You and Your Chakras

QuWave

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Welcome to You and Your Chakras!

The contents of this book include: an introduction to the QuWave Divine, an explanation of chakras and the human energy system, simple meditation techniques, more advanced methods to open your third eye, an explanation of science's role in spirituality and religion, and some parting words for your incipient spiritual journey.

Warning: some of the third-eye opening techniques inside are powerful. If you find the results are too much, start feeling uncomfortable, or feel dizzy, stop. With spiritual practice it is better to go too slowly than to go too quickly.

Best of luck on your journey!

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Section

I

SECTION I – How to Use the QuWave Divine & How It Works

The QuWave Divine is simple to use. The Personal Harmonizer unit is shaped like a cube. On one of the sides adjacent to the side with the QuWave logo on it is a black switch. Push the switch toward the light. The green light should begin blinking. This indicates that the unit is on and sending out solfeggio frequencies. Underneath the light is a charging port. The unit comes with a charging cable, but it will work with anything that charges Android-based devices, for example Kindles or Android-based phones. When the light above the charging port is red, this indicates that the device is charging.

The Tabletop Divine is slightly different. There are two legs that can be attached to allow the unit to stand up. The Tabletop Divine needs to be plugged in to work. Once plugged in there should be three LED lights turned on: one green, one orange, and one blue. These lights indicate the unit is working.

Tabletop Divine

Personal Divine

Once you turn the unit on and the LED lights are turned on, your Divine is sending out solfeggio frequencies designed to stimulate certain parts of your brain associated with paranormal experiences, spiritual experiences, and religious experiences. The Personal Harmonizer has a range of 8-10 feet and the Tabletop Defender has a range of 100 feet; keeping the unit within this range while using it will produce the best effects. The specific frequencies are based on numerology and sacred geometry: they are 936 MHz, 852 MHz, and 963 MHz.

There are multiple ways to use the QuWave Divine, as there are multiple religions and multiple experiences of divine religiosity. You can use it with meditation or other religious practice. Many people using the Divine are interested in opening their third eye. We will give you methods to do this in this book. Chanting, prayers, singing, dance, ritual, mantras, or any other sort of religious practice will be improved by keeping the Divine turned on within range of you.

Another common use of the Divine is to increase synchronicity. The portions of your brain associated with religious experience are also associated with synchronicity. Keep the Personal Divine on a lanyard or in your pocket. You may find certain words, concepts or ideas repeating themselves in your life. Pay attention to these. Synchronicity is a sign from you brain that these concepts are important or will become important to you soon.

The Divine will tend to manifest experiences consistent with your upbringing. If you are a Christian, you will tend to experience Christian imagery and archetypes in your spiritual path

(crosses, Jesus, archangels, etc.). If you are interested in Hindu or New Age thought, you may find the imagery more in line with chakras and the energy body. If you are a pagan, you may experience more natural imagery. As you go on and continue on your spiritual path some of this imagery may change. That's okay; it's a sign your personal path is developing in its own way.

Section II

SECTION II – Explanation of the Chakras and the Human Energy System

The seven chakras of the ancient Hindus and now of New Age thought are energy centers spread throughout the spinal column. This energy system has been documented in some form in nearly every religion in history (for example, in Christianity the halo is equivalent to the Hindu crown chakra; the heart emitting light in many pictures of Jesus is equivalent to the heart chakra). There are technically thousands of energy centers spread throughout the human body but the seven main chakras of the spinal column are the most well-known and commonly worked with. The energy system of the human body is not confined to the spinal cord but is commonly associated with it because it is a main component of the central nervous system.

Root chakra

The chakra system begins with the root chakra, muladhara (moo-lahd-hah-ra). Muladhara is located in the base of the spine and is associated with bodily security. The color associated with this chakra is red and the animal associated with it is the elephant.

The second chakra is svadhistana (swah-dish-tah-nah). Svadhistana is located below the belly button and is associated with sexuality and the free expression of emotions. The color associated with this chakra is yellow and the animal associated with it is the crocodile or any underwater-dwelling creature (think sea monster).

Sacral chakra

The third chakra is manipura (mah-nee-pure-ah). This chakra is associated with power and self-worth. It is also associated with the stomach and is located there. The color associated with this chakra is orange and the animal associated with it is the ram.

Solar plexus chakra

In between manipura and the heart chakra is a fulcrum point in one's breathing pattern. When this point is passed one gains control over their breathing. This point it is known as the wish-fulfilling tree. It is said that if one can move their energy past this point, any of their desires will come true.

Anahata (ah-nah-hah-tah) is the fourth chakra and the heart chakra. It is located in the middle of the chest. The color associated with this chakra is green and the animal associated with it is the gazelle. Anahata is associated with love, compassion and healing.

Heart chakra

Throat chakra

Vishudda (vi-shoo-dah) is the fifth chakra and is located in the throat. It is associated with the color blue and its animal is the white elephant. Vishudda is associated with creativity and freedom of expression.

Ajna (ahj-nah) is the sixth chakra. This is the third-eye chakra and is associated with the pineal gland. The animal associated with ajna is the black antelope. Ajna is associated with intuition and insight.

