

THE SEVEN LEVELS OF CONSCIOUSNESS



THE SEVEN STEPS THAT AN INDIVIDUAL EXPERIENCE IN HIS DEVELOPMENT PROCESS TOWARDS SPIRITUAL MATURITY

What are the seven levels of consciousness? What life areas include the seven levels of consciousness? The seven levels of consciousness describe the seven steps that an individual goes through in his personal and spiritual development process towards spiritual maturity. The seven levels of consciousness describe the whole rainbow of our consciousness. It describes all possibilities of our being. The seven levels of consciousness are also called The chakra system and is a map of human consciousness.

The development process of the seven levels of consciousness is a process from fear to love, from darkness to light and from separation to wholeness.

The seven levels of consciousness are about the esoteric psychology of man, the psychology of consciousness. It is about the psychology of enlightenment, the science of inner transformation.

The chakra system is the seven jewels of human consciousness. It describes the seven life areas and dimensions of the human consciousness, which can help us discover a new clarity and a deeper dimension in relation to many areas of life, for example love, joy, feelings, relationships, awareness, communication, the inner man and woman, intuition, play, creativity, healing, meditation, silence, truth, wisdom and wholeness.

The chakra system seeks to develop and integrate the physical, emotional, psychological, mental, social and spiritual aspects of our being into one coherent whole.

The development process of the chakra system includes the process from the personality, the psychological "I", to the inner being, the authentic self, the development process of concrete and abstract thinking, the development process from seeing only one's own needs to developing empathy, the capacity to understand the needs of another person, and the process of understanding the relation between level of awareness and working with people.

The chakra system relates both to the development process of the individual, to countries and to the whole world.

Light on the chakras

What is a chakra? How do the three lower and the three higher chakras relate to each other? The word "chakra" means "spinning wheel" in the ancient language Sanskrit. There are seven chakras, seven energy wheels in the body that moves clockwise. These charkas receive energy from the universal energy field, which is everywhere around us. The equivalent to the chakra system in the physical body is the endocrine glands, which regulates the hormones in the body.

Chakras are the energy centres that take in universal energy, which we need to be alive.

Each chakra or awareness level is an energy centre, which describes different life areas and psychological development issues in life. Each chakra also relates to a certain area in the body.

Each chakra plays a vital role both when it comes to physiological functions and to the development of our consciousness. The chakras relates to biological and physiological functions, to colours and light and to the development of our level of awareness.

The chakra system describes the three general development stages that an individual goes through in his psychological development: the animal, the man and the divine. The first three chakras belong to the animal and are about the themes survival, sex, power and money. The heart is a bridge between the animal and the divine. Love is the bridge between the animal and the divine.

Below the heart, man is an animal. Through the heart, man discovers the human within himself. Above the heart, man discovers the divine within himself.

The seven levels of consciousness are:

- 1. Survival – Grounding, Coordination and Physical Survival**
- 2. Sensations – Feelings, Sexuality and Satisfaction**
- 3. Power – Vitality, Strength and Self-sufficiency**
- 4. The heart – Unconditional Love and Acceptance**
- 5. Communication – Learning to Be Creative**
- 6. Vision – Learning to Know Our Self**
- 7. Unity- Opening to Universal Consciousness**

The first three levels relate to the personality, the psychological I, and the outer world. The heart is the fourth level, which is a bridge between the three lower levels and the three higher levels. The heart is a bridge between the three lower and the three higher charkas. The heart is the river between the outer and the inner self, between the personality, the psychological self, and the inner being, the authentic self.

The three lower chakras belong to the physical world. The heart is the golden bridge between the physical and spiritual world. The three higher chakras belong to the spiritual world.

The first chakra represents our relationship to the body, to the earth, and the seventh chakra represents our relationship to consciousness, to the sky.

The power chakra relates to the inner man, to the surface and periphery of our consciousness. The power chakra relates to the outer world.

The heart is the door to the inner woman, to the meditative quality within ourselves, to the inner source of healing and wholeness, to the inner capacity to surrender to life. The heart is the door to the inner world.

The three higher chakras relates to our inner being, the authentic self, and to the inner world.

