

# "TEACHINGS FROM THE HIERARCHY"

## **Monthly Teaching Letter for the dedicated student/seeker**

**Channeled through  
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### ***The Chakras***

(from "The Chakras," November 26, 1990, Germany)

(Continuation from No. 04/X.)

Seeker: If I project a color for healing, would I project that to the whole being?

Jordan: Of course. When you do your visualization and you are doing healing through visualization and colorology— There is a word that you're forgetting, and that word is compensation. The aura completely discloses all of the blockages within the meridians, within the various chakra areas, within the veinal system and it describes it by a color intonation. So when you are doing color visualization as healing, you visualize the compensating color. You visualize the compensation and the compensating colors which then brings balance. When you select your gems, your metals, and when you select the colors of your clothing you are selecting compensating colors for that which you are lacking in order to bring about the balance to your color hue, to your aura. If you select green as a compensating color, it's because you recognize that you need balance and because you've learned that the color green carries balance with it. If you recognize that you need the color blue, it already shows that you recognize the need for self-healing. If you choose the colors of lilac and purple, it already signals that you've recognized the need for self-mastery. So you are wearing the colors of self-mastery or healing or balance or intellect perception to compensate for what you are lacking. When you are projecting color energy as a healer through visualization or through a healing color lamp, you are compensating what the body is lacking.

Seeker: Must the light be funneled in order to relieve pain?

Jordan: That's an intensification, but it is not put directly on the chakra, it's usually put on the meridian.

Seeker: Is it possible to relieve a migraine headache with that technique?

Jordan: Yes, it is possible, but a migraine headache is created through tension, and tension is symbolic of self-judgment and self-criticism.

Seeker: Should I close my chakras at night and open them up in the morning again?

Jordan: Well, I really don't teach doing anything with them except to just protect them. We have a natural expansion and contraction to our bodies and we use our lungs to transmit that air which is a life giving element and actually feeds this whole physical structure along with the blood and the water and all of the other things which are required to sustain life. So as you're breathing, you're expanding and contracting. As you're breathing, so are your chakras expanding and contracting, expanding and contracting. When your mind is in that altered state, which we call sleep, then from your higher mind, your subconscious mind and your unconscious mind you are able to enter into the astral dimensions and encounter all of your coagulated fears, anxieties, actions and thoughts that you, without disciplining them, have released during your daily intake and outflow of energy fields. So you really wouldn't want to close your chakras. What you would want to do is encompass yourself in this protective shield of Christ light. There's two reasons for that. White is the presence of all colors with the presence of light, and light always represents the highest form of mind. As it takes on a color hue it carries a classification with it and it carries a purpose, but white encompasses all of it because it contains light which is all truth and which we can say is God. Not only does it contain your own protection, but it acts in a dual capacity because it acts as a mirror reflecting your unguarded thoughts back into your physical, emotional and mental bodies so that you can begin to utilize the colors of transmutation before these thoughts leave your aura and pollute the atmosphere. And, they are on a very thin silver cord stretched into the atmosphere, too far for you to wind them back, to control them, to redirect them. Then you have to come back through reincarnation and like a magnet pick up those thoughts and carry them back into this physical structure for rebalancing.

Seeker: In one of the books I read they recommend to do this exercise of closing the chakras ten times in the morning and in the evening. In the evening so that no negative energy can come in, and in the morning before I go to work or into the city.

