



The Twelve Chakra System



The Fire Chakra

This is Article Number Three 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 Fire Chakra



The bottommost, the most earth oriented of the mother centers, is the Fire Chakra which is the next chakra up from the Red. Fire is truly the seat of earthly passion, sensuality and sexuality; and to no surprise is located at the penis/clitoris, a region richly laden with sensory nerve receptors much like the topmost mother center, the Cobalt Chakra located at the mouth/tongue region. The name "Fire" aptly depicts the degree of earthly passion and desire that can 'burn' in this region, also associated with one's passion for life. Understanding this sexual/sensual function of the Fire Chakra helps to clarify the many discrepancies in the literature on chakras that confuse the Orange and the Red Chakras as the centers for sexuality. For Red has to do with male reproduction (the testicles) for purpose of 'spreading one's seed' for the 'survival of the fittest' (thus testosterone for competition) originally to ensure the survival of the species. While the Orange has to do with female reproduction (the uterus) and the function of 'opening up space' for the right mate who will hopefully stay around long enough to protect and provide for her family (after he has so generously 'donated his seed'), thus allowing her to feel safe enough to open up the space within her to create new life.

Whereas the Fire Chakra, although closely related to the Red and Orange Chakras in both location and function, is truly the seat of real sensual/sexual passion. All three have to do with different aspects of sexuality and are most always the very last to become present in the fourth layer (spiritual body). And with the Fire, it is also rarely found in the first two or three layers, or bodies of the aura. An interpretation of this observation is that it is due to the heavy cultural judgments and incomplete depictions of this sexual/sensual aspect of our being. *For perhaps the most important aspect of the Fire energy is the potential for it to rise up and be transmuted so that this earthly passion can be transformed into spiritual compassion.* However this can only occur when the earthly passion is tempered and balanced by first flowing through the heart centers in order to truly be able to be present in the upper centers (thus allowing for any real type of spiritual understanding to come through, which is a key component of 'spiritual enlightenment'). *And this can only occur once one has learned to fully acknowledge, honor, accept and truly respect this aspect of one's being, one's Fire.* Unfortunately we mostly just see this sexual/sensual energy as being out-of-balance, as the movies and TV typically just depict it in its more raw state with little to no heart energy present to temper it.

The Fire 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 Fire Chakra, as it presents itself in this first layer of the aura, is likewise found at 4 to 5 inches from the physical body and relates to the physical structure of the body and/or potential emotional issues of which one is able to be consciously aware. Since the Fire Chakra's very nature involves core aspects of our passions and desires, restrictions or problems found in this first layer of the aura that relate to this chakra don't usually show up until the more basic issues of the chakras on either side (the Red and the Orange) have first been addressed. This unfortunately means that there is far less data available on the Fire Chakra in the first three layers than there is for most other chakras. For at this time on the planet, 99+% of the population doesn't have Fire present in their first two or three auric bodies.

Developmentally the Fire Chakra is associated with the age between roughly 9 and 15 months when we have an overwhelming desire and motivation to do things, to move and interact with our world. For at this time we are just becoming proficient at crawling and very much want to stand and walk (like everyone else is doing). There is much internal/foundational sensory and motor development that occurs during this transition period between the more passive and helpless infant (the developmental age for the Red Chakra) and the more active and exploring toddler stage (the developmental age for the Orange Chakra). *This is an extremely critical stage where our desires can become manifest, with huge increases in both our motor and sensory development originating from our passion to interact with life.* So a healthy Fire Chakra (strong and present) in this physical layer of the aura means that one has good core, conscious access to one's desires and is very passionate about life and anything of interest. The fact that this is only the case for less than 1% of the planet's population, reveals how extremely emotionally suppressed we as a species currently are.

The Fire 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*. 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 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 region(s) instructing them how to continue carrying on in their programmed functions.

