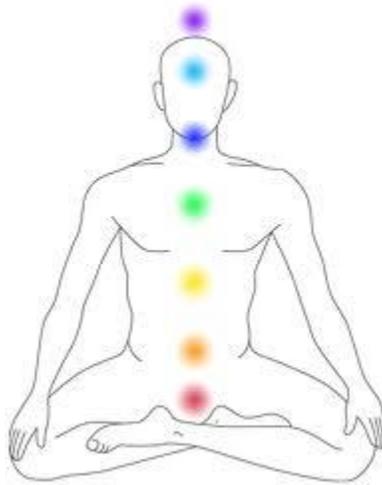


NINE GATES MYSTERY SCHOOL Description of the Gates (Chakras)

By: Deborah Jones



Why use the chakras as the framework? Each chakra represents a specific band-width of vibration which influences how we receive and respond to life -- how we think, act, and relate to the world around us. When our energetic body is fine-tuned, with access to the full vibrational spectrum that we truly are, our world looks different to us and our life significantly changes... because we change how we relate to life. We move from being a pawn of the whims of our emotions and reactive thought patterns, to possessing levels of mastery which flow from a cultivated interior peace and deep compassion.

Anodea Judith writes in her book *Eastern Body, Western Mind* that, “Each one of the chakras (the gates) reflects a basic, inalienable right. Loss of these rights blocks the chakra. Reclaiming these rights is a necessary part of healing...” In other words, when each chakra is optimally functioning, we are no longer diminished through the denial of our fullness, and thus reclaim the wholeness of ourSelf.

The journey through the chakras and the unique vibration of each, is an embodied experience that when undertaken and completed is similar to the God-Man teachings of all ancient wisdom traditions. This God-Man (the Divine Human) is our birthright – the birthright of awakening. Thus Mystery School begins with second birth and progresses gate by gate (chakra by chakra) through the human energy system straight up the spine to death, the realization of our non-dual existence, and resurrection.

- The **first gate** is about willingness to be embodied, free of aversions and prejudices related to our bodies. It's about understanding the body carries its own innate wisdom not contingent upon the thinking mind. When this innate wisdom awakens, the body becomes a vessel into which

consciousness (shakti) pours metered by the cultivated capacity within the physical body to hold higher, more refined energies. The first gate is about opening to the rhythms and cycles of nature, of the Earth, of the heavens, of our own bodies, and the direct emergent knowing that they are all interwoven together as a symphony of vibration.

The first gate energetically states the reclaimed right: ***I am Here. I have a right to feel safe in my body, free from aversion and resistance. I choose this life. I choose embodiment. I choose now. I am Here.***

- Once we experience a sense of safety, knowing we have the right to be here in these bodies, we can effectively reach out to others and the world (**second gate**) without the need to either dominate or conform. We understand we are not separate from the other, and the collective is not only a source of support, but in that collective we can be nourished as well as challenged to grow. The second gate is our center of creativity and the store house of our powerful creative (sexual) forces.

The second gate energetically states the reclaimed right: ***I am connected to the rhythms and cycles of life and everything around me. Through this connection, I am supported by all I open to, and nourish in return. My creative life force is available to me. I stand in my truth. I am connected.***

- Feeling the power of connectivity, support of a communal spirit, and our ability to use our creative life-force as a tool of transformation, we can open the door of the **third gate** – a doorway into the emotional storehouse of our egoic present personality. Our experiences and resultant “wounds” create reactive response patterns fueled by “stories” we tell ourselves about who we are. These stories generally present a self-diminished version of our true essence, or an over-inflated version of ourselves conceived to mask our insecurities and pain. At the third gate, we can make friends with our emotions, take off our masks, and experience when Will is aligned with a clear intention free of obscurations, we become effective co-creators in our lives.

The third gate energetically states the reclaimed right: ***My will and Thy Will are aligned. I am an active manifester of my life. I am liberated from the wounds and stories which disguise my Essence and diminish who I truly am. I move into the world as a conscious co-creator, sourcing from the place where my will is in direct alignment with Thy Will.***

- The self awareness that arises from working in the first three gates/chakras, is the foundation for being able to open the heart and

sustain a stabilized heart field while engaging in life. When the first three gates are activated (or the individual has at least engaged in personal experiences of the positive energy of each), we can approach the heart (**gate four**) grounded, secure, able to connect with other without contorted needs. We can sense our connectivity with the world, aware of how we compress or distort our Essence while allowing our emotions to control us rather than embracing the energy as an undefined source of power for creating our lives. Approaching the heart in this way encourages the heart to open to an integrated Truth, and we discover in our own bodies that the Love, the Lover, and the Beloved are truly one...and that One is far more than we can image.

The fourth gate energetically states the reclaimed right: ***I am the Love, Lover and Beloved. I am not afraid that if I open my heart I will be overwhelmed by the pain of the world. I stand strong in the knowing that the Love of the Universe flows through me. I am that Love, I am the Lover, and I am the Beloved in ceaseless movement Toward the One.***

These teachings and experiences form the foundational pyramid of Part I of the School.

