

SPIRAL OF ASCENSION



I wrote this book to present the knowledge of chakras in a clear, accessible, and practical way. The focus is on the universal psycho-emotional aspects that are reflected in every person. The book serves as introductory material, preparing the reader for more in-depth research within the framework of an upcoming series.



My methodology offers a logical and concrete framework that helps systematize fragmented information and build a comprehensive vision of the energy structure through easily comparable and applicable examples and practices.

7th Chakra: Liberation, infinite energy, spirituality, inspiration, enlightenment, union with the entire Universe.

6th Chakra: Intuition, insight, objectivity, strategy, intellect, insight, and psychic powers.

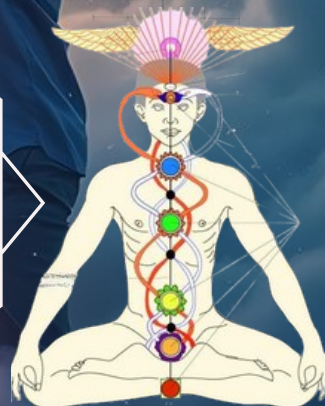
5th Chakra: Expression, vibration, truth, purity, manifestation and authenticity.

4th Chakra: Love, compassion, morality, philanthropy, unification, balance between spirit and matter, masculine and feminine energy.

3rd Chakra: Personal power, will, self-esteem, progress, motivation, ambition and discipline.

2nd Chakra: Creativity, sexuality, change, movement, adaptation.

1st Chakra: Vitality, survival, physical body, initiative, relaxation, resilience.



Author: Georgi Ranchev, 2025.



The knowledge of chakras is like an ancient map that reveals how to simultaneously handle the spiritual, the material, and the psycho-emotional. They serve as a bridge between the visible and the invisible, and the nervous system stands on the threshold between the two dimensions.

Nerve impulses that travel through the spine reach every part of the body in the form of a measurable electrical current. On the other hand, prana is an even more subtle energy that cannot yet be measured, but it governs spiritual processes. This connection between the physical and the spiritual can be understood through the analogy between the nervous system and energy channels (nadis). While nerves conduct electrical impulses, the chakras and channels move prana, creating harmony between the material and the spiritual. The word “chakra,” which in Sanskrit means “wheel,” has an interesting parallel with the Bulgarian word “chakruk,” also meaning wheel. Healers, known as “chakrukchii,” restore balance in the body by adjusting the spine and joints, facilitating the flow of nerve impulses. This shows the connection between the physical and the spiritual, which is the basis of energy balance. Raising the vibration is not linear – each new awareness expands consciousness, opening up new horizons. This process can be accelerated through yoga, chiropractic, and awareness of the psycho-emotional aspects that deepen understanding of oneself and the world.

Chakras are a powerful concept that I have been exploring for years. I have observed how their aspects manifest in me and others on all levels. This knowledge is often dismissed lightly – some know-it-alls only get to the tip of the iceberg, wasting it after two or three articles on the internet, while others even cross it out completely. This is not just a loss, but a real tragedy. That is why I am trying to make it accessible so that it can reach more people.

Personally, for me, one of the most convincing proofs of the effects of working with the chakras was the regular use of an aura camera and bioptrons (for color therapy), provided by Stoycho Georgiev. Thanks to these tools, I was able to observe in real time how emotions and thoughts affect the aura and the state of the chakras. Years of working with these devices have strengthened my confidence in the accuracy of the observations.

Each page in this book is illustrated in the color of the corresponding chakra, and the images help to absorb new knowledge both logically and intuitively. In this way, harmony is created between the two cerebral hemispheres. Each chapter reveals a new aspect and includes examples and practices that help to understand and integrate the information into everyday life. This is an invitation to discover how harmony in the chakras can transform your life from the inside out.