This division in higher and lower chakras is only schematic. It does not mean to value chakras in better or worse. The key to understanding chakras is to learn to live in all chakras. Chakras are also connected with each other in pairs. The first chakra Survival and the seventh chakra Unity are, for example, connected with each other like body and soul, earth and heaven. It means that the higher we spread our wings in spirituality, the more we also need to find the natural roots in the body. It was an insight for me when I was working out with weight lifting in the gym one day, and suddenly had an insight that I was actually developing my spirituality by working on my first chakra through physical training. This insight gave me a both concrete and profound understanding of the relationship between the first and seventh chakra. It was an insight that there is really no division between body and soul, between matter and spirituality – it is one whole.

I have preferred the three higher chakras before, but now I also begin to appreciate the three lower chakras and to live in all seven chakras.

A chakra can also be overactive, under active or balanced. In the description below of each chakra, it will be described what it means for each chakra to be overactive, under active or balanced.

The seven levels of consciousness are about learning to accept and appreciate all steps and levels of our psychological and spiritual development process towards spiritual maturity. It helps us to see that both positive and negative experiences are teachers in life to help us to become spiritually mature. It is about learning to love the imperfect and incomplete within ourselves.

The psychological and spiritual development process of the chakra system can be described as a building with seven floors. Understanding the development process through the chakra system is a process of seeing the world from a within-and- out perspective, rather than from an outside-and-in perspective. We create our own reality through our ideas, attitudes and concepts - and these concepts can lie on different levels of consciousness. This can be compared with a building. For example, you have a building in Stockholm, where you live in the cellar. In this cellar, you have two or three small windows, and your perspective of Stockholm is through people's feet when they pass by the windows. But if you instead take the elevator up to the seventh floor, you are still in Stockholm, but now you have a greater view of Stockholm. You have more potential and more possibilities. But here something interesting happens in the psychological development process: in the outer world opposite energies attract each other for example positive and negative, man and woman and good and bad. But that is not true in the inner world: in the inner world similar energies attract each other and opposite energies repel each other.

The classic Indian book *Bhagwadgita* is about the struggle between light and darkness, between our lower and higher nature. The chakra system also includes the struggle between light and darkness, between good and evil, between awareness and unawareness and between separation and wholeness. The chakra system represents the choice between learning to listen to our intuition, to our inner source of love, truth and wisdom, or to listen to the endless desires of the ego.

The chakra system and the relation to the three life areas

The chakra system relates to the three life areas Meditation, Relationships and Meditation. The second chakra Sensations and the fourth chakra the Heart relates to the life areas Relationships.

The fifth chakra Communications relates to the life area Creativity.

The sixth chakra Vision is the door to the life area Meditation.

To develop all the three life areas in our life, we need to develop these chakras.

Basic functions

1. Survival – Grounding, Coordination and Physical Survival

The first chakra or level of awareness is called Survival and relates to the physical body. It is also called Root chakra. Survival is placed at the bottom of the spine.

Survival represents our relationship to the physical body. It relates to physical grounding, coordination and survival. It relates to instincts, to physiological functions and basic biological functions for example thirst, hunger, sleep and work. It also relates to emotional needs such as safety, security and our will to live.

Survival is the first chakra, where we become conscious about ourselves.

The first level of awareness is about learning to take responsibility for oneself and to develop a basic trust in life that life supports us and takes care of us. It also relates to our relation to money, work and home. The first level of awareness relates to our capacity to generate money and understanding that Existence is abundance and not just a struggle for survival. Survival relates to taking responsibility for ourselves. When we are not grounded in the first chakra, it creates a doubt that life supports us and takes care of us.

When we are born, the Survival chakra is first activated. It develops from birth to about 3-4 years of age.

The first chakra is the centre that gives the soul roots in the physical body. It is the base for our human existence in the physical world. If this chakra is blocked, it results in an individual that feels rootless both in his physical body and in his spiritual existence.

Through the first months of the relationship of love, care and union between mother and child, the physical and spiritual existence of the child is developed in a sublime way. In the love between mother and child, the physical world is joined together with the highest form of spiritual love. It is a melting together and a symbiosis between mother and child. That is why the first months are so important for the child, since this period gives the newborn child the essential base for his continued physical and spiritual development.

