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Pioneer Mapping of the Chakras and the Auric Field

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In 1975, a research study was done at UCLA regarding the study of the chakras and the auric field. This is commonly known as “The Rolf Study” as referenced in the book, *Wheels of Light*.¹ In this research a scientist and an energy healer teamed up to create one of the first serious and thoughtful experiments about the energy healing process. The scientist was the late Dr. Valerie Hunt and the energy healer was Reverend Rosalyn Bruyere, a recognized auric field healer and chakra viewer. Rev. Bruyere is one of those healers who can actually see and feel the aura and the chakras. Dr. Valerie Hunt was one of the first scientists to formally study the biofield and Energy Medicine techniques; at that moment she was Chairman of the Department of Kinesiology at UCLA and she has been an inspiration to many colleagues that followed her.

Let us take a moment here to realize that during those years it was difficult to openly talk about auras, Energy Medicine and chakras — it was even more difficult to obtain funding to study these phenomena, which were mainly considered as “woo-woo.” Any scientist that courageously studied these phenomena likely risked his/her career and prestige. This makes Dr. Hunt’s work even more valuable. She gathered the research that had been done to-date. This enabled her to study specific techniques from which she was able to record a high-frequency, low-amplitude energy field that is not in the known muscular spec-

trum — this is believed to be an auric emission.

After the study was done, Dr. Valerie Hunt published an article with the help of the Rolfing Institute, *A Study of Structural Integration from Neuromuscular, Energy Field, and Emotional Approaches*.² Rev. Bruyere wrote the book *Wheels of Light*, which explores the energy centers of the body, also known as chakras. This book and Dr. Hunt’s publication are the main sources of information for this article.

The term biofield was proposed in 1992 by an ad hoc committee of Complementary and Alternative Medicine practitioners and researchers, grouped by the Alternative Medicine Department from the US National Institutes of Health. Afterwards, one member of this committee succeeded in getting the term biofield accepted as a Medical Subject Heading (MeSH term) at the National Library of Medicine.³ Therefore, the term biofield was not yet in use when the The Rolf Study took place. Instead, the authors use the term Aura, or Auric Field, to describe this energy bubble that surrounds us — which happens to be the preferred term by energy healers — but scientists are more inclined to the term biofield.

Basic Chakra Physiology

In *Wheels of Light*, Rev. Bruyere outlines a very detailed description of how she perceives the chakras and the



auric field overall. She describes each chakra as a whirling vortex of energy. The seven main chakras have the biggest size and the secondary chakras have the same structure but are smaller. These secondary chakras exist primarily wherever there is a joint in the body.

She establishes a basic chakra physiology by determining that each chakra has four discernible characteristics that functionally affect the aura, and these are:

- Color
- Size and shape
- Rotation or spin
- Intensity

receive and we also radiate or emit. Therefore, we must remember that each chakra holds the energy of a specific set of emotions and organs. If there is any flaw in our thinking (psychological) or in our body (physiological), then this would be reflected in the corresponding chakra as an improper flow of energy, manifested as a misalignment or as a hole.

Rev. Bruyere also points out the origin of this force — the auric field. Energy is neither created nor destroyed; it is just transformed. In her opinion the earth's magnetic field is the major source of energy that flows in and out of our chakra system. Again, there are no scientific discoveries that have correlated

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It is out of the four basic chakra characteristics that the aura is generated.

Each chakra has a different velocity or spin, therefore a different frequency, which is closely related to a particular color. The auric field is an overall combination of the colors emitted by all chakras; a healthy auric field has all colors in it.

Intensity is a function of the amount of energy produced by the chakra — and it is determined by its openness. A chakra that is closed or partially closed produces less energy and affects the auric field.