REFLECTIONS ON THE CHAKRAS AND THEIR IMPACT



Chakras are a universal system that reflects the balance between body, mind, and spirit. They are not a means to achieve supernatural abilities or demonstrate "secret knowledge," but a practical tool for deeper self-knowledge. To achieve true harmony, it is necessary to work on all chakras simultaneously, not just those that seem "blocked." A small change in thinking or behavior, even in a seemingly insignificant area, can unlock unsuspected aspects of the personality and cause a transformation comparable to a "quantum leap." To achieve true harmony, it is necessary to work on all chakras simultaneously, not just those that seem "blocked." When we ignore one aspect, we deprive ourselves of the opportunity to develop another. For example, developing empathy in the fourth chakra supports listening, which is governed by the fifth chakra. This skill improves communication and opens up space for the perception of new ideas and a deeper understanding of other people's points of view. Ignoring this interconnection often leads to inefficiency and delays development. Moreover, "meditation" essentially means contemplation, not necessarily sitting with closed eyes and visualizing figures of light. True insight comes through conscious observation of oneself and the world and deep reading, reflection, and inner dialogue – not from expensive courses, elaborate rituals, or physical withdrawal from everyday life. The development path also includes understanding and accepting one's imbalances as a springboard for growth. Instead of covering them up, facing the shadows, understanding their origins, and transforming them without creating a superficial illusion of perfection is necessary. Progress in working with the chakras is available in every moment, here and now, through conscious observation of daily reactions – both our own and those of others – and of what is happening around us. This process requires objectivity and a willingness to draw wisdom from every situation. Thus, growth becomes a smooth and natural process that follows the flow of life and leads to inner integration.



1. Choosing affirmations and memories

Select affirmations that resonate most strongly with your current needs and goals. Focus on one or more chakras, depending on your goal. If you wish, create personal affirmations entirely tailored to your aspirations. In parallel, select high-vibrational memories from the past corresponding to the aspects of the chakra you are working on. If you do not have the appropriate experience, visualize a person or situation that reflects the desired qualities.

1. Recording and organizing

Write down your affirmations and memories in a journal, on a piece of paper, or on a digital device that is easily accessible. Organize them into folders or categories according to your chakras. Create audio files of your chosen affirmations to listen to when needed. For greater effectiveness, combine your affirmations into logically arranged texts with positive thoughts.

1. Practice visualizations and affirmations

Sit comfortably, close your eyes, and recall the selected memories, focusing on details—colors, faces, sensations. Try to feel the emotions these moments brought you and combine them with affirmations. For example, “I am grateful for this opportunity” or “I appreciate the support I received.” This combination activates the left brain hemisphere (logic) and the right (creativity), enhancing the effect.

1. Inclusion in everyday life

Repeat the affirmations morning, afternoon, and evening. Read or recite them alone or mentally during in-between moments – in transport, in line, or when you have no other commitments. Gradually, these thoughts will integrate into your consciousness.

1. Diversity and adaptation

Use different memories and affirmations with each meditation to keep the practice fresh and inspiring. Add new elements to the affirmations, adapting them to your changing needs and goals.

1. Reminding and maintaining motivation

Over time, use affirmations and memories to lift your spirits. When you doubt yourself, recall moments when you overcame difficulties or were in a state of positivity and success.

1. Be consistent.

Practicing affirmations and visualizations requires patience and persistence. Don't expect results, but watch yourself and the world gradually change.

ACTIVITIES FOR DAILY PRACTICE

The tasks I have included in the book are a variety of activities that can easily be incorporated into the routine of daily social life. They are not strictly spiritual practices but small actions and initiatives that help open and activate certain chakra qualities. These suggestions are easily applicable in everyday life to stimulate the development of the chakras through ordinary social interactions.



The tasks are flexible, allowing you to choose the most suitable for the chakras you want to work on. You will notice positive changes when you practice them regularly, even through simple, fun, and valuable actions. This approach allows you to integrate awareness and learning about the chakras smoothly while continuing to lead your everyday lifestyle. Engaging in lengthy and exhausting practices, rituals, or ceremonies is unnecessary. You will be able to upgrade yourself on a psycho-emotional, physical, and spiritual level. So, through daily and light activities, you can progress in balancing the chakras with minimal effort but with maximum results.

