

## **Working with the Symbology of the Chakras: *Coming Home to the Self***

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Returning to the chakras has helped me move beyond the psychological to reaching for the soul task locked in the energy system. Applying the symbology of the chakras to my clients' and my own process has opened new avenues to the soul. The depth of the energy work and what I have been able to see through the process opened my vision once again to the magic and sacredness of the work. It is this working language arising from my work in my practice I wish to share with you today.

In Core Energetics we are continuously working with energy and consciousness. This has really brought me home, and I hope we can share in this journey together today. We will work with ourselves, add to our repertoire of information and play with the material.

Begin by getting yourself comfortable. Close your eyes, let yourself relax, notice your breathing. I will be silent for a minute, then lead you in a prayer. As you continue to breathe in and out, breathe into the base of your spine with the following words: I want to be in the truth (your second chakra), I want to feel the truth (third), I want to know the truth (fourth), I want to have compassion for the truth (fifth), I want to express the truth (sixth), I want to see the truth (seventh), I want to be in line with and express the divine manifestation of the truth. Slowly begin to bring your awareness back into the room and open your eyes. I often begin a session saying this prayer to myself to help me align and have given it to my clients to help them align and ground.

Today I want to bring to you a piece of the work that has helped me come home to the work in a new and exciting way—through the chakra system. I will lay the foundation of the symbology in the chakras and discuss how I work with it. I will give a couple of examples of its impact and end with us working with each other.

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I came to this chakra material through a chiropractic friend of my beloved husband Sid. This friend taught us the foundation and I began integrating it into my work. In the process the Core work began to go deeper in a new way and I was able to see the soul's journey energetically. The chakras are the organs of the soul to connect to the sushu na, and are energetically and symbolically connected to the body.

So to begin with I want to review the system.

The first chakra relates to how I put myself in the world, the I am. It corresponds to the relationship to the mother and father. When we look at a person lying down, the first point of reference is their feet. We want to look and see if their feet are straight; pointing in or out. We can see a lot about how the energy flows, whether there is a flow into the body and up the leg. For example, if the feet are cold, there may have been a lack of connection to the parents; if the right foot is turned out it indicates the relationship with the father is distant. I will notice and then question, "How did you relate to your father?" This will often bring up a lot of feelings which can be explored, processed, expressed, and sometimes I notice at the end if the person is lying down the feet will not be as turned out, and the energy flow has shifted. The ankles relate to the grandparents and the knees to the siblings.

This may sound too cut and dried, and we have to always take things with an open mind and leave it up to the truth that is being revealed in the moment. But I do want to give you a profound example of the knees. I had been working with an individual for a little over a year. We were working energetically and she stated her right knee began to hurt. I knew her history and she only had a sister. But I kept hearing a voice inside my head saying to ask about her brother. It was so loud I couldn't deny it so I questioned. "I can't stop thinking but do you have a brother?" This was a major breakthrough. She began to sob and tell me how before she was born her mother gave birth to a baby boy but he could not live due to some birth complications. He paved the way for her life as when she was born they were prepared to handle the difficulty and she fought to be alive, and is still a fighter. The work then shifted from historical information to the soul issue of her fighting spirit and her spiritual connection to the brother. I don't know if we would have ever gotten there without my knowledge of the base of the knees relating to siblings. We have since worked more around her letting go of the spiritual hold this has had on her.

Another person had numbness in his right leg. No therapies i.e. (physical therapy, chiropractic, medicine, meditation) were helping. I reached straight into working on his relationship with his father. It cleared

and opened to a warm sensation. He deepened his connection to his masculine energy.

The second chakra has to do with the way we are rooted in our feelings, what we have taken in from our environment, our gut feelings. In the back it is located around L5 and in front a little below the belly button. Our colon/intestines are located in this area and their facility is to absorb, so here we absorb our feelings. Some of us have trouble letting go and the holding on creates symptoms such as spastic colon; constipation is the holding; and diarrhea is from too many stimuli, the water is moving too fast. The lymphatic have to do with understanding what is foreign and what is self. The second chakra is also the area of the womb and relates to how we felt in the womb, what we absorbed from our mother and how we experienced the environment prior to birth, triggering and mirroring our soul issues. For example, my mother was not happy and didn't really want me. I have always struggled with feeling entitled to exist. Once I cleared myself around this energy and got to the root of where this dull feeling came from, released my will to live and align with my task. I once felt I had an undertone of depression and would easily wipe myself out if I made a mistake. By connecting my energy to this original experience and belief, I feel a tremendous burst of life.

The third chakra interprets the second and controls pain and hurt. Located at T10,11,12, the third chakra is the shadow' to the heart. It holds the adrenal glands, spleen and pancreas which correspond to the fight/flight syndrome and to how we decided to survive; our way of processing information and our pancreatic function of balancing sweetness and bitterness. Here we carry the memories and images/belief system. When it is keeping us held to childhood memories and beliefs, our energy goes back to the 2nd chakra. The heart chakra vibrates at a higher frequency and needs to pull up the third energy. We need to use our will to bridge the lower chakras with the higher and that bridge is our heart.

The fourth chakra, the heart, transforms human into spirit and spirit into human. The heart is often cut off because we are more controlling with our mind. This is where addiction comes in—the conflict between mind and heart. By bringing the misconceptions into the heart we can break up the old habitual patterns. The breathing process keeps us in the here and now and it is located in this center. The heart makes the

connection to forgiveness, love and transformation. It is the adult energy and the transition from our earthly issues to spirit.

