

4 The Minor Centers

As mentioned previously, the minor centers are formed where the lines of force cross many times. The minor centers are more closely associated with the organs they are near. The major centers in the spine primarily influence the endocrine system whereas the minor centers are more involved with the functions of various key organs or locations in the body which are necessary for specific movements of energy in the system. They are mentioned here only to round out the present work and to give the reader a more synthetic idea of chakra functions.

Their locations are as follows:

The Minor Centers

Quantity	Location	Nomenclature
2	In front of the ears, close to where the jaw bones connect	Ear minor
2	Just above the two breasts	Heart or Breast minor
1	Where the breast bones meet, close to the thyroid gland	Thyroid of Throat minor
2	One in each palm	Palm Minor
2	One each in the soles of the feet	Foot minor
2	Just behind the eyes	Eye minor
2	At the gonads	Gonad minor
1	Close to the liver	Liver minor
1	Close to the stomach	Stomach minor
2	Connected with the spleen	Spleen centre
2	One at the back of each knee	Knee minor
1	A short distance from the thymus gland	Vagus minor
1	Close to the solar plexus	Solar plexus minor

Table 4

It is said also that there are two additional centers, one at each adrenal gland and two small centers close to the parathyroid glands. They are known as the Adrenal minor and Parathyroid minor centers, respectively.

With a few exceptions, one has only to examine the functions of the various organs associated with these centers to know the functions of them. As with the lesser centers, the bodily locations yield the key to which of the major centers is associated with each of the minor centers. As with the major centers, there is no systematic method for determining how the minor centers work except by organ association. Their basic functions with some further data of interest from Sara will throw light on them. Sara's information is in quotes.

Ear minor centers: These centers are associated with hearing and thus with the throat chakra. Not only is physical hearing indicated but also the receiving of inner guidance. *"There is also an element of trust at issue with these centers, i.e., they register whether or not a person one is in conversation with can be trusted."* That works with the principle of allegiance in the throat centre.

Breast minor centers: They are associated with the heart centre and with nurturing, very much like the Mother's Milk centers. Peter has noted that *"the Breast minor centers are highly developed, go straight through to the back and have wing-like currents of subtler matter passing in and out of them. When highly functioning, these "wings" appear as the pictures of angels wings in various religious paintings. They can arch up to head level and then reach all the way to the ground. It naturally takes a person given to sacrificial living to develop such an ability to project energy from these centers."* They naturally perform a function in the lactation process after birth as the mother breast-feeds her child. They are connected with breath and with breathing life into form.

Throat minor centre: This centre forms a triangle of force with the Breast minor centers. It is primarily concerned with the energizing of the form via the thyroid gland but also works with sound

currents coming through the throat to effect the same end. It, with the breast centers works with the motion of breathing, with the creation of space through sound and breath and with the vitality aspect of breathing, which we know as prana or chi. The movement of chi is its primary function and the correspondence of the thyroid gland with the physical vitality and metabolic rates will make its relationship to the Throat minor centre clear. The throat minor centre supplies the raw substance and the control of that substance necessary for the nurturing of forms.

Palm minor centers: These are the eyes in the hands. These rival the eyes in many ways with respect to sensory input. These centers are also marvellous transmitters of force as any esoteric healer knows. The hands have already been somewhat discussed in that regard and it could be said that the Palm centers govern what comes into and goes out of the hands.

The meridians radiating out to the fingertips make the hand look somewhat like a lotus. Spreading the fingers (the petals of the hand lotus) opens the palm centers and vice-versa, although most people who practice psychometry close their fingers around the object they are reading. In such a practice, the sensors in the fingertips bring in additional information to the palm centre. A clenched fist also shuts one off from receiving and giving through these centers. People clench their fists either to protect their hands in fear or to do battle with the fist. Remember that the hands are most closely associated with the heart and solar plexus centers, so, to clench the fist is to close one's hands to those major centers.

