The Antidote to Ascension in Modern Times

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Modern times bring new challenges to humanity and staying at peace and connected to source is increasingly difficult. Ancient spiritual and religious texts show and prove the aim of human beings for so long has been to connect with source energy or oneness. Call it oneness, peace, God, or flow, the meaning is always the same. It is a sort of stillness, acceptance and sense of purpose that connects us to universal wisdom and our latent capacities. Modern problems, however, aren't the only issues people must face to achieve this nirvana. Other work must be done. There is a widespread lack of awareness and attention on what I see as the prerequisites of this work. Often these skipped steps are necessary to achieve flow, and I believe that part of this neglect is due to the devaluing of some of the fundamental aspects of this work. This paper explores not only the modern threats to our flow, but also examines how humans must shift their attention and values on the things that will help them achieve flow in a modern-day world.

To be in flow in 2024 for most people means going in and out of flow state, but not being able to stay in flow in a consistent or frequent manner. Flow is when the body is at peace, focused but relaxed, all cells harmonized and "making music". (David Gibson) This is when our bodies are in the prime state for inspiration and innovation. It's a wonderful place to be, if one can reach flow at all; many hardly do. Most people are so anxious all the time, they never achieve flow. Other times stuck negative emotions block the peaceful flow of energy in the body. In any case, people usually reach flow spontaneously or momentarily, like when playing sports, in deep meditation, or in love, but it is fleeting. Staying in flow is a problem as old as time, but modern times bring new threats to our flow. Becoming aware of the current environment that shapes us and affects us so intimately is profoundly important to reach our aim at oneness. Awareness is power and the spark necessary for transformation. We must be aware of the world around us.

Living in a developed city, for example, is one such threat to our flow. Often it means a loss of connection to the natural soil and ground beneath our feet, a disconnect from the natural circadian rhythms of the earth, and perhaps the diminished perception of the Schumann resonance. Beyond the physical aspects of being detached from the natural environment, there is also a perceived disconnect that comes from things like housing instability and homelessness. These perceived threats create uncertainty and other damaging emotions. In the modern world, most people must pay rent and mortgages, and most never pay off the entire debt of their

homes. Most of the time, the land we live on is not assured or promised to us, and even if we pay off a mortgage, we must still pay taxes on the property forever, and are at risk of losing the land we call our home. The world financial crisis is only exacerbating these types of issues.

The world is at war now, yet another crisis. It may not be a modern problem, but it is a current one and the modalities of war are way worse in effect and impact. Nuclear weapons are riddled throughout the earth, causing global uncertainty and anxiety on a mass level. Witnessing war crimes and innocent lives lost is incredibly damaging to the state of our flow. Its near impossible not to cry watching the destruction. If we are not careful, we can fall into the depths of despair and stay there, suffering like so many of us do. But it is hard not to be affected. It is nearly impossible to watch the news without becoming anxious, scared, or simply overstimulated.

Modern media, advertisements and commercials also jolt our natural flow. Ads can make us believe that we need something we do not have or be someone we are not. In the process, inducing in us feelings of emptiness and void, and creating inertia or blockages in our energetic fields. Modern media makes so many of us believe that we are not good enough or should look a certain way that is often impossible to achieve. These impressions affect our flow state because these ideas create negative emotions and feelings inside of us, directly affecting the vibratory state of our being, and taking us out of flow. Flow state cannot exist in a body that is in these lower vibrational states.

The internet, social media and dating sites are also modern modalities that often create disharmony in us, giving rise to emotions such as competition, confusion, and disillusionment. Dating sites breed competition and a sense of hierarchy and merit based on superficial things like appearance and wealth. Sometimes we can't even trust the image we see with advances like editing apps and Photoshop. Dating apps can be detrimental to our flow because they often make us question our worth and make us feel bad. The internet is a culprit in that there is an enormous amount of information in there, and while that's great, it can be overstimulating and confusing. News channels, self-proclaimed experts, gurus, government propagandists and anonymous users are just some entities making their voices heard online and we must decipher the truth. Social media feeds people's egos and creates addictive behaviors that block flow in yet another way.

People work hard in today's world to afford the things they believe they need to be happy and fulfilled. But it's not all about 'keeping up with the Jones', because people of all financial classes are having to work hard, and a lot. What is worse, things like food insecurity and homelessness around the world are severe and increasing in magnitude, even in developed countries. The USA is a good example of this happening where you can observe homelessness increasing throughout almost all major cities. What this means is that most people do not have

time for fun and play. They need food and shelter and are focused on these basic human needs. Yet, fun and play are critical to the health and vitality of our flow. Fun is when the subatomic particles in and around us start buzzing with excitement and the energy in our bodies and spirit starts to magnify and clear of blockages. It is the roadmap to bliss.

