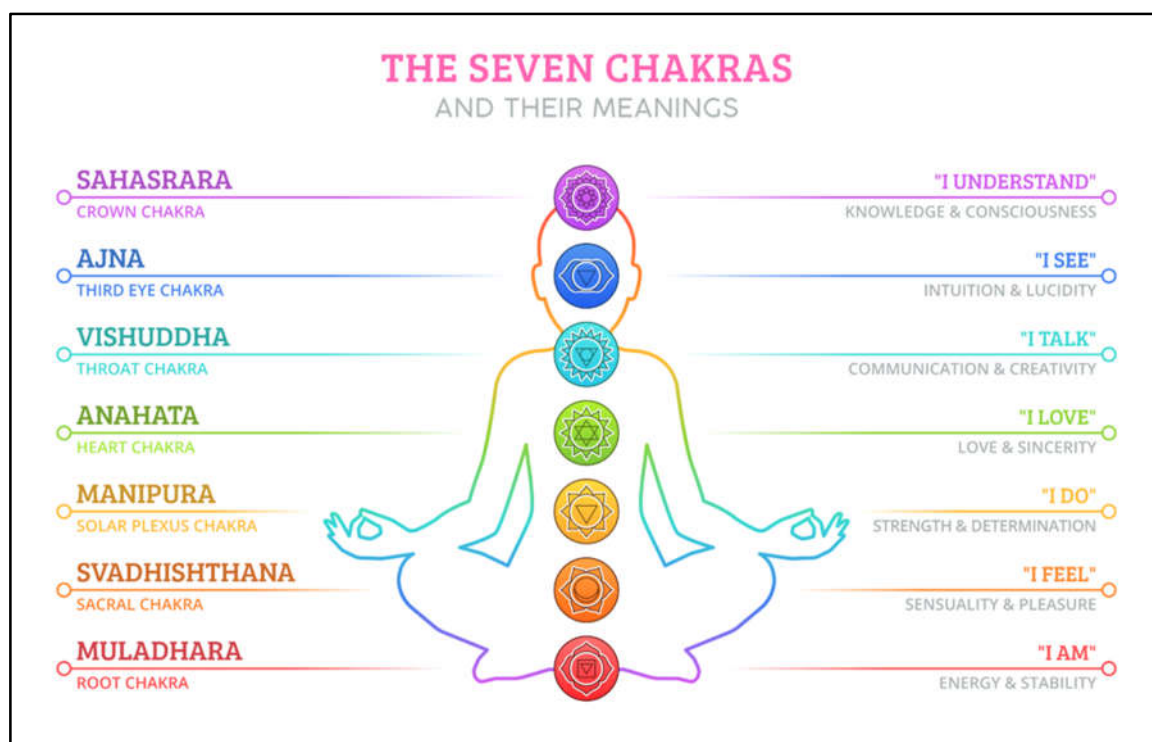


6th Episode - Understanding the significance of Chakras

Following 5th episode of “*Understanding the significance of Guru Linga – Secret Revealed*”, towards Maha Kumbhabhisekam of Panching Gua Charas Jalalingeswarar Shivan temple, with good intention and thoughts for all devotees, the following write-up is prepared.

As discussed in previous 5th episode, Quote “*Similar, when one can reverberate their energy level within the 7 chakras, the final form that your energy takes before dissolution is also that of an ellipsoid*”, it is important to understand the significance of Chakras within all of us. It indeed, important for each of us to master our chakras and activate our Chakras in order for us to reverberate our energy beyond our boundary.

As such, in this 6th episode, we will look into details and the significance of Chakras. First let us look at the arrangement of 7 chakras related to human anatomy in modern science.



One need to understand our physically body (*i.e. annamaya kosha*) may seem solid to the touch, but we all are really a **pure energy**. Physical body is made out of cells, which are composed of atoms. Atoms are fundamental pieces of matter, which are made out of energy.

You can **think of chakras as the main energy centres** in the body. **All 7 chakras** function as **main valves which control the flow of your life force energy**, which is essential to your positive well-being.

It is important to understand, as we embark on journey of **activating and awakening our 7 chakras**, we will be able to enter the higher realms of existence and bring more life force energy to the lower dimensions. When our chakras throughout our body is unlock, we will be able to evolve spiritually, break down limitations of your mind and expand your consciousness.

Now let's understand what is Chakra all about and its details. Chakra is a Sanskrit word literally meaning wheel or circle. In fact, the energy around chakra reverberates in triangular form. Chakras can be also described as the vortexes of energy located vertically along the spine and they correspond to the spinal plexuses in the physical body. Each chakra appears like a wheel of light which spins in a clockwise direction at a different speed. This is very reason why sometimes we observe extra-ordinary happenings with Yogi's and those who practices Yoga and have attain the

mastery of each Chakra. Aura of each person is very much related to reverberation of energy from each chakra within us.

