

12+

Karmic energy

SCIENCE.
MYSTICISM
AND PRACTICES FOR
LIFE HERE AND NOW

EMMA KOCH

Emma Koch

**Karmic energy: Science, mysticism
and practices for life here and now**

«Издательские решения»

Koch E.

Karmic energy: Science, mysticism and practices for life here and now
/ E. Koch — «Издательские решения»,

Karmic Energy: Science, Mysticism, and How Our Choices Shape Life Here and Now transforms the concept of karma from mystical abstraction into a practical tool for conscious living. The author blends scientific insight, psychological expertise, and spiritual practice to show how our thoughts, habits, and actions shape real-life outcomes.

© Koch E.

© Издательские решения

Содержание

Introduction: Science, Mysticism, and Our Lives	6
Chapter 1. Karma Through the Lens of Science and History	9
Chapter 2. Recurring Life Patterns	14
Chapter 3. Human Energetics and Modern Technologies	16
Chapter 4. Chakras and Life Lessons	20
Конец ознакомительного фрагмента.	31

Karmic energy: Science, mysticism and practices for life here and now

Emma Koch

Illustrations Midjourney

© Emma Koch, 2026

ISBN 978-5-0070-5346-4

Created with Ridero smart publishing system

“Karmic energy: Science, mysticism and practices for life here and now”



Introduction: Science, Mysticism, and Our Lives

Humans have always tried to understand why certain events happen to them and not others. Why do the same scenarios repeat over and over again, like a broken record: similar relationships, the same fears, and the same mistakes? In ancient times, this was called karma — the invisible law of cause and effect that weaves the pattern of our fate. In the modern world, we more often speak of the psyche, beliefs, and neural connections. But if you look closely, the difference between these languages isn't as great as it may seem.

Karma no longer seems like a mystical force dwelling beyond the boundaries of reality. Today, it increasingly resembles an internal algorithm — a system of automatic reactions shaped by experience, emotions, and choices. Every stress we've experienced, every suppressed emotion, every decision made or not made leaves a mark on our nervous system. We carry our past not in an abstract "energy field," but literally within our brain — in the form of established neural pathways through which our attention and energy flow repeatedly. Neuroscience calls this neuroplasticity — the remarkable ability of the brain to change under the influence of experience. The brain is not carved from stone. It is alive, fluid, and constantly rewriting itself. What we think regularly becomes a habit of thought. What we fear intensifies. What we pay attention to grows. And in this sense, karma is neither punishment nor reward, but accumulated inertia — the direction we are carried by the force of past choices.

The energy spoken of in spiritual traditions also stops being something abstract. It is the energy of the psyche, the energy of the nervous system, the energy of focus and intention. When we get stuck in anxiety or guilt, the energy seems to "freeze" in the same neural loops. When we become aware of our reactions and change them, this energy is released and starts to flow along new pathways. Ancient practices of mindfulness, meditation, and intention unexpectedly find confirmation in experiments with the brain and behavior.

The most important discovery is that karma is not a sentence. What we have come to call destiny is actually a process that takes place right now, in every second of our lives. Every time we choose awareness instead of automatic responses, calmness instead of reaction, responsibility instead of escape, we are literally rewiring our brains. We create new neural connections — and thus, we lay down new karma.

This book is not an attempt to debunk mysticism, nor is it a desire to reduce the human being to a biological mechanism. It is an invitation to view your life as a living system, where ancient wisdom and modern science speak of the same thing in different words. Here, we will explore how thoughts turn into habits, habits into character, and character into destiny. And how, by understanding the laws of neuroplasticity, we can stop running from our karma and instead gently and consciously rewrite it, transforming life from a repeating script into a space of choice.

Neuroplasticity is a scientific term, almost dry, but behind it lies one of the most hopeful ideas of our time. The brain does not fix our personality once and for all. It constantly rewrites itself under the influence of experience, emotions, thoughts, and even where we direct our attention. Every experience leaves a trace, but no trace is final. We change — literally, physically — every day. What was once called a "karmic knot" can now be seen as a persistent neural loop: a thought triggers an emotion, the emotion triggers a reaction, and the reaction leads to a familiar result. And so on in a circle. But if the brain can create such loops, it can also unravel them. Reprogramming karma, in this sense, is not a metaphor, but a process: the conscious formation of new connections, new reactions, and new internal pathways.

Interestingly, in the 21st century, humanity unexpectedly received a visible mirror of its own psyche — artificial intelligence. Modern neural networks learn just like humans: through repetition. They are shown millions of examples, and they begin to recognize patterns, predict behavior, and

reproduce scenarios. If the data is skewed, AI amplifies the distortion. If there is a recurring mistake in training, it becomes the “character” of the model.

We look at these systems and recognize ourselves. The algorithm that repeatedly gives the same result because it was trained that way. The model that “expects” certain behaviors because they occurred more often in the past. Isn’t that how the human psyche works too? Our brain is a biological neural network, trained by personal experience. It predicts the world not because it knows the future, but because it remembers the past.

AI shows us a simple yet unsettling truth: without revisiting the input data, we cannot get a new result. If we continue to live, think, and react in the same way, the brain — just like any neural network — will reproduce familiar scenarios. But change the data, the focus, the learning conditions — and the system begins to behave differently. This is where technology stops being something external and becomes a metaphor for inner transformation.

This book was not written to add yet another theory of self-development. It is written for practice. For life here and now. For people who feel ready to step out of repetition, but do not want to dive into dry science or abstract esotericism. Here, psychology, neuroscience, ancient concepts of karma, and modern technologies come together — not as trends, but as tools.

Why all of this? To help people understand: they are not broken. They are trained. And if the training has led them somewhere they do not want to be, it can be retrained — consciously, carefully. By using knowledge of the brain, attention, energy, as well as modern technologies — from digital practices to AI tools — as support, not as a replacement for lived experience. This book is an invitation to become an explorer of your own psyche. To stop being a passive object of circumstances and become an active participant in your life. Not to rewrite the past, but to change the trajectory of the future. Because karma is not who you were. It is who you become in every next moment.

It is important to say right away: this book does not offer quick miracles and does not promise instant “enlightenment.” It is not about erasing pain, forgetting the past, or rewriting yourself. It is about something else — understanding, and understanding, unlike illusions, truly changes life. We are used to looking for the causes of what happens to us outside: in circumstances, in other people, in the era, in “bad timing.” But more and more studies show that the decisive part of our reality is formed from within. Not on the level of abstract thoughts, but deeper — in automatic reactions, bodily responses, unconscious expectations. This is where decisions we consider random are born, and the choices we call fate.

Neuroplasticity gives us a rare sense of support. It says: change is possible at any age. The brain does not close its doors after childhood and does not stop updating after trauma. It changes all the time — the question is whether we consciously participate in this process or allow the past to do it for us. Every day we either strengthen old pathways or create new ones. There is no third option. Modern technologies make this process visible. We live in an era where behavior can be modeled, predicted, and analyzed. Algorithms are already able to guess our desires faster than we can become aware of them. And this is frightening — but it also gives us a key. If we can be predicted, it means we are subject to patterns. And anything subject to patterns can be studied and changed.

This book invites you to stop viewing yourself as a mystery or a victim of circumstances. And to start seeing yourself as a system — complex, alive, sensitive, but teachable. There will be no division between “spiritual” and “material,” between “scientific” and “intuitive,” because in real life, they are long intertwined. The brain reacts to meanings. The body stores emotions. Attention directs energy. And a choice made in one moment can change the trajectory for years to come.

Why this book? To provide tools. Not abstract advice, but ways to observe yourself, work with attention, emotions, habits, and thinking. To show how we can use knowledge of the brain, mindfulness practices, and modern technologies — not to escape life, but for deeper presence in it. So that changes do not happen “someday,” but here and now — in everyday conversations, in complex feelings, in daily decisions.

This book is for those who feel that old scripts no longer work, but new ones have not yet formed. For those who are tired of fighting with themselves and are ready to start a dialogue. For those who understand that true transformation does not look like an explosion, but rather a quiet, irreversible shift.

In the following chapters, we will break down how internal karma is formed, how the brain creates repeating patterns, and how, step by step, we can break free from them — without violence against ourselves, without running to illusions, but with clarity, support, and respect for our own experience. Because the strongest form of freedom is not the absence of the past, but the ability to not be controlled by it



Chapter 1. Karma Through the Lens of Science and History

The idea of karma did not arise as an abstract philosophy or a religious dogma. It emerged from a very simple, almost everyday human observation: our lives have consequences. We do something — and something returns. Not always immediately. Not always literally. But often enough that a person begins to look for a pattern in it.