Much more is happening on a subtle level, too, and it's also affecting our flow. Emotional attacks on our spirit by way of trauma and abuse is profoundly devastating to our flow. There are so many ways to traumatize a person that it is impossible to count. Modern forms of trauma include modern modalities like the internet to sex traffic children. Trauma has been part of the human condition forever, but modern times have made some forms of abuse particularly insidious like the abuse of power in Hollywood by way of an entire industry and the people who abuse their positions and power to leverage newcomers looking to become famous. This type of hierarchical abuse of power happens in many industries of today, including government agencies and other authoritative systems like law enforcement. These systems of power can block our flow in that they can take away our sense of power and make us feel shame, guilt, wrong, and bad. These emotions are the absolute worst to our flow, particularly shame.

The attack on our emotions and our sense of security is a direct attack on our lower energetic systems, particularly the root and sacral chakras. These are the chakras associated with things like fulfilment, groundedness, connectedness and purpose in life, or not. Without healthy lower chakras, flow is nearly impossible. If flow is possible, it's not for long. This is because the lower chakras are foundational to the activation of kundalini energy. The activation of kundalini within the root chakra is necessary for the maximum use, function and faculties of all other chakras. Additional perks of healthy lower chakras are being a more profound healer, not absorbing others' energy when doing energy work via healthy boundaries and being able to help others instead of needing help.

There is relief to be had, still yet, and we can achieve sustained flow. The antidote to the attack on our flow, particularly on our lower chakras requires a shift in our attention from the upper to the lower energetic systems. We must value our lower chakras just as much, if not more than our upper chakras. There is a misconception that the upper chakras are our direct connection to source and intuition, yet we only get glimpses of the capability and function of these upper chakras unless our lower chakras are healthy and activated. We focus so much on decalcifying our pineal gland and meditating on our upper chakras that we neglect the preliminary chakras, and we believe they aren't as important, even though they must be active for complete oneness, or flow. David Gibson describes this complete oneness as "The flow of kundalini energy through the chakras is a musical flow."

Strengthening the root chakra is prerequisite to attaining flow, not just because it is where kundalini resides, but because it is what makes us grounded, secure and stable. From this

solid foundation we can actually work on the more subtle layers of our energetic bodies. In a world that is constantly bombarding us with information and sensory experience overload, we must constantly be aware of our physical and energetic bodies and put effort into staying grounded. When the root chakra is out of balance, we can feel unstable, unsafe, and anxious. Healing modalities like listening to instruments such as gongs, bass and cello are very effective in grounding. Wearing red and brown colors is also grounding. Putting bare feet in soil is especially grounding.

The sacral chakra is also highly impacted by modern times because the sacral chakra is the energetic center of emotions and feelings. The pervasive negative emotions people feel today often reside in the sacral chakra. Negative emotions are extremely harmful to this chakra and throw it out of balance. This energy center governs our five senses, so it is who we are at our essence and how we interact with the world. The overstimulation and desensitization of our senses with things like porn, video games, reality TV, and online gambling is impacting our sacral chakra and our flow, tremendously. Modern physical substances like hormone replacements and puberty blockers are also affecting the sacral chakra and throwing it out of balance.

There are many ways to activate and heal the sacral chakra. Trauma and karmic clearing are a powerful way to vitalize the sacral chakra because this is where trauma and karma are typically found in our energetic bodies. Setting healthy personal boundaries is another important method to heal and vitalize the sacral chakra. Releasing stuck emotions is highly effective in clearing and activating the sacral chakra, as well. Meditation, toning, and the mantra "VAM" is effective. Sensual exploration like aromatherapy and mindful eating are great, too. Choosing joy over productivity is a practice that is healing to the sacral chakra and should be applied as often as possible. Being aware of our sacral chakra and valuing it is of utmost importance. Lastly, knowing all other energy systems that affect our sacral and root chakras is helpful to our healing and getting us into flow.

The sacral chakra and the root chakra are energy systems that have other energetic systems in common. When working on the root and sacral chakras, it is important to be aware of the other energetic fields that surround, interact with and affect the two lower chakras. The first of these energetic systems in common is called Tamas. "*Tamas guna* is one of the three energetic qualities of the universe. The name comes from the Sanskrit, *tamas*, meaning "darkness," "illusion" and "ignorance," and *guna*, meaning "quality" or "attribute." Tamas guna is the quality in the universe that obscures higher consciousness and the unity of life." What is Tamas Guna? - Definition from Yogapedia. Tamas Guna's qualities take birth from negligence, delusion, and ignorance. Tamas Guna (State of Inertia): Identify Its Dominance & Get Rid of It - Fitsri Yoga Being an energetic field so closely attached to the physical body, it interacts with the

energetic flow of the lower chakras. Becoming aware of our ignorance, negligence and delusions is a direct way of clearing tamas energy.

