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## Discerning the World: 7 Colours of the Rainbow and the 7 Chakras

1 message

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### [7 Colours of the Rainbow and the 7 Chakras](#)

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The Chakras

Energy centres of the soul. Each Chakra has it's own function and their own unique powers.

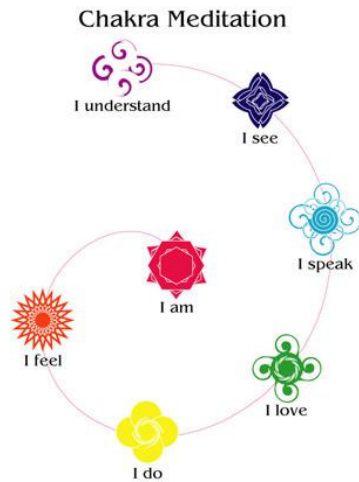
There are actually more than 7 Chakras (a total of 13 in all),

These 7 Chakras are the most powerful and they are located along the spine.

The 7 Chakra system is the most conventional system to follow when obtaining 'enlightenment'.

The other 6 Chakras are less powerful but when included in the conventional system it becomes the **Tree of Life** →

In many grimoires and ancient texts, the code word for **Chakra is GOD OR GODDESS**. So each centre within you is **A GOD or a GODDESS**.



**Each Chakra is associated with a COLOUR , MANTRA and SYMBOL :**

**7th Chakra** – I understand – You have reached god/goddess level

**6th Chakra** - I see – Opened your Third Eye – See with New eyes or New Lenses.

**5th Chakra** - I speak – Higher intuition – that allows you to connect to higher wisdom and guidance.

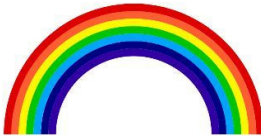
**4th Chakra** - I love – We feel connected to other beings. We receive inspiration and wisdom from higher Charas/Gods.

**3rd Chakra** - I do – The seat of power, control, freedom, or autonomy by opening our consciousness to the will of God and peace.

**2nd Chakra** – I feel – The seat of creative energy and what the body needs (sexuality/food, etc.)

**1st Chakra** - I am – The seat of the Goddess Kundilini our 'life force'. When we are grounded at this first level we trust the universe to provide....

**The 7 colours of the Chakras vs the 7 colours of the Rainbow :...**



“The experience of seeing the colours of the rainbow, when the sun is shining and it has been raining, is one we all can share. The experience often has a magical quality to it as though it is stirring some deep inner response. Such is the wonder of the light that forms the colours of the rainbow. The heavenly principle is to GIVE AS WE RECEIVE. We are not intended to absorb the light of the rainbow, enlightenment, joy and happiness, rather we are intended to transmit it; and in doing so to unfold its meaning for others, and for ourselves too.” <http://www.spiritualwisdom.org.uk/colours-of-the-rainbow.htm>—

“The rainbow represents the *regenerate spiritual person* – one who has lived out the path of enlightenment, whose potential has



opened out like the lotus flower of the east, each stage represented by a new colour developing out of the one before.





The main seven colours symbolise wholeness or holiness. There are a variety of rainbows sometimes seen around those in the spiritual realms – the rainbow of the ‘aura’, as it is sometimes called, picturing the spiritual state of the person.




Yoga teaches that there are seven centers or chakras in the human body. These are spiritual centers – you will not find them described in a materialistic medical book.” <http://www.spiritualwisdom.org.uk/colours-of-the-rainbow2.htm>