In ancient India, karma did not mean punishment or reward. It was a word for *action*. Karma literally translated as “deed.” A person is what they do. Not because someone judges them, but because every action leaves a mark — in the external world and within the person themselves. If you live in anger, the world begins to seem hostile. If in fear, dangerous. If in honesty, predictable.

Ancient thinkers knew nothing about neurons, but they keenly sensed the inner mechanics of life. They saw how habitual states of mind shape character, and character — destiny. Karma was not about “past lives,” but about the repetition of internal states that a person carries with them day after day. At almost the same time, but on the other side of the world in Ancient Egypt, there was a similar idea about causality. There they believed that after death a person’s heart would be weighed on the scales of truth. But the important thing isn’t the image itself — it’s the idea behind it: the person carries the consequences of their life within them. It isn’t a god who decides their fate — it is already written in their heart. And if you remove the mythology, what remains is a surprisingly modern thought: we become what we practice within ourselves.

Later, in Ancient Greece and Rome, Stoic philosophers approached this question from another angle. They hardly spoke about fate as an external force. They were interested in another question: what is within our control and what is not. Epictetus, a former slave, wrote that it is not the event that destroys a person, but their judgment about the event. Marcus Aurelius, an emperor, reminded himself daily: “You are not obligated to react as you reacted yesterday.”

This was almost psychology. The Stoics noticed that if a person repeatedly chooses the same reaction, they seem to lock themselves in chains. Not because the world is cruel, but because their internal response has become automatic. They didn’t call this karma, but they spoke of a habit of mind that shapes destiny no less effectively than any notion of fate. And here an important shift occurs: destiny stops being something mystical. It becomes the result of repetition.

Thousands of years passed, and humanity finally began to look inside what the ancients felt intuitively. Modern psychology has found what was once called karma in the form of *thinking habits*, *cognitive biases*, and *automatic reactions*. We know that the brain likes to save energy and seeks predictability. If a certain way of reacting once helped someone survive, it becomes entrenched even after it has long ceased to be useful. A child who was often criticized grows up with an internal voice that continues that work for the parents.

A person who has experienced betrayal begins to see threats where there are none.

Someone who has long lived in scarcity continues to expect loss even in safety. This is not weakness. This is learning. Psychology calls these habits *cognitive biases*, *defense strategies*, *mental patterns*. But in lay language — this is what karma really is: accumulated experience that continues to operate without our conscious participation.

Neuroplasticity — this is when karma ceases to be a sentence.

The most important discovery of recent decades is neuroplasticity. The brain is not fixed. It does not become stone-like after childhood. It changes throughout life, responding to what we do, think, and feel regularly. Each repetition strengthens a neural connection — every moment of awareness can weaken it. If a person lives for years in anxiety, their brain becomes a master of anxiety. It notices threats faster than opportunities. This is not “bad fate.” It is a *trained system*. But here’s what matters: the brain does not distinguish why you do something. For it, repetition is what matters. If you begin to notice your reaction and choose another — even awkwardly, even uncertainly — the brain begins

to reorganize. Slowly. But irreversibly. In ancient times this was called cleansing karma. Today — forming new neural pathways. The essence is the same.

Karma is not about dramatic events. It shows up in the tiny details: the way you reply to a message, how you respond to criticism, the way you speak to yourself when you make a mistake. A person who says, “*I’m always unlucky*” rarely notices how many times they chose the familiar instead of the new. Someone who says, “*This always happens to me*” often doesn’t see the signals they themselves are sending out into the world. This isn’t an accusation — it’s an invitation to observe. Because as soon as karma becomes visible, it stops being blind.

The story of karma is the story of humanity growing up. From myths to philosophy. From philosophy to science. But the meaning hasn’t disappeared — it has simply changed language. Today we can talk about karma without fear, without mystical fatalism, and without denying responsibility. We can see it as a *process* — *alive, changeable, and understandable*. And perhaps the most valuable thing in that knowledge is not control over fate, but the return of authorship — the realization that life is not a chain of coincidences or punishment, but a *dialogue between past experience and present choice*.

Karma stops being a philosophical concept the moment a person suddenly recognizes themselves in it — not in books, not in ancient stories, but in *their own repetitions*. In the feeling that life seems to circle back on itself. The same conversations, the same disappointments, the same reactions that arise even before the thought appears. In those moments, you don’t need explanations — just an inner breath: “*I’m here again.*”

The ancients called this the *return of karma*. Modern science would call it differently: a familiar scenario has activated, the brain has chosen a well-worn route. But to a human being there is almost no difference. There is only that feeling of exhaustion from repetition and a vague suspicion that it’s not just about external circumstances.

We rarely notice how this internal inertia forms. It begins unnoticed — with an experience that once mattered, maybe painfully, maybe savior-like. The brain does what it is designed to do: it learns. If closed-off behavior once protected you, it will become habitual. If control gave a sense of safety, it will take root. If anxiety helped you stay alert, it will return again and again — not as punishment but as **care** stuck in time.

Over time these reactions stop being conscious. They become background, part of character, what a person calls “*that’s just who I am.*” He doesn’t decide to be anxious — anxiety appears first. He doesn’t choose not to trust — mistrust switches on automatically. And then karma no longer looks like mysticism. It looks like a *habit of living in a certain way*.

Our brain doesn’t perceive the world directly. It sees it through *filters of past experience*. We don’t see reality — we see its interpretation: the one that once helped us survive. A person who once felt rejected begins to notice signs of rejection even where there are none. Someone who is used to expecting danger finds it in the most neutral situations. The world seems to confirm expectations — but in reality we are just recognizing the familiar.

The body takes part in this no less than the thoughts do. It stores memories of what has been experienced just as meticulously as the brain does. Tension, restricted breathing, readiness for defense arise before conscious awareness. A person may understand that everything is fine, yet the body continues to live *as if danger is near*. In ancient times, this would have been called *stuck energy*. Today we speak of the nervous system — but the essence remains the same: the past continues to echo into the present.

And yet karma would not be so persistent if there were not one almost imperceptible gap in it. A moment that is rarely spoken about: the short pause between what happens and how we react. Usually, it is vanishingly small. We don’t notice it because we are accustomed to identifying with our reactions. We think that *this is who we are*. But sometimes — most often in moments of fatigue or crisis — this pause becomes noticeable. A person suddenly sees their own reaction from the outside.

Not changing it, not correcting it, but simply noticing it. And in that moment, karma ceases to be destiny. It becomes a process.

Nothing grand happens. No revelation arrives. There simply appears a sense: *I can respond differently*. Not necessarily right now. Not necessarily perfectly. But the possibility now exists. And that is enough for old inertia to begin losing its power.

If we look at karma from this perspective, it stops being a sentence. It becomes a dialogue between what once was necessary and what no longer works. We do not erase the past. We stop allowing it to speak for us automatically. And perhaps this is exactly what the ancient sages were trying to convey thousands of years ago, not having the words “neuroplasticity” and “cognitive biases.” They simply saw how a person becomes what they repeat within themselves. And if repetition can be noticed — it can be changed.

Further in this book, the discussion will not be about fighting karma or trying to “become someone else.” It will be about *attention*. About how to gradually reclaim authorship of one’s own life — not through control, but through understanding. Because freedom begins not when reactions disappear, but when we cease to be entirely defined by them.

In the following chapters, we will gradually analyze how this internal karma is formed, where it lives — in the body, in emotions, in thoughts — and how a person can stop being its bearer and become its investigator. Because to understand one’s karma means, for the first time, to stop running from it.

At some point, an attentive reader naturally wants to test all of this not in theory, but in their own life. Not to take it on faith, but to see for themselves. This is precisely where the most honest conversation with karma begins — not philosophical, but practical.

One can start with simple observation. Not with an attempt to change something, not with promises to oneself “to become different,” but by recording repetitions. Over the course of a few days or weeks, a person suddenly begins to notice a strange pattern: the same situations arise again and again, as if life neatly presents familiar scenery. Similar conversations. Identical emotions. The same thoughts that surface almost word for word.

Some people feel guilt each time, even when they have objectively done nothing wrong. Some find themselves again and again in the role of “one who must,” who “is obliged,” who “endures.” And others catch themselves noticing that any expectation of something good is accompanied by anxiety, as if joy itself is unsafe.

If you start recording this *without analysis, without conclusions, just as it is*, an effect arises that is hard to overestimate. Karma, which used to seem something vague and elusive, suddenly becomes visible. Not as a sentence, but as a *repeating pattern*. Thoughts, emotions, and events line up into chains. And in these chains a logic appears. This is how a **karmic journal** is born — not an instrument of self-control, but a space of observation.

