

Meditation

Part 5 of 6

Energy

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Meditation Series Overview

- There will be six dharma sessions:
 1. **Meditation Basics - How We Will Meditate.**
 2. **Science of Meditation – Physical and Mental Effects.**
 3. **The Buddha's Teachings - The History of Meditation.**
 4. **Types of Meditation – The Many Ways to Meditate.**
 5. **Energy - Chakras, Meridians, Auras.**
 6. **Mindfulness – Directed and Guided Meditation.**
- Each session will be a mix of meditation teaching (dharma), calmness meditation (samadhi), and group (sangha) discussion.
- We will meditate each time!

Session #5 Agenda

Today's topic:

- Subtle Energy
- Three Energy Systems
 1. Acupuncture: Points & Meridians
 2. Chakras & Nadis
 3. Auras
- Meditation Practice

Subtle Energy

Definition of Subtle Energy:

- "Subtle energy is the term, most commonly used, to denote energies that are not currently explained by the four known forces of physics, which are:
 - strong [nuclear forces] and
 - weak nuclear forces,
 - electromagnetism, and
 - gravity.
- The world's wisdom traditions ... acknowledge subtle energy and related phenomena [which is] related to life force energy and consciousness."

Subtle Energy (continued)

- Subtle Energy is purported to impact:
 - bodily health and wellness,
 - emotions and mental states,
 - energy levels and life force,
 - connections with other beings,
 - progress toward enlightenment.
- However, subtle energy forces have not been observed or measured scientifically.
 - They have not been seen as either being the cause of phenomena or bringing about effects.
 - Seen as “unspecific,” they are referred to as “subtle”.

Subtle Energy Names

- Subtle energy goes by many different names:
 - **Qi** in China - "aliveness, life force, or life breath" - central to subtle energy. Also spelled Chi, Qui and Ji.
 - **Ki** in Japan - "air, mind, spirit, feelings, humor, heart, atmosphere, flavor, an intention, mind, will".
 - **Lung** in Tibet - "wind or breath" - particularly important to the Tibetan Three Vajras (body, speech and mind).
 - **Prana** in India - "life force, vital principle" - broadly used in yoga, Indian medicine, and martial arts.
 - **Kundalini** also in India - "primal energy " (in the sacral chakra) - can be engaged to achieve enlightenment

The Three Energy Systems

There are three, *very different, subtle energy systems*:

- 1. Acupuncture Points** - *subtle energy storage locations*,
 - **Meridians** - *connectors and pathways*
 - Originated with Traditional Chinese Medicine (TCM)
- 2. Chakra Locations** - *subtle energy storage sites*
 - **Nadis** - *connectors and pathways*
 - Originated in India
- 3. Energy Auras**- *subtle energy in layers around a body*
 - **Auras** - *surround living things*
 - Origination Jainism, Hinduism, Buddhism in India

