

THE GATEWAY TO RELEASE

In a new series of articles, acclaimed lecturer, teacher, counsellor and healer Lilla Bek gives a fascinating new insight into 21st century life. The articles are timed to coincide with the publication of her latest book, *Chakras and Colours: Using the Potential of Colours in Daily Life*. Currently available in German¹, the English edition is eagerly anticipated by Lilla's thousands of readers. The new book begins with a fascinating account of Lilla's own experiences, and her own lifelong journey of discovery. It then builds on her previous studies, developing her understanding of the importance of colour, and the centrality of the chakra system for health and wellbeing.²

This first article, *The Gateway to Release*, focuses on the concept of a Transformer, available to all, which we can activate to release negativity from the system. Lilla describes her excitement at this new insight, and how it develops her perceptions of the Chakras further, building on her previous studies, and taking them to a new level.³ Throughout this article, Lilla has not used the word "Kundalini", preferring to focus on the effects of Fire Energy. This would previously have been described as kundalini. Now, however, this energy is experienced as a cleanser or booster rather than in its true form which is the epitome of spirituality. Lilla feels the word Kundalini is sacred, and she wants people who have experienced it in its real form to realise that they are exceptional.

After a lifetime of research working with the many levels and complexities that create the human condition, I have discovered a simple truth to help alleviate the thread of suffering that manifests so constantly in mankind. "I am quite simply sitting on the solution!" Do we need to suffer the anger, frustration, and fear brought about by the present world situation? The anger, frustration and fear highlighted in the media? Or do we already have methods of release within us, built into our subtle energy systems, which allow us to transcend and release the problems? Yes, we do!

Initially, I focused on the energy which animals have in the area of the tail. I saw that, within the coccygeal area, sits a unit which is below the Base Chakra, and which acts as a conductor to transform negative energy into positive energy. A **Transformer**. This was my revelation! It was also the beginning of another challenging journey of discovery. During my research, I realised that this Transformer, linked with the tail area in animals, was also present in the human energetic system, below the Base Chakra. I have been sitting on it all my life, and I haven't really considered its purpose! I hope that everyone who reads this will feel nurtured by this Transformer, and secure in the knowledge that we sit upon a lifetime enhancer.

¹ Chakras und Farben: Die Kraft der Farben im Alltag nutzen by Lilla Bek and Anita Offik

² The Seven Levels of Healing by Lilla Bek and Philippa Pullar, and To The Light by Lilla Bek with Philippa Pullar

³ What Colour Are You: Way To Health Through Colour by Annie Wilson and Lilla Bek; What Number Are You? by Lilla Bek and Robert Holden; The Seven Levels of Healing by Lilla Bek and Philippa Pullar; and To The Light by Lilla Bek with Philippa Pullar;

There is something very special about sitting on a small Transformer. It demonstrates perfect engineering. Our bodies have evolved, and will do a good job if we let them. The Chakras are part of an etheric body, which has also evolved, and has mechanisms built into it for releasing all negative emotions. I want to share the excitement that I felt with you, when I recognised that we have an addition to this system – the Transformer, the gateway to release.

The location of the Transformer

Your body releases waste through your guts, through the large intestine area. Food is taken into the body through the mouth, and moves down through the digestive system into the guts. Nutrition is absorbed during this process, and waste matter is released through the intestines and out of the body. In the same way, you have an inbuilt system for dealing with negative energy, moving through the entire body and releasing through the chakras, and through the Transformer.

Imagine your system is like a bottle, standing on its flat base: an alchemy bottle. Inside the bottle, you can see specific layers. Each layer has its own particular characteristics and mechanism for releasing negative energy in the same way as your physical system releases waste matter. The topmost layer, just below the neck of the bottle, is Ether. Below it, is the Air layer. Below Air is the Fire layer, then the Water layer, and finally the Earth layer at the base of the bottle. The Transformer is located at the very base of the bottle. Imagine a flat cork, like a bung, at the bottom of the bottle. This is your Transformer – an additional release mechanism below the Earth layer. The Transformer, corresponding to the cork in the bottom of the bottle, offers another means of dealing with negativity which has passed through the chakra system, and which would otherwise remain stored in the Earth layer. It transmutes and transforms the negative energy, and helping you to release it when you want to.

Blockages in the Transformer

The chakra system and the Transformer can become blocked if you do not release negative energy, just as your physical body can become clogged with waste if you are constipated. Releasing this negative energy is vital. Each layer has a means of release, working down through the chakras from the top to the bottom. The negative energy can be released at any point in its journey down through the chakras from the Ether layer to the Earth layer. You can release this negative energy while it is in the Ether layer by prayer and meditation. If it

moves down to the next layer, the Air layer, it can be released by talking about your problems – by airing them. However, if you continue to ignore it, the negativity passes on down through your system to the Fire layer, where it generates anger if it is not released. If it passes down to the Water layer, the anger generated in the Fire layer heats the Water, and you become emotionally high. Finally, if you do not know what to do with this negativity, you Earth it, storing it in the lowest layer of your “bottle”. Storing negativity in this way causes the Earth layer to become dirty. So it is clear that these layers are linked, and affect each other.