If this first period between mother and child is shortened or is completely omitted, it can become difficult for the child to accept that he had to leave the spiritual plane to enter a body. It can create restlessness in the child, but it is also possible to heal this lack later in life.

When a mother lovingly takes care of her child, the light from their root chakras are melting together and their energies are joined together, so that the tie to the physical body that the child needs is strengthened and makes the separation from the spiritual plane easier for the child.

An over active first chakra leads to:

Greed, dominance, selfishness, hyperactivity, restlessness and attachment to material things.

An under active first chakra leads to:

Difficulties to achieve goals and objectives, a weak sense of identity, low self-confidence and self trust, a low trust in other people and in life, a feeling of not being grounded and at home in the physical body, a feeling of not being loved, an unconscious relationship to material things and money, low energy, a weak will to live, a low sexual self-confidence and a feeling of fear and frustration. Blocks in the first chakra often manifests as paranoia, a defensive attitude and a feeling of alienation.

A balanced first chakra leads to:

A sense of being grounded, content and at home in the physical body, a sense of belongingness with other people and with life, a sense of pride and self-confidence, a capacity for trust and independence, a trust in oneself and in other people, patience and passion and a conscious relationship to material things, money and the abundance of life.

2. Sensations – Feelings, Sexuality and Satisfaction

The second chakra or level of awareness is called Sensations. It is placed three centimetres below the navel. Sensations is the centre for feelings and relates to social needs, sensuality, sexuality, satisfaction and melting together with another person. It relates to feelings of anger, fear, sorrow and sympathy.

Sensations also relates to the ability to feel sympathy and being emotionally connected with other people.

The second level of awareness is about psychological issues in relation to other people, for example parents, family and friends. It relates to liberating oneself from parents in order to grow up to an integrated, independent and whole individual.

Sensations start to develop from 3 to 7 years of age.

The second level of awareness is focused on the needs of the individual, which primarily are governed by emotions.

The second level of awareness also relates to the relation between food, sex and emotional issues.

People who have been let down by other people often have problems trusting others. This creates a defensive attitude and keeping people at a distance, which relates to the second level of awareness.

An over active second chakra leads to:

Selfishness, an over ambitious and competitive attitude, explosivity, aggressiveness, manipulation, an emotional attitude, vulgarity and an excessive sense of pride.

An under active second chakra leads to:

Impotence and frigidity, emotional problems and conflicts, a lack of emotional contact with other people, a lack of understanding other people empathically, sexual inhibition and guilt, shyness, over sensitivity, hidden shameful feelings, suspicion towards others and an introvert disposition.

A balanced second chakra leads to:

A genuine caring for others, a capacity to intuitively and emotionally understand other people, a capacity to feel sympathy for other people, kindness, passion, sexual self-confidence and satisfaction, vitality and well being.

3. Power – Vitality, Strength and Self-Sufficiency

The third chakra or level of awareness is called Power. It is placed in the area around the solar plexus. Power relates to psychological issues like power, strength, self-respect and self-sufficiency.

The third level of awareness is about developing a trust in our ego in order to be able to direct and control our life.

The power chakra is the centre of the ego. It is about control, power and dominance over other people. A person who is on the level of awareness of power wants to change other people, but he does not want to change himself.

The power chakra is usually activated around 7-10 years of age. Children begin to become occupied with competition, achievement and to show their accomplishments around this age.

The power chakra also means to develop concrete logical and rational thinking, which primarily focus on one's own needs, winning and self-sufficiency.

The power chakra relates to the outer world. It relates to the inner man, to the surface and periphery of our consciousness.

Ordinary relationships are often power relationships, which means a fight and struggle between my needs and the needs of the partner. Often the two partners in a power relationship has the same strength in order to learn to develop their power through struggle and fighting.

Strength and aloneness are also two sides of the same coin, two aspects of the same phenomenon, and fear of expressing our strength is often a fear of aloneness, of being abandoned, and of not being loved and accepted.