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**The inside of the bow**

**The highest and innermost aspects of the soul = The Kingdom of Heaven**

## 7 Chakra Table:

Chakra	Location	Symbol	Colour	Element	Sense	Body Parts	Mind and Spirit
<b>Crown Chakra 7th Chakra</b>  <b>Sahasrara Chakra</b>	top of head	thousand-petal Lotus flower	violet	inner light	empathy	brain, nervous system, pineal gland	the Crown, or Seventh, Chakra is a source of divine energy and self-realization. It is the gateway to the other world. An open and balanced Crown Chakra allows us to experience oneness with God and unity with all beings. We surrender to Divine Will. We can experience enlightenment, inner light, higher consciousness and higher intelligence.
<b>Third Eye Chakra 6th Chakra</b>  <b>Ajna Chakra</b>	center of forehead	two-petal Lotus flower	indigo	inner sound	Sensory Perception (ESP), clairvoyance, clairaudience	forehead, temples, facial nerves, pituitary gland, endocrine system.	the Third Eye, or Sixth, Chakra belongs to the spiritual realm and vision. It is home of the spirit and the part of consciousness that influences our actions and our life. An open and balanced Third Eye Chakra allows us to look beyond our own issues to see a more complete, "enlightened" picture of reality. We become aware of the motivation behind our actions. We may experience extra sensory perception (ESP), inner sound and clairvoyance.
<b>Throat Chakra 5th Chakra</b>  <b>Vishuddha Chakra</b>	base of throat	sixteen-petal Lotus flower	sky blue	ether (crossover between the physical and spiritual worlds)	hearing	throat, neck, arms, hands, thyroid gland	the throat is our instrument of communication, thus the Throat, or Fifth Chakra is the seat of communication and expression of all that is happening in our consciousness. An open and balanced Throat Chakra allows us to communicate truthfully and express our feelings, as well as our creativity. We will be able to receive, allowing abundance and grace to be experienced. We will listen to our intuition and connect to a higher wisdom and guidance.
<b>Heart Chakra 4th Chakra</b>  <b>Anahata Chakra</b>	center of chest, heart	twelve-petal Lotus flower	green	air	touch	circulatory system, lungs, chest area	the Heart, or Fourth, Chakra is the joining point between the higher and lower chakras. Here we experience perceptions of love, emotions, compassion, and balance. An open and balanced Heart Chakra will allow us to feel connected to other beings, to understand unconditional love, to accept others and not judge them or condemn them. We also experience a lightness of being that is nourished by the inspiration and wisdom of the higher chakras and strengthened by the grounding energy of the lower chakras

Chakra	Location	Symbol	Colour	Element	Sense	Body Parts	Mind and Spirit
<b>Solar Plexus 3rd Chakra</b>  <b>Manipura Chakra</b>	solar plexus	ten-petal Lotus flower	yellow	fire (or Sun)	sight	solar plexus, muscles, skin, digestion, liver, eyes, face	the Solar Plexus, or Third, Chakra is the seat of our <b>desire for power, control, freedom, or autonomy</b> . A balanced Solar Plexus Chakra will enable us to be confident and comfortable with ourselves, <b>while opening our consciousness to the will of God and peace</b> . Our creativity and work will manifest easily.
<b>Sacral Chakra 2nd Chakra</b>  <b>Svadhithana Chakra</b>	center of abdomen	six-petal Lotus flower	orange	water	taste	sexual organs, reproductive system.	the Sacral, or Second, Chakra is the <b>seat of our creative energy</b> and is associated with what the body needs <b>and what it finds pleasurable</b> (sexuality/food). A balanced Sacral Chakra enables us to accept and solve the challenges of life in a creative manner; to understand and incorporate our sexuality responsibly, and to feel and express our emotions.
<b>Root Chakra 1st Chakra</b>  <b>Muladhara Chakra</b>	base of spine	four-petal Lotus flower	red	earth	smell	lymph system, skeleton, elimination, central nervous system, nose, lower extremities	The Root, or First, Chakra is the <b>seat of the "Kundalini" or life force</b> . Our feelings of security, trust, and survival are rooted here, as well as our connection with the physical body and its nourishment. When our root chakra is balanced, we feel grounded, strong and secure and trust the universe to provide.

[http://www.somaluna.com/cat/triloka\\_ayurvedic\\_chakra\\_incense.asp](http://www.somaluna.com/cat/triloka_ayurvedic_chakra_incense.asp)

### **Meditation**

There are many ways of meditating and meditation means different things to different people. Meditation is part of normal daily practice for a great number of people within some religions. Whatever the word 'meditation' means to you the practice can be enormously helpful as a way of calming the mind and finding your own inner peace. This place of inner peace is where we can open up to our higher self – without the 'interference' of the ego or intellect – where we can find our higher intelligence and knowing.

Meditation can be achieved by focusing the mind on a particular object, for example a flower, or on a simple shape, on a sound, on an image (visualization), or by focusing on the breathing. (Colour breathing exercises can be done lying down or sitting and can be a very helpful form of meditation.) There are many very helpful tapes and CD's around to help with meditation as they will talk the listener through the stages of relaxation and some will help to build a 'picture' in the minds eye of tranquility. With practice, you will find it becomes easier and easier to meditate and to be able to 'switch off' any time, anywhere, when you are feeling the need for some peace.

### **Breathing**

Breathing is very important – and as obvious as that sounds, it is surprising how few of us actually do breathe 'properly'. Breathing is something we all take for granted and are inclined to forget about. However, shallow breathing can often be a symptom of stress.

Similarly, shallow breathing can result in fatigue and stress due to the intake of insufficient oxygen. Shallow breathing can also result in dizzy turns as insufficient oxygen is getting to the brain. Since approximately 90% of our energy is created by oxygen and nearly all the body's actions regulated by it – it is rather important that we get enough of it!!