FIRST CHAKRA - MULADHARA (ROOT CHAKRA)

Associations

Physical body, material well-being, abundance, security, grounding, connection with nature, kundalini, initiative, desire for life, physical presence, attitude towards material possessions and money.

FIRST CHAKRA IMBALANCES

Possession Addiction: Self-worth is tied to material possessions. Owning valuable items brings pride and a sense of superiority, but without them, feelings of inferiority, envy, and shame arise due to constant comparison with others.



Lack of Stability: A persistent need for change or escape, an inability to settle down, or difficulty maintaining stable relationships. Fear of commitment creates a lack of grounding and prevents the formation of deep roots in life.

Fear of change: Difficulty adapting to new circumstances and stepping out of your comfort zone, even when necessary.

Distancing from Nature: A preference for technology over natural environments, fear of natural disasters, and aversion to insects or animals. This leads to a growing sense of alienation from the natural world.



Difficulty Relaxing: Persistent tension and an inability to unwind, often accompanied by the feeling of being trapped or unable to move forward.

Detachment from Family: A weak sense of connection to the family environment or difficulties in forming stable relationships with parents and ancestors, leading to a sense of isolation.



Fear-Based Justification: A tendency to use anxiety as an excuse for inaction or avoidance of change. Influenced by the media, doctors, or sensationalist articles, fear becomes a tool for self-deception – you easily convince yourself that apocalyptic scenarios such as pandemics, wars, or economic crises are reason enough to stay in your comfort zone.

Security Obsession: Excessive fear of potential threats and the need to create protection for the home and personal space. Installing surveillance cameras, alarm systems, reinforced doors and locks. A person watches the cameras, even for no reason, and feels anxiety at the slightest noise or movement.

Musculoskeletal: Scoliosis, knee problems, weak bones, muscle weakness, flat feet, discopathy, lordosis, kyphosis. Lateral pelvic tilt. Frequent traumas, injuries and accidents.

Organs and systems: Problems with the circulatory system, adrenal glands, prostate, anus, hemorrhoids, constipation, gout, colon.

The feeling of lack: You lack resources, whether money, security, or material comforts. Worrying about possible future shortages can prevent you from enjoying the present and maintaining constant anxiety even if you're financially stable.

Hoarding: Inability to part with unnecessary items. Accumulating items in the home leads to chaos that clutters both space and thoughts.

Fixation on food: Obsession with choosing the “perfect” foods, counting calories, and strictly following diets, accompanied by excessive attention to the composition, quality, and impact of each meal on the body.

Crisis resilience: Lack of ability to cope with difficulties and stressful situations. With every problem, you panic or lose control of your actions.

Difficulty accepting your body:

Constant thoughts about your appearance, whether you are in good physical shape, and what you need to change to look or feel better.

Hypochondria: Constant anxiety that you are suffering from a serious illness, despite the lack of medical evidence. Frequent visits to doctors and numerous tests, which lead to unnecessary expenses that slowly but surely ruin you.



MULADHARA DOMINATING

People with a dominant Muladhara are extremely focused on security. They don't just think about personal and family safety – they literally obsess over it. Imagine a person who has installed surveillance cameras in every corner of their home, even though they live in the safest neighborhood in town. This person not only insures their car, but they have policies for every possible natural disaster, theft, or accident. Every month, they carefully monitor their investment portfolios, long-term savings, and retirement savings, calculating every expense and income with precision down to the last penny.