In Part II, the journey continues into the higher vibrations, building the inverted pyramid of expansion.

- The **fifth gate** of Mystery School is called the high heart. At the fourth gate (the lower heart), love may still be experienced as more personalized, with a sense of a separated "I" that is loving. Until the low heart and high heart are experienced as differentiated yet not separate, the low heart can represent a subject / object orientation of love. At the passage of the high heart, this subject / object (you / me) perspective entirely shifts. The unobscured, undivided heart becomes a very unique organ of perception, and one's world view shifts dramatically. The high heart is the turning point where form and spirit reside in equanimity. Out of this union emerges a quiet joy and devotion which knows stillness as celebration.

The fifth gate energetically states the reclaimed right: ***In my interior stillness I stand as a bridge between heaven and earth. I am rooted in both form and formless, yet bound by neither. I am human and God – non-dual, not separate. The chalice of my high heart receives and overflows with the Wisdom of Divine, Unconditioned Love.***

- The sounds we create with our voices have the power to harm or heal – to destroy or create. Whether through a tone or a word, the energy of the

throat (the **sixth gate**) when used unconsciously separates and divides. Yet, when used with awareness and attention, the throat becomes a tool for healing, for greater clarity and intimacy. Speech, when engaged consciously, becomes a high form of interpersonal meditation with another. The throat is energetically connected to the second gate, the belly center. Both are centers of truth. An open, free flowing second chakra energy lends power and connectivity to communicating effectively. And an open throat (as is taught in certain other esoteric teachings) is an organ of procreation. Pulling through into this gate the foundational teachings/experiences of the five lower gates allows for a free expression of feelings and needs without judgment or verbal violence.

The sixth gate energetically states the reclaimed right: ***My voice is a healing instrument in this world. Each sound I make can either do harm or restore harmony. I choose to use my speech as an invitation into wakefulness, speaking my truth, healing with my words. I am a healer. My voice is my healing instrument.***

- The third eye (**gate seven**) opens a doorway to other worlds -- the world of intuition, other ways of knowing, communicating with our guidance and the spirit world, and seeing what is normally unseeable through the physical eyes. The energy center of the third eye opens us to exploring and knowing ourselves as unbounded by fixed ideas of reality. In the Mystery School journey, working at the third eye is also preparation for dropping the body, for experiencing ourselves in Spirit... preparation for death, and for transcending death. Without working at the lower gates first, developing a strong embodied awareness, intensely working at third eye could cause students to leave their bodies without being able to return to a grounded state of awareness, or leave them with a strong desire to not be in form. The third eye is an energy center of both transcendence and integration. When approached with embodied wisdom, all that is available in the unseen realms springs into sensorial experience and can then be used for great benefit in our spiritual development... and in channeling that wisdom into this World.

The seventh gate energetically states the reclaimed right: ***I see into the unseen realms, beyond perceived reality. My "vision" is limitless. My wisdom extends beyond what can be seen with my physical eyes, heard, felt, sensed in my normal state of awareness. My intuition informs my embodied knowing. I am alive in all worlds, seen and invisible.***

- **Gate eight** is the gateway into the bardos of death and dying. The entire Mystery School journey teaches the importance of letting go – letting go of

all false notions of self, of other, and our perceived reality. Through our cultivated interior stillness, we can approach death as another passage, knowing that the vibration at which we leave our bodies during the dying process strongly influences our experiences after death. And we become acutely aware that at the moment of death the only thing we truly have is the quality of our consciousness. From that knowing springs an even deeper wisdom -- that the only thing we truly have at *every moment* is exactly the same thing; the quality of our consciousness. The experience of this truth calls us to live and die into every moment--aware, without cling, without aversion, alive, vital, with my will in alignment with Divine Will, in compassion, in equanimity, with a non-polarized understanding of human life and Divine existence. Death no longer is our trap but our gateway to liberation.

The eighth gate energetically states the reclaimed right: ***I am connected to the infinite unbounded by form. I know physical life as an impermanent state of being, thus freeing me from the fear of death. I surrender into the ultimate Letting Go of the need for form... thus accessing the infinite form. I am connected to the infinite.***

- Something ineffable survives death -- not our body, not our present personality, not our outer attainments, no idea of self. And that Something continues. At **gate nine** we come to understand that death is a leap into the Infinite from which we came. Yet, once seen as that Infinite Source, we know it's a Source we never left. All ideas of me and you as being separate, ideas of man and God as being separate, all thoughts or beliefs that reality exists independent from my mind's interpretation of a subject / object orientation fold into the ultimate reality of non-dual Consciousness. I look into the mirror and its God's eyes I see looking back. I see myself in every no-thingness. I am here, yet unbounded by any "hereness". I am free to choose what birth or no birth serves. I am liberated!

The ninth gate energetically state the reclaimed right: ***I Am the Infinite. I Am. There are no boundaries between the perceived me and the truth of my non-dual Self. I source beyond all constructs of subject/object difference. No boundaries exist. I Am That. I am here, yet unbounded by any hereness. I am Liberated.***