



The Twelve Chakra System



The Green Chakra

This is Article Number Seven 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 Green Chakra



The Green Chakra is the left/yin/female side of the heart and is located several inches above the left nipple in the center of the left pectoral region. Most texts on chakras will describe green as *the* heart chakra located in the center of the chest. This may have been the case at one time in our human evolution, but in present time and reality it is not. For the heart center is divided into three chakras, with green on the left and pink on the right, reflecting the yin and yang influences from earth below and heaven above, respectively. Opal sits in the middle as the balance point for the heart as well as our yin and yang polarity.

Green is the female, nurturing, compassionate and caring aspect of the heart (much as images of the Madonna holding her baby convey). Its functional domain includes the heart and aorta, the left lung and bronchioles, the esophagus, left arm, shoulder and left side of the chest, neck, face and left eye. The green will be present on the first two layers of the aura when a person is in some respects actively making effort to care for or nurture oneself, including being good to oneself in some manner or “cutting oneself some slack”. This may include choosing to not over-do-it or be hard on oneself, taking rest or time off, treating oneself to something special or simply eating well. This may sound like your mother, for this archetype maternal, nurturing, and self-sacrificing energy is very much what the Green is about.

Those people with Green present in their spiritual layer, need beware of others wanting some of their “extra juicy” life-force. They can be so empathetic towards others that they may suffer from depression, since they can be easily overwhelmed through feeling all the pain and suffering of those around them. They will often put themselves last by first attending to the needs and wants of everyone else. Feeling guilty about one thing or another is a common pastime. As Kermit-the-Frog on Sesame Street would say, “It is not easy being green!” This is unfortunately very true, for the world today does not support people coming from their hearts. At the same time the planet can use more people with the Green present in all layers. Interestingly, in recent years there appears to be a very large global trend towards more and more people having the Green Chakra present in their spiritual body. For only 5 to 10 years ago, it was clearly a minority of about 10% of the global population having Green present in this important layer. Whereas since roughly 2004, the percentage of people on the planet with the Green Chakra present in their spiritual body has increased dramatically to close to 30%.

The Green 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 Green 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 in the left pectoral region of the chest. It relates to the physical structures of the body in this related region and/or potential emotional issues of which one is able to be consciously aware. So the restrictions that are associated with the Green Chakra will more typically relate to the organs and structures ruled by the Green and involve their commonly related issues.

The key functions of the Green pertain to the heart, both *receiving the good with the bad while relentlessly caring for and nurturing the body*. For physically and biologically, the heart is the vital pump providing nutrient and oxygen rich blood for the whole body that has been processed by both the lungs and the liver. It also receives cellular metabolic waste including carbon dioxide from the entire body to be eliminated through the lungs. It is important to realize how these key functions of the heart and lungs that pertain to the Green, can serve as a transfer or recycle station for the exchange between the outside and the inside, above and below, heaven and earth, yang and yin. Like a mother caring for and nurturing her child, the heart will do everything in her power to pump the blood to the far reaches of the body as well as receive and process the body's waste products. For like a mother providing for her newborn's basic needs now outside of the womb, the heart serves a similar function of serving the exchange with the outside world and one's internal needs. On a conscious emotional level we can metaphorically apply this to our experiences in life, as we interact and process those experiences with which we come in contact. So breathing in and out life's experiences without judgment is an important function of the heart center, or the Green Chakra. The strong need to nurture and support, regardless of what may be coming our way, is another important function of the Green Chakra.

There have been many times when I have seen patients/clients return to my office with their Green Chakra present in their physical layer, which was not previously the case. When I would inquire what was new or had shifted for them since I last saw them, they would consistently describe some change in heart (no pun intended). For example, they may have decided to take better care of themselves, such as starting to eat better or to exercise more, or perhaps not be so hard on themselves in some important way, or they had come to accept some situation with which they had previously been struggling. These examples are all reflections of how they allowed more of their Green to shine through by caring for or nurturing themselves in some important way, which could include simply accepting their situation in life. For again, the heart does not judge something to be good or bad it just gives and receives the best that it can.