In it there are no right or wrong entries. There is only honesty. Sometimes one sentence a day is enough: *what repeated today? What did I feel automatically? What thought came up first?* Interestingly, this very method of observation is actively used today in psychology and neuroscience. Studies show that *habits — emotional, behavioral, and cognitive — are consolidated in the brain through the formation of stable neural connections*. The more often we experience the same state, the faster and more easily the brain reproduces it again. It literally “paves a path” along which the energy of attention begins to flow automatically.

Scientists describe this in dry and precise terms. Ancient traditions describe it in figurative and poetic language. But they are talking about the *same process*. What is repeated almost always strengthens. What remains outside of attention gradually weakens. The very act of observing already begins to change the picture. When a person writes down their reactions, the brain stops being completely absorbed in them. Distance appears. And with it — the first crack in automatism. Karma no longer operates blindly. It becomes an object of investigation.

And here it is important to emphasize: this is *not* about self-control. Not about correction. And certainly not about self-criticism. A karmic journal is a way to gently bring yourself back into presence — as if you had turned on a light in a room you have long lived in by feel. Over time, a person begins to notice subtle shifts. Not because they are “working on themselves,” but because they *see*. And what is seen can no longer be lived in the same way as before. Neural connections that used to fire instantly begin to receive a pause. And in that pause a *choice* appears — perhaps not sharp, not dramatic, but real. Thus the first chapter ceases to be a story about karma as an idea and becomes a personal experiment — without promises and without pressure. Simply with attention to what is already happening. Because one can only change what has become visible.

At some point it becomes clear that karma is not a hidden law of the universe and not a mystical force that controls a person from the outside. It is *memory*. The memory of experience that was once lived fully, and at other times only halfway. Memory that continues in thoughts, in the body, in habitual reactions and decisions we make faster than we can become aware of them.

History, philosophy, and science converge on one point: a person is shaped by repetition — by what they do again and again, not only outwardly but within themselves as well. Ancient people spoke of this in the language of karma. Modern research speaks in the language of neural connections. But the essence does not change: what once became a way to survive eventually becomes a way to live. And yet, in this knowledge there is no fatalism. On the contrary — it brings a rare sense of calm. If karma was formed through experience, then it can be changed through new experience. Not through violence against oneself and not through denying the past, but through *attention to the present*. Through the ability to notice repetition before it fully takes hold.

Karma does not require atonement. It requires *presence*. Not struggle, but dialogue. Not escape, but a willingness to see exactly how we live our lives — step by step, reaction by reaction. When a person stops perceiving their automatisms as *personality* and begins to see in them a history of learning, space appears within them. Space for a pause. For choice. For gentle movement toward something new. And it is in this space that true transformation begins — not sudden, not dramatic, but deep and lasting. The first chapter does not give answers to all questions. It does something more important: it changes the angle of view. Karma ceases to be something abstract and becomes part of everyday reality — observable, understandable, and alive. From that moment on a person no longer just reads about change. They begin to *notice* it. And that means the journey has already begun.



Chapter 2. Recurring Life Patterns

Sometimes it feels as if life is a film that someone has put on repeat. At first, we laugh: “The same story again! Surely not *everything* can be identical!” But after a while the laughter disappears, leaving a strange sense of *déjà vu*. The same hurt, the same conflict, and the same familiar disappointments. You suddenly begin to understand that the repetition is not accidental. It quietly, imperceptibly — like a crack in the wall that eventually becomes part of the room’s décor — becomes part of the fabric of life.

These repetitions are not punishment or retribution. They are signals. They show us that we are stuck in old patterns of reaction, that the brain continues to choose the familiar, even when it no longer serves us. Scripts are born where the first trauma occurred (!), the first pain or the first powerful life lesson. Children observing their parents often learn not their words, but their *reactions*. For example, if a mother was always worried about the future, the child learns to worry. If a father often left, leaving a sense of unreliability, the child’s brain learns to *expect departure*. We adults think we can explain everything with reason. But the scripts lie deeper. They are like tree roots reaching into the past. Even if the trunk of new experience grows straight and beautiful, the roots of the old continue to feed old reactions.

We not only *experience* what happened — we *agree* to it internally. We create an invisible internal contract with reality: “The world is dangerous,” “I am not worthy,” “Love always leaves.” We sign up for these statements unconsciously. And life then begins to confirm them again and again. Interestingly, we almost always create the conditions for repetition ourselves. We look for situations and people that are familiar to our past because the brain prefers the familiar, even if it is painful. Why does a person again choose a partner who hurts them? Why repeat the same mistake at work or again find themselves in a conflict situation? Because the brain *confuses safety with familiarity*. Old neural pathways give a sense of predictability, even if it is unpleasant. The body knows repetition better than the mind. It expects what is familiar and is surprised when something is different. So it often seems that “I create my problems myself,” when in fact the brain is simply following an already worn path.

Scripts do not repeat as exact events — they repeat as *feelings*. Remember how once someone hurt you, and years later, in a completely different situation, the same pain flares up instantly. People change, circumstances change, but the *sensation remains the same*. Emotion is the signal that an old pattern has been activated (!). Understanding this is the first step toward stopping automatic reactions. Not only thoughts and emotions store scripts. The body remembers them accurately. Tension in the shoulders, a tight throat, heaviness in the chest — these are not random physical states. These are old stories that continue to repeat.

For example, a person who has become accustomed to constantly defending themselves may literally clench their jaw before realizing there is no danger. The old script fires before consciousness does. And as long as the body “lives in the past,” the brain continues to repeat familiar patterns. The same scenario manifests in different areas of life. Someone who fears rejection may experience difficulties not only in love, but at work and in creativity as well. Recurring anxiety becomes an invisible line running through all spheres of life. A person notices this when they look at their life as a whole picture. It seems that the problems are different, but if you look more closely, they all lead to one internal feeling: “I am not safe,” “I am not appreciated,” “My worth depends on the outside.”

But there is a moment. That very short interval between stimulus and reaction. A second when the habit has *not yet fully triggered*. It is in this pause that freedom begins (!). Most people do not notice it. We assume that we react automatically. But if a person sees this pause for the first time, the *possibility to choose differently* appears. Not through willpower, but through attention. Awareness is important, but *not sufficient*. Simply understanding that the pattern is repeating does not change anything. Old neural connections continue to operate. Old feelings continue to flare up.

True change begins when awareness is accompanied by action — a small, new action that is unusual for the habitual pattern. The first action can be very simple. Saying “no” when you used to agree. Pausing when you used to yell. Taking a different route home, choosing a different person to talk to openly. These small movements seem insignificant, but they create new paths for the brain and form new emotional habits. And *it is precisely these* — the beginning of exiting the old pattern (!).

You can try keeping an observation journal. Every evening or every few days record: what repeated today? Which emotions surfaced before I had time to become aware of them? What did I do automatically? You don’t need to evaluate yourself. You don’t need to correct something to make it “right.” Just record. It’s like turning on a light in a room where you have long lived by feel. Over time it becomes clear: old patterns are not random. They repeat *systematically*. And when they become visible, space for choice appears. Recurring patterns are a bridge to a deeper understanding of yourself. They show where habits, fears, and beliefs live. But they are not a sentence. They are an invitation.



Chapter 3. Human Energetics and Modern Technologies

When we talk about human energy, many immediately picture a glowing halo around the head or shimmering chakras, like in illustrations from old esoteric books. Someone recalls meditation and breathing practices, when sensations seem to flow through the body like a river. These images are vivid, memorable, almost magical — and there is meaning in them. I remember the first time I watched a person who “felt” another person’s energy. He would sit beside someone and, without saying a word, simply observe. Within a minute I could feel something shift — warmth in the chest, tension in the shoulders, lightness in the arms. At that moment I thought it was some kind of mystical alchemy, but later I learned that science can describe this in another language — no less astonishing.

Behind the human “aura” are real physical processes. Our bodies generate electromagnetic signals: the heart sends them, as do the brain, muscles, and skin — all of these create fields that can be measured with instruments. Biophysicists and psychophysicists have been studying them for decades, and the results are striking. Imagine a room full of people, each emitting hundreds of electrical impulses, the heartbeat producing one of the strongest electromagnetic fields in the body — it is about 100 times stronger than the brain’s field and can be detected several feet away with sensitive magnetometers like SQUIDS. Together with neural signals transmitted through the nervous system in milliseconds, this creates a true dance of energy that we *feel* intuitively, even if we do not see it.

And here the chakras appear — the seven centers of energy described by Indian sages. In scientific terms, they can be understood as concentrations of activity within the nervous and endocrine systems, where the body’s energy is particularly noticeable. Different regions of the body are associated with certain emotional states and physiological functions. When one of these centers is “closed” or constricted, both the body and the psyche begin to register it: tension, fatigue, emotional imbalance arise. This is not magic — it is a complex network of interactions among the nervous system, hormones, and electromagnetic signals.

