



*NOT ACTUAL BOOK COVER

EASTERN AND WESTERN SPIRITUAL SYSTEMS

Kundalini is a Sanskrit word, which means "coiled one", and refers to a form of primal energy called Shakti, said to be located at the base of the spine and coiled three times in a state of potential. Simply put, Kundalini energy is life energy, and its overall purpose is the expansion of human consciousness. It is dormant in most people, and can be awakened through meditation techniques or even spontaneously, without any conscious effort of the individual.

Kundalini is interchangeable with the term "Serpent Power", and has been likened to a serpent for a number of reasons. Firstly, when the energy rises, to the person experiencing the awakening, the inner sound is similar to the hissing of a snake. Secondly, its movement and expansion happens in the spinal column, which by itself is shaped like an upright serpent or snake. Once the energy reaches the top of the head, it breaks the *Cosmic Egg* and activates the Spiritual Body and the 72,000 nadis, which flow like spider webs from each Chakra to our *Body of Light*, or *Light Body*. Though there are practices capable of inducing a Kundalini awakening, ultimately, it is something that is chosen for you in this lifetime by a Higher Power.

In my previous book, *Man of Light: A Hermetic Journey with Kundalini*, I mentioned that a powerful way to help cleanse the Chakras is by using Ceremonial Magick, or Ritual Magick, exercises. These ritual exercises, along with the Qabalah and the Tree of Life framework, are of western origin. In this book, I am going to walk you through what Qabalah and Ceremonial Magick are and how they can help you. I am also going to give you some basic ritual exercises that you can begin to use and become familiar with along your journey of awakening. Ceremonial Magick is the key to evolving beyond the negative Karma of the first four Elemental Chakras and learning how to attune and operate from the three higher Spiritual, or Aetheric, Chakras.

Ritual Magick exercises use ritual invocations in order to invoke or bring different energies into the Aura for the purpose of Spiritual Evolution. These exercises consist of mathematical formulas and use symbols, numbers, and the vibration of Divine words of power. Ritual Magick exercises focus on the Karmic evolution of the Chakras, which are synonymous with energies of the Elements and Sub-Elements. In this way, the Eastern and Western systems are both talking about the same thing, just in different terms.

Eastern philosophy and Western philosophy may seem completely unrelated on the surface, but in reality, there is much correlation between them. They both serve to bring about a common goal, which is the expansion and evolution of human consciousness and union with the Divine. Discussing the Chakras of the Eastern system is the same as discussing the five Elements of the Western system. In this work, we will be

examining the Western mysteries, including Qabalah, Ceremonial Magick, and Hermetic philosophy, while corresponding everything to the Eastern system of the seven Chakras and the Kundalini.

Chakra is a Sanskrit word for spinning wheel, or vortex, and is an Eastern term. The word is used to describe the invisible energy centers along the spinal column, comprised of multi-coloured flowing energy. These are the centers that balance, store, and distribute the energies of Life throughout our various *Subtle Bodies*. Chakras are conductors of energy and each is responsible for the overseeing of particular aspects of a human being's life. When cleansed and balanced, they offer exceptional extrasensory abilities.

Chakras are not physical. They are located in the Body of Light. The Chakras are forces coming from the Subtle Bodies which manifest in a circulating pattern in seven major areas of the Body of Light. They can be imagined as if they were shaped like flowers in full blossom. Each Chakra has a number of petals, which are wheel-like vortices of energy that radiate outwards, forming horizontal right angles. The Chakras spin clockwise and the rate of their spinning determines how tuned or out of tune they are. The faster the spin, the more Light they channel and the better they function.

Once activated and filled with the Light of the Kundalini, the Chakras become like light bulbs functioning at maximum capacity. When a Chakra has not been cleansed properly, it emits a dim Light, rather than a bright one. Our personal Karma stands in the way of that and dims the Light. We have to clean these Lights for them to shine brightly.

KARMIC ENERGY

Karmic energy, in the context of this book, is negative energy stored somewhere in the Aura that manifests through one of the seven Chakras. It dims the Light of whichever Chakra it pertains to. In order to cleanse the Chakra, we have to remove the negative Karma stored there in some way. Ceremonial Magick exercises from the Western system are one of the tools for cleansing the Chakras and in my opinion, the best one.

