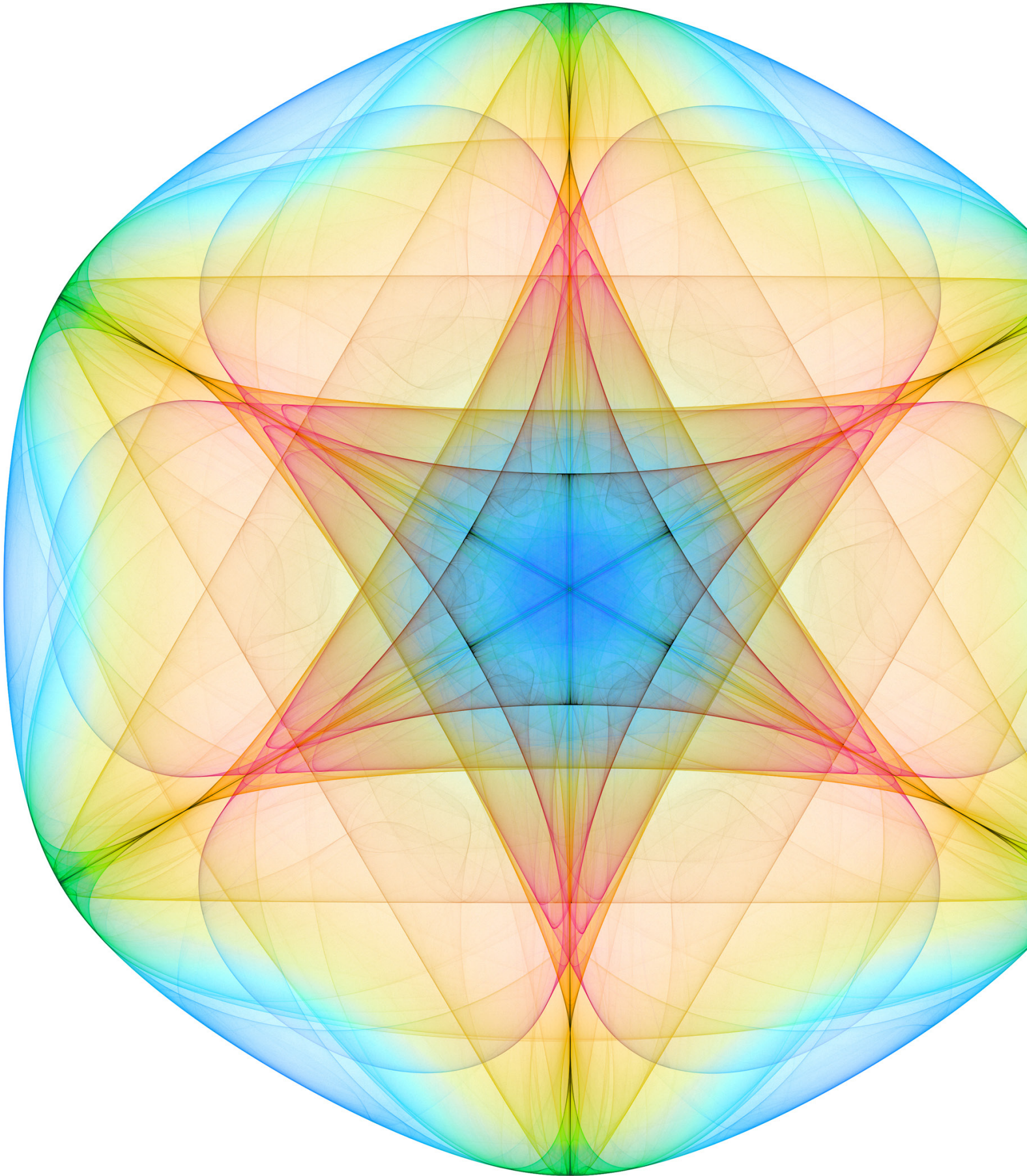


The Wisdom of the



Back Side Chakras

Franny Harcey, HTCP

I have been an avid explorer of the function of the Back Side of the Human Chakras for some time. My fascination with the back side began more than five years ago. Over and over again, I observed the back side of the chakra system compromised after a healing session. Pre and post sessions, I would assess both front and back, taking note of the energetic shifts, as well as, the continually compromised state of the back side. I began to question and seek answers not only from others but from the chakras themselves. Many times with balancing from the front aspect of the chakras, compromised energy would shift and both front and back sides would be open. Many more times, the energy of the back side chakras would be compromised. Being the inquisitive person that I am, I decided there must be a reason.