Modern technologies make this flow of energy visible and measurable. There are devices that register the body’s electromagnetic fields, heart-rate sensors, and instruments that can map bioenergetic activity. For example, magnetocardiography (MCG) measures the magnetic fields produced by the heart’s electrical currents with extremely sensitive equipment. These technologies allow us to literally *see* how emotions and thoughts alter our internal energy patterns. It is astonishing to realize that what was perceived for thousands of years as a “spiritual experience” can now be studied, photographed, measured, and even used to improve health.

This is where the bridge arises between ancient wisdom and modern discoveries. Human energetics is not just an esoteric symbol. It is *the body, the brain, the heart, the nervous system, and their interactions with the environment*. Every breath, every gaze, every gesture creates invisible, yet real, streams that influence our life, emotions, and actions.

Imagine a room where people are meditating together. From an esoteric perspective, the aura of each person expands, merging with others’ and creating a sense of harmony. From a scientific perspective, their heart rhythms begin to synchronize, breathing patterns align, and electromagnetic signals intersect. The *result* is the same: a palpable sense of shared energy that many experience as a “flow,” even though the languages used to describe it differ. *Human energetics is a bridge* between inner experience and external reality, between ancient practices and modern technologies, between subjective sensation and objective measurement. And understanding this opens an incredible opportunity: we can not only observe our energy patterns, but also learn to influence them — gently adjusting our reactions, emotions, and even habits.

Modern research confirms that the body emits measurable electromagnetic fields. The heart, in particular, produces the most powerful rhythmic electromagnetic field in the human body, detectable several feet from the torso using sensitive magnetometers such as superconducting quantum devices

(SQUIDS). These fields are not abstract — they are the result of real electrical and magnetic activity generated by the heart, brain, nervous system, and muscles, and they can be measured using technologies such as electrocardiograms (ECG) and electroencephalograms (EEG). In scientific terminology, these measurable fields fall under *bioelectromagnetics* — the study of how living organisms produce and interact with electromagnetic signals.

We feel these subtle patterns intuitively, even when we cannot see them. Someone nearby may seem to warm the air around them; another's gaze may feel heavy, as if drawing in the atmosphere; someone else's movements may bring a sense of lightness and space. These sensations reflect genuine physiological processes — the interplay of heart rhythms, nervous system signaling, and subtle electromagnetic activity — interpreted by the mind as “energy.”

If we view chakras through the lens of science, they do not lose symbolic meaning — they gain explanation. The *heart chakra* is more than a green spiral; it relates to the heart, vascular system, lungs, and autonomic nervous system working in coherent rhythm. The *throat chakra* corresponds to vocalization, breathing, and the neural impulses that run through the neck and head. The *root chakra* can be understood in terms of the legs, spine, and the somatic sense of stability and connection to the ground. In every case, what ancient traditions described as centers of energy can now be connected to functional clusters of nervous, endocrine, and cardiovascular activity that generate measurable electrical and magnetic dynamics.

Our bodies are, in essence, *electrical and magnetic systems*. The brain sends millions of neural impulses per second. The heart generates rhythms that extend beyond the body's surface. Muscles produce electrical activity with each contraction. All of this contributes to a *bioenergetic field* that surrounds the body — a field that alters with emotional and mental states and one that scientists can and do measure in real time.

Energy is not merely an abstract sensation. It is intimately tied to psychophysiology. When we experience stress, tension, anger, or anxiety, the body responds instantly: the heart beats faster, breathing becomes shallow, muscles tighten, and the electromagnetic fields around the body change. These changes are not just subjective feeling — they are detectable with biofeedback technology such as ECG, EEG, and other biosignal monitoring techniques that track how the body's electrical activity shifts with emotion and physiological state.

Consider, for example, a woman who has spent years working in a toxic environment. Her energy may feel physically compressed — tight shoulders, shallow breathing, downward gaze. As she learns to slow her breath, relax her shoulders, and open her chest, her internal state gradually shifts. Measurable rhythms in heart rate variability tend toward coherence, and the subjective feeling lightens. In esoteric terms this process is described as *opening the chakras* and *harmonizing the aura*. In scientific terms, it is the activation of the parasympathetic nervous system and the synchronization of cardiovascular and neural function — changes that correspond with a greater sense of inner flow and presence.

In both descriptions — ancient and modern — the outcome is the same: a shift toward coherence, balance, and a more freely flowing internal experience. This convergence shows that human energetics is not just a symbol from old texts, but a real, embodied interplay of physiology, emotion, environment, and perception — one that we can study, measure, and thoughtfully engage with in our lives. Modern technologies make the invisible visible. Scanners and bioenergetic devices detect thermal and magnetic fields; Kirlian cameras show a corona of light around the fingertips; sensors record the electrical potentials of the skin and heart. All of this is not magic, but precise measurements that confirm: human energy is real, it flows, changes, and responds to emotions and mental states. If you place ten people in a meditation room, you will see how they breathe and move synchronously. From an esoteric perspective: their auras merge, creating a shared harmony. From a scientific perspective: the electromagnetic fields of their hearts and brain waves synchronize, creating a collective resonance. The synchrony is felt by the whole body as lightness, warmth, and inspiration.

Understanding your energy opens a new possibility: managing yourself gently and without force. This is not about control or suppression, but about observation and adjustment. When a person notices where the flow of energy is blocked, where the heart is constricted, or where the breath is shallow — they gain a tool. A tool that allows them to restructure their habits, emotions, and reactions. For example, if you notice that during a conflict your shoulders instantly rise, your breath tightens, and your voice loses strength, the very act of awareness already signals that a pause is needed. Even a small movement — relaxing the shoulders, taking a deep breath, releasing the jaw — triggers new neural connections, alters the bioenergetic flow, and therefore gradually changes your reactions.

Today's technologies allow us to measure, observe, and even model our energy flows. Tomorrow, devices will appear that show in real time the state of the chakras, heart-brain synchronization, and emotional resonance with others. Meanwhile, simple practices can already be used: breathing, movement, meditation, and observing one's body. All of this are ways to harmonize energy, making it visible and manageable, rather than just felt as an internal "whirlwind." Human energy is a bridge between ancient wisdom and modern technology, between sensation and measurement, between the inner world and external reality. And it is precisely understanding this bridge that opens the path to conscious self-management, gentle transformation of habits and emotions, and a life where energy flows freely and a person feels whole.

Today, we can literally "see" what was once only a sensation. New devices can track a person's biofield, monitor changes in electromagnetic signals and heart rate, and record stress responses. They reveal how emotions and thoughts influence the body and energy in real time.

Imagine an office where an employee is under intense pressure: their breathing is shallow, shoulders tense, heart racing. On the device's screen, their biofield fluctuates like a small boat on a choppy river. After a few minutes of breathing exercises or a brief pause, stability returns, and the signal smooths out. The person experiences a sense of lightness, as if the internal tension is gradually dissolving into the air.

But technology isn't the only way to "read" energy. You can learn to sense it directly through your own body. The practice is simple yet powerful. Close your eyes, slow your breathing, and tune in to your body: notice the heaviness in your shoulders, the lightness in your chest, the flow in your hands. At first, it may seem that you feel nothing, but with a few minutes of focused attention, energy begins to reveal itself — as warmth, vibration, or subtle movement.

To guide this flow, you can incorporate a breathing technique. Inhale slowly through your nose, expanding the sensation of lightness through your chest and abdomen. Hold for a second, then exhale gently through your mouth, imagining tension leaving your body with the breath. Repeating this several times creates an internal resonance, harmonizes your biofield, and opens "windows" for energy to flow freely.

I often recall the case of Katya, a mid-level manager. She arrived exhausted, "like a squeezed lemon," feeling dragged down by everything around her. We tried a short practice: closing her eyes, tuning into her body, and guiding her breath through her shoulders and chest. Five minutes later, she said: "I feel something moving inside again. It's as if the air has stopped being heavy." Scientifically, this reflects the synchronization of breathing with heart rhythm and activation of the parasympathetic nervous system. Simply put, her energy flow was restored.

This practice illustrates a key point: human energy is not an abstraction. It is felt through the body, can be observed, directed, and harmonized. And the most remarkable part — you don't need complex equipment to do it. All it takes is awareness, breath, and the desire to feel fully alive.



Chapter 4. Chakras and Life Lessons

When we talk about chakras, many people picture colorful vortices, as if taken from old Indian manuscripts: red, orange, yellow... And it seems like something mystical, almost fairy-tale. But behind each color, behind each vortex, there is a person's story — their emotions, fears, desires, and the lessons they live through again and again.

