars. For even a misunderstanding would be registered as such, allowing us to recalibrate or shift our perceptions to better understand each other. Thus we could connect with one another and our world in a whole new way, one that senses, feels and honors what another person is experiencing, or at least much better than words could ever convey. And importantly during such current times of widespread and global deceit, if we were to use our innate senses for discernment coming through our Cobalt Chakra, we would then have no question as to what is true and what is not. Thus our Cobalt functions can be used as a priceless tool for not only perceiving, but for understanding and making sense of our crazy world.

So as stated we are starting to move back (or forward) to a time when more people are starting to access their Cobalt Chakras. In fact many of the female fashion models selected "to bear the torch of beauty" for our twisted culture are actually starting to have Cobalt present in their spiritual layer. They are likely chosen because they have so

much energy around their sensual mouths that is considered sexy or appealing. This could be a sign of growing public recognition (on an unconscious level) of some of the more unusual and desired qualities of the Earth-based Chakras. Without exception, those people I have worked with who have Cobalt present in various layers, are all extremely sensitive to subtle energies and very telepathic.

So to end, I would like to offer an exercise, since understanding Cobalt is such an experiential process. We can sit calmly with eyes closed or open as works best, and taking a few deep and full inhalations and exhalations, we can begin to focus our attention on our nose, lips, mouth, tongue, and the entire lower part of our brain. As we continue to focus here, we may feel this region start to tingle or perhaps even buzz from the attention we are placing on it. Then with our inhalations we start to “breath in” to this region everything and anything from our immediate environment, and allow it to fill us and meld with us on the exhalation. With repeated breaths we begin to go beyond our immediate surroundings to encompass an even greater sphere of awareness. And whatever we “take in” or tune into, we don’t judge it, we simply experience it and sense what it is about. Then as we continue to connect and take in more and more, we can see how large a region we are able to tune into. If we repeat this exercise a number of times over a period of a few weeks, we will start to find that our sphere of connection or perception will begin to expand to encompass a larger and larger region, which eventually could include our entire planet, or more... By doing the above exercise we are in fact exercising some of our latent Cobalt functions, and in so doing giving our self permission to expand our sphere of experience, taking in subtleties that we may not previously have believed existed. And hopefully this will give us just a taste or whiff of what the Cobalt Chakra is about.