

# The Chakras Bespeak It All: The Truth Behind Chakra Healing

Disha Khanna<sup>a\*</sup>

<sup>a</sup>Faculty of Natural Sciences, GNA University, Phagwara-144401, India

\*e-mail : [disha.khanna@gnauniversity.edu.in](mailto:disha.khanna@gnauniversity.edu.in)

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## Abstract

The entire universe is made of energy, and a human body is no exception. Since the ancient times, modern technology and science, ancient cultures knew that all living things carried a life force with them and the 7 centres of energy that moved inside of us named chakras, starting at the base of the spine and moving all the way up to the top of the head. The research paper in hand is going to highlight that how the negative thoughts in the mind can create a havoc and imbalance in the smooth functioning of the chakras. The paper will help in assigning a few ways in which the balance can be regained and various ways in which the positive and healthy self of an individual can be regained.

**Keywords.** *Ailment, Blockage, Chakra healing, Energy flow, Fulfilment, YOLO*

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## 1. Introduction

Chakras and Chakra Healing is not a new coinage. Since time immemorial, saints, hermits and yogis who have denounced the luxury and selfless pleasures of life have been talking and practicing about chakra healing in their daily existence. Though chakras are totally invisible to a man on a lower vibration, but in the current scenario, the chakra healing has become an invincible part and parcel of all those homosapiens who want to be blessed with the pink of health. Chakras are high energy centres in the body and only through the subtle science of meditation practice that leads to an extrasensory vision. Everything in our universe, even a minute particle is radiating energy, from the biggest mountain or an unfathomable ocean, to the thinnest blade of grass, to every individual cell comprised in our body. All of our cells exuberate energy in multifarious ways, and every different

cell emits different kinds of energy depending on their position encapsulated within the body and the roles it executes.

A healthy chakra bespeaks all about itself. If all the 7 chakras- Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral/Hara, and Root Chakra are fully aligned with each other, the persona fully enjoys healthy mind and body balance and stays super charged throughout the day. Chakra has derived from the Sanskrit word, meaning "wheel." The human chakras are "wheel-like" vortices, or saucer-shaped depressions that exist on the surface of the etheric human body. Chakras work as electromagnetic vibrations that are duly affected by our way of life like the intake of diet, yoga and meditation, breathing exercises, ambience and mental state.

Good health is a sheer showcasing of a balanced flow of energy through all the 7 chakras

duly residing in our body running from the base of the spine to the mid-brain and one at the top of the head, acting as 'steamways' to the nervous system. These chakras, beginning from the base are called Mooladhara Chakra (Root ) associated with the reproductive system; Svadhithana Chakra (Sacral/Hara) associated with the excretory system; Manipura Chakra (Solar Plexus) associated with the skeletal system; Anahata Chakra (Heart) associated with the circulatory system, Vishuddhi Chakra (Throat) associated with the respiratory system; Ajna Chakra (Third Eye) associated with the nervous system; and Sahasrara Chakra (Crown) associated with the endocrine system. During breathing exercises, each chakra indirectly affects the physical and the mental domains of the individual undergoing the healing therapy.



**Figure 1.** The 7 Chakras with Sanskrit Names

The Mooladhara chakra (Root) is located between the genital organs and the anus and is associated with directly with the mind and base level instincts like 'flight or fight' and panic. It is connected with the sense of smell. The Bija

mantra to activate this chakra is 'Lum'.

The Swadhithana chakra (Sacral/Hara) is situated near the tailbone and is associated with water and the sense of taste. It is related to the reproductive organs, sensual pleasures and food. The Bija mantra to activate this chakra is 'Vum'.

The Manipura chakra (Solar Plexus) is located near the navel and is associated with fire and the sense of sight. It is related to activity, strength and maintenance. The Bija mantra to activate this chakra is 'Rum'.

The Anahata chakra (Heart) is located at the level of the heart and is associated with mind, emotions such as attachment and compassion, air, and the sense of touch. The Bija mantra to activate this chakra is 'Yum'.