Imagine a young man who constantly finds himself in situations where no one listens to him. He feels resentment, anger, and powerlessness. In the language of chakras, this could be a blockage in the **throat chakra** — the center responsible for self-expression, voice, and the ability to be heard. In the language of psychology, it is a habit of not voicing one's desires and not trusting one's own opinion. In physiological terms — the muscles of the neck and throat are tense, breathing is shallow, the voice is weak, and the brain triggers habitual neural pathways, predicting that *"I won't be allowed to speak."*

And so he repeats the same scenarios: at work, in relationships, even with friends. Scenarios that at first glance seem random actually reflect life lessons that the body and consciousness are trying to live through again. In ancient tradition such lessons were called *karma*: the soul returns to a situation to pass through it with new awareness, with a different reaction. Each chakra is associated with specific lessons and recurring patterns.

- The **Root Chakra** — lessons of safety and trust in the world: why do I feel "out of place"? Why do financial difficulties or fear of loss repeat?

- The **Sacral Chakra** — lessons of pleasure, creativity, and relationships: why do the same patterns of pain or dependency repeat in love and friendship?

- The **Solar Plexus** — personal power and decision-making: why am I afraid to say "no," why do I lose control easily, why do old habits dictate my choices?

- The **Heart Chakra** — love and forgiveness: why do old resentments repeat, why does the weight of the past not let go?

- The **Throat Chakra** — voice and self-expression: why am I not heard, why do I keep silent when I want to speak?

- The **Third Eye** — intuition and perception: why do I ignore bodily and situational signals, repeating mistakes?

- The **Crown Chakra** — connection with self and the world: why is it hard for me to trust the flow of life, why does the sense of wholeness slip away?

Modern science confirms something fascinating: our **emotions are directly connected to health and the decisions we make**, and the body often reflects emotional patterns. This area of study — psychosomatics — explores how emotional blocks appear in the body. It suggests that **psychological conflicts or suppressed emotions** can manifest physically, even without clear organic causes.

For example, chronic resentment and anger may show up as tension in the shoulders and neck; fear and anxiety may manifest as issues in the digestive or cardiovascular system. The **limbic system** — the brain's emotional center — interacts with other parts of the nervous system, shaping emotional patterns that are stored and repeat unconsciously throughout life.

In this lens — although chakras themselves aren't physically detectable entities — the idea that emotional and psychological experiences **affect the body is well supported** by contemporary science, which recognizes that trauma, stress, and emotional memory can impact physiology and neural pathways.

A story from the past illustrates what was said above quite well. In the 19th century, one of the well-known physicians observed women suffering from chest pain, insomnia, and a sense of anxiety. He noticed that these symptoms were often associated with emotional trauma, suppressed feelings, and the inability to express one's "self." Today we know that this is an expression of the work of

the heart chakra and its connection with the cardiovascular and nervous systems — the idea that emotional states can have real effects on the body is well documented in the history of psychosomatic medicine, which has grappled with the interplay of emotions and physical illness since at least the 19th century.

And here is a present-day example: Katya, a young programmer, constantly faced conflicts at work and a feeling of “not being heard.” Her throat chakra was blocked, but she didn’t know this. She began keeping a journal of emotions and situations, added breathing exercises and a practice of “vocal intentions” — gently verbalizing her feelings. After a month she noticed that conflicts became easier, and colleagues began to listen to her more attentively. In the language of psychology, this meant that neural networks were being reorganized, and in physiological language — the neck muscles and vocal cords relaxed. In esoteric terminology — the chakra opened and the energy flowed freely again.

Life lessons tied to the chakras are not a verdict. They are an invitation to awareness. Every repeating scenario is an opportunity to see where energy is clamped, where emotion is frozen, and to gently live through it again. And it is precisely here that ancient wisdom and modern science intersect: chakras offer a map of life lessons, and psychophysiology explains why the body and brain react in this way (!) When a person becomes aware of this bridge, they stop being a hostage to repeating patterns. They begin to observe, understand, and gently restructure their habits, reactions, and energetic flows. Then life becomes less random, and experience in turn becomes more mindful. And even if it is impossible to “change the past,” one can work with the lessons it left behind — living through them again with awareness, understanding, and self-love.

Chakras are not just energy centers; they are a living map of our inner world, a reflection of all our experiences, fears, talents, and purpose. Each chakra not only governs physical and emotional states but also serves as a key to the life lessons we came to learn in this life.

Muladhara — the Root Chakra: Learning to be grounded

Location: the base of the spine.

Color: red. Symbol: lotus with four petals.

This chakra is responsible for the sense of safety, belonging, and survival. The life lesson of Muladhara is the awareness of one’s value and the right to live here and now. Traditions tell a story that once, in India, a wise man noticed that a village had a strong fear of hunger. People worked day and night, but the anxiety never left them. The sage showed them a grounding practice — standing barefoot on the earth and breathing. After months the anxiety went away, and the harvest improved. The lesson of Muladhara: safety comes through connection with the earth and the body, not through constant struggle. The root chakra is closely associated with adrenaline and the adrenal cortex, which explains our instinctive reactions to stress and danger.

Svadhithana — the Sacral Chakra: Learning to Feel and Create

Location: lower abdomen, just below the navel.

Color: orange.

Symbol: lotus with six petals.

This chakra is connected with emotions, passion, creativity, and the ability to enjoy life. Its lesson is to accept one’s desires and emotions without fear or guilt. Another tradition says that a young artist in Japan was afraid of her desires, thinking they were selfish. She shut down her creativity and suppressed her emotions. Only when she began to dance every day and allow herself joy did she create her first paintings that changed her life. Svadhithana teaches: *our feelings are the fuel for creativity and joy*. The sacral chakra governs the reproductive system, bladder, and the release of pleasure-related hormones like serotonin.

Manipura — the Solar Plexus Chakra: Learning to Be Strong

Location: solar plexus area.

Color: yellow.

Symbol: lotus with ten petals.

This chakra is responsible for personal power, confidence, and self-control. Its lesson is the awareness of one's own strength without aggression or controlling others. Legends tell how, in Medieval Europe, one knight conquered kingdoms but remained unhappy — until he understood that true strength was in mastering *himself*, not other people. He gave up wars and became a teacher, helping villages strengthen their inner power. On the level of physicality, the solar plexus is linked with the digestive system — symbolically, when we *digest* our emotions, we strengthen our inner power.

Anahata — the Heart Chakra: Learning to Love and Forgive

Location: center of the chest.

Color: green (sometimes pink).

Symbol: lotus with twelve petals.

Anahata is the bridge between the lower and higher chakras. Here we learn true love — not possession, but acceptance. A legend tells of how in a mountain village an old man refused to seek revenge for an injustice. He forgave those who had hurt him and saw how love returned to him through the community. The heart chakra teaches: *forgiveness is not weakness but strength*. The energy of the heart chakra directly influences the cardiovascular system and immunity — and love truly heals the heart.

Vishuddha — the Throat Chakra: Learning to Speak and Listen

Location: throat.

Color: blue.

Symbol: lotus with sixteen petals.

This chakra is the center of communication and self-expression. Its lesson: honesty and the ability to listen are more important than any words. According to legend, a sage in ancient Persia could hear not only people's words but also their thoughts. He taught: "*Words without meaning are noise, but listening to another's heart is wisdom.*" Vishuddha is linked to the thyroid gland and vocal cords. When we don't speak the truth, the body becomes energetically "clogged."

Ajna — the Third Eye: Learning to See and Intuit

Location: between the eyebrows.

Color: indigo.

Symbol: lotus with two petals.

Ajna is the center of intuition and wisdom. Its lesson is to trust inner vision and understand subtle connections between events. According to one story from ancient China, an emperor who listened to his intuition prevented wars and disasters. Those who ignored the third eye's voice lost wealth and health. The third eye is associated with the pituitary gland and brain centers of perception. Intuition is a biochemical ability of the brain to integrate experience without fully conscious awareness.

Sahasrara — the Crown Chakra: Learning to Be One

Location: top of the head.

Color: violet or white.

Symbol: lotus with a thousand petals.

Sahasrara is the connection to higher consciousness. Its lesson is to realize that we are united with the world and learn to *let go of the ego*. A legend tells that a sage sitting in the Himalayas told his students that every moment of meditation is "*the discovery of a hundred worlds within oneself*." Those who chased external wealth lost their inner light. This chakra is associated with the pineal gland and the production of melatonin, helping to harmonize consciousness and restore sleep cycles and inner rhythm.