Acting aggressively has its roots in fear, judgements and insecurity. Violence and aggressiveness is about control and dominance over another person. To judge and to love is two sides of the same coin. Judgements about another person are really about ourselves. When we stop judging others and ourselves, our hearts opens. The heart is a healer that transforms fear to love, judgements to acceptance and separation to wholeness. The heart heals.

The society is created out of the ego, and the need of the ego to create a hierarch of power, status, respect, position, norms, roles and conformity. Many people in the West lives in the power chakra, and is occupied with competing with others to prove that they are somebody important, and finding their place in the hierarchy.

During the 20th Century, the psychological development level of humanity has been on the awareness level of the power chakra. The focus of humanity has been on power, dominance, position, status, money and control over energy resources. We are technologically advanced and the technology governs the development of the society, but this technology is at the same time destroying the earth. Energy resources are also distinguishing issues in the power balance between countries.

Working with people is basically a question of presence, awareness and energy. Chakras also relate to working with people and the third level of awareness relates to working individually with people.

On the third level of awareness, a person begins to ask himself the question: "Who am I?" He comes to a point in his psychological development when his drama, defences and self-sufficiency no longer works, and he begins to search for something more. But what? He may not know what he is really searching, but there is a feeling of dissatisfaction, a lack of meaning, and an inner need to be in contact with himself, with other people and with life, in a more true, meaningful and real way. This is what Indian mystics have called "The dark night of the soul". It is when the endless desires of the ego and the rewards of the outer world are no longer satisfying. The outer world seems dark and empty, and when he turns within himself to the inner world, it is also dark and empty. This is the point in a person's development when he realizes that real power is love and compassion.

Power and strength is like a sharp sword. It can be used either for destructive or creative purposes. It takes awareness to learn to use the strength in a loving and creative way.

An over active power chakra leads to:

A dominant and demanding attitude, a judgemental attitude, controlling, perfectionism, criticism, rigidity, stubbornness and a workaholic mentality.

An under active power chakra leads to:

Depression, a low self-confidence and self trust, indifference, apathy and hopelessness, confusion, an inability to take decisions, bad judgement, a need for outer recognition and appreciation, a feeling of isolation, a mentality of putting blame on other people, a victim mentality and a fear of failure.

A balanced power chakra leads to:

A respect for oneself and other people, competence, spontaneity, creativity, openness and expression, a trust in one's own strength without need to show it unless needed, intelligence, self-confidence, flexibility and ability to make clear decisions.

4. The heart – Unconditional Love and Acceptance

The fourth chakra or level of awareness is the human heart. The heart relates to unconditional love and acceptance both for others and ourselves. It relates to qualities of empathy, joy, acceptance, trust, intuition, understanding, compassion, playfulness, healing, friendship, sincerity and a feeling of unity in love.

The heart chakra is the centre in a system of seven chakras. The heart is the golden bridge, where the physical and spiritual worlds meet.

The heart is the most important chakra. The heart is the base for spiritual growth. It is the seed for unconditional love, for the inner capacity to feel love for all and everything.

Love is the creative aspect of life. Societies that only emphasize intellectual and academic education create spiritually challenged people.

The heart is the golden key to the greatness of being a human being. It is through the human heart that mankind has made the greatest achievements. The human heart is the only way to save mankind out of the present situation in the world.

Humanity as a whole is in-between the power chakra and the heart in its psychological and spiritual development process towards spiritual maturity.

The power chakra relates to the ego and the outer world. The power chakra relates to the inner man. The heart is the door to the inner world. The heart is the river between the inner and outer self, between the ego and the inner being, the authentic self. The heart is the door to the inner woman, the meditative quality within, the inner source of healing and wholeness.

The open heart is like a fountain, which no longer makes any distinction between "I love you – I do not love you". The open heart does not any longer make any distinction between friends and enemies. The open heart is open both for others and ourselves. The open heart is unconditional love.

When there is a genuine love between two people, there is a natural will to give, instead of demanding.

When our heart is closed, it can create a lonely and isolated feeling together with an attitude of: "Nobody loves me" or "Nobody cares about me, which can make it difficult for other people to love us.