Jordan: Yes, I know there are lots of books which would like to frighten you into believing that you can absorb any negative energy that exists in the atmosphere. Well, that certainly then limits our purpose for being in life anyway, doesn't it? If we'd continue to limit our ability to perceive an imbalanced energy, then there would be no purpose for us to live because we couldn't then discern where we should put our healing energies into action and start compensating through our visualization and our understanding for those imbalanced energies which we are privileged to come into contact with. They can't remain inside of you if you're not vacillating at the same frequency. That's the most difficult thing for us to absorb is that two different energies can't occupy the same place at the same time. So obviously, as you are moving into those force fields, it's your job to be able to project the compensation of energy which would then balance out the densification of energy and to become the living breathing teacher, not so much by words but perhaps by a smile, by thought, by attitude, and perhaps by simply visualizing a compensation of color. Your chakras are quite durable. The only time you can really create destruction to them is if you should happen to burn away this filtering protective substance which is a psychokinetic energy and oftentimes is described as protoplasmic and ectoplasmic energies. In the Holy Bible it's described as the silver cord which extends itself from within the body and reaches out through the auras into the atmospheric conditions. So I'm not in favor of trying to shut down my chakras. That would mean I'd have to stop breathing and I'm really not so sure how long I could sustain life if I stopped breathing. But you can place yourself in an akashic egg of light. That's a visualization of yourself in the center of this akashic egg surrounded by white light.

Seeker: So my thoughts create all these blockages that in turn create my migraine? It's not through my chakras but through my thoughts.

Jordan: Yes, it is through your thoughts. It's through your clarification and your labelization which produces the reaction of a contraction of the vascular system which begins to tighten and creates a

knot back here (7th cervical). Then we have to break loose this knot so this spot becomes flexible again, so it becomes subtle again. But so it is as you enter into vibrations. Remember that the solar plexus is the discerning chakra. Its other name is the seat of the sympathetic nervous system. Right in the abdomen area is where you encounter the various different levels of vibration that you experience as you move through life. That's why when we encounter a great deal of imbalanced energy we swell and puff up in this abdominal area. That's why as you ladies go through your natural cycles you get your cramps in this area because you are in the process of self-cleansing and part of your physical reaction are your cramps, your swellings and your retention of fluids. Many people will talk about gut reaction. Especially for psychologists and psychiatrists it has become a very common phrase. They're talking about their sensitivity to the frequencies of vibration. The heavier a color the more identified it is. I don't like the words negative and positive because of what those two words mean. "Negative" is poverty and "positive" is prosperity no matter how you use them, and your life is the grand reflector as to whether you think more in the negative realm or whether you think more in the prosperous realm. Yes, it takes the thought to contract the muscle to create the problem which then appears as the tumors, as the degenerating cell tissue, the muscular distortion, the spinal arthritis or bursitis or neuritis. Then we must seek a cure to reduce that coagulation of coagulated energies which are affecting either below or above the chakra areas, never on the chakra areas. The only time that your chakras are affected is through excessive alcoholism, drug addiction, extreme shock or emotional imbalance that you create something like a fire and you burn away this gaseous substance, this energy substance, and the chakras then do not open constructively, harmoniously.

Seeker: The colors of the chakras and the projections of colors to other areas for healing don't have anything to do with colorology?

Jordan: Of course they do.

Seeker: If I take the color green and then I project blue onto this green, then I have gray.

Jordan: Yes, and what does gray symbolically mean? Isn't it a combination of black and white? What does each one of those separate colors represent?

Seeker: White is energy with light. Black is the color without light.

Jordan: And since we are both black and white, it shows that we stand in the middle, in the crossroads, not knowing exactly which way to go, whether to go to the black which is represented by the personality identity, uncontrolled, undisciplined or the white which is represented by the spiritual awareness, directed and in use.

And green? Green represents balance and life, which is at the solar plexus. Blue is at the heart because the heart is the organ that pumps the life fluid through the vascular system and nurtures all the little cell bodies and causes life to exist.

Seeker: What about indigo and violet?

Jordan: Of course there's nothing like your affirmations of various different shades of what should be indigo but isn't because they carry your affirmations of your recognition of your identity with every word that you propel into the atmosphere, which is a mantra of your true identity which requires the voice box and the vocal chords. So you make the sounding of "who I is, what I is and where I is going and where I is stagnated."