Acupuncture* Points

- There are thousands of **Acupuncture Points**



- **Meridians** are said to connect many acupuncture points

* Acupressure and electric stimulation are non-invasive variations

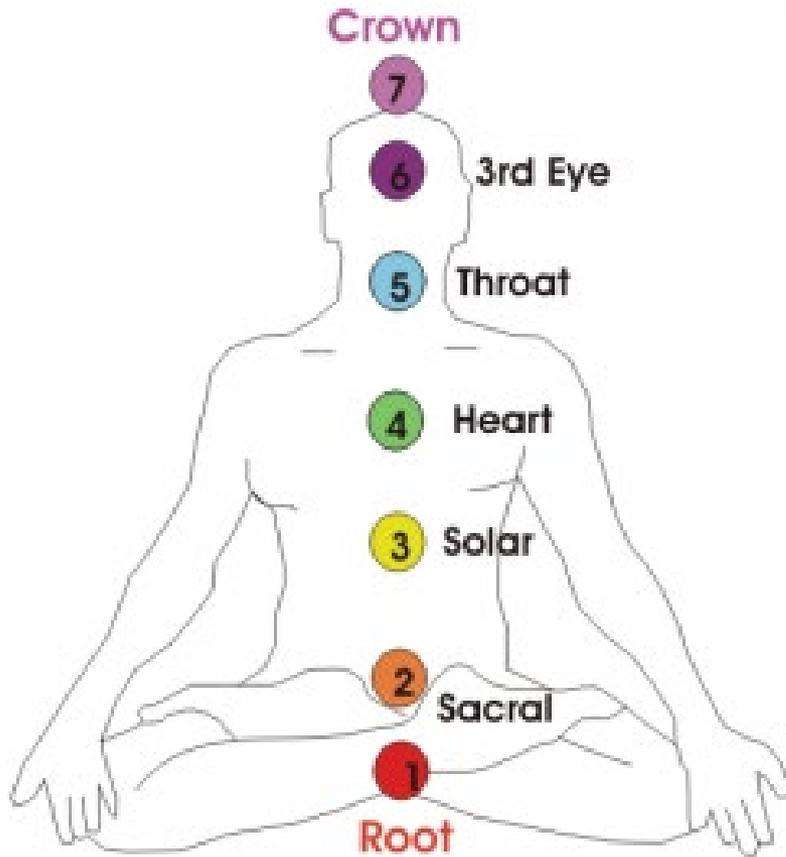


Acupuncture Points and Meridians

- **Acupuncture Points** according to TCM*:
 - Are located precisely on the body,
 - Are mapped to specific organs, bodily functions, and conditions
 - Are activated by sticking pins or applying pressure to them.
 - Are combined and activated together as treatments.
- **Meridians** according to TCM*:
 - Connect acupuncture points (with some exceptions).
 - Believed to transfer or transmit subtle energy.
- TCM offers a wide variety of uses for acupuncture,
 - But, there are inconsistencies, and contradictions, in protocols.
 - **Unfortunately, observed results have not been consistent or scientifically verified.**

*TCM is Traditional Chinese Medicine.

Chakras



The seven primary chakras are:

7. Sahasrara - Crown Chakra
 - (top of the head; 'soft spot' of a newborn)
6. Ajna - Brow or Third Eye Chakra
 - (pineal gland or third eye)
5. Vishuddha - Throat Chakra
 - (throat and neck area)
4. Anahata - Heart Chakra
 - (heart area)
3. Manipura - Solar Plexus Chakra
 - (bottom of ribs cage)
2. Swadhisthana or Hara - Sacral Chakra
 - (last bone in spinal cord, the coccyx)
1. Muladhara - Base or Root Chakra
 - (ovaries/prostate)

Of Indian origin, the seven primary *chakras* have a bodily position, but no definite physical location. Some Buddhist, Hindu and Jain traditions have many more Chakras.

Purported Effects of Chakra Energy

Crown Chakra - Colour - Violet - Element - Universe (highest enlightenment attainable).

Effects - When this chakra is unbalanced there may be a constant sense of frustration, no spark of joy, and destructive feelings. Illnesses may include migraine headaches and depression. Balanced energy in this chakra may include the ability to open up to the divine and total access to the unconscious and subconscious. Body parts include the head, brain, ears, eyes, pineal gland, skeletal and muscular systems, as well as the skin.

Third Eye - Colour - Bright Indigo - Element - Spiritual Centre (essences of all centres).

Effects - When this chakra is not balanced you may feel non-assertive, afraid of success, or go the opposite way and be egotistical. Physical symptoms may include headaches, eyestrain, loss of memory and anger. When this chakra is balanced you are your own master, are not attached to material things, and may experience telepathy, astral travel, and past lives. Body parts include the eyes, face, brain, lymphatic and endocrine system

Throat Chakra - Colour - Light Blue - Element - Sky

Effects - If this chakra is blocked one will suppress their feelings and not be vocal about it and will lead to jaw problems as well as cold, cough, asthma. Energy Centre for expression and for communication. Body parts include the thyroid, throat, lung, teeth, neck, ears and sometimes shoulder or arm.

Heart Chakra - Colour - Green - Element - Air

Effects - When this chakra is out of balance you may feel sorry for yourself, paranoid, indecisive, afraid of letting go, afraid of getting hurt, or ignored. Tensions and emotions affect this chakra. Body parts effected by the fourth chakra include heart, lungs, circulatory system, shoulders, and upper back.

Purported Effects of Chakra Energy

Solar Plexus - Colour - Bright Yellow - Element - Fire

Effects - If this chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed. It affects the digestive system of the body causes gas and acidity The body parts for this chakra include the stomach, liver, gall bladder, pancreas, and small intestine.