"in addition, there are essentially three more aspects of receiving through the Palm minor centers:

- *1) The registration of duality: In the raising of the hands during greetings between two people, the palm centers register hostility or friendliness to the person being met.*
- *2) Fight or flight reactions: This is more an aspect of solar plexus functioning. When one is in situations that require fight or flight, the palms begin to sweat. People with sweaty palms live in continual state of agitation in some aspect of their natures.*
- *3) Environmental gauge: Temperatures, textures, pressures, etc. are all registered acutely in the hands."*

Foot minor centers: These are essentially physical centers which provide one contact and sustenance from the earth. They play the major role in the inter- play of magnetic lunar forces and chi throughout the system. *"They also play a significant role in appetite stimulation."*

Eye minor centers: Their function is obvious since the physical eyes are the externalisation of these centers. The right eye resonates more with the ajna centre and the other with the throat centre. The third eye or forehead centre is connected with the pineal gland and crown centre. The eye centers are also used to transmit force from the head centers and are used both to manifest and to heal. There are great mysteries contained in the eyes. *"They are also used for forecasting changes in environment. The eyes are very pressure-sensitive along with many places on the body and they readily detect changes in barometric pressure as well as light-dark cycles, circadian rhythms, etc."*

Gonad minor centers: These are most interesting in many respects. Aside from the usual implications these centers have in the reproductive process there is the following:

- 1) They are an integral part of the cyclic ebb and flow of vital force to and from the sacral centre and thus throughout the system. (Liver meridian)
- 2) The idea of rhythm is implicit with the Gonad minor centers. The gonads are controlled, or should ultimately be controlled, by the pineal gland. An inversion of this has occurred in the human kingdom. Animal mating is controlled by circadian rhythms impacting the pineal gland. Animal gestation and birthing cycles are thus in time with the greater cycles of nature. This is not true with man. There are rhythms to all creative acts which must be observed -rhythms of nature, rhythms of a chronological nature, rhythms of the magical nature, rhythms of substance, etc. For creative works to be most viable, these are absolute requirements

- 3) *"These centers can be used to release locked-in attitudes. Such attitudes are specifically ones that have been present since an early age. The Liver meridian passes through these centers and it has much to do with developmental psychology in people."*

Liver minor centre: From the discussion of the Liver meridian, it must be apparent that this centre is a register for stress aside from working with liver function. It is also a highly emotional centre and feeds the astral portion of the solar plexus centre, of which it is an extension. There is a great deal of intelligence associated with the Liver minor centre, also. Recalling that the liver is called *"The General,"* there is direct reflection of the lower mind through this centre. It also registers and helps develop lower mind via the solar plexus centre.

Stomach minor: This centre works with stomach functioning; refer to the commentary on the Stomach meridian for a psychological evaluation of it. It is a potent little centre and can cause much trouble if it is not balanced.

Spleen centre: The two minor centers above the spleen actually are superimposed upon each other and form the matrix of the spleen centre. To call them the spleen minor centers would be somewhat erroneous. *"There is a circulation between them which resembles a figure 8 pattern."* They are related to the permanent atoms in the egoic lotus and work with the integration of and between the vehicles of the personality.

Knee minor centers. There is no organ associated with these centers but the knees are important as has been discussed. *"These centers, along with the Projection centers, are intimately involved with a person's spiritual drive."* There is an analogous relationship between the Projection and Knee minor centers and the major centers in the spine. The major centers have two vortices: one which points toward the front and is more emotional and one which points toward the back and is associated with will. The knee minor centers form the will aspect of the knee centers complex.

"The knee minor centers also register fluid balance in the body. They register thirst and the amount of water which should be taken into the system. People who have chronic dry skin, cracked skin or who are dehydrated need work on these centers." This would seem an odd association unless it is remembered that the Bladder meridian passes through these centers.