Spiritual Important of Chakras

Chakras are important element on spiritual path and understanding of them will allow us to better integrate mind, body and spirit. Chakras are also known as lotuses and each chakra symbol is portrayed with a different number of petals, which are expression of their vibratory frequency. Once we hit the absolute frequency it is said we have activated and mastered the relevant chakras.

1. **Muladhara or Root Chakra has 4 petals**
2. **Svadhishthana or Sacral Chakra has 6 petals**
3. **Manipura or Solar Plexus Chakra has 10 petals**
4. **Anahata or Heart Chakra has 12 petals**
5. **Vishuddha or Throat Chakra has 16 petals**
6. **Ajna or Third Eye Chakra has 2 petals**
7. **Sahasrara or Crown Chakra has 1,000 petals**

Lotus is a sacred Indian flower, which can only grow in the mud and whose petals open one by one. The reason it is referred to Lotus as our chakras behave just like petals of lotus flowers – they can be opened or closed depending on the state of consciousness.

Now let's look at each chakra one by one, as follows. It is important the secret actually lies from the very 5 elements of nature and as referred to us by our great mantra – **Na Ma Si Va Ya**, which refers **Earth, Water, Fire, Pranic** and **Sky/Ether**. One needs to see things are they are and very much refer to the answers within us and the nature has to offer to understand these significances. It is said once, we concur and take charge of 5 chakras, the 6th and 7th will be towards Vijnanamaya Kosha and Anandamaya Kosha.

1. **Chakra 1 - Root Chakra | Muladhara** - Located at the base of the spine. It is associated with *energy, survival, stability, comfort and safety*. Its element is **earth**.
2. **Chakra 2 - Sacral Chakra | Svadhishthana** - Located in the lower abdomen. It is associated with *sensuality, sexuality, pleasure, sociability* and emotions. Its element is **water**.
3. **Chakra 3 - Solar Plexus Chakra | Manipura** - Located in the navel area. It is associated with *strength, personality, power, determination and self-esteem*. Its element is **fire**.
4. **Chakra 4 - Heart Chakra | Anahata** - Located in the middle of the chest, over the sternum. It is associate with *love, acceptance, compassion and sincerity*. Its element is **air**.
5. **Chakra 5 - Throat Chakra | Vishuddha** - Located in the throat area. It is associated with *communication, expression, creativity and inspiration*. Its element is **ether / sound**.
6. **Chakra 6 - Third Eye Chakra | Ajna** - Located in the middle of the forehead. It is associated with *intuition, lucidity, meditation and trust*. Its element is **light**.
7. **Chakra 7 - Crown Chakra | Sahasrara** - Located at the top of the head. It is associated with *knowledge, consciousness, fulfillment and spirituality*. Its element is **thought**.

Now let's look at these chakras one by one and understand its intricacy.

Root Chakra (Muladhara) is the **1st chakra** in your body located at the base of the spine. It provides the foundation on which we build life and it represents safety, stability, comfort and security. Root Chakra is the foundation of our entire system on which the other chakras sit and it is the place where the **Kundalini (the life force)** sleeps, waiting to be liberated and give you the power to go into the material world. Your Root Chakra has a deepest connection to animal nature of your physical body and Earth. If you do not balance this chakra before you progress to others, your growth will lack the stability necessary for true growth.

Muladhara Chakra Overview	
Sanskrit Name	Muladhara
Element	Earth
Affirmation	I am
Meaning	Root Support
Planets	Earth, Saturn
Energy State	Solid
Orientation to self	Self-preservation
Signs of imbalance	Obesity, anorexia, sciatica, constipation

Sacral Chakra (*Svadhishthana*) is the **2nd chakra** in your body located around the navel area. Sacral chakra is responsible for healthy flow of your emotions and it deals with your ability to relate to yourself and to the others. Sacral Chakra is the main centre of your creativity and emotional intelligence but the main aspect of second chakra is **sexuality**. Sexual energy is one the most powerful energies we have in our body.

Svadhishthana Chakra Overview	
Sanskrit Name	Svadhishthana
Element	Water
Affirmation	I Feel
Meaning	Sweetness
Planets	Moon
Energy State	Liquid
Orientation to self	Self-gratification
Signs of imbalance	Lack of desire, anxiety, apathy, sexual problems

Solar Plexus Chakra (*Manipura*) is the **3rd chakra** in your body located in the stomach area. You can think of third chakra as a glowing, yellow Sun, which radiates through the centre of your body and rules all aspects of your personal power. Solar Plexus has the biggest **concentration of pranic energy**, because 72,000 *nadis* (conduits of pranic energy) meet here and radiate from this centre. It is centre of your personal identity which rules all aspects of your personality, self-esteem and ego. Main function and purpose of your solar plexus chakra is **transformation**. Through the process of transformation, your solar plexus chakra provides the body with fuel, energy and keeps it alive.