We can see the interconnection between chakras and the life path. Each chakra is a stage, a lesson, and a tool. When the chakras are open and harmonious:

- Muladhara gives us confidence and stability.

- Svadhisthana — joy and creativity.
- Manipura — strength and will.
- Anahata — love and forgiveness.
- Vishuddha — honesty and clarity.
- Ajna — wisdom and intuition.
- Sahasrara — unity and enlightenment.

Symbolically, a person's problems often begin with the lower chakras and rise upward. Physical, emotional, and spiritual blocks are hints: "Where have you not yet learned the lesson?" Modern research shows that working with chakras through meditation, breathwork, and body practices truly influences the nervous system, hormones, and psycho-emotional state. Practices linked to chakra balancing have been shown to regulate the autonomic nervous system, reduce stress hormones like cortisol, and enhance emotional resilience and self-awareness.

These blocked patterns can create challenges that eventually show up as unpleasant events, problems, or illnesses. This is what we call the **karmic veil**: what you did and did not consciously understand accumulates in the chakras and waits its turn to manifest in life. At that moment you begin to understand that your problems are not coincidences, but the result of your past, hidden in your energy centers. Also, a person's chakras intertwine and influence our karma, forming what might be described metaphorically as an "energetic weave." Each chakra not only activates specific organs or systems, but is directly related to particular aspects of karma that we carry in the body.

Muladhara (Root Chakra) and the Karma of Survival.

Muladhara is the foundation of our existence. When the karmic veil is connected with this center, it manifests through fears: fear of loss, instability, poverty, loneliness. If in the past we committed actions that touched on these themes — deceiving, manipulating, avoiding responsibility — karma will make us face difficult life conditions and anxiety about the future. Practices such as grounding, working with the body (yoga, breathwork), forgiveness, and acceptance of one's past help. Every time you forgive yourself for fears and mistakes, you free Muladhara from karmic blocks.

Svadhisthana (Sacral Chakra) and the Karma of Emotions and Desires.

This chakra reflects our connection with emotions, sexuality, and pleasure. If in the past we suppressed our desires or used people for personal gain, this will create karmic blocks in Svadhisthana. We begin to avoid pleasures, do not trust our desires, or, conversely, become constantly dependent on others' opinions and want too much. Allowing yourself to experience joy, working with sexuality and personal boundaries — this is part of healing. This also includes working with feelings of guilt and shame, which are often the result of past mistakes and karmic debts.

Manipura (Solar Plexus) and the Karma of Power and Strength.

Manipura — the center of personal power, will, and confidence. When this chakra is blocked due to karma related to the use of power or authority in the past, a person begins to feel his own helplessness. If in the past he *abused his power, manipulated, or used other people for personal goals*, it will be difficult for him to make decisions and act with confidence. Recovery of self-confidence comes through working with boundaries, focusing on one's own desires, and honest self-relation. *Releasing the fear of being weak, forgiving oneself for past mistakes.*

Anahata (Heart Chakra) and the Karma of Love and Forgiveness.

Karma associated with Anahata may manifest as pain in the heart, inability to forgive, or feelings of loneliness. When in the past we acted with cruelty, coldness, or did not forgive, that energy remains in the heart and gives us no rest. This creates a karmic veil through which a person *cannot find true love*. Forgiveness, acceptance of others and ourselves — working with gratitude and love in the heart. Strong purification of this chakra occurs through the practice of unconditional love and sincere forgiveness.

Vishuddha (Throat Chakra) and the Karma of Communication and Truth.

Vishuddha governs our self-expression. When in the past we deceived, lied, or hid our thoughts, karma creates blocks in this chakra. People suffering from its blockage often *cannot openly express their feelings*, hold back their words, and cannot be honest with themselves or others. Liberation of this chakra means learning to speak the truth, express feelings, and not being afraid to assert oneself. The practice of honesty and inner truthfulness allows breaking the karmic veil.

Ajna (Third Eye) and the Karma of Intuition and Vision.

The Third Eye is connected with our perception and intuition. Karma related to Ajna may manifest through intuitive blockages, mental fog, or problems with concentration. Perhaps in the past we ignored our intuition or acted against our inner sense of truth. This creates a karmic veil that prevents us from seeing the world *as it truly is*. Recovery of clarity comes via meditation, mindfulness practices, and working with inner vision. Developing intuition by learning to listen to the heart and inner voice is key.

Sahasrara (Crown Chakra) and the Karma of Spirituality.

When Sahasrara is blocked, a person feels emptiness, loss of life's meaning, inability to find their path. Karma associated with this chakra may result from spiritual isolation, deception in the search for higher truths, or a mismatch between the external and internal world. Opening this chakra involves deep spiritual practices, seeking higher meaning, and connection with the Source. It also may include *letting go of attachments to material things and the ego*, finding the inner light. As we can see, one can manage their karma through the chakras. And this is a gradual work on oneself — on clearing one's body and soul from old energetic blocks. Every step, every moment of attention to one's inner states *opens new paths for growth and liberation from karmic debts*. Sometimes a person feels as though his life has turned into a continuous chain of repeating mistakes. As if *you yourself are creating obstacles in a circle*, and then, in a rage, you shout: "*Why isn't everything as I want?*" Yes, this is not simply coincidence. It is — the traces of your actions, your invisible baggage that keeps you in place. It is in your karma. But it's not as frightening as it seems. When a person understands that the blocks in life are not just random events, he begins to look for where all these problems come from (!) He begins to look for what invisible forces govern his actions. And then one thought comes to his mind: "*Maybe it's my chakras?*"

History once showed how even great military commanders, such as Napoleon Bonaparte, rushed into battle with the complete feeling that they were invincible. But only when their chakras were at zero — both the root and the solar plexus — did they suffer defeat. Why? Because it is impossible to conquer the world if your foundation is collapsing. Napoleon himself was completely unprepared to accept defeat. He did not know how to let go of the karma of past failures. And here is what we know: chakras are not just some abstract energy centers talked about in yoga books. They are the places in the body where all your "unresolved questions" sit. The very ones you пережил in childhood, hid during adolescence, or did not resolve in more mature years. In these centers, your personal karma accumulates. (!) Chakras and karma are inseparably connected. A blocked chakra is like a compressed spring. It can be packed so tightly with your unresolved problems that even you yourself do not understand why your relationships don't work out or why everything you start ends in disappointment. All your karma accumulates in these energetic cells, and the only way to pull it out is to learn how to manage your chakras. But how do you do that? How do you open your inner power and stop being afraid of what lies ahead?

Speak the truth! This is a simple but powerful rule. Vishuddha, the throat chakra, is like your voice in this world. If you cannot speak, you cannot act. Everything you did not say will block you. How many times have you stayed silent when you needed to say something? Yes, you can be afraid of the consequences. But if you don't start opening your mouth, your karma will get stuck in this chakra forever. History, for example, knows great people who stayed silent when they needed to scream. Martin Luther King, the very man who was able to "speak" for an entire nation, freed millions of

people because he was not afraid to open his mouth. And how many were there who stayed silent? They remained in the shadows, never managed to change the world. Your throat chakra is your power.

Let go of resentment! Anahata, the heart chakra. The sages always said: “Do not forgive — carry a heavy stone inside yourself.” You cannot move forward if you do not let go of the old. Think about it: when was the last time you forgave someone or yourself? How much pain has accumulated inside you? The wisdom hidden in the most ancient teachings says: “Forgiveness is the key, and resentment is the cage.” Even Gandhi, with all his inner strength and love, knew that only through forgiveness can a country be changed. Opening your heart chakra is freedom.

Work with the roots! If your root chakra is blocked, you probably do not feel safe. Tension, fears, uncertainty about the future — all of this gets stuck in Muladhara. When everything in your life collapses, you are left with the feeling that the ground is slipping out from under your feet. But do you know how to deal with this? Grounding. Not just abstract theory, but a real return to the present. You may not be Napoleon, but think about how great rulers stood firmly on their feet, never losing their sense of stability. You can become the master of your world if you learn to stand firm.

Awaken your power! Manipura, the solar plexus. How many times have you felt that you are losing control? Maybe you try to control everything, and in the end — you only lose yourself? Fear of losing control compresses your power. But power is not something you can hold in your hands. It is inside. And when you begin to trust yourself, your Manipura starts to work. Admit that you cannot control all circumstances, but you can control yourself. When you are in your power — you are invincible. History is full of examples where great leaders ruled the world while remaining faithful to their inner power.

Follow your intuition! Ajna. The Third Eye. Have you ever trusted yourself? Or have you constantly looked for advice from others, trusted other people’s opinions instead of listening to your inner voice? The ancient priests used to say: “If you want to understand the world, learn to listen to yourself.” Yes, intuition is not just “intuitive sensations.” It is your inner truth, your path that you walk. If you keep suppressing this voice within yourself, you will lose your opportunities.