Vagus minor centre: This is a very powerful centre and has been treated as a major centre by some Eastern schools. It becomes powerfully activated when kundalini becomes fully aroused. It is very closely tied in with breathing, heart rate and visceral functions which the vagus nerve controls. It is associated with the throat and alta major centers more than the heart centre, although it apparently forms a linking centre between those centers. Some schools of thought posit that kundalini is aroused by action of the vagus nerve. Technically such is not the case. The centre would, however, work with the kundalini currents in the neck and torso. Actually, the vagus nerve is stimulated by kundalini and not vice-versa. The Vagus minor centre would appear to act as an outpost or relay station for the throat/alta major complex and the torso, hence its great importance.

Solar Plexus minor centre: This centre should actually be considered a subcenter of the solar plexus centre. It is said to relate the solar plexus centre to the base centre and thus form a triangle of force between the base, sacral and solar plexus centers. That triangle forms a lower correspondence to the triangle formed by the Throat and Breast minor centers. The abdominal triangulation works with the vitalization of the lower centers and therefore the lower man.

Parathyroid minor centers: These centers are connected with the Lung meridian which loops over the throat. The parathyroids work with calcium metabolism and usage in the body. *"A point of interest is that the Parathyroid minor centers not only work with calcium but register all metals. Most elements are metals so that covers quite a range of substances. Aside from metals, stones and gems can also be registered by these centers. One should realize, though, that stones and gems are comprised in large part by metals."*

There is a propensity by many people looking at stones to hold them to their chests to see if there is a resonance between them and the stones or gems. There is usually great excitement and a rush of heart-felt emotion when such a resonance occurs. But the impact would be much clearer and the registration stronger if the person would hold stones, gems or metals to the throat instead of the heart."

Adrenal minor centers: These centers are powerful registers of astral life. Any affects on the adrenal glands are felt strongly in the body, stress being the most notable effect. *"They are on the back of the body and thus are more connected with a person's will which one would expect from the adrenal glands. They have a close association with ascension during the dream state and are concerned with astral projection. One should not stimulate them without proper guidance since they do influence the adrenal glands. Finally, they are called the Temples for reasons which will be clear to occultists."*

Conclusion

One begins to see upon examination of these smaller centers (lesser and minor) the great complexity and yet the marvellous order and design of the human subtle energy system. The subtle bodies are all luminous and made up of greater and lesser spheres of light, streams of force and pulsating, scintillating structures, all of which thrill to the consciousness of the indwelling Soul acting on those bodies.

Luminosity characterizes our true essences and the statement is literally true that our bodies are bodies of fire, not the crude matter of the dense physical shell. When we come to an understanding of fire in all of its ramifications, then we come to know ourselves.

The trained acupuncturist works with tiny centers every day in his or her practice. The standard repertoire of acupuncture points for the 12 standard and 2 extra meridians numbers 340 points. When bilateral symmetry is assumed, then that looms to 628 points. Considering there are many extra acupuncture points, the number of centers becomes even larger.

