

Pathwork on
The Life Energy Centers

This 3-page quote from Pathwork Lecture 172 *The Life Energy Centers* identifies six energy centers in the body (similar to yet different from the 7-chakra system). This material was the basis of a Sevenoaks Pathwork Workshop developed by Alison Greene-Barton and Brian O'Donnell and first given April 14-18, 2010. It was titled: *Opening the Gates of Heaven – Embodying God*. I attended and had a deep opening as described in my April 26 blog post entitled *Focusing on my Incarnation*.

20	<p>The first center is the sexual center, located at the base of the spine. When I mention sexuality, I mean something that goes beyond limited genital pleasure. It comprises the whole extending of personal love to the opposite sex; it is the individual's capacity to experience pleasure on all levels -- physical, emotional, mental, spiritual -- without a trace of apprehension, tension, tight greed or separateness. It is the capacity to undefendedly give and receive. It is, most certainly, the ability to give yourself over to the involuntary feeling processes, without the ego needing to stay in control. It implies a trustful, accepting attitude toward one's unconscious, with all its responses and movements. As you all know, this kind of trusting openness is most difficult for all human beings. But if it is attained, the sexual center will be open. It will not be clogged up by the ego's need to be in control.</p>
21	<p>How can you react trustingly when your consciousness and perception of life are geared to deprivation and thus negative feelings, which you must fear to expose? Therefore the center must be closed partly or completely. Hence you actually do experience deprivation, because the full flow of the life force, with all its life-bringing, health-promoting, energetic faculties cannot be quite activated.</p>
22	<p>The second center is in the solar plexus. Its opening creates a connection with spiritual wisdom, with the consciousness of universal being -- and therefore enhances general love feelings. For when you are in truth, you love. The opening of the sexual center enables you to experience the ever-present, ongoing process of creation and ecstasy with a beloved other human being. The opening of the solar plexus channel connects you with the ongoing, ever-present truth and goodness of ultimate reality. Occasionally you can sense this ongoing real life. It usually happens when you truly love and have thus transcended the dualistic struggle, or when you discover, often in apparently insignificant events, your inner truth where before you had not seen it. The spirit of such discovery is then in accepting, not rejecting, self and life.</p>
23	<p>The perception of the ongoing life process in its infinite marvel of greatness, wisdom, love and pleasure is an altogether different perception from the usual one, which is, "I must attain a new state." Such attainment would be impossible if it did not already exist on another level of reality. What you have to do is discover the existence of a different state by first considering its</p>

	<p>possibility. Thus you must think of all states of bliss as existing already; all wisdom you ever need as existing already; all harmonious attitudes and the realization of your power and creative potentials as existing already -- and see yourself separated from it all by a wall. You must remove this wall. But the ongoing process of another life is already there. In your good moments, my friends, you are aware of this. You are aware that you have contacted another dimension of reality in which there is utter peace and joy, all questions are answered, life is eternal -- and there is nothing to fear. It is only when you are disconnected from this reality and begin to doubt or forget it that you find yourself in strife.</p>
24	<p>Pleasure supreme without a trace of anxiety is an ever-existing reality in you -- right now. All that separates you from it is your lack of knowing it, your fears and apprehensions -- your own permission, as it were, to experience this reality. Similarly, the ever-alive and appropriate wisdom that you need at any given instant of your life is already there. You are merely separated from it by not knowing its existence, by identifying with other sources of wisdom that are at best poor substitutes. These may be your intellect; your unexplored emotions, which are merely reactions to unexplored attitudes; other people's dictates over you; or all these mixed up together. Often you desist from establishing contact with this channel, even when you have already experienced its immediate availability, because you are afraid of the good feelings that result from its deep wisdom. You do not want to open up all these channels and centers and let yourself flow in unison with the universal cosmic movements. You are too afraid and angry to do so. The fear and anger must be made conscious. Also, your fear of disappointment, your lack of courage to be happy, hold you back from expanding into that realm of reality where you find solutions for everything.</p>
25	<p>In the solar plexus is the center that connects you with the supreme wisdom about anything you ever need to know, or ever could know. Such deep wisdom removes fear and makes love flow.</p>
26	<p>To avoid confusion, I want to interject here that the centers have some subdivisions, or counter-reflections, which might sometimes be interpreted as separate centers. For example, the center at the base of the spine has other projections, or concentration points, in the pelvis and genitalia.</p>
27	<p>The next center is in the back. Its faculty is will. Now, so far, we can see that we have dealt with three basic human functions: feeling, knowing, willing. If harmony exists between these three functions, there is perfect interplay and no weighting of one at the expense of another. The will center is also the center of the ego, aggression, self-assertion, backbone and self-responsibility. All these attitudes are centered in and come forth from the back. This center has two subdivisions -- one in the nape of the neck, the other further down, approximately between the shoulder blades. They both are reflections from one center, which is located more "internally" in the spiritual body, perhaps</p>

	<p>somewhere in-between. It is reflected in the physical body primarily in these two places.</p>
28	<p>If the ego is not fully developed and healthy, this energy center is underactive. The energy does not flow smoothly through. If the ego is over-tight, anxious, too rigid and self-willed, again the energy does not flow smoothly. Some personalities find it expedient to dramatize the weakness and thus attempt to make an asset of it. Others counteract the fear of a weak ego by overstressing pseudostrength. Both attitudes may result in similar problems of the body and mind. Tensions in the back distort and congest the smooth flow of energy.</p>
29	<p>Let us examine for a moment how a weak ego influences the functions of the two aforementioned centers: If you are weak and dependent, you must be fearful. Hence, you must lack the courage for the great experience of living, for the deeper wisdom that transcends the ego. The weak ego makes you hold on so tightly that you cannot open up for what lies beyond its scope. To trust, love and be happy, to let involuntary processes do their part in the business of living, requires strength. Perception of the greatest reality of life is hindered when the ego is not flexible and strong. It has to be independent without believing it is the only function to count on.</p>
30	<p>The next center is in the throat. This center's specific function is the capacity to take in, ingest and digest, assimilate and accept. A rigid individual, whose inner unconscious problems create havoc, rejects a flexible, accepting attitude toward life, unexpected developments, people, and his or her own unconscious inconsistencies and predictabilities. The weak back and ego, the lack of independent self-responsibility, have a counterpart in a rigid front that refuses to take in or swallow anything. Such people fear being gullible because deep down they refuse to be independent. Craving approval more than having the integrity to be true to the self, such people fear their own lack of backbone and consequently cannot accept and deal with much of what life brings.</p>
31	<p>The next center is between the eyes. Oriental philosophy puts great stress on this center. It is often called "the third eye." This center is a preliminary manifestation of spiritual wholeness and fulfillment -- total realization of the divine self, which is expressed in the center at the top of the head. The center between the eyes possesses a vast capacity to visualize, to see, to comprehend. If the previously mentioned centers are open and flowing in harmony, spiritual vision and perception come that give an entirely new outlook on life, the universe, the self -- everything that is. The opening of this center heralds the total integration expressed in the center at the top of the head, which combines all. When this occurs, one knows there is no limit and all is one.</p>