

Archetypal Chakra: Meditations and Exercises for Opening Your Chakras By Arnold

Bittlinger

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NOTES

PART III: THE CHAKRAS AND COLOR**The Symbolic Colors of the Chakras**

1. There are impressive illustrations of these “natural” colors in Leadbeater’s book, *The Chakras* (Wheaton: Quest/Theosophical, 1973).

2. There are more modern books on the chakras that show the colors. One such example would be the recently published **Ashok Bedi**, *Path to the Soul*. **Bedi** has written about the psychological meaning of the chakras and provided lovely modern illustrations of them (Weiser 2000). A discussion of the Indian meanings of the chakras is also in Jung’s lectures, edited by Fierz-Wolff and referenced here. And perhaps readers will also want to explore Jung’s *The Psychology of Kundalini Yoga* recently published by Princeton University Press.

3. J. W. Hauer differentiates between collective symbols, group symbols, and individual symbols; see Linda Fierz and Toni Wolff, eds., *Bericht Ueber das Seminar Prof. Dr. J. W. Hauer. 3–8 October. 1932* (Zurich: Mimeograph



This fascinating book explores the specific nature and symbolism of each chakra, showing that the path of the chakras is the path of self-actualization. The author uses examples from his practical experience to link Jung's...

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I have yet many things to say to you, but you cannot bear them now

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Psychologischen Club, Zurich, 1933), pp. 88ff. The personal chakra colors are "individual" symbols.

Orange—the Polarity Chakra

1. See A. Bittlinger, *Das Geheimnis der Christlichen Feste* (Munich: Kosel Verlag, 1995), pp. 246ff.

Yellow—the Solar Plexus Chakra

1. Ezekial 1:12ff.

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Their tongue is as an arrow shot out; it speaketh deceit; one speaketh peaceably to his neighbor with his mouth, but in heart he layeth his wait

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For I came down from heaven not to do mine own will, but the will of him that sent me

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