A consensus on how to tie the chakras and auric field together is still lacking from energy healers and basic scientific correlations within the scientific community. Because there is not a solid scientific background that we can trust on the matter, we must listen to energy healers to establish a correlation between the chakras and the auric field. Energy healers imply that the auric field acts as a filter of the external energies and the energies that manage to get through are then targeted toward the chakras and other energy centers. But energy flows in two directions — we

auras and chakras. Almost all information comes from energy healers that see and feel both, and they do not see and feel the same thing. Generally speaking, energy healers interpret the auric field as a multilayered biofield that surrounds the physical body. The number of layers in the biofield also differs according to the source. Barbara Ann Brennan's work has set a Basic Format of Auric Field and Chakras System. It is composed of a seven-layer Auric Field and correlates it to a 7-Chakra system. Brennan also proposed the existence of an eighth and ninth chakra that other authors have used in order to nominate an Advanced Twelve-Layer Auric Field, which is obviously strongly connected to the corresponding twelve Chakra System. Brennan's work implies that each layer has a specific match and association with each one of the chakras.^{9,10} If one chakra is affected, the corresponding auric field layer will be affected somehow. Darker or low intensity areas — holes in the auric field — would indicate illness, or the onset of it.

Other authors state that our auric field comes from the cosmos, but there are solid arguments that the earth and the human biofield have a strong link, due to the similarities of the Schumann Resonances (being



its fundamental frequency of 7.8 Hz) and the magnetic emission measured from energy healers in some scientific studies, which is also 7.8 Hz.^{4, 5, 6} What really creates the auric field is still unknown. Although the auric field and biofield are sometimes referred to as the same thing, I think that they are deeply connected, but not the same phenomenon. Energy healers describe the auric field as a layered human shaped energetic structure; it can be pictured as energetic Matryoshka dolls. The biofield is the electromagnetic bubble that surrounds the human body — the heart being the organ that mostly contributes to its origin and shape. Scientifically speaking, it has been easier to find properties of the biofield than the auric field, so the origins of the auric field are yet waiting to be unveiled.

Protocol of The Rolf Study

Rolfing, also known as Structural Integration, is an alternative medicine technique that was developed by Ida Rolf (1896–1979) and is based on a hands-on physical manipulation of the muscles, typically performed in a progression of 10 sessions. The first three sessions of the protocol focus on superficial tissues; the next four focus on deeper tissues and specifically the pelvis; the final sessions address the whole body. The practitioners combine superficial and deep manual massage, along with movement prompts.⁷

The protocol of the experiment was the following:

The subjects laid on a table and were given a determinate number of Rolfing sessions. Meanwhile, Dr. Valerie Hunt recorded the electrophysical activity from the bodies of the participants.

There were three different sources of data — two of them through electronic equipment and the other given by Rev. Bruyere's perception and abilities to watch and sense the chakras and auric field.

Dr. Hunt was in charge of the two sets of electronic data.

- The first data set was from was a Direct Current field recording, which was obtained through

a vacuum tube voltmeter using bipolar silver probes. This was used to produce images from sound waves, so it therefore was a sonogram analysis. Also, loud speakers emitted a corresponding sound from each chakra location.

- The second data set used was derived from electronic frequency, electromyogram, electroencephalogram and auric field data, which were obtained through bipolar surface electrodes. All the sensors were located at the seven main chakra locations, as well as in several muscle points and the arms, legs and head. The frequencies of the electromagnetic radiation emitted from the subject's body during the Rolfing session were recorded on an oscilloscope, which was being monitored in a separate enclosed instrument room.

At the same time, Reverend Bruyere recorded a running report of the color, size and energy movement of the chakras and auric cloud of the subject. She read both the subject's and Rolfer's auras and recorded any changes in color, shape or movement of the fields.

Results and Insights

The electronic data contained frequencies and patterns. These frequencies and patterns were then analyzed through three different approaches:

1. Wave form analysis: where the signals were displayed as an (x, y) plot on an oscilloscope,
2. Fourier frequency analysis: these are techniques that study a signal in both the time and frequency domains simultaneously, as a two-dimensional object; and
3. Sonogram frequency displays: these were obtained through the silver probes that detected the DC electronic field.

The interpretations from all three methods gave the same results, which also were in direct correspondence with Rev. Bruyere's perceptions and readings of the chakras and auric field of the participants.