Sacral Chakra - Colour - Orange or Golden Yellow - Element - Water

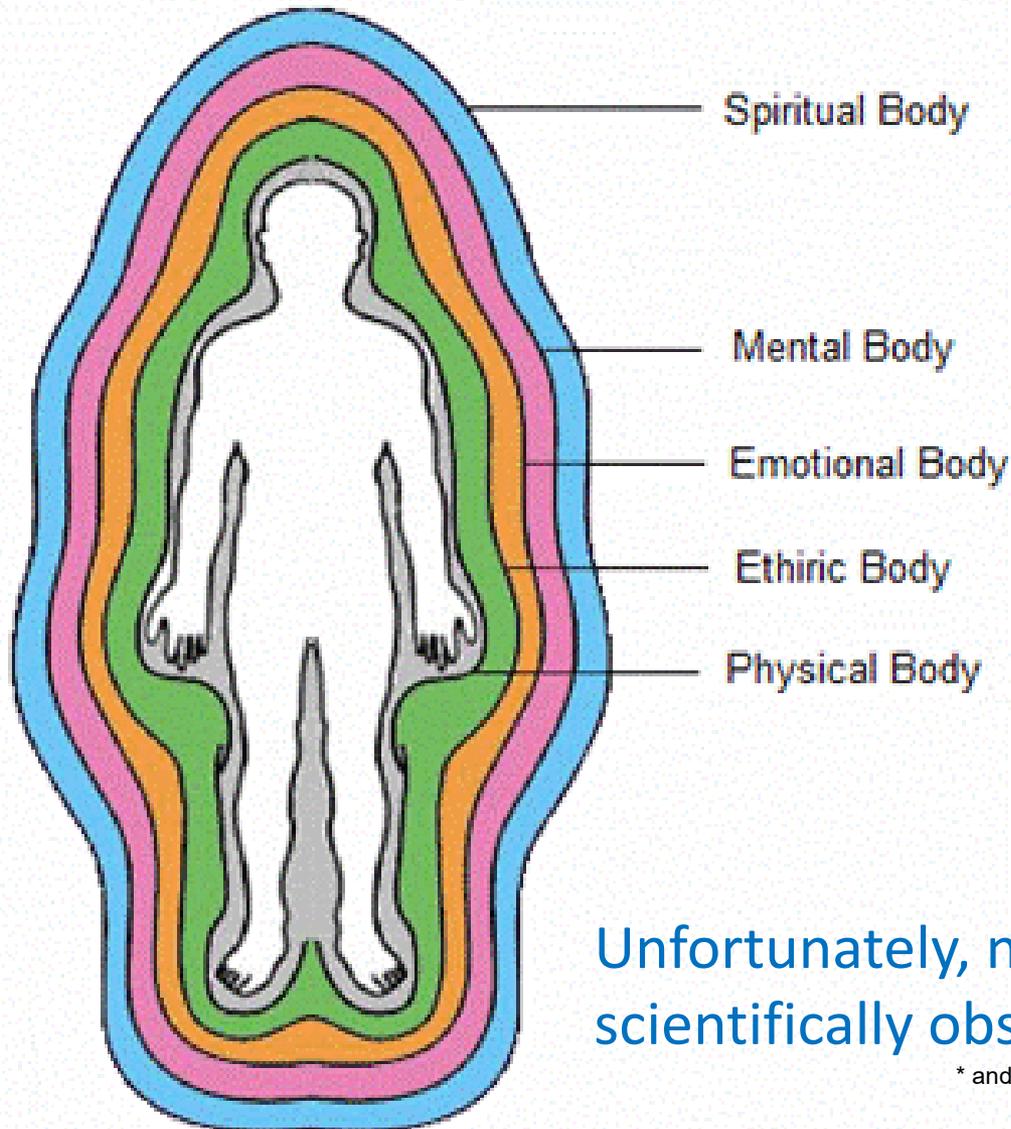
Effects - If this chakra is blocked it will cause kidney weakness, stiff lower back, constipation, and muscle spasms, fever, cold and urinary problems. This centre holds the basic needs for sexuality, creativity, intuition, and self-worth. Body parts include sexual organs women, kidneys, bladder, and large intestine.

Root Chakra - Colour - Red - Element - Earth

Effects - If this chakra is blocked an individual may feel fearful, anxious, insecure and frustrated, loss of self-confidence. Problems like obesity, anorexia nervosa, and knee troubles can occur. This chakra provides calcium to the bone structure and skeletal systems. It balances kidneys and urinary system. Root body parts include the hips, legs, lower back and sexual organs.

Unfortunately none of this has been scientifically observed and none of the purported results verified.