Many people live without really being in contact with their own heart. They live without really being in contact with themselves. Their energy goes from the power chakra and makes a detour around the heart, and goes straight up to the Communication chakra.

During a period in my life, I felt that relationships with people just ended up in problems. I felt that relationships sooner or later ended up in a ditch. The two people in my life that

I thought were my real friends, who I thought loved me and who I thought I could trust, had let me down. During this period I consciously decided to close my heart for a while. It surprised me when I realized that this is actually the way that many people live, without even being aware about what they are missing in their lives. This makes them emotionally and spiritually challenged. It leaves them without emphatic ability, without ability to understand either themselves or other people. It also leaves them without contact with their intuition, with their true inner voice, with their inner source of love, truth and wisdom. Instead they live their lives out of ideas, ideologies, and are directed from without themselves by other people and outer forces. Because of the lack of love in their lives, which would be really fulfilling, they seek a substitute instead in respect, status, fame, money, power and position.

The heart relates to developing abstract logical and rational thinking. The heart is also about developing empathy, the capacity to understand the situation of another person, and to see beyond our own needs and understand the needs of another person.

The level of awareness of a person also relates to how a person eats. On the level of awareness of the heart, a person becomes attracted to simple vegetarian food. This is also a help for the continued spiritual growth. It is like tuning our inner instrument.

Blocks in the heart chakra manifests itself as heart problems, a decreased immune system, and a lack of empathy and compassion.

Healing is pure love. The human heart is a healer, which heals both others and ourselves.

Working with people is basically a question of presence, awareness and energy. Chakras also relate to working with people and the fourth level of awareness relates to working with groups of people. To work with groups of people, the therapist needs to have achieved the level of awareness of the heart. The therapist needs to be available with a quality of presence and heartfulness to be able to work with a group of people in a relaxed way.

Intuition is a function of the heart. Intuition is our true inner voice, our constant available inner source of love, truth and wisdom, the silent voice of Existence within. Through the intuition, we are in contact with Existence. Our heart is the door to how much we can allow life to guide us, instead of being directed by our ideas, attitudes and learned concepts of how things should be.

The human heart has both an active and outgoing quality, and a receptive and ingoing quality. The outgoing quality of the heart is active love, and the ingoing quality of the heart is to allow both ourselves and others to love us.

A beautiful friend of mine once told me that she had a reading of her heart chakra, and that she was told that her heart chakra had the quality of a faithful and trusting dog. She was very cute when she told me this with a slightly ironical tone. She would probably have preferred to have a heart chakra with a more challenging, mysterious and adventurous quality.

Our heart is the door to allow Existence to guide us. Our heart is the door to surrender to life. Our heart is the door to our inner being, to the inner world. When we begin to open our heart, we realize that we are a part of life, a part of the Whole.

Above the heart, we need a teacher and a guide. It is somebody who "knows", who has walked further on the path than us, and who can guide, encourage and inspire us. There is an Indian saying: "When the disciple is ready, the teacher appears".

An over active heart chakra leads to:

An overly critical attitude and a feeling of jealousy.

An under active heart chakra leads to:

A cold and distant attitude, a feeling of being unloved and uncared for, a lack of empathy and compassion, an inability to understand the needs of other people, a lack of contact with the intuition, with the true inner voice, with the inner source of love, truth and wisdom, a need for outer recognition and appreciation, emotional and economical insecurity, a mistrust towards life, a low self-confidence, self doubt and criticism towards others.

A balanced heart chakra leads to:

Love, empathy, compassion, acceptance, friendship, intuition, creativity, a humanistic view of life, generosity, healing, purity, trust, a sense of belongingness to life and a feeling of unity in love.

5. Communication – Learning to Be Creative

The fifth chakra or level of awareness is called Communication. It is placed in the throat. Communication is related to creativity and the capacity to communicate. It is about recognizing our creative potential, and its function is creativity and communication both in relation to ourselves and to other people.

On the fifth level of awareness, we begin to develop the second life area Creativity.

The fifth level of awareness is also called Creative centre, since a healing process occurs when we bring things from within ourselves out in the light and share it with others. When our Communication chakra is closed, the result can instead become confusion and a lack of distance to ourselves.