The origins of the Transformer and its function

So, we have looked at the location of the Transformer within the chakra system. It is important to understand the significance of its place in relation to the physical body as well as in relation to the energetic system. We can see this most clearly by looking at parallels with animals, as this demonstrates how this specific energy works. The Transformer has strong links with nature. Humans are still more than 90% animal, so our links with nature in all its forms remains strong. Think about tails in animals. In a fish, the tail is for propulsion. In land-based animals, it is about balance, but it is also about release. An anxious or angry animal will lash its tail, releasing that nervous energy or anger, and demonstrating that it is under stress. The energy is released through the movement of the tail. It is expressed through the tail. Modern humans do not have that facility, and often the emotion is repressed and stored, rather being expressed and released. Small children still demonstrate the importance of release through movement. They will fidget, kick out, stamp their feet in frustration. As adults, we have lost that connection with movement. We vent and release verbally, through the mouth, or store negative energy. This is why physical activity such as playing football, or digging in the garden, or dancing are so therapeutic. The movement effects a release of stored energy. It is good to wiggle!

The Transformer is located in the coccygeal area, at the base of the spine. It is located where the tail would be, if humans had a tail. It is connected with the nervous system. It acts as a conductor to transform, to transmute negative energy into positive energy. Energy passes up and down through the entire system. The Transformer has the ability to renew and clean itself, when functioning healthily. The Transformer mechanism is an energetic spiral, expanding and contracting as the chakras do. Imagine the action of the bellows, expanding and contracting to bring a fire to life. Imagine that action is an energetic spiral, expanding and contracting. Like the chakras, the Transformer can become blocked and clogged. If it is not working effectively, it becomes overloaded, and the release does not take place. Instead of transmuting negative energy into positive energy for release, it becomes a

storage area for whatever has been hidden, whatever has been ignored rather than dealt with. If the Transformer becomes stagnant, the effect is felt up through the chakra system, through each of the layers in the bottle. The Earth layer or Base chakra becomes black, and release up through the system of chakras and layers is no longer an option. The negative energy becomes trapped, with no effective means of release. Like the chakras, the Transformer can stand still in response to shock, and its release mechanism shuts down.

In contrast, when the Transformer is working well, you can be mindful of the releasing power located in the coccygeal area, and remain aware that this is working day or night to transmute negative energy for release. Positive energy is released upwards through the chakra system, whooshed up through the layers. If you are aware of the Transformer and its power to release, you can consciously link this with releasing physical waste from your body through your bowel and bladder movements. A beautifully functioning Transformer has an extremely beneficial effect: you live longer; you are happier; you get what you need in life. The Transformer renews itself; the energetic spiral expands and contracts; negative energy is transmuted and released without the need for storage in the body or the energetic system; the chakras benefit. This is why many people can actually go through life without the need for a psychologist or a psychiatrist – their Transformer is functioning effectively, transforming and releasing the negative energy.

Releasing through working with a psychologist or a psychiatrist

There are other ways of releasing stored negativity, of dealing with problems and issues. If you turn to a psychologist or a psychiatrist for help in dealing with deeply-rooted problems, they have to penetrate down to the Earth layer as they work, if they are going to help you. The Earth layer stores any unresolved issues – anything you have not dealt with. If you do not use your inbuilt release mechanisms, if you bury negative rather than clear, this layer becomes dirty and clogged with the negative energy. The work of a psychiatrist or psychologist can be described using the imagery of the layers in the bottle.

Starting with the Ether and Air layers, the psychiatrist encourages the individual to talk, to release through speech. This release affects the Fire layer below, triggering its stored emotions. The individual vents the anger stored there, often at the psychiatrist as the nearest available representative of people and of life in general. Then, he or she moves down to the emotional area, the Water layer. The individual releases their stored emotions, and often the first thing to happen is that they fall in love with the psychiatrist. The next stage engages with the Earth layer. At this point, some people leave, because they cannot face dealing with the negativity which has been stored there. In psychology, this Earth layer corresponds to the

Square. The psychiatrist breaks down the walls of the square to deal with the deeply-rooted problems stored there.

Transformer holds memories

The capacity of the Transformer to hold memories illustrates the importance of keeping it clean and functioning effectively. If you put negative memories in there for storage, the Transformer accumulates dirt, in the same way as the Earth layer does. If the dirt from the memories is painful, emotional, angry, the Transformer stores this, and this negative energy can act as a dangerous re-enforcer. The negative energy which results from storing painful memories needs a release, through destructive behaviour. For example, if a man feels he has been wronged by several women, he may store the negative energy of femaleness in his Transformer. This negative energy may cause him to hit a woman, or rape a woman, or commit murder. His actions release some of the negative energy which he has been unable to release in any other way. His Transformer is blocked and clogged, so he releases through his destructive actions. There is an additional energy release which results from his actions. His victim also releases energy, and because hers is innocent energy, he feels cleansed by the release of his own energy and also by her innocent energy going through him. This is the principle behind the practice of sacrifice. Everything that comes out of the body releases energy, and an innocent sacrifice releases an energy, which is fed upon, and used to cleanse.