Aura Energy



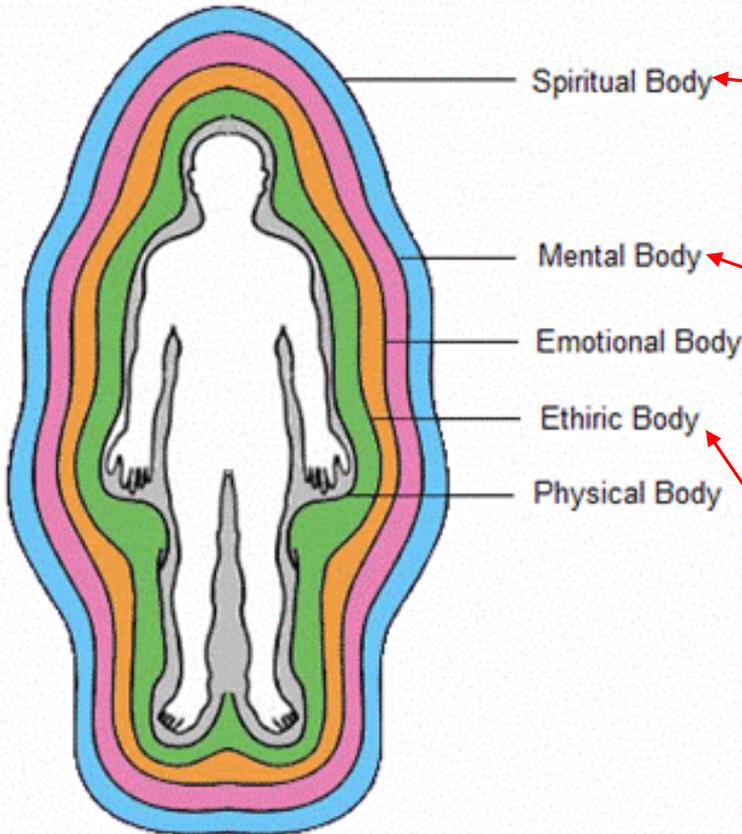
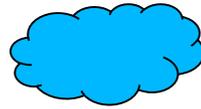
This graphic is typical of many Eastern Traditions*

- The first layer, the Physical Body, is normal Newtonian matter/energy.
 - Some traditions hold that subtle energy also flows through the physical body
- The rest of the layers, are made up of subtle energy, e.g. Chi.
 - Subtle energy, like Quantum probabilities, exists outside Newtonian science.
 - Each layer has a slightly different content (next slide)

Unfortunately, none of this has been scientifically observed

* and as described in in [Physics of the Soul](#) by Amit Goswami

Each aura layer of subtle energy is more universal than the next



- **Bliss** is where oneness with the universe is achieved (i.e. nirvana). It is far beyond any other layer and signals the end of reincarnation
- **Supramental Intellect** is for cosmic theme spiritual context (it is where universal humanness is accessed beyond individual).
- **Mental body** is for individual meaning (it is where elements of self reside, as contrasted to more universal themes of the Supramental).
- **Emotion or Vital body** is for individual emotion and feelings (elements of your emotional themes reside here).
- **Etheric body** is the interface from the physical body to the Emotion/Vital body

Subtle Energy Manipulation

- **Meditation Practices:**
 - Samadhi (breath or other focus)
 - Vipassana (mindfulness)
 - Transcendental (mantra)
 - Observation (symbols, mandalas and other objects,)
 - Moving (yoga, walking, labyrinth, martial arts)
 - Guided (directed, coached)
- **Healing Traditions**
 - Laying on of hands, shamanic healing, reiki
 - Aroma therapy, essential oils, crystals, bells

Subtle Energy and Science

- Science has a difficult time with subtle energy, treatments, and manipulations.
 - Physical manifestations have not been found for acupuncture points, meridians, chakras, nadis, or auras.
- Treatment results with subtle energy are only consistent with a placebo effect.
 - Successful results have not been consistently replicated under laboratory conditions.
- However, especially for pain management, acupuncture appears to be a cost-effective approach, as one example.

Subtle Energy and Science

- Science also has a difficult time with subtle energy.
 - Subtle energy has not been measured.
 - The effect have not been observed consistently.
- Science also has a difficult time with quantum physics.
 - Quanta have not been measured or recorded by experimental research either.

Meditation Practice

- We will meditate for 4 minutes
- We will meditate in silence.
- 3 gongs will signal the end of the meditation



How We Will Meditate

- Align your posture and sit comfortably relaxed
- Breathe through your nose
- Use diaphragmatic breathing (Belly out with inhale / belly in with exhale)
- Observe only the present moment (Not the past, not the future)
- Focus on your breathing
 - Observe your breathing: air in/out, shallow/deep, long/short, belly out/in, etc.
- When thoughts jump into your mind:
 1. Name them silently (acknowledge they exist)
 2. Let them go (release them from your thinking)
 3. Return your focus to your breath
- This means:
 - Do not hold onto *any* thought (positive or negative)
 - Do not value or judge any thought
 - Do not judge your meditation practice or yourself

Thank you for joining me in this dharma practice of meditation



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