



The Twelve Chakra System



The Yellow Chakra

This is Article Number Six 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 Yellow Chakra



The Yellow Chakra is located at the solar plexus, just an inch or so below the xyphoid process (which is where the bottom of the ribs join in the middle at the level of the diaphragm). Its functional domain includes all of the organs and structures of this region including the liver, gall bladder, stomach, duodenum, pancreas and aspects of the kidneys. Yellow is the power center, the seat of empowerment (or unfortunately as is more usually the case, the region where we register our frustration, oppression, resentment, inability to effect change – or in short, our *disempowerment*). Unfortunately, it is rare to find a strong Yellow Chakra in the first or second layers (physical or emotional bodies). And likewise it is common for people to have problems with these related organs of this region of the body, as this is an indication of problems with the Yellow Chakra (with one's power, or one's ability to take action in the world with confidence).

People with Yellow present in the fourth layer (spiritual body) will tend to be natural leaders such as heads of state, CEO's or mafia dons (powerful people who are effective in interacting with their world). This is because these people are more 'street-wise' and know what is going on, as Yellow provides one with a innate 'gut-knowing' or good 'horse-sense' that allows one to be more relaxed and confident in one's life. Developmentally Yellow develops between ages 3 and 5, which is when we start really relating to others and testing our power (what we can do and what we cannot do). Often the problems we have later in life with this region of the Yellow's functions, comes from early childhood blockages where our parents, grandparents, older siblings, or the bully next door let us know *all that we cannot do* (versus encouraging us as to *what we can do*).

The Yellow 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 Yellow 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 solar plexus. 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 Yellow Chakra will more typically relate to the organs and structures ruled by the Yellow and involve their commonly related issues.

The key function for Yellow is to actively *process and interact*. Physically and biologically this can translate as processing food as we actively break it down. 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. This can include how we relate to new information, interacting and processing it *into a positive or productive outcome* that supports our life goals and desires. For physically, the food we process hopefully supports our physical structure (depending on our diet of course). Unfortunately both with food and our experiences and information we take in, we often fail at effectively processing and interacting to our overall benefit. For example, if we metaphorically or actually are having difficulty chewing or swallowing something, it could be a Yellow issue we are working with. It is interesting to note how the senior population in China who witnessed the onset of communism in 1949 has one of the highest rates of esophageal cancer in the world. These are the people who saw and experienced all that came with communism: including the killing of many thousands that resisted and mass starvation of millions, which included friends and family members. Why? In part because the new government lead by Chairman Mao took away individual's metal farm equipment to melt down for industrial equipment and weapons. Is this not a case of having something shoved down one's throat (and esophagus) and feeling powerless (Yellow function) to do anything about it?

Physically this is done with the churning action and acids of our stomach as well as through interaction with the digestive fluids created by our liver and pancreas and delivered to our duodenum for further break down. All of these just mentioned organs are very much affected when our issues involve the Yellow. For instance stomach and duodenal ulcers often arise when one is worried and feeling disempowered in their life. Digestively, this occurs prior to the food going into our small intestine where these now micronutrients are assimilated into our blood, which is the function of the Golden Chakra. So Yellow's digestive functions could include: from the time we start chewing our food in our mouth, then swallowing it in our throat and down our esophagus to our stomach with many problems occurring at this junction, on through our stomach and duodenum where our liver, gall bladder and pancreas deliver their digestive juices. However unlike the functions of the Golden and Orange Chakras below, the Yellow does not do as much sorting of what we need and are able to take in from what we don't need. It is much more busy breaking down and processing in a more active and unrefined manner than the Golden's functions (more like a bulldozer clearing a large area before more refined clearing is done by hand). For the function of the Yellow is much more akin to the Orange that does *more big/bold actions* of sorting (but for the Yellow, not the sorting as associated with the functions of the bowel, bladder and uterus with which the Orange is involved).