Another tool for cleansing Chakras is the use of natural stones or crystals. They work as well since they invoke Energy into the Aura, which is the key. However, using natural stones is a haphazard process compared to Ceremonial Magick because with natural stones, you cannot control how much Energy is brought in, nor can you choose its exact type. Most natural stones, or crystals, do not isolate each Chakra individually. Instead, they work on various Chakras at once. And in this way, the science is not exact, while Ceremonial Magick is.

Karma is an Eastern term defined in Hinduism and Buddhism as “the sum of a person's actions in this life and previous lives, viewed as deciding their fate in future existences”. The word itself has become internationally recognized over time and today, we all understand what it means to some extent. If you have heard the saying, “You reap what you sow”, then you understand how the Law of Karma operates on a human level. We get back what we put in.

Karma is also defined as destiny or fate, following as an effect from a cause. According to the Law of Karma, every action is the effect of one or more previous actions, and will be the cause of one or more future actions.

Our behaviour and our actions determines our fate. Therefore, with this work, you are learning to develop and heighten your moral compass as well as your ethics. By overcoming your Karmic burden, you are becoming a better person.

The notion of Karma is usually accompanied by the notion of reincarnation—each life is the effect of previous lives and will be the cause of future lives. Our present incarnation on Earth is to gain experiences and to learn the lessons of nature that allow us to continue our Spiritual Evolution. And we express those lessons, or lack thereof, from our past lives. In this sense, Karma is cyclical, involving events that occur to you in life that are similar to each other from which you are meant to learn something from. These events will keep occurring until you eventually learn the intended Karmic lesson.

In terms of Karma and how it is used in this book, the word will be used to denote negative or bad Karma. There is good Karma as well, of course, but since we are trying to evolve and grow Spiritually, we will be dealing only with bad Karma for the purpose of turning it into good. Therefore, when I am talking about Karma you will know what I am talking about.

As each Chakra is a part of how you express your personality and character to the world, then the Karma of each Chakra is negative energy that is attached to how you express yourself in the world. The Chakra needs to be cleansed so that your actions are coming from a place of Love. If they are coming from a place of Love, then you are enlightening the Chakra pertaining to that expression of Self. Therefore, if we are selfish, angry, lustful, fearful, greedy, arrogant, and so on, then that means that we need to work on those parts of Self and turn them into their positive, loving opposites. This means that we need to evolve the Karma particular to those Chakras that express this behaviour.

All of the seven Chakras are opened in a full, permanent, Kundalini awakening. Therefore, the person's consciousness is functioning through each Chakra simultaneously. And all the negativity stored in each Chakra as a result of Karma is present and affecting the consciousness from one moment to the next.

All fears are magnified also, since every thought that occurs in the mind of a Kundalini awakened person appears as real as you and I. This is because as the Light is projected from the inside, it magnifies the realness of thoughts. The bridge between the conscious mind and the subconscious mind becomes very strong during the Kundalini awakening process. This can be a very uncomfortable process until you find some way to remove the Karma from each Chakra. Karma feeds on fear and uses it as its fuel. Therefore, to remove the fear, you must remove the Karma.

In Kundalini awakened individuals, there is also a constant vibratory sound heard inside the head that sounds like a jet plane engine upon takeoff. This constant vibration, which is present 24/7 following a Kundalini awakening, adds to the fear and can be quite a nuisance to live with at first. With a Kundalini awakening, it is like stepping into a reality few have stepped into.

Unfortunately, no medical doctors in the world can help you, since the Kundalini science is still new and also because we are not dealing with something physical but with Energy, an intangible substance. Most psychologists cannot help you either, because unless they had a Kundalini awakening themselves, they cannot possibly understand. Therefore, this work is paramount to helping the Kundalini awakened advance and move forward with their Spiritual Evolution.

