



The Twelve Chakra System: Expanded Wisdom and Power

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Everyone knows that there are seven chakras. Right? Yes—and no. Most Western esoteric systems feature seven in-body chakras, but I work with a twelve-chakra system. I find that the additional benefits offered by the five out-of-body chakras, as well as the overall depth of the system, greatly increases the power and effectiveness of a healer. The system also assures incredible benefits to a client. In fact, both parties can gain boosted mystical powers, closer relationships with Nature, increased control of invisible forces and more precise bodily shifts, such as impacting connective tissues, inherited disease patterns and more.

Know, however, that if you want to adopt this system, others might be confused, if not startled. When I explain that I utilize a twelve, instead of seven-chakra system, most people exclaim, “There are only seven chakras!” One argument against a twelve-chakra system? Apparently the ancestors would be horrified, as they originally created a seven-chakra system.

The truth is that there is not a traditional or ancestral chakra structure. The only magic in the number “seven” is that the seven-chakra schematic became popular in the West about one hundred years ago. There are actually dozens of subtle energy systems, which count anywhere between three and nearly unlimited numbers of chakras. As well, depending on cultural

points-of-view, chakras are attributed with differing types of abilities and purposes. Though many cultures agree that there are energy bodies called “chakras,” the perspective about what this means varies depending on where you sit in the world.

The goal of this article is to showcase my twelve-chakra system, which I developed over twenty years ago, based on personal observation and cross-cultural research. At the time, my system was seen as unique. Since my first sharing, the system has been explored in a number of my books, which are sold in over twenty languages, and adopted by healers and intuitives around the world. What began as an almost-insignificant footnote has blossomed into a sort of phenomenon.

There is a reason for the twelve-chakra system’s popularity. It is extremely in-depth, expands the bounds of the human self and codifies unusually powerful energies. Besides expanding the chakra structure, the system also features an energy egg, which adds dimensionally to auric field work, and reveals how the backsides of the chakras differ from the front sides. I will outline these functions shortly. But first, I want to offer a basic definition of a chakra, further explain the reason that the seven-chakra system is so entrenched in the West and present a handful of alternative cross-cultural systems. The latter knowledge will further substantiate the questionability of only adhering



to the rigid Hindu seven-chakra system.

Basically, a chakra is a subtle energy center. Also called a body, organ or node, a chakra converts subtle energy to physical energy and vice versa. Energy is information that vibrates. Everything is made of energy, but generic energy can operate in two forms. Subtle energy is elusive and often immeasurable, usually likened to quantum energy. This means that it moves faster than the speed of light. As such, it has psychic properties and distorts the time-space continuum. Subtle energy can literally disappear before it appears, appear before you need it and do everything else in-between.

their bodies and that these and other subtle structures and energies dictate many aspects of their lives.

The Serpent Power was actually one of many interpretations of the East Indian or Hindu chakra system. In particular, it explored a Laya yoga approach based on two tantric works, the *Sat Chakra Nurapana* and the *Paduka Panchakra*. Ironically, Woodroffe actually proposed six in-body chakras, not seven. He envisioned the seventh chakra as outside of the body and a summation of the energetic system, not an actual chakra.

Inclusive of the seventh chakra, Woodroffe's proposal

Tangible reality is produced by the activities of subtle energy, which form the latticework upon which physical energy organizes.

Physical energy is measurable in that it can be perceived through the basic five senses. Because it functions within the classical laws of physics, physical energy seems more substantial than subtle energy. Physicality is merely the tip of the iceberg, however. Tangible reality is produced by the activities of subtle energy, which form the latticework upon which physical energy organizes. Because chakras transform one version of energy to another, they are ideal organs through which to manipulate change. You can impact both subtle and physical realities at the same time through subtle energy practices.

Since chakras are difficult to measure, it is only logical to assume that whoever first counted seven chakras might have missed a few. We can also suppose that cultures numbering less than seven chakras "clumped" a few of them together. Truth be told, the main reason that Westerners believe there are seven chakras is due to a book that was published in the early 1900s. Written by Sir John Woodroffe, who used the pen name Arthur Avalon, *The Serpent Power*¹ caused a huge paradigm shift. Westerners were shocked to realize that there are invisible organs in

of the chakras, explained in terms of Hindu names, Western labels, and locations, is as follows:

Hindu Name	Western Chakra	Location
Muladhara	Coccygeal/root	Coccyx
Svadhithana	Sacral	Genitals
Manipura	Navel	Beneath navel
Anahata	Solar Plexus/heart	Center of chest
Vishuddha	Throat	Neck
Ajna	Third eye	Brow
Sahasrara	Crown	Crown ²

Of course, we would not be discussing a twelve-chakra system if Woodroffe's version really was the original or the only Hindu schematic. It was not. Hindu expert David Gordon White argues that the earliest Hindu source of the chakra system is the *Bhagavata-purana*, which lists six (not seven) locations or sthana: the navel (nabhi), heart (hrt), breast (uras), root of the palate (svatalumula,) between the eyebrows (bhruvoran-



tara), and cranium (murdha.) This framework emerged from the *Kaulajnana-nirnaya*, the esoteric teaching of the Yogini Kaula School from around the eleventh century BCE. However, additional confusion abounds, since that text actually outlines eight chakras.