The Green 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. This is where the Green Chakra presents over the left pectoral region of the chest. 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 or organ 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. The Green Chakra in this layer would therefore relate to our subconscious programs concerning our heart. So if we have parents (or even just one parent) that are very judgmental and hard on themselves, then there is a good chance that we will be the same way. For when we judge others, we are usually judging ourselves (subconsciously) even harder. *And the pathway for such "hard-hearted" behavior to be passed on is via the function (or dysfunction) of the Green Chakra of this emotional body.*

This pattern may seem very similar to how it presents in the physical layer, but again here it is less obvious as this pattern is passed down via our subconscious emotions, as it was our conscious emotions that were involved with this pattern in our first layer. There could be a very similar situation with one's heart or left shoulder region involved on both of these layers, but it would be much more subtle or veiled in its presentation in this second layer. For it would not correspond to the more obvious physical cause and effect that is associated with the first layer. This emotional layer would relate to a more functional problem with the involved tissue or organ. So a common symptom or feeling when someone is really blocked in their emotional body relating to their Green Chakra, is a very strong sense of being "hard-hearted" or shut off from their heart or sense of compassion. And on the deepest level it is almost always directed on oneself (even though superficially it seems like it is directed outward toward others, especially toward loved ones). What is important to remember is that its origin is buried deep in the subconscious emotions and this behavior usually has been passed down for many generations. However one need not despair, for these second layer restrictions are actually quite easy to shift using *BodyMath* techniques.

The Green 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 this is where the Green Chakra is found, over the left pectoral region of the chest in this layer. 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 Green Chakra of the same, it indicates a problem from a belief that is causing us to be hard on our self or unsympathetic to some external situation. An interesting example and one that actually shows the opposite of this, was one when the Green Chakra in this mental layer was the only chakra left present after a sudden shock to one's beliefs. I observed this phenomena on literally hundreds of people after the Columbine School shooting incident that occurred Colorado in 1999. The thought-form or belief that was shattered for many people around the world from this incident, was that our children are safe and cared for in our schools. These patients/clients that I checked and found such damage in their mental layer were fortunately people that were well connected with their Green Chakra. If this had not been the case, the damage would have been even worse, as it indeed was for many people after this incident, causing all the mental layer chakras to shut down (and thus only allowing for one chakra to be left present in the spiritual layer).

The Green 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 spiritual aspect of Green would be found in the left pectoral region of the chest) 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. (The one exception to this is when there is interference from 'foreign energy' that will tend to more directly impact this layer, see *ENERGY CLEARING at BodyMath.com*).

The Green Chakra manifesting in the spiritual layer of the aura when it is the only chakra present, is typically found with people who are caring, heart-based people and yet often stuck in a "helpless victim" mode (almost the opposite of having just Yellow present in this layer). People with Green present in this layer also are very susceptible to feeling guilty or easily being made to feel guilty about whatever it is that they are blaming themselves about. Another typical scenario for someone with just the Green Chakra present in the spiritual body, is the person that is so busy taking care of everyone else that they neglect themselves. The airlines during their pre-flight safety announcement state that we need to put our own oxygen mask on first before helping anyone else. This statement applies specifically for all those Greens aboard.

One might ask, if we 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 their spiritual body (the bottom 3 to 4 chakras less frequently come through). However only about 8 percent of the adult population on the planet at this time have more than one chakra present in their spiritual body. This number fortunately is starting to increase. 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 (or spiritual body chakras) 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 all of our spiritual body chakras.

Closing Remarks Concerning the Green 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. 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. With Green becoming much more common with many people in recent years, it is no surprise that more and more people on the planet at this time are feeling on some level like helpless victims, even if they are *caring* helpless victims. Directing our own healing to the Green Chakra and its related issues of the heart, would be time well spent and needed for most of us. For as more and more people start coming from their hearts and a place of caring, concern, and compassion the world will truly be transformed into a better place. And our heart is the region within us where all healing originates.