



The Twelve Chakra System



## The Opal Chakra

*This is Article Number 9 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 Opal Chakra's Big Picture



The Opal Chakra is the balance point of the heart and is located in the center of the upper chest. It is about 2 inches (cm) below the sternal notch at the bottom of the throat where the clavicles, or collar bones, join at the top of the sternum, the breast bone. It sits over the thymus gland, which has important immune functions well understood by Western medicine for newborns, and having more energetic functions later in life after the gland has reduced in size. Whereas the Green Chakra is the yin or feminine side of the heart on the left and the Pink Chakra is the yang or male side on the right, the Opal Chakra is the place of balance in between where yin meets yang in the center.

In the ancient Chinese yin/yang symbol, the Opal Chakra would be equivalent to both the white dot *and* the black dot at once; being of both yin and yang in origin, but at the same time being neither. This is similar as with the colors found in opal stones: potentially all colors, but no one color. In Christian symbology, it would be the center point of the Cross of Christ where Jesus' divine nature meets his human nature. The Celtic cross still stands tall over many gravesites throughout the British Isles and even in Scandinavian countries, depicting a circle around this meeting point within the cross at the heart. This circle within the cross conveys the protective encircling nature of Mother Mary (or the Earth Mother from the Celtic tradition) around the heart, with Jesus being both Son of God as well as Son of Mary. Interestingly, a slightly different version of this cross also appears in the Andes of South America, where this Andean cross, like the Celtic cross, has its roots in pre-Christian, Earth-based spirituality of ancient pre-Incan cultures. With the Andean cross, the center is actually hollow depicting a sense of also being *hallow*.

The point of sharing such archeological and historical information is simply to note how the influence of pre-Christian, Earth-based cultures still can be seen in our modern Christian era. Interestingly the esoteric Kabalistic origins of modern-day Judaism also has similar Earth-based feminine roots. Such influence of our earth/yin heritage is very much a part of this 12 Chakra system, particularly seen through these Earth-based chakras, of which Opal is central (no pun intended). The global ramifications and consequences of our Western culture attempting to disengage from such Earth-based roots are very much related to the dysfunctions of our time. An understanding the 12 Chakra system and its relationship to our current predicament and short-comings as a modern race can be a tremendous help in learning how to heal ourselves and our planet.

## ***The Functions of the Opal Chakra***



Behind the Opal Chakra is the region where the trachea splits into the right and left bronchi. So as we breath in air, or prana from the universe, it splits here going to our yin (left) and yang (right) sides thus determining which filters will be more involved with processing the experiences we breath in: The one's coming from our mother's genetic line (yin side) or our father's genetic line (yang side). This is also where the thymus gland is, which acts as the energetic computer for the immune system, reading vibrational frequencies to determine if something is good for us or not (see *CHAKRA TESTING at BodyMath.com*). It also relates to the septums that divide the heart muscle, dividing the chambers of the heart between left and right (yin and yang). In so doing it thus distinguishes the two functions of the heart: giving the body the oxygen rich blood (yin function of taking in) and sending back to the universe, via the lungs, the carbon dioxide waste from the body (yang function of pushing out).

Protection is perhaps the greatest role of the Opal Chakra, as this is the location where the bones of the arms join to the core skeleton, as our arms protect our core. This can be seen in the case of sticking our arms out to 'break a fall', or to defend ourselves from being struck by someone or something. It is also the farthest down that ingested substances can be swallowed and still be gagged back up, also to protect us in a situation when we have swallowed bad food. For here it is the point of no return after which we must vomit the rotten food back up or suffer the consequences of becoming sick. Both of the above facts are mentioned as they correlate with strong instinctive, neurological reflexes for protection and relate very much to the function of the Opal Chakra.