Then of course, when we get beyond the "Is,"—because what you say is what you is and there is no explanation for the "Is," it just is,—then you've got to see with mastery and transmutation, and there's nothing like seeing with the ultraviolet flame of transmutation at the seat of Krishna. Of course Krishna is the entrance into universal mind consciousness and Krishna is the third eye. For all those people who think that with their third eye they're going to see the exterior world, they aren't. They're going to see the interior world, they're going to see into their own heart, into their own universe, into the deepest dimension of their own mind with its many, many prisons and its many little chambers of horror and of delight. They're going to need that ultraviolet to be able to transmute all that into the golden, silver and the white light of understanding which comes through the crown chakra. That's why the crown chakra has been constantly equated to the thousand petalled lotus which indeed is white with its golden filament in the inside which waves and quivers as it absorbs and transmits the energy from the atmosphere through the stem down to the first leaves which extend from the stem of the lotus. So we are a lotus floating on the waters of life.

The chakras are your most fabulous tools, because not only do they project you but they assist in the laws of attraction bringing to you, in experience and in the densified form of association and awareness, all of that which is your destiny to work with and to work through in the reproduction of your utopia in the physical world.

Seeker: Does the energy flow clockwise or counterclockwise?

Jordan: It can be either way.

Seeker: It has the same effect?

Jordan: No, it doesn't. As it flows counterclockwise, it produces a downward motion. It's a spiraling down into the earth plane. Whereas, if it flows in clockwise, it spirals up into a lifting flowing vibration. The Sufis follow that practice when they're doing a whirling dervish. As they begin this spinning motion they will usually do it clockwise to create to a greater extent the opening of the chakras from the waist up. And as they begin to spiral counterclockwise, it's for the energy that's been coagulated within the being to flow into the earth and to have its healing and balancing effect upon the earth plane.

Seeker: When people have cold feet, does that mean that they don't take in enough energy from the earth?

Jordan: That usually means that they are not enough grounded on the earth's vibratory force field to create the stimuli in the legs and that their spirit is moving upwards.

Seeker: Does that mean they don't really want to connect with their responsibility to their mission on earth?

Jordan: Now you're asking for a rule of thumb and I can't give you that. I suffer dreadfully from cold feet and from cold legs and I don't think one could say that I'm avoiding my responsibilities and my earth plane mission. One could say that I have severed myself from the comparison to earth plane consciousness and that many of the actions that I enter into are for grounding purposes. It could be just a sign of poor circulation, but then it would mean that through the intellectual chakra they had created a concrete blockage according to intellectual mind concepts of what they need in order to perform. And the only thing they need is trust, faith and of course obedience.

Seeker: Would you say more about the dervish? When they start out with their spiraling, do they whirl instinctively in the right direction?

Jordan: Oh no. The Sufi masters know exactly which way to whirl to bring about the balance that they're looking for. Now I'll show you something. It is about the search for the Holy Grail in King Arthur's court. We've been searching for the Holy Grail for ages but I'm afraid we've always had it. Here is the Holy Grail. The stem is at the solar plexus. The mouth of your bowl reaches up to the shoulders, the thymus/thyroid area, your mouth. It sits on its base, which is at the root chakra. The reproductive chakra and the other four chakras are representative of the earth plane consciousness. While the Sufi is whirling he's causing the energies to flow down into his cup to fill his cup with the wine of great substance. And since the Sufi master is very much aware of a need to cleanse the imbalanced thoughts and emotions that mankind keeps permeating our earth plane with to make it so heavy that it's tipping on its axis, he begins to release these energies in a downward flowing spiral which draws the energies down through and out the feet into the earth plane for balancing. It's a calculated utilization of energy.

Seeker: The laws or the rules that apply to the earth also apply to the body?

Jordan: The rules pertaining to the body actually apply to the earth as well. For everything that you extract from the body you must put an equivalent substance in in order to remain balanced. Just as if you over plant the earth's surface, you must compensate with putting the various different acidities, nutrients and chemical substances, which we call fertilizers and alkalies, into the earth to restore that which you take out. And if you over expose the body to too much of an imbalanced energy it creates an emotional burn out, an intellectual limitation and a physical problem. If you take too much out of the earth you create a burn out and the earth becomes dry and brittle and it's unyielding. It's like a desert.