Go somewhere quiet and lie down or sit in a chair with good back support so that your body is straight, allowing you to breathe deeply and comfortably. Make sure you are not wearing any tight clothing. Tell yourself to relax. Work on every part of your body from the top of your head to your toes, consciously relaxing each part. Concentrate on your breathing, taking deep in-breaths, through the nose, letting the breath fill your body, relaxing and calming. Then breathe out through your nose or mouth, exhaling all negativity and stress and ridding your body of the toxins which build up there. Repeat this a number of times – if you can only manage 10 minutes that is fine. Eventually you will be able to practice this anywhere, any time, when you are feeling stressed. Try not to hunch your shoulders as you breathe in – try to consciously relax the shoulders and neck and breathe from the abdomen – watch your tummy expand as you breathe in.

There are a number of breathing techniques which are taught by practitioners of different disciplines, either on a one to one basis or in a group, such as a workshop perhaps. If you have a particular medical problem, then a good place to start is with your doctor, who will be able to advise you.

### **Colour Breathing**

A lovely and very helpful exercise is Colour Breathing – or breathing in the rainbow. The purpose of this is to heighten our awareness of colour and to encourage a balance of all the seven main chakra colours for our well being.

Stand with feet slightly apart and arms by your side, relaxed with palms turned to the front. Relax the shoulders, and concentrate on your breathing, consciously relaxing all of your body from the top of your head to the tips of your toes. Breathe deeply in through the nose, holding for a few moments and then breathing out through the nose or mouth. As you breathe out, imagine expelling all the stress, negativity and toxins from your body. If you can do this exercise outside all the better, and, weather permitting, stand on grass with bare feet.

Affirmations, either spoken out loud or as a concentrated thought, can be helpful too to help us focus and avoid our minds from wandering. For example, red is the Colour of courage and strength – we could say to ourselves – the energy of red fills my body and I have the strength and courage to move forward along my life's path. It doesn't matter how we word our affirmations – they will be unique to each individual – but remember the positive aspects of the colours and make sure your statements are positive.

First breathe in red from the earth, imagine it rising up through your whole body giving you strength and courage. Make an affirmation to suit your situation as you breathe in and experience the colour filling your body. Allow the colour to travel up through the body and out of the top of the head and then back down again to the earth. Repeat with orange and an appropriate affirmation, then yellow. These first three colours are absorbed from the earth. Then green. This colour is absorbed horizontally through the solar plexus, let it fill your body, thinking or speaking your affirmation, and let it leave through the back. Then blue which is absorbed from the sky, through the top of the head and out again going back up to the sky, similarly with the indigo and violet.

If this exercise is done daily you will notice how your colour awareness develops and you will be able to visualize the colours much more strongly as you do this exercise regularly, balancing and enhancing your body's energies. <http://www.threeheartcompany.com/chakra.html>

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## **As we can see this is completely Occult / New Age / Witchcraft (whatever you want to call it):**

If a *professed* Christian takes part in any of this they are playing with some serious hot fire. You may as well get an entire deck of Tarrot Cards while you are at it. Even though you might only be doing the Yoga stretching exercises you ARE following the 'set out' occult routine to obtain god/dess hood. And this is an ABONINATION unto God.

You can try come up with every excuse in the book to tell me that there is nothing wrong with doing a few stretching excercises. But these are NOT just excercises and stretching, what about the controlled breathing, relaxing, finding that silence place within you, silencing your mind, and entering trance like states, etc? (to name but a few).

But what about *plain* meditation you say, where there is no yoga or other funnies involved – it's just prayer you tell me. And I answer, "No!" Unbeknown to you (and now KNOWN to you beacause I have told you) you are following the exact same Charka process above. You can't get away from this. You can't make excuses, there are no, "Ifs", "Or", or "Buts" . The answer is still **NO**. Meditation as mentioned in the Word of God is simple one on one normal prayer with God through Jesus Christ.

You can NOT call yourself a Christian if you follow and practice any form of occult teaching. A genuine born again Christian who would know that this stuff is of Satan because you were already warned by the Holy Spirit that abides in you. If you have accidentally been caught up into this contemplative prayer, meditation, walking labyrinths, silence, secret places, new spirituality rubbish, please stop, and ask God for forgiveness, get out of this very well disguised deception. And once you realise what this is all about, you now need to tell others you care about too.

We are living in perilous times where time itself seems to have sped up. Almost as though time is running out. The faster time seems to speed past us the faster the world is diving head first into New Age Spiritual practices as I mentioned in this article. Millions upon millions of people have reached their 6th Chakra already- they have opened their Third Eye (they can see through *new eyes* or *new lenses*).

You have 2 choices. *Just 2.* You are either for JESUS CHRIST the ONLY BEGOTTEN SON and the PURENESS of the WORD of the ONE and ONLY LIVING GOD or you choose the world and their secret places, and secret knowledge instead, where you either get to enjoy your sin or get to hide your sin thinking that GOD can't see you.

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