The most important and perhaps also the most difficult aspect of the Opal Chakra's functions to understand, relates to how we are protected when we receive both aspects of love: *Father's love*, via the Pink Chakra, when we are blessed with a fully present, loving father through our early, formative years of life; and *mother's love*, via the Green Chakra, when we are blessed with a fully present and loving mother during our early, formative years. Unfortunately this does not always occur as most of the time our parents are not present enough within themselves to provide all aspects of this type of love, through no fault of their own. They may truly have been doing the best they knew how, but had so much unconscious and genetic "baggage" which they were not capable of processing, that they simply were not capable of being there for us any more than they were.

So if we are in balance with both our male and female aspects of our being, our heart can be open and still be safe and protected. And if we were fortunate enough to grow up with balanced love and support from both our mother and father we would then have been able to thrive in our growth, for we would have been well surrounded and protected through their love for us. The example of Harry Potter who received such protection from the love of both his parents protecting him from Evil, helps illustrate this point. And when our relationship with Heaven above and Earth below is in balance, we are then truly protected. However this is directly related to the quality and quantity of the father love and mother love we received as a child. So if this was sufficient in

quality and abundant in quantity during our formative years growing up, then we would not only have good access to our Pink and Green Chakras, but our Opal Chakra would be able to be present as well.

For most of us however, we need to bi-pass this missing or not fully complete ingredient and work with connecting directly to our Source, to Divine Love, to help activate all of these Chakras. For those people that were blessed with a good early connection to Divine Love through both their parents, will invariably have much easier access to their faith in the Divine, providing them with an inner knowing that all is well or will be well in the end. This relationship between protection and faith, the faith that one does not walk alone and is always surrounded by Divine Love and protection, is actually the launching point or stepping stone for no longer living in a world of polarity. For our world has become extremely polarized (see *EMBRACING CHANGE Chapter 2*) in its outer reality, and for us to step outside of such a powerful planetary thought-form or paradigm requires great inner strength *and the presence of all three of our heart chakras*. For when we have the Opal Chakra present between the Green and the Pink, we can learn to balance and heal any and all polarity within us, which will then reflect in our outer reality.

### **Global Trends**



So to help connect the dots, as one sorts through all this original information on chakras being presented here and found at *BodyMath.com*, requires the restating of some basic information. [This information can also be found in much greater detail under both the *MISSION STATEMENT* and the *BODYMATH* sections of *BodyMath.com*, as well as in *Embracing Change*, now available in bookstores and at *BodyMath.com*.] This information is that approximately 90 percent of human beings on the planet at this time are functioning with only 10 to 15 percent of their vital life force coming through. This figure is measured by the percent of chakras present, and is also quite comparable to scientific figures for brain function (percent of our brains that we use). So how does this relate to the Opal Chakra?

Even though it is becoming increasingly more common to find the Opal Chakra present in the aura, it is still unusual to find it present in most people. Ten years ago it was rare to find both the Pink and the Green Chakras present at the same time. However in the last five years, having both Green and Pink present has become much more common, and in the last two years it is also becoming *less uncommon* to find all three of the heart chakras present at once. In fact, ten years ago it was still rare to find many people with more than just one of the twelve chakras present, and those with two present have become more common to find in the past five years. People with three chakras present in their spiritual body is becoming *less uncommon* to find. And of these it is more often the combination of all three heart centers being present at once that is the most often noted, particularly with the youth in their early twenties being the most consistent group to exhibit this pattern. These are the new wave of anti-establishment who are the offspring of the hippies of the 1960's and 70's. They just unfortunately don't have as many flags to burn or ideals to follow, but they are working with being more in their

hearts. After all, was it not the message of “free love” a strong ideal for their parents’ generation when they were the same age?

So signs of positive change continue to be seen in the world population in regards to increase in number of chakras present with more and more people, including the distribution of the chakras moving from the head to the heart. The hope is that the time will soon come when a critical mass is reached and dramatic changes are seen globally as people become less in their heads and find more balance in their hearts and become better able to both give and receive love. However many of the Earth-based predictions from many sources tend to agree that the situation on the planet will get worse before it improves. But in the end they all agree that we shall be moving into a new reality when love is the common denominator as people learn the importance of loving one another with open and non-polarized hearts.