Seek a higher purpose! Sahasrara, the crown chakra. Why do people get lost in the search for meaning? Why do they wander through life without a goal, as if blinded? We all seek the truth, but we do not always find it. Why? Because we do not open our Sahasrara. Great people of all times — whether philosophers, saints, or scientists — always knew: in order to understand the world, one must connect to the higher mind. If you are blocked at this level, you will feel emptiness. Open your connection with the higher powers — and you will feel how karma begins to work in your favor.

As soon as you begin to work with these chakras, you discover that karma is not something external that hangs over you. You yourself create your karma, and chakras are those “little boxes” where it accumulates. Cleansing these chakras is not magic, it is real work with yourself (!). And when you open them, you begin to manage your life, becoming the master not only of your karma, but also of your destiny. History has proven that a person who controls their inner energy can change the world. Just recall that same Mahatma Gandhi, who came to his goal through working on himself. But if you continue to be afraid and close yourself off from your power, karma will always take revenge on you (!). Everything is in your hands.

Every person, as if by inertia, drags an invisible burden behind them. And does not always understand where this burden comes from. They live, they try, but their life for some reason always ends up in the shadow of those very problems that cannot be resolved. They repeat the same mistakes, face the same fears and переживания. Something insurmountable always stands in the way. But what if this burden is not only their own karma, but the karma of an entire lineage?

Ancestral karma is not just an inheritance of mistakes, but a real force that flows into a person from the moment of their birth. It is like an invisible thread connecting them with those who lived before them, passing on their unresolved conflicts, unfinished destinies, and unquenched suffering. We inherit not only genetics, but also deep programs, beliefs, and fears of our ancestors. These are

the very programs that we are not aware of, but which continue to determine our choices. How many of us think about the fact that the problems we face may be much deeper than they seem? Something in our life does not allow us to move forward calmly — and here it is important to understand: we do not only carry our own karma, we carry the karma of those who came before us. Sometimes these are hidden programs, written into our body, into our chakras. Problems with money, with relationships, with career — all of this is not only our “destiny,” but also the trace of those mistakes that were made many years ago, by generations before us.

When you begin to realize that all of this is not just coincidence, that problems are not a random combination of circumstances, it becomes clear that the first step toward liberation is acknowledging this. Acknowledging that you are not just a lone individual in this world, but a continuer of your lineage. And your blocks, your fears, your insecurity in life — these are not just your personal experiences, but a continuation of ancient, invisible threads that stretch from your ancestors. But how do you free yourself? How do you break this circle?

The first thing that must be done — is to acknowledge that you inherited not only your own life, but also the life of your ancestors (!). How many times have you noticed that problems with money, fears of poverty, quarrels, failures repeat from generation to generation? Understanding that these are not your personal mistakes, but mistakes of the lineage, helps you see the real picture. If you want to get rid of this burden, you need to start by accepting the fact that ancestral karma is part of your destiny (!). But acknowledgment is the beginning of liberation. Forgiveness is the key that opens doors. Acknowledging ancestral mistakes is an important first step. But in order to fully cleanse yourself of them, you must learn to forgive. To forgive not only those who were close to you, but also those who lived before you. As soon as you stop carrying resentment, old pain within yourself, you begin to break the chains. Forgiveness is not just an empty word. It is liberation from the weight of the past.

Ancestral karma sits in the roots, in the root chakra (!). Problems with a sense of safety, fear of the future, lack of stability — all of these are blocks connected to the past. The fears that your ancestors faced are transmitted through your roots. By acknowledging and forgiving them, you begin to free this chakra. In order to feel that you truly stand on your own ground, you need not only to acknowledge ancestral mistakes, but also to begin grounding yourself. By working with this chakra, you strengthen your base, your foundation, so as not to fear the future. When you finally free yourself from the fear connected to the lineage and open your solar chakra, you realize that your strength does not lie in fighting external circumstances. It exists within you. You may not be able to control everything, but you can control yourself. This power is not only your personal power, it is also part of the power of your lineage. You become the one who does not simply repeat others' mistakes, but frees the lineage from their consequences.

When the third eye opens, you begin to hear not only your inner voice, but also what your ancestors are saying. You understand that their experiences and their path are not only their destiny, but yours as well. And only through intuition can you cleanse your karma and the karma of the lineage, because intuition is not just a “feeling,” it is a connection with those who came before you. It helps you understand what to do with what you have inherited. But this is possible only if you become aware of and accept your connection with the lineage. And finally, when you open your crown chakra, you realize that ancestral karma is not a punishment, but your opportunity. An opportunity to change not only your life, but the lives of future generations. You are not just a continuer of the lineage, you are the one who changes its destiny. And through cleansing, forgiveness, acceptance, and work with the chakras, you break these old chains and give the lineage a chance for renewal (!). When you begin to work with the chakras, you do not simply cleanse your personal karma. You free your ancestral line. You become the one who does not merely repeat the mistakes of the past, but takes the first step toward a bright future. Ancestral karma does not mean a sentence. On the contrary, it is a chance given to you. You can change everything, because you are the one who controls your destiny and the

destiny of those who came before you. And as soon as you free yourself from this invisible burden, you will feel how your life begins to change.

When you begin this path, cleansing does not happen instantly. Sometimes time is needed to let go. And it is not always easy. Cleansing ancestral karma is not just a single thought or realization. It is a process that affects your entire being. It is like wiping dust from an ancient mirror that preserved the images of your ancestors, and you suddenly begin to see them clearly, as never before. You feel how their shadows and their voices begin to leave, but their energy remains — their strengths, which were with them, but never found an outlet.

And then you begin to see that cleansing ancestral karma is not just getting rid of mistakes of the past — it is a deep transformation of the entire energetic structure of your body, your chakras. You penetrate into these depths and begin to understand that many of your fears and blocks are not just your reactions, but an echo of millennia, going far back into the past. At this moment, you realize that all your actions, thoughts, and experiences are not only yours — they are also the experiences of your ancestors. And you can learn to be a conduit who brings them out through yourself, freeing and cleansing not only yourself, but the ancestral line as well. Problems with money, difficulties in relationships, painful losses -all of this may be the result not only of your personal choices, but also of the decisions your ancestors made, without knowing that those decisions would continue through generations. You began your life, but you began it already carrying a burden that was passed on to you. But liberation is not a punishment, it is a chance — a chance to cleanse all of this and pass light and purity on to future generations.

Sometimes the process of cleansing can be painful. You see how many “not your” problems begin to dissolve, but in this dissolution new forms arise that you must accept. Ancestral karma includes not only mistakes, but also victories, and those life lessons that were lived through. And when you cleanse the chakras, you do not simply remove shadows — you fill them with light, with life. You do not become an empty vessel, but you become a clean, living vessel, capable of radiating light and being filled with new energy.

This may feel like returning home. Like finding inner peace that was once lost. After all, despite all the difficulties, your ancestors also strove for this. And when you free yourself, you allow yourself to become who you were meant to become — not only for yourself, but also for them. You may feel how energy begins to flow through your body, how the chakras begin to work not only for your personal healing, but also for the healing of the lineage. Sensations become brighter, and you begin to understand that your actions, your thoughts — are not only you, they are your ancestors. But now you can choose how to manage them. You begin to see that you are not just a continuation — you are a source through which a new flow of life manifests.

You free ancestral blocks not only through forgiveness and work with the chakras, but also through actions. Through the way you live your life. Every decision of yours, every choice — is an opportunity to break or to strengthen the ties with the lineage (!). Try not to repeat mistaken patterns, not to choose the familiar path that leads to the same outcome. Even when it seems to you that everything is going wrong again remember that you are no longer the one you used to be. Your life, your decisions, your actions are now your personal path of liberation. When you begin to create a new reality for yourself, your karma begins to change. You start noticing that old habits and mistakes gradually fade into the background. You are no longer bound to those events that once seemed inevitable. They do not rule you. You have learned to be the master of your path.

And so, when you free yourself from ancestral karma, your life becomes brighter, you feel a new surge of strength. You understand that now your energy can be directed not only toward your personal healing, but also toward the transformation of those who will come after you. Liberation does not end with your cleansing — it continues within you and through you, because you are the one who created this freedom for future generations. Your children, their children — they can already be free from old fears and blocks, if you managed to break this circle. And this does not mean that life

will be easy. No. It means that now you will walk your own path, and not in the footsteps of the past. You will see how a new flow of life pushes out old fears and pain. You will become stronger and wiser with each step. You have been freed, but this is not the end. This is the beginning of a new era. A new lineage. A new path. Can a person live while carrying someone else's suffering within them? Can their body, their soul be a field where unfinished destinies and pains pass through — pains they did not choose? Oh yes, each of us is a living continuation of what came before us. We are not only a product of our time, but also connected to those who came before us. We are not just heirs of genes, but also heirs of their mistakes, their pain, their grievances.