Manipura Chakra Overview	
Sanskrit Name	Manipura
Element	Fire
Affirmation	I Do
Meaning	Lustrous Gem
Planets	Mars, Sun
Energy State	Plasma
Orientation to self	Self-definition
Signs of imbalance	Digestive issues, chronic fatigue, misuse of power, anger

Heart Chakra (*Anahata*) is the **4th chakra** in your body located in the chest area and it represents love, acceptance and compassion. Heart chakra act as a **bridge between the body** (represented by the lower three chakras) **and the mind** (represented by the 5th, 6th and 7th chakra). Heart chakra is home of our spirit and **love is the main energy** of healthy heart chakra. **Accepting yourself** as you are and **unconditional self-love** will give you a great starting point in development of a healthy heart chakra. The element of the heart chakra is *air*, which is the most expansive of first four elements. Air represents freedom, openness and spaciousness. Working with your **breath** (the Hindus call the breath *prana*) is one of the best ways of restoring balance in your heart chakra.

Anahata Chakra Overview	
Sanskrit Name	Anahata
Element	Air
Affirmation	I Love
Meaning	Unstruck
Planets	Mars, Sun
Energy State	Gas
Orientation to self	Self-acceptance
Signs of imbalance	Asthma, lung issues, coronary disease

Throat Chakra (*Vishuddha*) is the **5th chakra** in our body located at the centre of our neck and it represents your ability to speak clearly and communicate effectively. Throat chakra is the **seat of purification** and element associated with vishuddha is *ether*, also known as *Akasha* or spirit. Ether is a very subtle, non-physical element beyond earth, air, fire and water, that separates the material universe from the astral universe. Throat chakra is a **chakra of communication**, which shapes our reality and brings all of our manifestations on the physical plane. Communication is a rhythmic activity and an act of connection, which involves both **listening and speaking**. Balanced and purified throat chakra will enable your creativity to be expressed in *speech (sound), clear thought and writing*.

Vishuddha Chakra Overview	
Sanskrit Name	Vishuddha
Element	Sound, ether
Affirmation	I Speak
Meaning	Purification
Planets	Mercury
Energy State	Vibration
Orientation to self	Self-expression
Signs of imbalance	Thyroid issues, neck and shoulder pain, sore throats

Third Eye Chakra (*Ajna*) is the **6th chakra** in your body located in the centre of forehead, between the eyebrows. Third eye chakra is your spiritual centre of awareness and intuition and its **element is light**, which has a faster vibration than a sound. The Sanskrit name of third eye chakra is *anja*, means both '**to perceive**' and '**to command**' and people with highly developed third eye chakra have enhanced **visualization abilities**. Third eye chakra is your main portal, through which you can obtain higher knowledge and **step beyond duality**. With opened and awakened third eye chakra you will be able to access extrasensory perception such as **clairvoyance and telepathy**. Third eye chakra corresponds to **pineal gland**, which is a light-sensitive gland that controls your circadian rhythm and governs production of hormone called melatonin.

Ajna Chakra Overview	
Sanskrit Name	Ajna
Element	Sound, ether
Affirmation	I See
Meaning	Command Centre
Planets	Jupiter, Neptune
Energy State	Luminescence
Orientation to self	Self-reflection
Signs of imbalance	Vision issue, headaches, insomnia and nightmares

Crown Chakra (*Sahasrara*) is the **7th chakra** in your body located at the top of the head. *Sahasrara* means '**thousandfold**', because the symbol for this chakra is a thousand-petaled lotus representing the state of **higher consciousness** and **divine connection**. The element of crown chakra is *thought* and the main function of this chakra is *knowing*. The development of crown chakra ultimately leads to profound **transformation, self-realization and enlightenment**. From the level of

crown chakra, you can learn to **transcend** all you have known thus far, because it is a meeting point between finite and infinite.

Sahasrara Chakra Overview	
Sanskrit Name	Sahasrara
Element	Thought
Affirmation	I Understand
Meaning	Thousand-Fold
Planets	Uranus
Energy State	Consciousness
Orientation to self	Self-knowledge
Signs of imbalance	Depression, confusion, alienation

Now for these very reasons, the Hanuman meditation sanathi will be consecrated during 7th June Maha Kumbaabishekam and Jalalingam Temple would be very 1st temple to have Hanuman statue in meditative form. With good thoughts and benefit for all mankind, its temple's intention for all devotees to understand the significance of human being which is made by 7 main chakras and attain blissfulness in our temple – a Temple for Transformation – Jalalingam, Jalalingeswarar Shivan Temple Gua Charas Panching.

Shiva Shambo
Om Nama Siva Ya Om
Help Ever Hurt Never
Service to Society is Service to Almighty
Master Ir. Sivabalan - Temple Trustee
13th Jan 2020