THE FIVE ELEMENTS

The five Elements correspond with the seven Chakras. The first four correspond with Earth, Water, Fire, and Air, respectively. The three higher Chakras correspond with Spirit, or Aethyr (the two terms are interchangeable). Through invoking the energy of the five Elements, Ceremonial Magick ritual exercises tune and purify the Chakras. This tuning occurs as the Elemental energy is brought in through ritual. This process

influences your entire psyche and activates Karmic events meant to be overcome in order to purify and exalt the Element in the Chakra pertaining to it. Simply put, Ritual Magick speeds up your personal Karma in its unfoldment process.

You will have a lot of Karma coming your way from working with the Elements, but this is a good thing when you are trying to grow Spiritually. You will welcome the process and as you start overcoming some of your Karma, more unexpected Karma will come forth that you did not know existed. And in this way, you will be developing yourself into a Spiritual Warrior and opening new doors to your Spiritual Self that will serve you well since the path of Enlightenment is only for the strong. The work with Ritual Magick exercises will make you very resilient and resistant to negative energy. In other words, you will learn to live with it and use it instead of being used by it. By learning to use it and not fear it, the anxiety when dealing with confrontations will be lessened and your personal power will be heightened.

The Universe outside of us, as well as the Auric composition of who we are as humans, consists of the four Elements (five including Spirit). Hermetic Qabalah states that the Microcosm is the direct reflection of the Macrocosm, and vice versa. This is exemplified in one of the main Hermetic axioms, “As Above, So Below”. The Microcosm is the Aura and energetic composition of a human, which finds its reflection in the Universe and more particularly in the Solar System which we are a part of in the Milky Way Galaxy. And it is through this axiom, “As Above, So Below”, that we work our Magick, knowing that if we affect something outside of us, we affect something inside of us and vice versa. The Elements are found in the physical Universe which we are a part of as well as inside of us. Inside of us, they are expressed through the Chakras, and outside of us, they are expressed through the land, the sea, the Sun, and the air.

Spirit is not technically an Element in and of itself, but is the composition of the sum of the four Elements. It is the building block of the four Elements, and the medium, the glue which holds them all together. It is the Prima Materia, the first substance and the Source of everything in existence. Everything that has manifested came from the Spirit and everything is meant to go back and be re-absorbed into the Spirit. Spirit vibrates at the highest frequency of vibration, hence it is invisible to the senses. As the vibration slows down, the Spirit manifests as the four primary Elements of Fire, Water, Air, and Earth, sequentially. As Spirit is manifesting as the lower Elements, it retains its original energy in a state of potential. It is up to each of us to Spiritualize our Elements and raise our consciousness back to the Source, God-the Creator.

The four primary Elements are seen as realms, kingdoms, or divisions of Nature and are the basic modes of existence and action, which are the building blocks of everything in the Universe. Even the four Elements are not technically four, but three, since the fourth Element of Earth is really the composition of the three foundational Elements in their densest form. Earth and Spirit, therefore, are like opposites of each other—they are at opposite ends of the vibratory scale. The three foundational Elements are Fire, Water, and Air.

Fire is purifying. It destroys the old, making way for the new. Out of Fire, all new things come, and into Fire, all old things go. Fire is the Spiritual Father energy, the driving force of the Universe. Fire represents force and will and it is the closest of the three foundational Elements to Spirit. The active part of the Self relies on the Fire Element. It is associated with the masculine as it is the conscious mind, the willpower, and the vitality of a human being. Within the physical, Fire is combustion, manifesting both heat and light. Through combustion, it brings about transmutation, regeneration and growth. Its direction in space is the South.

Water is the Supernatural Mother, partnered with the Spiritual Father, the Fire. It contains the Astral blueprint of all solid bodies. Water is form and the force of Fire cannot exist without it. The two are opposites of each other and exist as a duality. Water is the feminine, passive, receptive part of the Self—the subconscious. It is what comprises feelings and emotions. Water is Love, consciousness, and the infinite

possibilities that exist prior to form and Creation. Within the physical, Water is made up of hydrogen and oxygen molecules. Its direction in space is the West.