In fact, six, seven or eight chakras were not the only norm. Within the Hindu arena, we find that the *Laksmi-Tantra* text, dated between the ninth and twelfth centuries CE, cites three centers of visualization and thirty-two additional centers dotted along the body's axis. The *Saiddhantika Sardhatrisatikalottara* devotes a chapter to a circle of channels, the "nadicaakra," that enable access to supernatural powers. Other texts illuminate the subtle body as an inverted banyan tree or a circle of goddesses, while some of the earliest writings describe chakra systems with nine, eleven or even three sets of sixteen chakras.³

Now for the real fun. Let us take a quick trot around the globe, where we will find even more amazing chakra accountings and services. Here are a few highlights, culled from the hundreds I could provide, described in my book, *Llewellyn's Complete Book of Chakras*:⁴

- **Taoism.** This Chinese spiritual system presents twelve major energy centers and three dantiens, vital subtle bodies that circulate energy.
- **Pranic healing.** As per Master Chao, this healing process utilizes eleven major chakras and several secondary chakras. All chakras enable the transfer of vital energy from one person to another.
- **Tree of Life.** The universal phenomenon of a Tree of Life usually showcases ten spheres that form a developmental ladder to Oneness.
- **Yoruba.** This system offers seven orishas, the equivalent of chakras, serving as sanctuaries for helpful gods and goddesses.
- **Zoroastrianism.** One of many ancient Middle Eastern systems, this one offers six emanations

called amesha spentas that link us to animate spirits that permeate our body.

- **Heyschasm.** This contemplative form of Eastern Orthodox Christianity encourages meditation upon four energy centers.
- **Andean Incan.** There are many Andean systems. One presents five energy centers called nawis, in addition to nawis found in the right and left eyes.
- **Incan system.** Along with several Tibetan and modern systems, this one proposes numerous transcendent chakras, found atop the head, as well as chakras in or under the feet.⁵

As you can see, it is not illogical to assume twelve chakras, or any other number for that matter.

So, what is my twelve-chakra system? Let me introduce you.

The Twelve-Chakra System

In this section, I will first outline the twelve chakras. I will showcase each chakra's physical location and related endocrine gland, vital physical functions and the chakra's overall mission. As well, I will define each chakra's psychic sensitivity. Every chakra vibrates within a specific band of subtle energy, drawing in and emanating its own particular types of psychic data. After that, I will highlight the tasks performed by the five out-of-body chakras and the functions of the backsides of the twelve chakras. As you read about these various functions, focus on the information that is new to you. You can add this knowledge to your healer's tool kit.

The Twelve Chakras

First Chakra

Location: Hips/adrenals

Rules: Genital organs and adrenals; coccygeal vertebrae; affects some kidney, bladder and excretory functions; skin

Mission: Security and survival

Psychic sensitivity: Physical empathy



Second Chakra

Location: Sacrum/testes and ovaries

Rules: Part of the adrenal system; intestines; parts of kidney function; some aspects of reproductive system; sacral vertebrae and the neurotransmitters determining emotional responses

Mission: Feelings and creativity

Psychic sensitivity: Feeling empathy

Third Chakra

Location: Solar plexus/pancreas

Rules: Pancreatic system; all digestive organs in stomach area, including liver, spleen, gallbladder, stomach, pancreas, and parts of kidney system; lumbar vertebrae

Mission: Mentality and life structure

Psychic sensitivity: Mental empathy

Fourth Chakra

Location: Chest/heart

Rules: Heart and lungs; circulatory and oxygenation systems; breasts; lumbar and thoracic vertebrae

Mission: Relationships and healing

Psychic sensitivity: Relational empathy

Fifth Chakra

Location: Throat/thyroid

Rules: Thyroid gland; larynx; mouth and auditory systems; lymph system; thoracic and cervical vertebrae

Mission: Communication and guidance

Psychic sensitivity: Clairaudience

Sixth Chakra

Location: Brow/pituitary

Rules: Pituitary gland; parts of hypothalamus; visual and olfactory systems; memory storage; some problems with ears and sinus

