

CLASS 3 9/28/05

Fall 2005 Zen sessions

Wednesday 7-8 PM on 9/14, 9/21, 9/28

Chakras

Ten Chakras

We have ten very important chakras in our body. In the order from the bottom of our body, they are Root Chakra, Sacrum Chakra, Navel Chakra, Back Chakra, Kidney Chakra, Heart Chakra, Throat Chakra, Wisdom Chakra, Eye Chakra and Zen Chakra.

Navel Chakra

Navel Chakra is the main switch of the energy channel in our body. Navel Chakra is about three fingers, or about an inch and half behind our navel.

Zen Chakra

Zen Chakra is at the third ventricle of the brain, or about one inch and half beneath the top of the head. The third ventricle is the source of wisdom. If you constantly bring your attention to your third ventricle (Zen Chakra), whether you were sitting, sleeping or working, you will receive great energy from it.

When you concentrate on the third ventricle or the Zen Chakra, you should have a swollen feeling. Your Qi is now connecting your entire body.

**Efficient methods to rid off
wondering thoughts**

It is indeed not easy to completely clear all the thoughts. Yet, it is not impossible. The two best strategies to clear your thoughts are "extending the length of your meditation" and "increasing the frequency of meditation."

In particular, in meditation, the best way to eliminate all your random thoughts is to focus all the attention on your chakra such as the Navel Chakra or the Zen Chakra. Zero in on the chakra can also strengthen your organs. Furthermore, if you can deepen your meditation, you can reach the spiritual realm of Zen. This realm evolves differently depending on the degree of your concentration. Hence, you'll learn that there are countless aspects of Zen.