On the fifth level of awareness, we become like a comedian. We begin to discover a humour, an awareness and a distance to our personality, to our thoughts, feelings and psychological attitudes. We begin to be able to laugh at ourselves and to take success and failure with a laugh.

On the development level of the Communication chakra, our love becomes more and more meditative.

On the fifth level of awareness, we realize that we are not the physical body. We are not identified any longer with the body.

Working with people is basically a question of presence, awareness and energy. Chakras also relate to working with people and the fifth chakra relates to working with large groups of people. The focus of working with people on the fifth level of awareness changes from the nation to the whole world, to the whole planet. Eric Rolf, international therapist and consultant, author of the book *Soul Medicine* and a precious friend of mine since many years, described this as being a global personality.

A country that has developed the fifth level of awareness focuses on equality, where issues like injustice, racism and socio-economic rifts in society need to be solved.

The more aspects of our being that we develop, the richer and more creative our life becomes.

An over active Communication chakra leads to:

A habit of talking too much, an attitude of arrogance and selfishness, dogmatism and negative speech.

An under active Communication chakra leads to:

Timidity, difficulties to express oneself and to be coherent, problems with the throat, creative blocks, general problems to communicate with other people, difficulties to express ideas and thoughts clearly, dependency and a lack of creative expression.

A balanced Communication chakra leads to:

A feeling of being centred and satisfied, a good speaker, a capacity to live in the moment, in the here and now, a capacity for meditation, a truthful, sincere and independent attitude.

6. Vision – Learning to Know Our Self

The sixth chakra or level of awareness is called vision. It is placed in the middle of the eyebrows. It is also called the third eye. The theme for this chakra is to dissolve the feeling of being a separate "I" and to unidentify ourselves with the ego.

When the sixth level of awareness is not developed, there is still identification with the ego, with the separate "I", and a feeling of separation from Existence.

On the sixth level of awareness we stand on the threshold of physical existence, where all duality and opposite tendencies, for example masculine and feminine, light and darkness, intellect and intuition and life and death, begins to dissolve and disappear. Through awareness and understanding, we can see beyond the personality to our inner being, to our essence and authentic self. We discover the inner being, the silent place within ourselves, which is the inner watcher of the drama of the outer life, and where nothing ever happens.

The physical body manifests the duality of life and of opposite tendencies through two pair of legs, arms, ears and eyes, while the position of the third eye indicates the dissolution of the duality of life.

On the sixth level of awareness, meditation becomes a thirst in our heart and being. It is a thirst after truth.

It is also on the sixth level of awareness that we begin to develop the third life area Meditation.

When we begin to open the third eye, our thirst and commitment increases to discover our inner being, to understand the ultimate mystery of life, and to become one with Whole.

I remember an insight that taught me much about life. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, I had a relationship with a beautiful woman, who I loved and who loved me, I had friends that I trusted, and I had money to do what I wanted. But in spite of all this, I still had a feeling that there was something missing in my life. I was not satisfied. The thirst and longing in my heart was still searching for something more. It made me realize that the deepest pain in my heart was that I was still separated from the Whole, and that no relationships and things outside of myself could ease this pain.

On the development level of the Vision chakra, love is no longer a relationship. Love becomes a presence and a quality of our being. Love becomes a natural quality in our aura. It is no longer a question of loving a certain person, we simply are love. We are unconditional love.

The sixth level of awareness also relates to ordinary logical thinking with capacity to handle a lot of facts and information. The sixth level of awareness is also the centre for intuition and awareness. It relates to a specific form of intuition, which is called clairvoyance. Clairvoyance means clear seeing and is described in Patanjali's book *Yoga Sutras* as one of the siddhis or psychic powers that a devoted meditator develops. Clairvoyance is a form of intuition, which is not limited in time and space. Through clairvoyance we can remember past lives, which can help us understand unconscious psychological patterns from past lives, and give us a broader perspective of life.