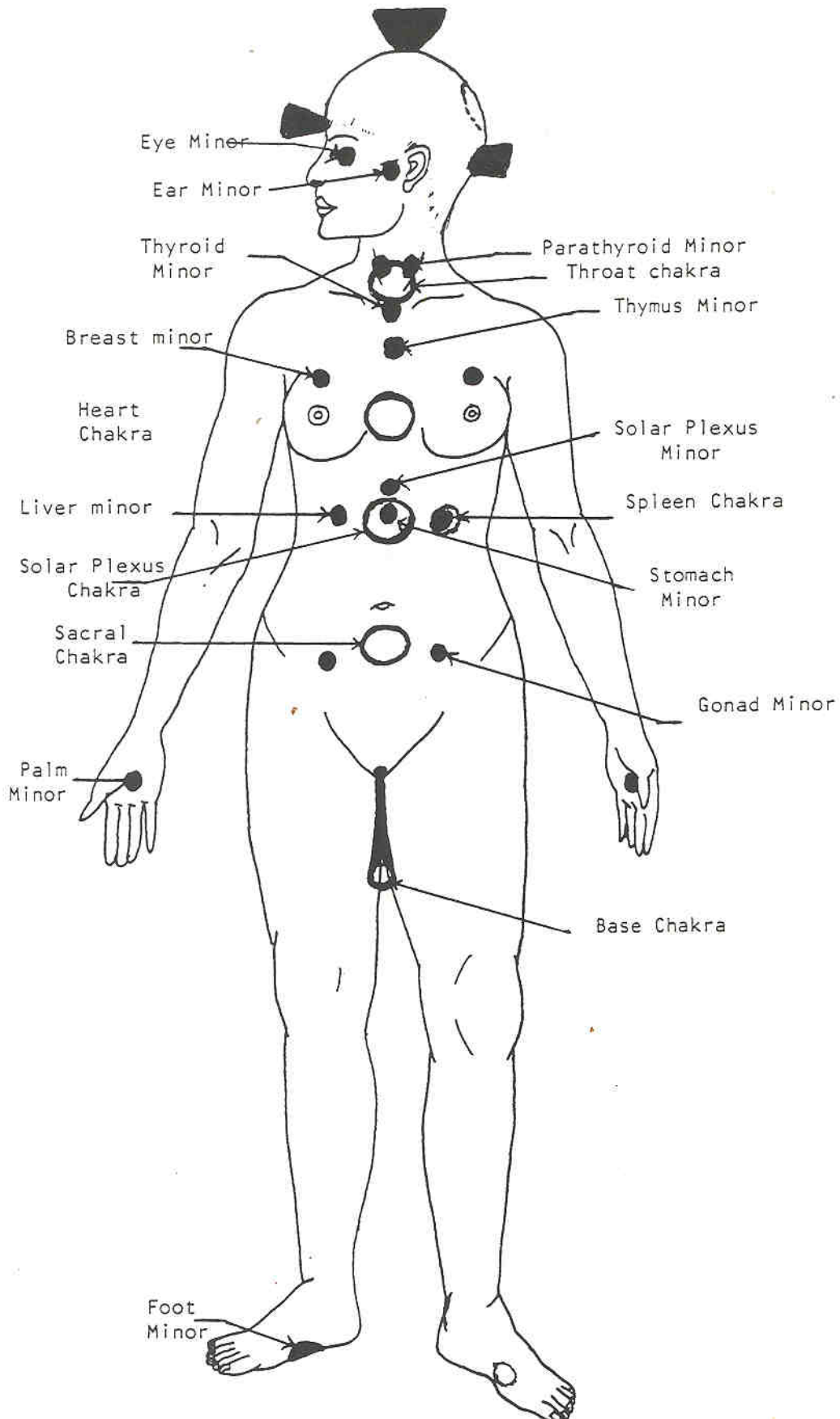
When the number of Lesser, minor and major centers or chakras is added to the acupuncture centers, then the total number of centers approximates 1000. Our bodies are thus composed of approximately one thousand points of light, enough for a small galaxy. In fact, the human being is called the microcosm. Man is given the injunction in his learning to first know himself. By so doing, he will come to understand all other things, from the very small to the universal in proportion.

Man has reached far into space with his telescopes in an effort to understand the all-encompassing Intelligence behind the universe. He has focused his vision to the smallest of points, the atom, in an effort to understand the building blocks of that universe. In many ways it seems we know more about all the things outside us than we do about ourselves. The secrets of fire lie hidden in that mysterious something we call consciousness or psyche.

The lesser chakra system holds many keys to unlock our understanding and therefore our consciousness -- thus to know ourselves as fiery Lives. Let us conduct our investigations with joy, with reverence and with a balanced scientific method and come to know our own bodies of fire. Let us further come to know ourselves as a reflection of the greater Cosmos and, in so doing, to know ourselves as one with God. The universe is an open book to all who so dare in the name of Truth.