So applying our understanding of the Fire Chakra to this emotional subconscious layer, we see a different presentation of the same energy. The Fire Chakra in many respects represents our most sacred of inner sanctums within our being, not only our private innermost desires and passions as it relates to our sensuality and sexuality, but as it relates to our deepest and innermost passions and desires for experiencing life itself. We culturally have been given strong programming that has been instilled through patriarchal religions and handed down over the centuries via this subconscious imprinting through our family. The mechanism for such programming is both genetic (an important aspect of this second layer relating to our subconscious as well as collective unconscious emotions) and our early imprinting from our family starting at our conception. *The net effect of all of the above has been to suppress not only our sensuality and sexuality as a healthy expression of our deep inner passions and desires, but our passion for living life to its fullest and thus our willingness to take risks and embrace change as we fully engage in life.* For we have been both individually and collectively programmed for centuries not to do this, as marked by the almost complete absence of presence of our Fire Chakra in our emotional bodies.

The Fire 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. 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 layer of the aura is draining the Fire Chakra of the same, it indicates a problem from a belief that is preventing us from accessing our fire/our passion. One case comes to mind that was particularly unusual, for to find a situation where the main restriction in all four bodies is draining the Fire Chakra in each of these layers is quite rare. In this case the restriction was around the heart with the primary layer involved being the mental body (and again all draining the Fire Chakra in each layer). The situation was a 55 year old man whose wife had left him for another man. That his heart was the main area of restriction on all layers made for an obvious interpretation given that he was literally suffering from a 'broken heart'.

However it was the fact that it involved his Fire Chakra on each layer that was what was so unusual. This man had a very fiery personality (as well as having some of the brightest red hair I've ever seen) and was severely depressed over the situation. The loss of his wife, or their long standing relationship, had not only put 'his fire out' but had also left him without his beloved partner to express his fiery passion sexually. This was further compounded by his knowing that his wife was now expressing her fiery passion with another man. His belief that all was lost was his biggest problem at the time, thus why the mental body aspect of this restriction was presenting as primary. For his belief was that with the loss of his wife that he had also lost his fire/passion for life and would never find another partner with whom to share his fire. Again this was his belief at the time and his belief was what was the source of his heartache and loss of passion, for he could have shifted his belief to viewing the situation as a blessing instead. This of course would not have been an easy thing to do at the time, but it was his current belief that was the primary source of the difficulty he was having. Again, it was his belief that was the problem and not the situation itself. The situation simply brought to the surface the 'incorrect' belief that was based on an assumption that his fire and passion was something he could lose with his wife, as opposed to realizing that it was only his belief that was creating this reality, as his fire and passion actually belonged to him.

The Fire 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 (about twice as far as the mental body), 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 of 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 Fire Chakra manifesting in the spiritual layer of the aura is extremely rare to find (although perhaps not as rare as finding it in the first two or three layers of the aura). It has been helpful in the past few years since I discovered a method to check which chakras are present at conception with people. 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 Fire 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 Fire 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 Fire Chakra).

What I have found is that a very high percentage of motivational speakers that work to help promote other people (by 'getting them all fired-up' and passionately inspired to go out into the world and make themselves and their work known) had the Fire Chakra present in their spiritual body at conception. I have seen this pattern enough now that I can recognize it in people before I actually check them to verify this. The fact that someone came with a given chakra present at conception in their spiritual body (even if it is not currently present), means that they have better access to it and are closer to having 50% or more present (which seems to be 'the majority rules' threshold amount required to work with the given chakra energy (e.g. to do the "Grounding the Spirit" technique, see *bodymath.com*). I also have noticed that the people *who are extremely effective* at using their sexual energy to seductively get what they want (i.e. 'the-pretty-girl-batting-her-eyelashes-and-looking-helpless-in-order-to-get-a-guy-to-offer-to-help-her' type of scenario), are typically the people that came with the Fire Chakra present in their spiritual body at conception. And similarly, those that came with the Fire Chakra in their spiritual body are second to those that came with the Red Chakra, as being the ones most commonly seen on the missing person photos.

One might ask why if we came with a chakra present at conception 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 is revealing how easily we become 'shut down' with our spirit becoming diminished as we grow up. There is a very strong correlation between intelligence and the number of fourth layer 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 level chakra, 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/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™ opens 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.

Closing Remarks concerning the Fire 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. And since the Fire Chakra is probably the least present with most people at this time, it is no surprise that so many people, male and female, have difficulty with their sexuality. Is this not a clue as to where we need to focus our self-healing efforts, so we can once again fully access our passion for life?