Third eye chakra

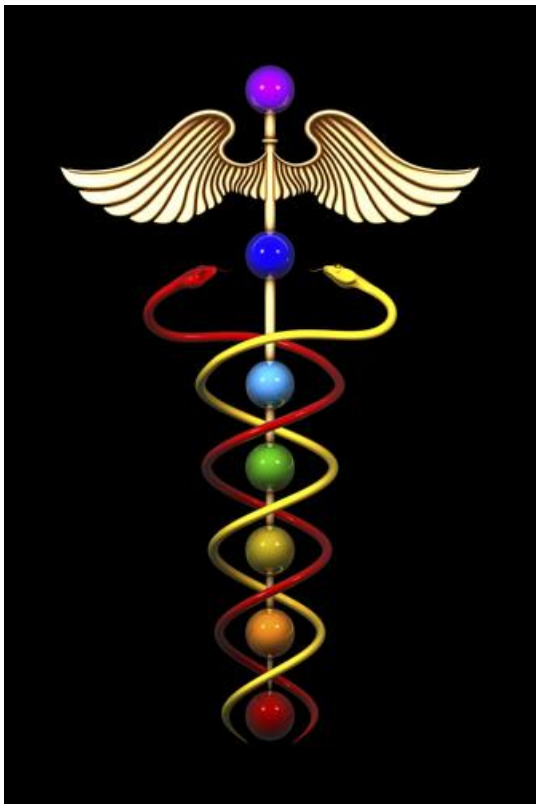
Sahasrara (sah-hah-srah-rah) is the seventh chakra, the crown chakra. It is humanity's connection with the divine source and the home of non-duality.

Crown chakra

In addition to the chakras the Hindu energetic system has three main columns that run up and down the body. These are known as nadis (nah-dees). Like the chakra there are thousands of nadis in the human body but the three main nadis for our purposes of exploring the chakras of the spinal cord are ida, pingala and sushumna.

Ida (eye-dah) is the passive channel, is associated with coldness and runs up the left side of the body. When you feel a chill, in the Hindu model of the energetic system, that is an expression of ida. Pingala (pin-gah-la) is the active channel, associated with heat and runs up the right side of the body. A fever is an expression of pingala. The third channel is Sushumna (suh-shoomn) which runs up the center of the spine. It is composed of the balance of Ida and Pingalas

and is the channel of the kundalini, the wellspring of spiritual energy in mankind. Spiritual bliss is a manifestation of sushumna.



The caduceus: a metaphor for the human energetic system. Ida is yellow and pingala is red.

In addition to these three nadis thousands of other nadis run throughout the body. The human energetic system is a network. Prana (or orgone or chi or ki or mana), the energy people typically feel in association with the chakras, is what runs through the nadis. Some correlate prana in the Hindu model of the human body with nerve endings in the Western scientific model of the body. The degree to which one is able to control their body is at once associated with nerve endings but can also be seen as a degree of pranic control—how much control over one's muscles one is able to exert. This is where the legend of Indian yogis who are able to walk on water or Sufi fakirs who can sit on a bed of needles come from. Because of their heightened amount of prana from their spiritual path and subsequent increased sensitivity and muscle control, they are able to control their bodies to degrees other people simply cannot.

Section

III

SECTION III – Simple Meditation Techniques

Simple Relaxation:

Lay down. It may help to do this on a hard floor. Feel your body as much as you can. Begin by tensing your toes. Once you've tensed them for a few seconds release them. You should now be more aware of the muscles in your toes. Feel them and let them relax. Next tense the rest of the muscles in your feet. Do the same thing—feel them and let them relax. Do this all the way up your body, up to your face and head. You'll find there are many, many muscles in your body you may not be aware you do have control of—for example, it's possible to relax your tongue (relaxing your tongue and throat should also slow down your rate of thought and improve mindfulness). Once you've reached your face and have relaxed your face, move back down to your feet and start again. Try doing this three times to begin.

Performing simple relaxation in range of the Divine will infuse your aura with the solfeggio frequencies it gives off. You may also begin to feel prana/orgone/chi while relaxing your muscles. This is a technique similar to the one developed by the psychologist Wilhelm Reich, who discovered orgone (the western conception of prana or chi).

Simple Mindfulness:

Sit down comfortably. Breathe in. Stay aware of your breath. Most people in modern society have poor breathing patterns. Your breathing may be tense—you may not even be aware of it being tense because it seems like it has always been that way. That's okay. Stay aware of your breath and breathe in and out. This is a simple, common meditation technique many people reading this have probably heard of. Don't skip past it just because it's not couched in esoteric language—this can be a powerful technique in its own right and can significantly improve issues like anxiety.

Doing simple mindfulness in range of the Divine will improve your concentration ability. It will, like the relaxation technique above, also infuse your aura with solfeggio frequencies. You may mainly feel this in your breath as opposed to in your muscles with the above technique.

Section IV

SECTION IV – How to Open the Third Eye

Many people searching for the Divine are interested in opening their third eye. There are several techniques to do this. The Divine should speed up each one with its specific solfeggio frequencies.