I have found Yellow issues to be the most common with people, as culturally we have been highly programmed into feeling powerless to effectively interact with life. This explains why there are so very few people who have much of their Yellow Chakra present in this first layer. Concurrently many people's physical bodies typically have digestive problems involving these organs (gall bladder and stomach being very common and liver and pancreas being less common but much more serious and indicating more severe compromise of one's power). Those people who do have a

strong presence of yellow in their spiritual body typically have a stronger presence in their physical layer as well, but seldom more than 50% present in this physical layer. Another good example is to illustrate the Yellow powerlessness issue with another given population. This can be seen in how jaw (TMJ) problems are much more frequent in women, as women culturally have had to clench and hold back their expression of speaking their truth or expressing their anger (related to liver issues which also relate to the Yellow Chakra and tie in with menstrual problems).

The Yellow 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 Yellow Chakra presents itself at the level of the solar plexus. 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 Yellow Chakra in this layer, which we noted to be our power center, therefore relates to our subconscious programs concerning our relationship to our own power. So if we have parents (or even just one parent) that are very insecure and not well empowered, then there is a good chance that we will be the same way. *And the pathway for such powerless behavior to be passed on is via the function (or dysfunction) of the Yellow 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, while it was our conscious emotions that was involved with this pattern in our first layer. There can be a very similar situation going on with one's digestion involving the same organs, but it is much more subtle or veiled in its presentation, not corresponding to the more obvious physical cause and effect. For 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 Yellow Chakra, is a very strong sense of being stuck as if there is nothing that can be done about it. It feels very much like a deep form of helplessness that is very difficult to determine its origin since it is buried in one's subconscious emotions.

The Yellow 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 Yellow Chakra is found, at the level of the solar plexus 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 Yellow Chakra of the same, it indicates a problem from a belief that is causing us to feel powerless or stuck without options. An example would be having grown up with a violent alcoholic father that beats his family when drunk. His daughter learned to shut up and not aggravate him when he gets drunk for her own survival. However now as an adult she has more options or choices, but her belief says to shut up, don't talk back and stay out of the way when around someone who is angry and out of control. This belief, formulated as a young child, causes her as an adult to feel and act powerless when she encounters similar situations in life. In other words, such a restriction with the Yellow in the mental body would likely cause us to be more rigid and stuck versus fluid in our beliefs and understandings as we deal with life and life's challenging situations. And unfortunately Yellow restrictions relate to a vast majority of the population who don't have good access to their Yellow in any layer. This perhaps is part of the cause of the mass consciousness of the planet feeling powerless to effect any positive change in our world, as we have collectively abdicated our power to those few that rule the world motivated by greed for money and power.

The Yellow 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 Yellow would be found at the level of the solar plexus) 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 Yellow Chakra manifesting in the spiritual layer of the aura when it is the only chakra present, is often found with people who are in positions of power who often take advantage of their position of power. This is not always the case as many great inventors and discoverers also have Yellow present in this body of the aura, but usually have more than one present here. An archetype for Yellow when present in the spiritual body is the very "street wise" mafia don, who is a natural leader because he has a good "gut sense" of what is going on and what needs to be attended to for him to stay on top or in charge. People that are very good with numbers and creative in their understanding of mathematics often have Yellow present in their spiritual body (but again, will typically have more than just Yellow present in their spiritual body). Einstein was such an example (he also had Indigo, Green and Blue present in this layer). Those with Yellow present in their spiritual body usually will instinctively know the answer to questions, but will not necessarily know how they know the answer, they just do.

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 Yellow 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. And since Yellow is not commonly present with most people, it is no surprise that the general population on the planet at this time is experiencing the lessons of being victims, for this is the antithesis of having one's Yellow present and strong, or being empowered. Directing our own healing to the Yellow Chakra and its related issues involving power, would be time well spent and needed for most of us. For if even a quarter of the world population reclaimed their power and had Yellow present and strong in all levels, the world truly would be transformed into a better place.