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HISTORY OF THE CHAKRA SYSTEM

From the way we study chakras in North-America, the colors and notions of the chakra system appears to be from the modern world, when in fact, it dates back to early India. In this common tendency to borrow information from the eastern civilisations, several rich nuances get left behind. Here is a most honest attempt to explain the history of the chakra system.

The ancient Vedic texts of the Indian tradition are the first to introduce the notion of chakra (circa 2,000 before Christ to 600 After Christ). The text extracted from the Vedic original were transcribed by Indo-Europeans. The Aryans would arrive in India on early built chariots. The term chakra, meaning wheel, refers to the arrival of the people by chariots. The symbolism of the wheel was used to define the cycle of time and the chariot as the symbol of one's ability to transport themselves beyond the known world. One who would triumph in travelling within these realms of the world would accomplish this voyage named *Kalachakra* – the wheel of time. This is how the wheel first became the symbol of the perfect balance of the celestial order.

So, in keeping in mind that this was a highly spiritual era where many things which nowadays seems impossible, was common at the time. Those who could penetrate through the cycle of time and space were called *Cakravartins*. They could be easily recognized, by their golden colored disk of energy like the halo we recognize Christ to have. The texts also mentioned that, when Lord Vishnu first descended on earth, as a four-arm figure. In each of these hands, he held a symbol of nature: a cakra (wheel of life), a lotus flower (beauty and nature), a mace (strength and power) and a conch (om, the sound of nature).

In the Vedic text *Yoga Upanishads* (circa 600 BC. J.C) and in more recent *Sutras of Patanjali* (circa 200 A.C.), the duality between the body and the spirit is very well detailed. It depicts that the primary and unique goal of yoga is to unite the physical and celestial body for pursuits beyond the material world. It further explains that the body is comprised of *nadis*, an agglomeration of small energy cords, 72 000 of them, most of which are connected to chakras. Making them the epicenter of the human energy body and potential.

To further understand the connection with the tradition of Kundalini yoga, tantric yoga was founded in the 7th Century. In its perspective, one must live among the common bodily realm in order to emancipate beyond the physical dimension instead of dissociating from it. A clear misinterpretation later occurred in the Occidental world where tantra became defined purely on the basis of sexual energy, as opposed to the pure sacred energy waiting to be awakened in all of the chakras. Veda Tantra is a sacred practice done by Brahmins, to aspire to God-like, pure-like energy.

The main reference on this topic is « The Serpent Power » published in 1919, inspired by the Indian scriptures of the 16th Century by Paduka-Pancaka. Today, the notion of 7 main chakras, which connects the energy body to the physical body, remains. The siege of the chakra connection is within and all along the vertebral column, with the heart playing the very important role of uniting both the upper part and lower part.