Mission: Self-image and strategy

Psychic sensitivity: Clairvoyance

Seventh Chakra

Location: Top of the head/pineal

Rules: Pineal gland; parts of hypothalamus; higher learning and cognitive brain systems; parts of immune system

Mission: Purpose and spirituality

Psychic sensitivity: Prophecy

Eighth Chakra

Location: One-to-two inches over the head/thymus

Rules: Thymus (immune system); memory retrieval functions; aspects of central nervous system; thalamus

Mission: Karma and universal linkages

Psychic sensitivity: Shamanism—all psychic gifts

Ninth Chakra

Location: Arm's length over the head; diaphragm

Rules: Diaphragm; corpus callosum and other higher learning centers

Mission: Soul programs and plans

Psychic sensitivity: Harmony with soul energies

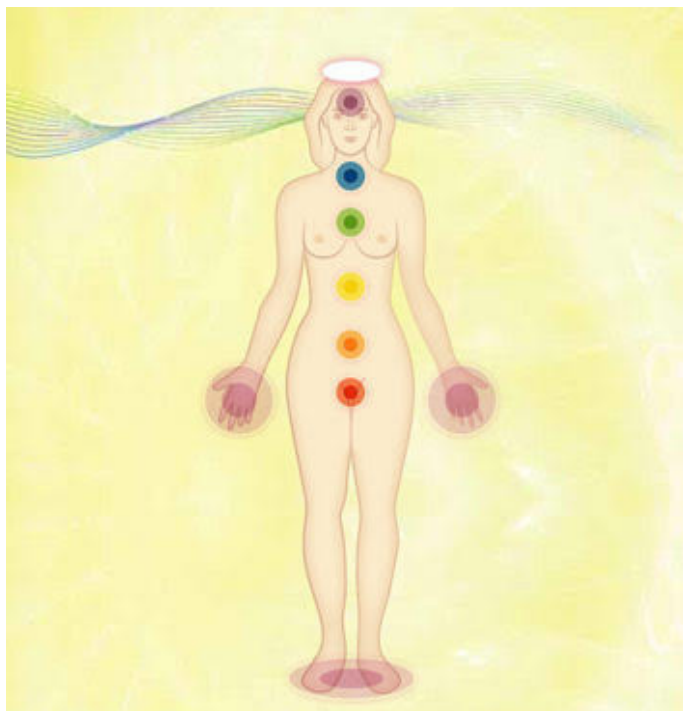
Tenth Chakra

Location: One-to-two feet under the feet, connecting to the ground as if by a cord when we are not standing/bone marrow

Rules: Feet, legs and bones

Mission: Relationship with legacy and nature

Psychic sensitivity: Environmental empathy





Eleventh Chakra

Location: Near outside of auric field with tendrils emanating from this field and wrapping around the hands and the feet/connective tissue

Rules: Parts of skin, muscles and connective tissue

Mission: Governs natural and supernatural forces and energy conversion

Psychic sensitivity: Awareness and command of forces

Note: Natural forces are made of elements including the fire, air, water and earth. They can appear like lightning, wind, ocean waves and the energy causing earthquakes. Supernatural forces have names like the “powers” and “virtues” and can be summoned and directed to create magical change. These supernatural forces can create positive or negative effects, depending on the person making the commands.

Twelfth Chakra

Location: Outer bounds of auric field and 32 points in body

Rules: Secondary chakric sites, including the knees, elbows, palms and organs; this layer connects to your energy egg (see following description)

Mission: Ending of human self, access to energy egg

Psychic sensitivity: Unique to you

In regard to the twelfth chakra, one of its most important functions is to manage the energy egg. This egg is known to shamans around the world and serves as a cellular membrane around the cell. This permeable filter determines what can enter our field or be kept out. There are actually three layers to the egg. These layers, described from closest to farthest away from the body, are as follows:

- *Innermost layer:* Affects our physical self and everyday reality.
- *Middle layer:* Runs thought forms and consciousness patterns. Determines what disappears or appears in our lives based on our goals and dreams.
- *Outer layer:* Connects us to the cosmos.

Want to work with the energy egg? Imagine that a client is physically sick and nothing is making a difference. Send energy through the innermost layer into the first chakra, the ultimate manager of physical health. This incoming energy will not only clear and plump up the first chakra, but be distributed throughout the system, as the twelfth chakra connects into the body through 32 secondary points. What if a client is struggling to make sense of a relationship? Enable the flow of energy through the middle layer, which can enable a shift of perspective. What if you need a miracle? That is the territory of the outer layer, which is a conduit to the tips of the heavenly realms.