Another psychic quality that is developed on the sixth level of awareness is a telepathic perception and sensitivity, which gives us the insight that no man is an island in the ocean of consciousness. We are all parts of the same whole, we are all small individual rivers on our way towards the same ocean and on the inner plane we are continuously in contact with each other.

Working with people is basically a question of presence, awareness and energy and chakras also relates to working with people. On the fifth level of awareness, the focus expanded to include the planet. On the sixth level of awareness, the focus expands from the planet to include the cosmos.

Blocks in the vision chakra manifests as problems with the eyes.

The difference between an artist that has developed his creativity to the awareness level of Communication, and a mystic on the awareness level of Vision, is that the artist has both his eyes focused outwards to the outer world, while the mystic has one eye focused outwards to the outer world, and one eye focused inwards to the inner world. An artist is not a mystic, but a mystic can also be an artist.

An over active Vision chakra leads to:

Religious fanaticism and dogmatism, excessive pride, manipulation, an authoritarian attitude and a mentality of coldness and bitterness.

An under active Vision chakra leads to:

An undisciplined attitude, a fear of success, over sensitivity, worry and doubt and an attitude of jealousy towards others talents, abilities and success.

A balanced Vision chakra leads to:

A charismatic presence, a contact with the intuition, with the true inner voice, the inner source of love, truth and wisdom, no fear of death, access to inner guidance and spiritual inspiration, ability for astral travels, glimpses of universal consciousness, access to telepathic ability and remembrance of past lives and capacity for healing and spiritual energy.

7. Unity – Opening to Universal Consciousness

The seventh chakra or level of awareness is called Unity. It is also called The Crown Chakra. It is placed on top of the head. Unity relates to opening to universal consciousness, to receive the ultimate wisdom.

The seventh level of awareness relates to learning to know God. It relates to truth, unconditional love, to enlightenment and to the experience of being one with the Whole.

The experience of the seventh chakra is an experience beyond words. It is an experience of joy and freedom beyond words. It is to be everything and nothing at the same time. It is to discover that we have really never been separated from life. It is to be in a deep unity and harmony with Existence. Our separate little individual river has finally joined with the ocean of consciousness, with the Whole.

When we have began to open the seventh chakra, the thousand petalled lotus flower opens. We have learnt the lesson of life. Our inner tree has given fruit. We have become spiritually mature.

The word "religion" originally means "to return to the source". It means to rediscover the contact with our inner being, with the source of life within ourselves. The deepest pain in our heart is that we are disconnected from our inner being, that we are separated from life. The deepest thirst and longing in our heart is to return to our being, where we are one with life.

The goal of meditation is enlightenment. In the depth of our being, we are already enlightened. We are an inseparable part of Existence, but we have forgotten our true nature. We have forgotten our inner Buddha. Meditation is the way to discover our inner being, our authentic self, our inner Buddha. Enlightenment is the fruit of meditation. It is to realize the highest attainment in human consciousness. It is to climb the inner Mount Everest.

I was 9 years old when I had my first glimpse of wholeness. It was early Christmas morning and I was standing in my pyjamas in the living room, and looked out of the large windows. Outside the windows, white snowflakes effortlessly and slowly singled down towards a silent, snow-clad landscape. Suddenly I was filled with a feeling of being one with the slowly dancing snowflakes, one with the silent landscape. I did not understand then that this was my first taste of meditation, but it created a deep thirst and longing in my heart to return to this natural and effortless experience of being one with the Whole.

Each human being is unique; each human being contains a divine spark, an aspect of God. We are much more than we think we are. The mystery of life is that it is impossible to understand, but we can live life. We can never really understand life, but we can become one with life. We can become one with the dance of life, one with the ultimate mystery of life.