As we are dealing with nature and the imbalanced use of all of our great natural resources, as we over utilize our minds and our emotions in an attempt to create a supremacy instead of equality one with the other, we drain our earth of its natural resources and thus we create our dust bowls, our famine and our lack of natural resources. We have misused our bodies, our minds and our emotions, and that misuse enters into the earth plane. And we then misuse our natural resources. Yes, the same laws apply.

Seeker: Where are sudden blockages in the solar plexus coming from?

Jordan: From a refusal to live. The solar plexus is the life center and it determines just what kind of a life you'll live, either a life in black or a life in white or any of the other color hues. That's why the solar plexus is the color of life and the color of life as you know is green. Nature proves it because the grass is green, the leaves on the trees are green, the ocean is green, and so forth.

Seeker: Does a blockage like that have a special color?

Jordan: Oh yes. They have specific colors. But it would take a whole course in colorology to go into specific descriptions. In the aura it would look like a Swiss cheese. When I see your auras and you've created a heavy energy within a meridian point, which is attached to a chakra, according to its density, which is a color hue, it shows me whether you're dealing with emotional limitations, mental limitations, or whether you've over stressed your physical body and have created a constriction of a meridian which is creating a coagulation of this blockage.

Seeker: Would you repeat the colors of the chakras?

Jordan: It's ROY G BIV. The root chakra is red; the spleen chakra is yellow and orange. Green is at the solar plexus, blue is at the heart, indigo is at the throat, violet is at the third eye; and gold, white and silver are at the crown chakra.

Seeker: What about the foot chakra?

Jordan: Black, brown, and beige. (Black is at the feet, brown is at the bend of the knees and beige is at the reproductive organ.) And there are various different tones. The tone is symbolic of which body and to which intensity the individual is working with in their comprehension, discipline and direction.

Seeker: Black is black? Or are there different hues?

Jordan: Absolutely. Throw a little red into black and you get a sort of very, very reddish brown. Throw a little white into black and you get some gray. Throw a little more white into black and you get silver. Throw a little more white into black and you get platinum. Put a few drops of yellow into black and you get lovely shades of brown. Drop a little green into black and see what you come up with. Om Shanti.

## ***Fears, Anxieties, Self-judgments and how to deal with them***

(class from 05-08-86, NAIM)

Whenever we are working with the fears, anxieties and self-judgments which we levy upon ourselves we create the situations which exemplify those judgments that we've made of ourselves. For example: In dealing with laziness, that is primarily due to a lack of motivation. And the lack of motivation is brought about because of a fear of success. A fear of success is in action because we fear the responsibility of administrating that success. How do we conquer it? We start with the emotional body. We look at our concept of love and we find an object of love. Then we look at the intellectual aspect of it and we find an object that stimulates our consciousness. Then we look at the physical aspect of it and we find an object that will allow us to transfer energies on the plateaus and levels that we are able to work with on a day-to-day basis. Working with it in that manner we then begin to achieve a greater sense of self-awareness.

The mere fact that you look at all of your limitations, your concern about your sexual performance— Sexual performance is not a measure of love, it's a measure of physical dexterity (ability). The real performance of a sexual act is brought about because of a union of souls, not because you can manage to maintain an erection for an hour or two, but because the erection becomes the symbol of the rod that you intend to transmit and utilize to bring about a connection. Too many people go through life believing that their sexual dexterity or performance is the measurement of their ability, and that is not true. I don't believe in being sexual with anyone unless you love them and you want to transfer an energy one to the other.

Your judgment of yourselves is oftentimes an escape into a fantasy of your own making because you're not quite willing to alter the personality, the karma of the personality, so that it can merge with the dharma of evolution. You have to then work with the desire to alter the personality to let go of the karma and move into the dharmic aspects.

On a subconscious level we are dealing with each of us going through life evaluating our situations, and we know when we haven't put forth all the efforts that we should have put forth. As

a result we then evaluate ourselves according to someone else's response to us as opposed to giving our ALL to ourselves. In any malfunction you have to ask yourself where you have not given your all and why you haven't given your all.

(This teaching letter is continued in No. 06/X.)