The first method is that of concentration. The ideal way to do this is to concentrate on an object in your mind's eye. Common objects to do this with are a red triangle (symbol of fire), a yellow square (symbol of earth), a grey crescent moon (symbol of water), a blue circle (a symbol of air) or a black oval (symbol of spirit). These are the Hindu tattvas (elements/principles of reality).

This method is difficult. People spend decades perfecting this technique. There are yogis in India who spend 16 hours a day on yoga practices. Many find it hard to keep the object

visualized in their head. A solution to this problem is to print out the shape in the opposite color and stare at it for a few moments before closing your eyes. When you close your eyes you'll see the after-image of the picture and it will be in the correct color, which you can then concentrate on. An example of this is a turquoise triangle will turn into a red triangle as an after-image.

Although this is the fastest way there are simpler ways to develop concentration, you could also try concentrating on a specific chakra you wish to open. Remember to breathe deeply and naturally as you do this. The heart chakra or the third eye are good chakras to start with.

The second method is visualization. Close your eyes and visualize your body in front of you. Give it as much detail as you can. Move your visualized body around. If you can, 'project' your consciousness into the eyes of the visualized body so you see through its eyes. If you can't do that, that's okay. Move the body around and explore the area you're in. Try examining the visualized body in a mirror. Watch your body move in the mirror as you move different parts.

This is known as mental projection. Repeated tests with it will improve your concentration and may lead to the phenomenon known as astral projection. The method allows you to explore your mind visually. There are many archetypal realms within your mind. You can try projecting yourself into different realms, such as the elemental realms (fire, water, etc.), the realm of the Tarot (the Fool, the Wheel of Fortune, etc.) or the realms of Jungian archetypes (the dark forest, the paradise, etc.). You may meet beings in these realms you can talk to. Do **not** take what these beings say seriously without major reflection. The beings are projections of your own mind and will often tell you what you want to hear. Taking to heart what they say without serious reflection could become dangerous.

Doing either of these exercises will begin to open your third eye. As your visualization and concentration abilities improve you may feel pressure on your forehead. You may also begin to see a blue light or a blue and purple cloudiness with your eyes closed. These are signs the third eye is opening. As the third eye opens you will notice your power of visual thinking will

significantly improve. You may receive visual insights (mind-pictures) about things you understand but your conscious mind did not know. This is what is behind the phenomenon of psychic perception. Your unconscious mind understands many things your conscious mind does not.

Section V

SECTION V – Doesn't Science Disprove These Theories?

There is a trend in much of the modern world to believe that everything has already been figured out and that there is nothing more to learn. This viewpoint is often espoused by people who believe modern-day science is infallible. If you were to ask an actual scientist about this, you would find this is far from the truth. Quantum physicists are perplexed by the phenomena they find in their field; one MIT professor says [1] "I want to start by describing to you, the readers, a particular series of experiments. These experiments involve electrons. They are true, and in my mind, they are the most unsettling experiments ever done."

Quantum physics is still at the stage of phenomenology, which is to say physicists are observing phenomena at the atomic level but are unable make concrete theories that fully explain the phenomena. String theory, the other major phenomenon in modern physics, might explain some things about the physical universe; the problem is that it posits reality is made up of ten different dimensions of small vibrating strings and is even farther than quantum physics from being fully explained. Quantum physics can be understood with an undergraduate level of mathematics; string theory requires and uses almost all of man's modern mathematical knowledge.

Scientists, philosophers of science and epistemologists (philosophers studying the limits of what can be known) acknowledge the limitations of science. So where does that leave spirituality and the Divine?

One attitude is to consider yourself an explorer of realms unknown: the realm of the mind and the realm of the spiritual. Nobody has all the answers, and especially this area of human existence is unexplored and unmapped (though Hindu yogis have created many compelling maps of this region).

Another attitude is to acknowledge the Mystery of life. In science one of these mysteries is known as the "hard problem of consciousness." There is no portion of the brain in our current models that is a "consciousness-button." Consciousness itself, that anything exists, is still unexplained scientifically. This is why we still have religion and why religion is still relevant in a thoroughly modern world.

If you have never had a spiritual experience before and you are skeptical of such things existing, that doesn't mean you will never have a spiritual experience. People can become born-again at any point in their life. Others experience the Mysteries from a materialistic viewpoint and remain skeptical, but have their minds opened to certain realizations. Western conceptions of Buddhism are particularly compatible with this viewpoint. The conception of no-self is a key point in modern philosophy. But remember that in order for spiritual experiences to occur, you need to pay attention, be open to them, and seize them when they occur.

[1] Adams, Allan, Quantum Physics 1, Spring 2013. (Massachusetts Institute of Technology: MIT OpenCouseWare), http://ocw.mit.edu 30 September 2015. License: Creative Commons BY-NC-SA

Section VI

SECTION VI – Parting Words

Good luck in your spiritual journey, and remember the all-begetting universe in its divine excess will always be ready to help you; in fact, you yourself are part of that same universe.