The UCLA Rolf Study demonstrated that deep Rolfing massage creates pronounced changes in the electrophysical activity of muscles. There was a direct correspondence in every instance throughout all the electronic recordings between the wave forms obtained electronically and Rev. Bruyere's description of primary and secondary colors in the specific chakras. It is important to consider that the chakras frequently presented the color that metaphysical literature establishes, but this should be considered as a tendency and not a rule.⁸

During the first sessions, the chakras were uneven, small and low in frequency and amplitude, with indiscriminate or dark primary colors. Along the course of the study, the measurements recorded by the oscilloscope could detect a general improvement of energy flowing upwards — "this means that the waveforms seen at the oscilloscope were higher in amplitude, therefore the energy was increased." The final sessions optimized the chakra physiology, becoming even in size, light in color with high amplitude and high-frequency wave forms. For example, a shorter wave length carries more energy. The higher the frequency, or wave length, the higher the energy that the wave carries. Frequency means the number of total waves in one second. In one second the red color has less waves (measured in Hertz) than purple color. Red color has low frequency compared to purple, so less energy as well.

Chakra patterns were found and these were specific to each subject — for example, there was a psychologist and a meditator who showed the greatest activity in the throat and the third eye chakras, a dancer who showed predominance in the feet and leg chakras, an actress with predominance in the heart and root chakra and an artist with predominance in the crown chakra.

The research team placed great importance on the findings showing changes in the body's auric field or aura — where data showed a changing baseline in different body areas during pain, emotional experiences and memory flash-backs with steady low-voltage wave

forms that did not resemble muscle depolarization.

Another interesting feature was the memory recall of early life experiences that all of the subjects experienced during the sessions with one particular Rolfer. Also, men and women reported seeing images of men when their right leg was Rolfed; in contrast, Rolfig the left leg caused images of women to appear.

The table on the next page compares the overall results. The wave forms that were coming from the loud speakers were further processed by a specific transient recorder that expanded and projected the data on an oscilloscope, which could display pure color wave forms, so they could be photographed. These wave forms are displayed at the first column in the table. The frequency that was obtained through the combined results of an oscilloscope and a spectrum analyzer are at the third column, and finally, the last column describes the sound collected by the sonogram.

Primary colors had the most distinctive patterns and the colors were not attached to a particular chakra. This is important because it tells us that each chakra is not always emitting their own particular color based on metaphysical literature. The root chakra might not always be emitting red color, solar plexus chakra might not always be emitting yellow, throat chakra might not always be emitting blue and so on and so forth.

Conclusions

In this study the body was not considered in the ordinary model of physical systems, tissues or biochemistry. Instead, the body was viewed from a holistic concept of energy stemming from the atomic cellular nature of the functioning body, which cuts across all tissues and systems.

This study showed energy emission from the body surface of the test subjects, whose frequencies could not be explained by common biochemical systems. At the present time, these findings can be interpreted only by an energy field conceptual model, which nowadays is covered by the concept of a biofield.



COLOR OF SOUND		FREQUENCY	RESEMBLANCE OF THE SOUND
Blue	Primary color	100-240 Hz	Irregular rumble
Green	Secondary color	240-400 Hz	Wandering musical tones with rumble
Yellow	Primary color	400-600 Hz	Wandering musical tones
Orange	Secondary color	600-740 Hz	A lower tone tan red with a bit of the wandering tones of yellow
Red	Primary color	640-800 Hz	High whine of a siren
Purple	Secondary color	900 Hz	Background rumble overlayed by the high siren sound
White	Secondary color	100-1000 Hz	White noise, interrupted by rumble, wandering tones and siren sounds

This biofield, strongly connected to the auric field, has dynamic changes that coincide with emotional states, imagery, interpersonal relations and the state of resiliency and plasticity of the connective tissue in the physical body. The biofield is the energetic sphere that surrounds each human body and is believed to be the overall result of electromagnetic properties of the cells, muscles, nerves, organs and chakras.

Dr. Hunt finishes her article with the following sentences: "The holistic model has been described as the 'emerging paradigm,' an integral theory that would catch all the wonderful wildlife of science and spirit. Here at last is a theory that marries biology to physics in an open system."



Author Eugenio Lepine can be found at www.HumanFrequencies.com.

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