So, for example, what do you feel when you suddenly realize that a long-carried trauma of your ancestors, an unresolved issue, an unconscious fear — suddenly manifests within you as reality? Failures that repeat from generation to generation. Not the ones you chose yourself. You try to understand: why do you fall into the same trap? Why does the same problem, the same suffering, like an endless recursion of fate, turn and appear before you again and again? You think it's coincidence? It is not coincidence. It is ancestral karma. You can understand it only when you realize: you are not just dust from an old road — you are the one who lays this road. Every mistake, every step, every sacrifice of your ancestors lives within you. And you, as the final link in this chain, are obliged to free them.

But how do you do this? How do you cleanse the chakras through which not only your emotions and fears pass, but also the unfinished destinies of your lineage? The first thing you need to understand is that ancestral karma is not forgiven just like that, and it will not be healed until you begin to recognize it as a part of yourself. Every block in your chakras is that knot which ties you to those who came before you. For example, when you stand on your path, and the fear of losing stability, money, love is so strong that you cannot move forward — this is not your fear. It is the fear of your grandfather, who experienced severe losses. And now it sits in your root chakra, like an unresolved tragedy. And you continue to carry it, not understanding why every time you are about to rise, this unbearable weight appears.

And this is where cleansing begins. This is not magic — this is awareness. It is also work with the energy that runs through every cell of your body. You begin to feel how this fear from the past becomes part of your body. Your muscles tense, your chest tightens. You feel it in your body, as if your grandfather is standing behind your shoulders, repeating his story. But here is what you can do: you can free him — and by freeing him, you free yourself. You learn to forgive. You forgive his suffering. You forgive his mistakes. You understand that you cannot continue to carry this burden, because it is not your burden. It was his. You do not blame yourself for the fact that he could not cope. You forgive. You let go.

Forgiveness is not weakness! Forgiveness, first and foremost, is strength. It is like lightning that destroys walls. With each act of forgiveness, you cleanse not only yourself, but the entire lineage, illuminating a path that was covered in darkness. You free your root chakra from these heavy blocks. Fears disappear, and you begin to move. Stop. A glimmer. And now you boldly step where you were once afraid to go. But forgiveness is only the beginning.

When you begin to work with the chakras, you realize: each chakra is not just an energy center. It is a living connecting node between you and your ancestors. For example, the heart chakra is not just a place for love. It is the place where all the pain and joy of your lineage live. All those grievances, those old unfinished relationships that you cannot let go of, sit there. And until you cleanse this chakra, you will not be able to truly love. You will not be able to love yourself. You will repeat the very story your ancestors lived — disappointment, loneliness, rejection.

Imagine a woman who could not forgive her mother for her entire life. This pain, unresolved, is passed on. It will be passed on to her daughter as well, if she does not free her heart. But if she forgives, if she opens her heart chakra, this pain leaves, and life fills with light. This is not just a

personal process. This is a process in which you free the entire lineage. Your children will no longer carry this weight, because you have cleansed this place, this point.

You begin to see how the third eye works. It is not just the ability to “see” the future or intuition. It allows you to see the reality that was hidden. It helps you realize that everything that happens to you is not just coincidence. You begin to feel within yourself those unresolved events that passed through your ancestors. And here, perhaps, you will experience an astonishing moment: when you free the third eye from blocks, the energy of your ancestors becomes available to you. You begin to understand that their lives were not lived in vain, that they did not struggle for nothing. You can pass this energy on to your descendants, making them stronger, wiser.

And so comes the realization: ancestral karma is not punishment. It is opportunity. An opportunity to cleanse yourself and pass on to your children not the shadows of the past, but the light and strength that you managed to find and transmit to them. You are no longer just living your life. You are living a life infused with strength, cleansing, and forgiveness. And through every cleansing, through every step taken, you give freedom not only to yourself, but also to those who came before you. Your energy becomes not just personal power — it becomes the power of the lineage. And when you are clean, when your chakras are cleansed, your karma is cleansed, you understand: you are not just a person. You are the one who breaks the circle that existed before you. And this circle becomes light for future generations.

There is one more important direction that is worth раскрыть, especially when it comes to karma, chakras, and their interconnection. This is liberation through acceptance of the shadow.

Here’s how it works. Have you ever asked yourself what if everything you have experienced, all your pain and fears, all the troubles and failures, were actually your great teachers? What if it is precisely these dark moments, the ones you hide within yourself, the ones you are even afraid to admit to yourself, that are the keys to your power?

This is the path through shadow acceptance (!). Shadow acceptance is not only working with personal experiences, but also working with what is hidden inside you, with what you usually do not show to the world. This shadow is not only yours. It is also the shadow of your lineage. And as long as you do not accept it, as long as you do not “bring it into the light,” it will continue to influence you. Ancestral karma, this invisible thread between generations, is the energy that we do not perceive or see. What happens when you confront your shadow? It is like a shattering of illusions. It is when you suddenly realize that those pains and mistakes you “buried” will not disappear simply by ignoring them. They live within you, like old familiar enemies that never leave your chakras. But this is where the magic begins: you can not only free yourself, you can integrate your shadow and transform it into power.

Imagine a person carrying feelings of shame for something they once did. These feelings are like a heavy armor that they cannot remove, because they fear that this armor will destroy them if they take it off. But here is what happens when you begin cleansing your solar plexus chakra, the so-called chakra of power. You realize that you are not your mistake. You are much more — you are energy that can be free and purified from everything that does not belong to you. You forgive yourself, you forgive those who caused you pain. And you stop carrying this burden. You understand that the shadow is part of your wholeness, and there is no need to hide it.

Shadow acceptance is also connected with working with ancestral karma, because when you cleanse your personal shadow, you free not only yourself but also those who came before you. You absorb all the darkness and light that has been, and you release these aspects through the cleansing of the chakras. This is important. Why? Because this is how you become whole. You stop fearing the parts of yourself that you previously suppressed, and you become a source of power, because the energy that was once trapped and blocked now flows freely through your chakras.

You are given the ability to see how your blocks begin to weaken. You will start to feel the pain receding, old patterns disappearing, the ones that prevented you from moving forward. This shadow,

this hidden karma, will no longer keep you in a cage. You gain freedom and light. You become the master of your destiny. And here's the interesting part: through this freedom, you begin to understand that your perception of karma changes. You no longer see it as punishment or fate. You see karma as opportunity. An opportunity to free yourself and those who came before you.

You realize that ancestral karma, the karma of your own mistakes, is not just a burden to be shed, but a mirror that shows where you have not yet been freed. And you begin to cleanse these areas. You understand that karma is not the chain itself, but a door that leads to new awareness, to a new path. The more you cleanse, the more you open. The more you forgive, the more you become. Have you ever noticed how sensations in the body change when you forgive? When you let go? When you free the chakras? It is as if you suddenly begin to feel lighter. Your posture changes, your energy becomes brighter, your eyes begin to see not only external reality, but also the depth you previously overlooked. Your internal organs begin to function harmoniously, because you forgave, you cleansed, you released everything unnecessary. You tune into harmony and wholeness.

Ancestral karma may be the greatest teacher. Not through suffering, not through pain, but through the lessons we receive. Everything that happens to us is not just coincidence. It is all a signal we receive to finally attain the light we all seek. And in this search, when we cleanse the chakras, forgive, and release, we begin not only to transform our own lives. We begin to transform the lives of those who came before us and those who will come after us. You become not just a human being. You become the master of your karma. And when you cleanse your chakras, you begin to understand: you are no longer merely walking the path, you are already paving this path. You are not simply following fate — you are creating it.

And there is another amazing dimension worth revealing when we speak of karma, chakras, and their interconnection. This is the topic of the intertwining of life and death, and how chakras play a key role in this process (!). It is profound; it touches what lies beyond the obvious, beyond everyday existence. Imagine that death is not the end, but just another turn, another lesson to go through. It is not something scary, not frightening. It is like an entrance to a new world, a door through which you pass, continuing your journey. When you begin to work with the chakras, you realize that death is not merely a physical process, but also a transition of energy. And here you encounter an astonishing truth: chakras are not just centers for life — they are bridges between worlds, between life and death.

Конец ознакомительного фрагмента.

Текст предоставлен ООО «Литрес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на Литрес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.