Air is all around us and it is constantly moving. Its direction in space is the East. All of Life depends on Air, which is the offspring of the Fire and Water Elements. Within the physical, Fire and Water come together to create Air in the form of steam. Therefore, the Air Element is the balancing point between the other two primary Elements, Fire and Water. Air is action and it is closely related to Fire. Just like Fire, Air too, is masculine, representing activity and energy. Differing from Fire, Air is associated with the intellect and the logical mind. Thinking and thoughts, just like the Air, are rapid, quick to change, and without form. As well, the sense of smell is associated with Air. As Fire acts, Air communicates. With the use of vocalized language, Air is the breath of Life. Within the physical, Air makes up the Earth's atmosphere, a mixture of gases.

Earth is the three dimensional world which we all exist within. It is the material expression of the Universe itself. It is the ground on which we walk as part of all the Matter contained in the Universe itself. Once the energy of Spirit has reached the lowest point of density and frequency of vibration, it manifested as the Earth Element. Earth is growth, fertility, and regeneration in relation to Gaia, the Planet Earth. Its direction in space is the North. Earth is the synthesis of the Fire, Water, and Air Elements in their most dense form. It is not an Element in and of itself, but contains within itself the other three Elements. Earth represents grounding and stability. Just like Water, Earth is also passive and feminine. Within the physical, Earth is the organic and inorganic compounds of Planet Earth itself.

THE SEVEN CHAKRAS

Muladhara, the first Chakra, is attributed to the Element of Earth. When you are working on the Muladhara Chakra with an Eastern technique such as a meditation, natural crystals or with *Tattwas*, it is essentially the same operation as working with the Element of Earth with a Western technique, through Ritual Magick exercises. Both activate and work on the same Chakra. Its location is in the base of the spine in the tailbone, where the Kundalini lies coiled. Muladhara is also called the Root, Base, or Earth Chakra. It is directly related to the physical body and its expression in the material world. This Chakra's energy is most dense and vibrating at the lowest frequency of all the Chakras. Muladhara has four petals, or vortices, and is the colour red. The Subtle Body pertaining to Muladhara is the Lower Astral Body as it functions through the Lower Astral Plane just above, but touching upon, the Physical Plane. Note though that the Lower Astral Body is invariably connected to the Physical Body and not something completely separate from it. Hence some will say that Muladhara is the Chakra which expresses only the Physical Body, but it does have an Astral or invisible component also.

Swadhisthana, the second Chakra, is attributed to the Element of Water. It is the place of our lower emotions and the fears of our subconscious. Its location is in the lower abdomen. It is otherwise called the Spleen or Navel Chakra and deals with social interaction and sexuality, along with empathy toward others. This is the first place we can feel the lower parts of the Self and the seat of the Ego. Its primary mode of functioning is to feel, as it is the source of emotionality. Swadhisthana is the place where our stability and our foundation is. It is a place of no thought, only action—action in the direction of our expression in the outside world. This action is triggered by an emotional response. Swadhisthana has six petals and is the colour orange. The Subtle Body pertaining to Swadhisthana is the Higher Astral Body and it functions in the Higher Astral Plane, which is above the Physical as well as Lower Astral Plane. Note that there is no clear division in

the Lower Astral and Higher Astral Planes, but one leads into and corresponds with the other the same way as the emotions affect bodily actions and vice versa.

Manipura, the third Chakra, is attributed to the Element of Fire. This is where we find our motivation, our drive, our creativity, and the birthplace of our imagination. Manipura is the source of our willpower and it is located at the Solar Plexus. It deals with intelligence, mental clarity, and the harmonizing of the will and the emotions. It works with the Chakra above it, Anahata (which is related to thought), to activate imagination, which requires both willpower and thought. Fire is the seat of the Soul and as such, it uses the Elements of Air above it and Water and Earth below it. It acts on the emotions of Water and the stability and actions of Earth. Fire acting on Earth is how we move the physical body in relation to the material world. Manipura has ten petals and is the colour yellow. The Subtle Body pertaining to Manipura is the Higher Mental Body and it functions on the Mental Plane. Mind is above the involuntary emotions of the Astral Plane.