There is also a danger for those whose Transformer system is functioning well, and who have no build-up of negative energy. Light is very attractive to darkness. This prompts some people to go to an Oxfam shop and work. Others go to look after children who have been harmed. As a woman, if your system is functioning well, and you have no build-up of negative energy in the Transformer area, you are very attractive to men who are absolutely useless for you. Women like this are probably lovely, innocent and pure. They say "Poor man, if only he had me. Nobody will save him, but I will." Good energies often want to purify, to express their goodness in action. Instead of dealing with the negative energy, men who are attracted to these women take the good energy from the woman and such it into themselves. They borrow the energy and try to cleanse with it – as if they are a vacuum cleaner, sucking positive energy into themselves, rather than having a proper bath. The whole point of life is everybody is doing their best to balance out. To balance out their energy.

The Transformer and Fire Energy

The Transformer experiences the rhythmic pumping which comes from the fire energy. Fire energy spirals around the base like a snake, around the coccygeal area, where the tail would be if we were an animal. It is fire – not only the holy fire of monasticism, or that which is experienced through fasting, as I did in Glastonbury. The energy generated by this fire cannot be released through the coccygeal area using a tail, so it hyper-activates the Transformer, and the energy moves up through the layers in the body. Imagine that the human system is like an alchemy bottle, with distinct layers moving up from the base of the bottle to its spout. Starting with Earth at the base of this “bottle”, imagine moving upwards from Earth into the Water layer, then into Fire, followed by Air, and finally the Etheric layer. Its effects of Fire Energy can clearly be seen in each layer, and can be negative or positive. The Fire Energy itself is not negative – its effects depend on who we are in ourselves. It has a purifying effect, taking what you are capable of being as a person, and moving up through the chakras. This movement is not necessarily a huge explosion of consciousness, leading to an altered, exalted state. It may be a slow movement over time, and can move without the full experience of ecstasy.

When this action enters the Earth layer, it becomes a cleansing fire to earth life, to basic domesticity, to what you need in life. It is a purifying force. It can cause people to lose their home or their money; to become obsessed with ordinary life; or to move on from their existing ordinary life because it no longer seems important. As it moves up into the Water layer, it triggers emotion. The individual becomes very emotional, and this affects relationships, and the relationship with God. In its purifying form, some individuals respond to excess, whether it is in meditation, starving or beating themselves. This Fire Energy may also be awakened through excess in other areas of life, not only in spiritual practices. It may be awakened through excessive sport, or risk-taking, or warfare.

In the Fire layer, it fires the individual up. This is the energy which inspired fakirs to stand on one leg, or the Knights Templar to leave their home unit to go on Crusades. They get emotional about the way life is, and they are all fired up. By the time it reaches the Air layer, it is close to the ether and to the heart. This is the energy which prompts people to chant a lot, to repeat a mantra such as Om, or Christ is with me. It is the energy which fuels holy speakers who become carried away with the desire to save people. Once it reaches the Ether layer, it causes the individual simply to sit cross-legged and smile.

If this Fire Energy is harnessed effectively, it will probably start by dismantling your ordinary life. It will change your attitude to materialism. Then, emotionally you become more attached

to God, or to creation, or to helping and working with people. This is the energy which prompts missionaries to leave home, emotionally wanting to serve God, and fired up to go in where angels fear to tread, despite the dangers. The energy created when the Fire Energy hyper-activates the Transformer can be channelled, turning it into a positive force. A good example of this is sporting prowess. In the former Soviet Union, misplaced negative energy was channelled into sporting activity. They took the most incredible people who were destructive and very difficult, and turned them into top sportspeople. They transformed the destructive activity by providing trainers, food, comfort, money, love and positive information. All the energy which had been misplaced was redirected into sporting activity, resulting in sportspeople who could out-run their competitors.

The Transformer is a crucial part of the human system. It is the base for mystical, sexual and energetic experience. Any abuse will have a potentially disturbing and harmful effect on the brain. When an individual is aware of its power to transform and transmute, using the Transformer as a means of release, the effect is overwhelmingly positive. The benefits for health and wellbeing are tremendous. It offers the opportunity to transform an individual's entire life, creating wonderful change in the person.

The Transformer will always be there, working in conjunction with the top of your head. The Transformer links to the collective consciousness, to inspiration and transformation. It is a powerful tool for transforming negativity into positive energy, and for release. This powerful transmutation of negative energy brings light into the aura. If we can believe and trust in the Transformer, then it will help us and work for us. It will transmute energy in troubled times, during illness, when love affairs go wrong. It will help in any way. You have within you a servant that is functioning for you, helping you, supporting you in your journey through life. The more aware you are of this special servant, the more effective it will be. It will do all this, working for you, and these benign energies will be with you for the rest of your life. With care and responsibility, recognise that this tool can be of enormous, life-enhancing value in transforming negative influences. A gateway to celebration awaits you – plug into your Transformer!