The fifth chakra corresponds to the throat; the thyroid gland which controls the balance in our bodies and secretes hormones to regulate our metabolism. Self expression and manifestation are the key issues. Thyroid problems often relate to overgiving to others and an imbalance between self and others.

The sixth is the pineal gland relating to sleep cycle. My work with eyes also addresses the REM movement. The sixth is our spiritual center for seeing clearly through insights, inspirations, visualization, clairvoyance, etc.

The seventh is the emergence with God, the Oneness, the All, our ability to be conscious of the spiritual realm. The pituitary gland is located here and that corresponds to regulating the loss of water; promoting releasing of the mother's milk, and the uterus, birthing spirit.

From the front to the back we can read the age of the issue by breaking the chakra into segments which cover years.

## AGE LAYERS

Sensing the age of the person in segments you can tune into the age where the energy was first held. For example, I hold the chakra and look, then may ask what happened when you were around three if the energy is caught in the first segment. I intuitively hear three. Or if they are talking about their parents I may question what happened in your family when you were fifteen. This questioning will lead them to talking about the family divorce which they had not wanted to mention but is what is holding up the movement. Working with a man on his sexual center I was holding his chakra sensing the age 3. After asking him about it he went into a memory that has disturbed him for years. We then explored it further.

Remember, we bring these issues to consciousness to clear them, not to dwell in the memory. Until we bring the memory into the chakra the rest of the life keeps the gap and the energy doesn't flow smoothly.

So now for using the material and integrating it into a session. I want to begin this by saying it varies with each person at what point I bring it in. But, for simplicity, I will speak about it when this is the main form of work taking place.

After attuning and some discussion of the issues, I will have the person lie down and begin with an assessment. I do this two ways, one by scanning them with my hands and eyes which gives me a way into their unconscious and subconscious inventory, and I use the pendulum to check the rotation of each chakra.

For scanning with my hand, I move from the feet upward. I am checking for energy sensations: warm (normal); cool (lack of); hot (inflammation, excess of..., constriction); feeling of being pulled into the body (extreme depletion, potential visceral trauma); sharp energy pushing you away (defense against deep seated pathology, survival mechanism); energy reversal (leak); etc. Scan the etheric body as well as the chakras and record your findings. Once we have found the patterns, there is plenty to work with. I may also have them describe what is going on by asking them where the chakra is located. Let's do this together, close your eyes and begin at the base of your spine; where do you sense your chakra is located? Is it center, to the right, left, up, down? Use your hands and see how big or small it is. Now move it to the center and have it be about hip

distance in size. Continue to your second chakra and do the same. And so on. You may find that some chakras are overly intertwined. For example, I was working with someone and her second chakra was up into her third. This person had a lot of trouble with boundaries and separating feelings from reason. After separating them, she was much more grounded in her self and not taken over by feelings and over identification with others.

I will typically begin working with information either by- questioning about the information and then going into movement or beginning with the movement to get some charge going if the person is very closed. I pick exercises that relate to the chakra I am working with, i.e. kicking for the base; breathing and rocking the pelvis for the second; the roller for the third; breathing and stretching for the fourth; opening the throat for the fifth; eye movement for the 6th; and for the 7th I may do some energetic spinning work. As the client is moving I will continue to explore the issues and follow up with the information from the assessment. I check the spinning of the chakra before I move on.

One other component of chakra work I have integrated, which gets used with my findings, is working with chords of connections. Carolyn Myss has a tape series called "Energy Anatomy," in which she goes into the way we are hooked up into a network of connection. I highly recommend you hear it. I want to offer you a specific process given to me by a colleague, Nancy Rosanoff, and discuss how I have worked with it. This is about the chords of connection between people. I will use part of it or all in a given session. It helps to clarify the energetic connection and difficulty between two people.

The process is to:

1. Have a person visualize someone they are stuck with, i.e. father.
2. Ask for permission to do this exercise and have them raise their hand if person says yes.
3. Then go through each chakra as follows:
  - a. breath into your base chakra and imagine a ball of red light swirling around and landing on your father. See where it lands. To stick with the example say it is his 7th chakra. You jot down and chart it.
  - b. Continue: Imagine a ball of orange light swirling around see where it lands, i.e. his heart.

c. Imagine a ball of yellow light swirling around see where it lands, his first.

4. Continue through, then go back and explore connections that are two or more chakras away. In the exploring, use understanding of the chakra to question. For example, with 1 and 7; have person imagine a rope connecting their first chakra to their father's 7th. Have them walk a line from their side to fathers and ask: How does it serve you that your destiny depends on my survival and how does it serve me. "I have no sense of myself. I've always looked after you to make sure you were happy. I keep doing that with others in my life. It has felt like my life purpose. Who I am depends on your happiness. He has needed that."

5. I ask, "Do you want to keep this bond? Know that if you unhook it you will be changing the relationship; sense into whether you are ready to do that."

a. If they say they are not ready to give it up, honor it with a reply such as: you can continue to work with it.

b. To work with it say: Find a way to disconnect by cutting with a scissors, burning, unhooking, whatever you need to do and see what happens.

6 You may stop at this one shift or move on to other chords that are two or more chakras away. Those are the ones that are most out of balance. Once complete,

7. Thank your father (or whoever) for doing this exercise with you.

8. Bring person back into space.

I'd like us to play with giving each other mini sessions focusing on the assessment and getting feedback on our findings. Work with one area you find and see what happens. Take 20 minutes to assess and move the energy and get feedback, then take a break and switch. I will help remind you about 5 minutes before the session is up.