The two lower chakras also share an energetic field called Annamaya. “The *annamaya kosha* is one of the five layers of awareness that veil the *Atman*, or true Self. Discovering each layer is believed to bring the individual closer to oneness with the universe and the true Self. The annamaya kosha is the outermost *kosha,* or layer, that feeds the physical body and sustains the other koshas.” What is Annamaya Kosha? - Definition from Yogapedia. The annamaya energetic layer is located around our skin, being the outermost kosha energy level. This energy field is connected to our sense of survival, similar to the root chakra. It feeds the physical body and sustains all other koshas.

The sushumna is another energetic field that is closely tied to the lower chakras. It is one of three energetic channels or *nadis* that reside at the base of the spinal column between the ida nadi and the pingala nadi. This energy channel is the channel that supports the flow of kundalini that resides in the root chakra. “In the average individual, prana flows through ida and pingala, but not through sushumna, this nadi ordinarily being blocked at the base of the spinal column. Then, having opened up the sushumna nadi, the yogi rouses the sleeping serpent at the muladhara chakra and guides this tremendous energy upward along sushumna, piercing the six chakras, to the seventh chakra, the sahasrara, which is represented as a thousand-petaled lotus at the crown of the head. This arousal and ascent of the latent kundalini energy and its merging in the sahasrara is synonymous with the union of *shakti* (cosmic potency) with *shiva* (cosmic consciousness). With this union the yogi achieves liberation from all miseries and bondage. He thus merges his individual soul, *atman,* with the cosmic soul, *Brahman”.* The Flow of Prana: Nadis, Chakras, and Kundalini – Himalayan Institute Online. The location of the sushumna and its proximity to kundalini and the lower chakras is very intimate, so working on the lower chakras means tending to the flow of sushumna energy is just as important.

One certain energy system that might be the most interesting and beneficial of all in terms of helping vitalize the lower chakras is brahma granthi. This is yet another energetic system that the two lower chakras have in common. “In yogic philosophy, *Brahma granthi* is one of three main blockages in the body's energy system. It is also considered a spiritual blockage. The term comes from the Sanskrit, *granthi*, meaning “knot,” and Brahma, which refers to the Supreme Spirit. It is also called the perineal knot. Brahma granthi blocks the *muladhara* (root) and *svadhisthana* (sacral) chakras. This granthi is created by common earthly concerns such as worry about food and shelter, fear of death, worry about health issues and a general lack of grounding. What is Brahma Granthi? - Definition from Yogapedia. These blocks are unconscious fears, complexes, human conditioning and are tied to the fight flight response or being in

survival mode. The fact that this energetic block affects the root and sacral chakra together, makes healing both chakras more convenient and the work focused.

To unblock brahma granthi, awareness of its existence is key. Then, asana, pranayama, mantra, and mudras are extremely effective in piercing this energetic knot and achieving flow. If asanas are used, which are specific postures or poses, then tadasana, sukhasana and Vrkasana are ideal because they are grounding. Tadasana - Mountain Pose — Yoga Alignment Guide. Pranayama is another healing modality using breath to run energy in the body. For grounding the energetic body, nadi shodhana which is alternate nostril breathing and sitali pranayama are specifically used to ground the body through breath work. Sitali Pranayama (Cooling Breath): Steps, Benefits & Precautions - Fitsri Yoga Nadi Shodhana Pranayama (Alternate Nostril Breathing): A 101 Comprehensive Guide | BodyMindQuest. Mantras, which are sacred utterances of words, sounds or syllables are hugely beneficial to the lower chakras and untying the brahma granthi. Mantras like 'I am safe' are grounding and healing. Mudras, which are hand gestures, can also be used to ground the body, mind and spirit. One excellent for the brahma granthi is called prithvi mudra and is extremely stabilizing and calming to the energetic body. How to Do Prithvi Mudra: Benefits, Precautions, Side Effects - Fitsri Yoga.

Modern times create disharmony, yet the world is good. We must focus on what is good, while being mindful of our environment and our physical and spiritual bodies. All change and transformation start with awareness and focus. Focusing our attention on how the world is affecting us so that we can create healthy boundaries is crucial. Focusing our attention on our lower chakras and learning to value the lower chakras just as much, if not more than the upper chakras is a path to finding flow. Only when we have all the chakras in balance can we reach sustained flow. Awareness is power. Focus is everything.