The Five Out-of-Body Chakras

In more depth, you can tap into these five additional chakras to perform the following functions:

Eighth chakra: Interact with beings of different dimensions and planes of existence. Work through past and future lives and visit parallel or concurrent realities.

Ninth chakra: Understand the nature and purpose of your soul and others’ souls. Perceive symbols that describe a person’s unique being.

Tenth chakra: Comprehend and clear genealogical issues, work through DNA and epigenetic disorders, activate positive genealogical connections, and connect with all beings and forms from Nature.

Every chakra vibrates within a specific band of subtle energy, drawing in and emanating its own particular types of psychic data.



Eleventh chakra: Command natural and supernatural forces.

Twelfth chakra: Link with the energy egg and gain access to one's unique spiritual gifts.

Think of how helpful it might be to more thoroughly examine clients' potential past life causes of issues, talk with one of their ancestors, command a wind-storm to cleanse bodily microbes or access heavenly energies never before seen. Why would we not work with these additional five chakras, alongside the standard seven?

Take a look at the brief descriptions of the overarching functions of the backside chakras. Know that even though it is hard to picture the backsides of the five out-of-body chakras, the backsides functionally exist.

The easiest way to picture and access the backside of an out-of-body chakra is to focus on its bodily hormone gland. For example, the eighth chakra manifests physically in the thymus. You can work on the front side of this chakra via the front of the thymus area and the backside through the opposite side of the body. Since the ninth chakra bonds into the diaphragm, simply approach the front side diaphragm for the front side chakra and the backside of

By shifting clients' backside first chakra, you can alter the unconscious and subconscious beliefs affecting their manifesting abilities or physical health.

How do you work with these out-of-body chakras? No differently than you do the in-body chakras. You can sense a chakra with your hands in the out-of-body vicinity. Use subtle energy techniques to palpate and shape that chakra or to send energy into the body, mind or soul through it. You can also focus your hands or mental energy on a chakra's in-body endocrine location, knowing that any shifts you make within the glandular system will be transferred to the external chakra center.

The Backside Chakras

A vital aspect of my twelve-chakra system is an emphasis on the backsides of the chakras. In general, working with the front side of a chakra affects our everyday lives. Through the backsides, we can interact with the subterranean factors creating concrete reality. For instance, by shifting clients' backside first chakra, you can alter the unconscious and subconscious beliefs affecting their manifesting abilities or physical health. The resulting changes will be powerful and dynamic.

the bodily area for the backside chakra. The eleventh chakra lies in the auric field but also surrounds the hands and the feet. You can therefore connect to the front side of the eleventh chakra by focusing on the palms of the hand or underneath the feet and the backsides can be found on the outside of the hands or the top of the feet.

The tenth chakra interacts with the bone marrow, which makes it more challenging to determine the front versus backside. I simply picture an energetic line of energy flowing downward from my spine. About two feet under my feet, I imagine a ball of light which is my tenth chakra. The part of the chakra facing forward is my front side and that pointing backward is the chakra's backside. As for the twelfth chakra, although it locks into the body through 32 points, it is more heavenly than the other chakras. You can always envision it as a ball of light deep within your heart chamber and work with it from there. The front side of the chakra points forward and the backside is behind you.



Now onto a description of the functions related to the backside chakras.

Chakric Backsides

Chakra One, Backside: Contains the beliefs and experiences related to manifesting, creating and flourishing in physicality.

Chakra Two, Backside: Opens to universal energy that can enhance our feelings.

Chakra Three, Backside: An intellectual template that organizes the energy for supportive life structures.

Chakra Four, Backside: Energy comes into the backside to help realize our heart's desires.

Chakra Five, Backside: Receives channeled guidance from beings in other dimensions, as well as aspects of ourselves. This data is passed to the front side for expression.

Chakra Six, Backside: Receives knowledge of all the paths that could move us forward.

Chakra Seven, Backside: An access point for connecting with beings of Spirit and the energy needed to achieve our spiritual purpose.

Chakra Eight, Backside: Accesses bodies of knowledge storing the past, our experiences through time and space, the history of Creation and the history of our own creation.


Chakra Nine, Backside: Illuminates the spiritual aspect of our soul's heritage, path and story.

Chakra Ten, Backside: Accesses the history of this earth and our own ancestry, as well as beings of Nature.

Chakra Eleven, Backside: Enables the command of supernatural and natural forces.

Chakra Twelve, Backside: Opens to energies, beings and support from all spiritual realms, known and unknown.

I encourage you to tap into any aspect of the twelve-chakra system to benefit yourself or your clients. And if you discover a few more chakras through your own work? Add these to your medicine bag as well!

To learn more about the 12-chakra system, see Cyndi's book *The Complete Book of Chakra Healing*. 



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