Anahata, the fourth Chakra, is attributed to the Element of Air. It is otherwise known as the Heart Chakra. Anahata's location is in between the two breasts. This is where we feel the emotions of our imagination, thoughts, and fantasies. Here we feel Love but also feel the Karma of the three Chakras below. It is here that we also understand our life's work and purpose. As Air is thought, Anahata is related to the willpower and emotion below it as it exalts the Fire and Water Elements. Air moves and sustains both Water and Fire as related to the Elements as well as their physical manifestations. Air maintains equilibrium between Fire and Water Elements also. As this Chakra is the place where we feel Love, it is the place where we feel compassion toward others, once it is activated correctly. If this Chakra is inactive, we turn to selfishness and the feeding of the Ego. Anahata has twelve petals and its colour is green. The Subtle Body pertaining to Anahata is the Lower Mental Body and it functions on the Mental Plane. Note that the Lower and Higher Mental Planes are in reality one Plane of existence, although a division can be made in their expression. The Ego expresses itself more through the Air Element while the Soul through the Fire Element.

Vishuddhi, the fifth Chakra, is attributed to the Element is Spirit, or Aethyr. It is otherwise known as the Throat Chakra. This Chakra works in conjunction with the next two Chakras above it, Ajna, and Sahasrara. All three are of the Element of Spirit. Vishuddhi is related to the expression of the Self, and written and oral skills. Vishuddhi generates the vibration of the spoken word. It is the center of communication. Vishuddhi controls discernment and the intellect as well. It has sixteen petals and its colour is blue. The Subtle Body pertaining to Vishuddhi is the Spiritual Body in the Spiritual Plane. All three of the highest Chakras are of the Spiritual Plane and work together in unison to channel the Light downwards from Sahasrara, or Kether on the Tree of Life. This will be discussed more in detail further on.

Ajna, the sixth Chakra, is also attributed to the Element of Spirit or Aethyr. It is otherwise known as the Brow, or Mind's Eye Chakra. This is the most important Chakra in relation to the Spiritual and Astral Worlds. It is through this Chakra that we reach the Crown or Sahasrara and exit out of our bodies to travel to different dimensions of time and space. These travels occur in the Astral World—we use our Light Body as the vehicle. Lucid dreaming and Astral projection are two types of Spiritual travel dependent on Ajna. Ajna is also the center of intuition because it receives information from the Higher Realms above it, which come through Sahasrara, the Crown Chakra. Ajna is located at a point within the head that is between the eyebrows. It has two petals and is the colour indigo. The Subtle Body pertaining to Ajna is the Spiritual Body in the Spirit Element.

Sahasrara, the seventh Chakra, is also of the Spirit/Aethyr Element. It is otherwise known as the Crown Chakra. This Chakra is the last of the personal Chakras relating to the consciousness in terms of the physical body. The Crown Chakra is the highest Chakra related to the Spirit Element and it is the highest in human consciousness. It relates to ultimate understanding and knowledge. Sahasrara is White Light and the source

of it. Light comes through Sahasrara and depending on how much Karma there is in the lower Chakras, it gets dimmer. The dimmer the Chakras below it, the more Ego is present and the less the Higher Self is present. The source of the Higher Self is Sahasrara. Traditionally, this center is like a wheel with one thousand (countless) petals or vortices. As it is the Source of everything, it is also the source of all the powers and Chakras as well as the totality of them. The colour of Sahasrara Chakra is indigo. Sahasrara is the gateway to the Divine worlds that are beyond comprehension. The Subtle Body pertaining to Sahasrara is the Spiritual Body.

Now that you have been given the colors of each Chakra, you will find something peculiar about their specific pattern. All the colors follow the pattern found in the rainbow, starting with red, and ending with violet. The rainbow itself is caused when the White Light from the Sun is refracted by water droplets in the air. The result is the spectrum of Light with seven distinct colors. The totality of the Chakras then is the White Light from the Sun, which comes in from above, through Sahasrara Chakra, and filters downwards into each Chakra, thereby powering them.

Many spiritual schools say that there are in fact Chakras above Sahasrara, situated outside of the physical body, within the Light Body. However, I will not get into these Chakras in this book, since it is said that the experience of them is incomprehensible by human logic and reason. For the sake of clarity of the work we are undertaking here, we are only going to be working with the seven common Chakras. Let it be known here though that there are Divine Worlds above the Spiritual Plane and once you have come far enough with your Spiritual Evolution, you will be granted entry to these Divine Worlds as well.