I had a magical day during one Sunday when I walked out in nature. On the outside this day just consisted of taking a walk out in the beautiful sunny weather and cleaning my

apartment, but on the inside everything suddenly changed. When I walked out in nature in the sunny weather, there was suddenly a silent explosion within me, and my whole perception of reality changed. In a single moment, everything changed - although nothing on the outside had really changed. Everything on the outside was exactly as before, but my way of seeing had changed. The difference was that before I did not see, and now I could see. My eyes were open. Suddenly I was one with everything, one with the stones, one with the trees, and one with the people that I meet on my walk. My heart danced with joy together with a feeling of: "I am God". Not that I am the creator of everything, but that I am part of the Whole, part of the divine. It felt like coming home, that Existence is my home. I saw that even if the people that I meet did not understand that they are a part of the Whole, they still are a part of the Whole. I felt the waves of Existence in my own heart and being, and I felt like a small wave in a great ocean. It gave me a taste of the eternal, a taste of the limitless and boundless source of creativity. In just a few moments, I learnt more than during 20 years in university. Wisdom is basically the understanding that we are all a part of the Whole. We are all small rivers moving towards the ocean. I laughed at the fact that enlightenment is really our innate birthright, and that small children already lives in this mystical unity with the Whole.

This unity with the Whole does not mean that our unique individuality disappears. It means that the richer our life experience is, and the more qualities of our being that we have developed, the richer the quality of our enlightenment becomes.

When we realize that we are one with life, the world becomes our home. We are at home everywhere.

An over active Unity chakra leads to:

Frustration, unrealised potential, depression, destructivity and a need to be needed and popular.

An under active Unity chakra leads to:

An attitude of joylessness, difficulties to take decisions, a feeling of being misunderstood, shame and self-denial.

A balanced Unity chakra leads to:

A capacity to be a spiritual healer, to act as a channel and instrument for spiritual energy from the crown chakra through the heart, trust, joy, love, truth, silence, peace, wisdom, gratitude and a unity with Existence.

Exercises

Exercise 1: The chakra that you feel most at home with

An exercise that you can do by yourself or together with a partner is to become aware about which chakra that you feel most at home with. Also become aware about what this means in relation to yourself, in relation to other people, in relation to life, and in relation to the three life areas Meditation, Relationships and Creativity.

If you do this exercise by yourself, then write one page about this issue. If you do this exercise together with a partner, then take some time and discuss this issue with your partner.

Exercise 2: The chakra that you feel the least connected with

An exercise that you can do by yourself or together with a partner is to become aware about which chakra that you feel the least connected with. Also become aware about what this means in relation to yourself, in relation to other people, in relation to life and in relation to the three life areas Meditation, Relationships and Creativity.

If you do this exercise by yourself, then write one page about this issue. If you do this exercise together with a partner, then take some time and discuss this issue with your partner.

Exercise 3: Paint an image of the heart chakra

The heart chakra is the easiest chakra to become aware about. This is an exercise, which you can do by yourself or together with a partner, which aims on painting an image in colour and form of how you perceive your heart chakra, the dimension of healing. This image can either be naturalistic or abstract.

If you do this exercise by yourself, then write one page about how you experience your heart chakra. If you do this exercise with a partner, then discuss how you experience your heart chakra with your partner.

Exercise 4: Painting an image of each chakra

This is an exercise that you can do by yourself or together with a partner, which aims on painting an image in colour and form of your experience of each chakra. This image can either be naturalistic or abstract.

If you do this exercise by yourself, then write one page about how you experience each chakra. If you do this exercise with a partner, then discuss how you experience each chakra with your partner.

Exercise 5: Write one page about each chakra

This exercise aims on writing one page about how you experience each of your chakras. You can also make this exercise into a 1-week exercise, where you focus on one chakra each day to become aware about how you relate to each chakra and what this means in relation to yourself, in relation to other people and in relation to work and creativity.

Exercise 6: Meditation - The Chakra System

This is a meditation that aims on going through the whole chakra system with your inner attention and experience each chakra. Begin this exercise by sitting comfortable, and then turn your attention within and come in contact with yourself.

Then begin to tune in with the first chakra at the bottom of the spine and see what impressions that you receive of the first chakra. Then proceed in the same manner to the second chakra three centimetres below the navel, the third chakra around the solar

plexus area, the fourth chakra in the chest, the fifth chakra in the throat, the sixth chakra in between the eye brows, and finally to the seventh chakra at the top of the head.

Finish this meditation by writing down your impressions of each chakra and what this means in relation to your meditation and spiritual growth, in your relations to other people, in relation to work and creativity, and in relation to life itself.