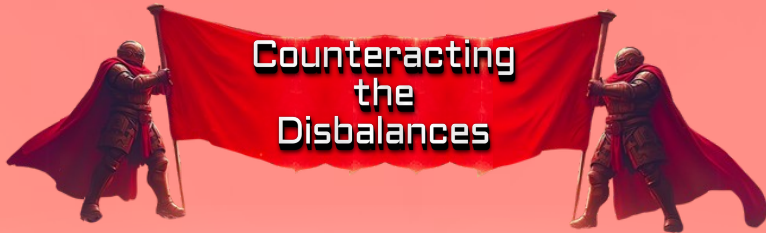


While a carefree person can afford a little extravagance, these people carry a thermos of coffee and a homemade sandwich with them to avoid spending money at the coffee shop next to the office. An example of a person with an extremely dominant Muladhara is someone who prefers to wait for the tram on a cold winter night instead of catching a taxi, even though they have enough money. For him, every leva saved is a victory, and the pleasure of the moment is secondary. You can recognize such a person by his old coat, mended countless times instead of buying a new one because it is more economical. They live in constant stress, trying to predict and control the future. Instead of enjoying spontaneous experiences, they plan everything with military precision.



Even their vacations are programmed down to the last minute, from pre-booked museum tickets to meticulously organized walking itineraries. If you have a friend who has safes for everything from money to family heirlooms, and several types of alarm systems in their home, they are probably a Muladhara dominant person.

Additionally, such a person would avoid risky activities, such as skydiving, because for them safety is paramount, even at the expense of interesting experiences. These people are so obsessed with security and economy that their lives often become boring and predictable. But if you are looking for advice on saving or insurance, they are your people!



Counteracting the Disbalances



Superiority based on material status: Hang out with wealthier people to understand that there is always someone with more and that material possessions do not make you “masters of the world.” This will help you reduce your arrogance.



Inferiority due to lack of resources: Surround yourself with people who value intrinsic value over material things to understand that self-esteem doesn't have to be based on material things. Focus on qualities that are truly meaningful.

Minimalist lifestyle: Regularly review your possessions and get rid of unnecessary items. Donate them to people in need.

Investing in experience or knowledge: Invest in experience and knowledge because they last a lifetime. Instead of buying things, direct your resources towards activities that bring you true satisfaction.



Initiative: Step out of your comfort zone and challenge laziness by doing something that doesn't require planning or long preparation. Clean up the area around your home or visit a nearby historical site. As a micro-adventure, go in a random direction to discover something new. Challenge yourself with a little physical effort – do 20 squats or a short workout. The important thing is not to wait for the “perfect moment” – initiative starts here and now.



Home Enhancement: Make the space you live in cozy and personal by adding decorations that bring you joy, such as flowers, photos, or objects with symbolic value.



Balanced diet: Focus on an even distribution of macronutrients (fats, carbohydrates, proteins) and micronutrients (vitamins, minerals).

Harmonious training program: Combine cardio, fitness, stretching and recovery for optimal balance.



ASPECTS

INITIATION FOR CHANGE THROUGH LIFE'S EXISTENTIAL SITUATIONS

If you've ever wondered why serious upheavals suddenly occur just when your life is at its most peaceful and comfortable, it's usually a sign of stagnation and the need to learn an important lesson. These crises serve as catalysts for spiritual growth, especially when we've become stuck in one place and refuse to grow. Kabbalah explains this process through two main paths of growth: the path of Torah and Mitzvot and the path of pain.



The path of Torah and Mitzvot is not always easy or comfortable. It often involves self-chosen existential crises in which we consciously face difficulties to accelerate our growth. This may manifest itself through the imposition of discipline, brutal spiritual practices, or the clash with new concepts,

that shatter our old views on life. We plunge into the unknown and take on challenges to change ourselves by our choice instead of waiting for crises to force change on us. The path of pain, on the other hand, manifests itself when we refuse to evolve. In such a case, the Universe subjects us to “treatment” and re-education – through difficult lessons (Slaps). From minor problems to serious accidents, illnesses, or losses, fate forces us to rethink our direction. These challenges are necessary for evolution, but their price is much higher. They come just in time to wake us up and remind us that if we do not change ourselves, fate will take care of it – in its own, often unpleasant way. Therefore, it is wiser to choose the path of conscious search and discipline, challenging ourselves. This way, we can avoid difficult lessons and embark on a smooth and conscious path to spiritual development.