The Vishuddhi chakra (Throat) is located behind the throat and is associated with the thyroid glands and other. It develops a higher state of consciousness within a person. The Bija mantra to activate this chakra is 'Hum'.

The Ajna chakra (Third Eye) is located in the mid-brain and is associated with the pineal gland. The connection to the psychic is here. Distribution of prana happens at this centre. The Bija mantra to activate this chakra is 'Ksham'.

The Sahasrara chakra (Crown) is located at the crown of the head and is not part of the spinal column. It is the highest point of consciousness, what we call self-realization. It is associated with the endocrine system. The Bija mantra to activate this chakra is 'Ohm'.

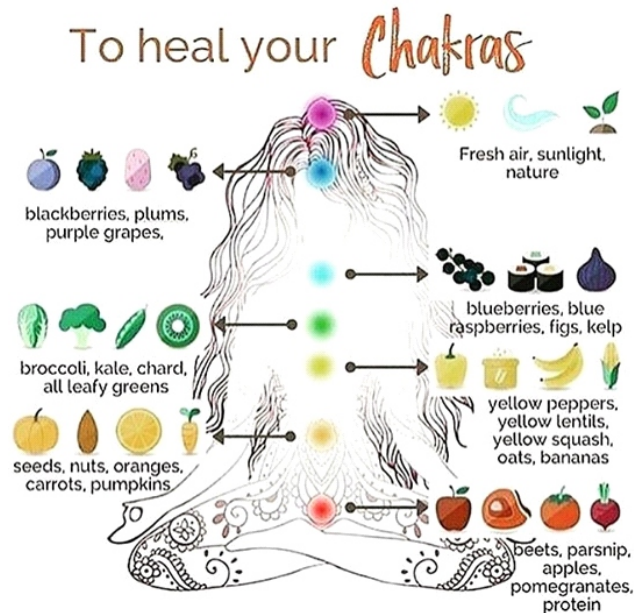
Each chakra has a relationship to an aspect of our being, whether that it is pertaining to

feeling, smelling, tasting, seeing, our sense of intuition, or a state of knowingness. If in case, any of the chakra is blocked within the body, then the energy flow gets disrupted resulting in illness, emotional suppression, and perceptual distortion. Thus, if one chakra is not functioning properly, it affects those above and below it. Ideally the top chakras should vibrate faster and more subtly than the lower ones, but this is not always the case and heavy vibrations can appear in all the centres. When the power station malfunctions, the vital organs become sick or diseased because as they do not have enough life energy to operate properly.

Human beings are highly attuned to the energetic vibrations of nature and nothing else can nourish and revitalize life force in the same way. When we have abundant, free flowing and balanced energy, humans enjoy vitality, good physical health, mental clarity and real contentment and fulfilment. Disturbances in the body's energy field bring all kinds of discomforts and dissatisfaction. It is always advisable to identify the blockage of the concerned chakra and get yourself treated by the food related to the particular hue of the chakra.

Energy is the basis for everything on this mother earth, energy cannot be created or destroyed; it can only be transformed. So when you need fuel, you need to eat the food that corresponds to some chakras, thereby helping to raise the chakra's vibration and recharging it. Making your food choices for the health of your chakras is another way to get started healing your chakras, and your life. A colourful rainbow diet (VIBGYOR- Violet, Indigo, Blue, Green,

Yellow, Orange & Red) will do more than just keep your body healthy — it will also keep your chakras balanced. Whether you want to lose weight or increase your energy levels, incorporating foods from all the colours of the rainbow will assist you achieve balance, so you are in the pink of your health.



**Figure 2.** VIBGYOR Food Chakra Chart

Every individual has her own specific energy flow and the way of living directly affects your flow. By utterly comprehending the way your different body parts relate to your 7 energetic wheels, you can easily address the energetic source of physical and emotional ailments. So, when trying to release stale energy blocked by one chakra, you can also focus on another to help get it moving. Using your Chakras to influence your body in a healthy way can help you bring a feeling of balance to your life and help you achieve the desired things in abundance. In the end, just focus on YOLO- You Only Live Once and thus, live it class and in the healthiest way by maintaining a perfect synchronisation of

mind and body duo.

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