I began delving into the many books on my shelves and found very little information about the back aspect. However, there is one writer who describes the Back Side of the Chakric System very well-- Cyndi Dale. In *The Complete Book of Chakra Healing* (Second edition 2010 Llewellyn Publishing Woodbury, MN) Ms. Dale devotes an entire chapter to the functions and benefits of the back side. I began to apply the principles outlined and her understanding of the Back Side in-body Chakras. Let me give you a brief overview of Ms. Dale's wisdom, as well as my own understanding of the importance of the back aspect.

Cyndi Dale writes "*While our front side relates to our conscious issues, the back side relates to our unconscious issues. If we can heal the physical, mental, emotional, or spiritual issues hidden in or caused by our unconscious, our conscious reality will respond accordingly. The back side of the chakric system pertains to our unconscious self, or our extended reality. It includes information and imprints from past lives, alternative dimensions, and other worlds. The front side of each chakra connects to concrete reality, which is regulated by the everyday world, whereas the back side of each chakra links us to dimensions and energies that stretch far beyond the day-to-day world. The back is the side of us that contains our denied feelings, awarenesses, powers, dreams, premonitions, and beliefs.*" (Dale 2012, pages 153,155)

As I have explored the back side of the chakric system, I continue to marvel at the profound shifts that occur when bringing this aspect of the system into balance. It seems that the key to the back aspect, based on my study and application, is the opening to the synergy and communication between the back and front aspects of the chakras.

The back sides of the chakras generally speak to us in symbols, colors, shapes and words. When working with the back side we are asked to engage non-cognitively, through feeling, sensing and seeing what presents in the back side chakra itself. Many times the back side speaks to us in pictures, not always making sense to the cognitive mind. When



we try to analyze it, we can hinder the process of allowing the back aspect to open and communicate with the front aspect. The cognitive mind wants to determine what is happening, what we are experiencing, what we are seeing. This may be what is needed in the front side of the chakras, as this mental processing may assist in shifting the energy of the front. However, the back side is less linear and we do not need to analyze or go on a processing journey. The back side is more about discovery and the unveiling of a "vision." By making contact with this information, we are able to open ourselves to the highest potential of our human experience.

potential. I have found that when we over-utilize the front side of our chakras, we place ourselves in a hyper "state of doing" where panic and anxiety are more likely to arise. Conversely, when we over-utilize the back side of our chakras, we place ourselves in a hyper "state of being" where depression and fear are more prevalent. This may not be 100% true for everyone, but as I have worked with the human energy system I have found this to be generally accurate. The key of course is to bring our energy system into a state of balance, utilizing both front and back aspects of the chakra system. Life, and all of our experiences can throw us off in one direction or the other. There is

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The wisdom of the back side of the chakras is waiting for each of us to explore. I have worked with many clients in a dialogue/communicative manner with the back side. This approach has proven helpful for many and has created the space for profound shifts in their lives. We are invited to communicate with the back side by drawing our awareness to the energy that is present and the "pictures" that may appear. We must not try to "figure out" how, what, where or even why these "pictures" may be presenting. Instead, we must surrender our "need to know" when we dialogue with the back side of the chakras. The energy is much smarter than we are, and there is infinite wisdom in simply being present and making contact. This creates the doorway for an opening with the front side of the chakra, so that front and back have a greater potential for becoming one synergistic energy system, enabling deeper healing and trauma release.

The synergy of the whole energy system is of great importance in releasing past trauma, anxiety and depression, and tapping into our purest and highest

no "right" or "wrong" way to be, it is all about being aware of our energy body. For we are energy beings, and bringing our conscious awareness to the "whole synergistic system" can support and provide profound healing and deeper awareness, moment by moment.

In *The Complete Book of Chakra Healing*, Ms. Dale states "The front side is ruled by the laws of the physical universe. The back side is ruled by the limitlessness of alternative realities. The front side heals by allowing us to interface with the tangible world; helping us to 'do it differently.' The back side heals by allowing the intangible world to change reality for us." (Dale 2012, pg 154)

I have found these statements to be true. I believe that the possibilities that the back side chakras hold are limitless. I have worked with clients who have experienced their lives change after clearing "unknown" trauma from their energy system, specifically working with the back aspect. In working with the back side, clients and participants in the *Back Chakra Activation* workshops I teach, often report moving into alternate



realities. They sometimes “see/sense” the collective consciousness as we hold sacred space, and are able to support and help heal the collective. In doing this service for the collective, they are able to shift their own lives at a deep level of their being.

When we surrender and allow deep contact to be made with the back side of the chakra system, we allow the unconscious (back side) to come forward into conscious (front side) awareness, enabling the potential for deep physical, emotional, mental and spiritual healing. 