Fig-23

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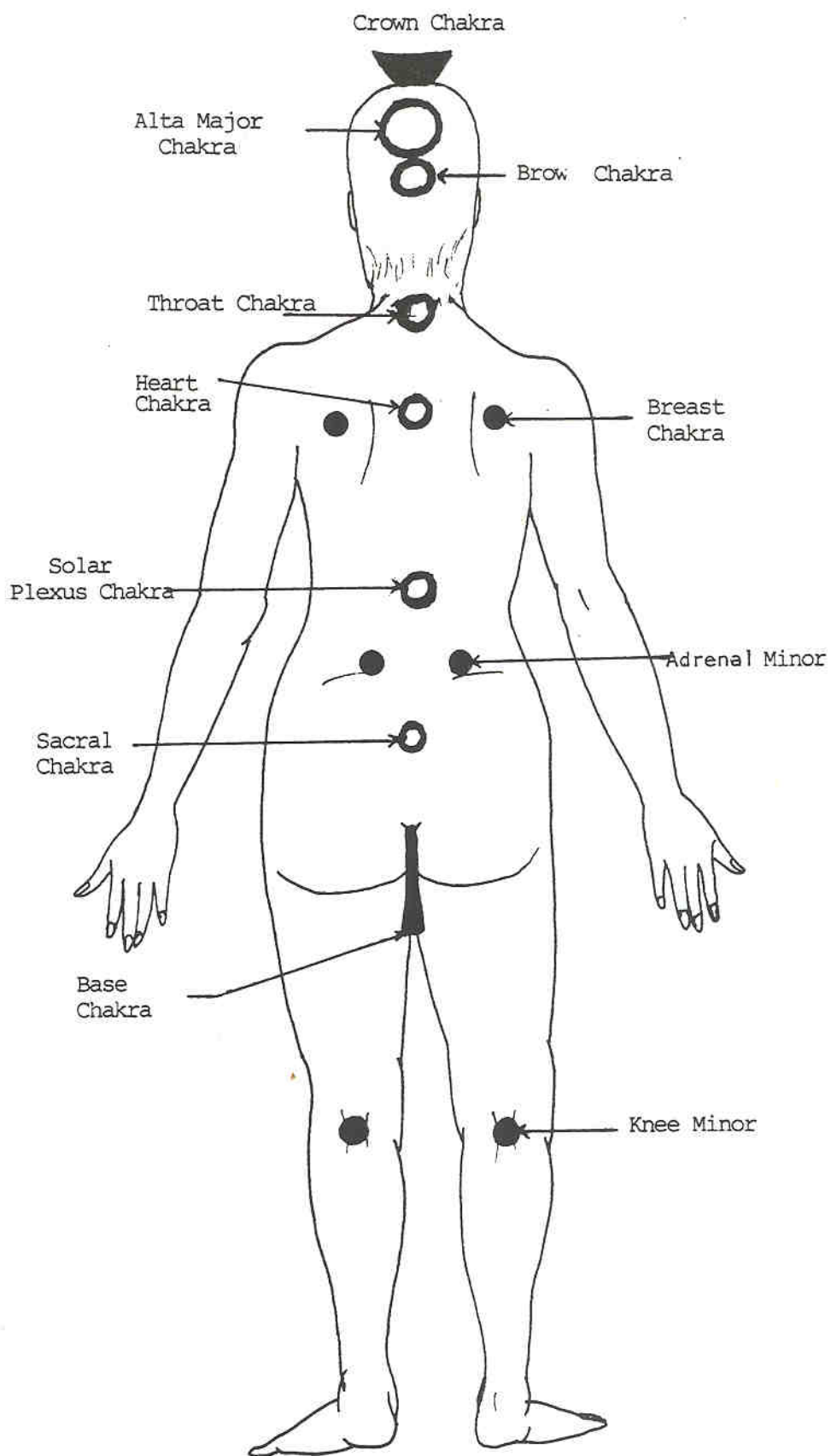


Figure 24