



“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brother&Sisterhood*,
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CHAPTER 11 - PHENOMENA

11.6 PSYCHIC EXPERIENCES

1138 A Little about the Psychic Centers

The psychic centers—or “chakras,” as some call them—are especially sensitive regions in the physical [earthly] body that serve, among other things, as what might be described as *receiving centers* and *storehouses* of vital life force [913:3]. (In our opinion, *psychic centers* is the more descriptive term.) We usually receive this vital life force when we breathe air into our lungs. From the lungs, the blood stream carries this subtle substance this vital energy, to the psychic centers, and to every other cell and organ in the body. The seven psychic centers, or regions of particular receptivity, are: the center of the forehead, the top of the head, the back of the head, the base of the spine, the reproductive organs, the solar plexus, and the throat. Proper breathing exercises will stir the psychic centers to greater activity, thus making us [temporarily] more receptive, consciously or unconsciously, to spirit impressions and manifestations, including communication. One simple exercise we recommend is this:

1. Inhale steadily and deeply, filling the lower part of the lungs
2. Retain the breath
3. Exhale slowly and evenly
4. Pause

Perform the cycle seven times, inhaling and exhaling through the nostrils, and doing each of the four phases of the cycle to a count of seven. Then breathing deeply and slowly, try to center your consciousness on the psychic centers—one center at a time, of course.



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