

Human Chakras as Yantra, Bijakshara as Mantra and Divine Light as Tantra and its impact on Gross, Subtle, Etheric and Causal Body

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Abstract

The aim of the study is to understand the impact of Human Chakras as Yantra, Bijakshara as Mantra and Divine Light as Tantra on the Gross, Subtle, Etheric and Causal Body by analyzing the individual's breathing, Energy field of the human aura, alignment and energy level of human chakras, energy level of major organs and endocrine glands as well as Yin-Yang energy flow of major organs.

This is an experimental research on which observations have been recorded in the pre and post experimental session. When compared to pre-experiment, in the post experiment period, some major changes have been observed which includes, there is reduction in the Breath Count per minute after the activities and Breath Sound was Normal which is a positive sign of mental, emotional and physical health. We could able to witness that, Energy level of Aura Field, Stress Level and Energy balance (Aura Field) falls under the optimal slab which defines the strength of the Human Aura. We also witnessed that, enhancement in the chakra alignment and the energy level of chakras fall under optimal slab which defines the overall well-being and we also observed that major organs and endocrine glands fall under optimal energy with an optimal Yin-Yang energy flow of organs.

Keywords: Energy, Breath Count, Yin-Yang Energy, Behavior, Human Chakras and Aura Field (Energy Field).

Introduction

According to Bhavanopanishad, the human constitution in its physical, mental and vital levels, relates to the nine-fold energy (9 Chakras), represented by the nine Layers of the Sri Chakra. Sri Chakra represents Sri Vidya, which in other words is worshipping the Mother Goddess. The main objective of Bhavanopanishad is to generate a relationship between the structures of human body and Sri Chakra. The Sri Chakra, in turn, is regarded as a projection of the essential characters of the universe. Bhavanopanishad describes the 9-fold Human Chakras as ‘Navaavarana’ of Sri Chakra and to attain this state, one needs to understand his inner self, by commencing an inward journey into his own self (liberalism).

The Human Chakras are the energy centres of our human constitution that largely

indicate our various moods and behavior patterns. There are seven main chakras that we associate with our human constitution. They are **Crown, Brow, Throat, Heart, Solar Plexus, Sacral and Base.**

In addition to these seven chakras, two additional chakras, **Soma Chakra** and **Bindu**, play an equally important role in the Human constitution. Each chakra is connected with the respective organs of the human body, and the **Human Aura (Bio-Magnetic Energy Field)**. Energizing each chakra through chanting of the respective **Bijakshara** with a Tantra, i.e. technique, enhances the energy level of the respective organs, and cleanses the Human Aura.

Each Chakra or the Energy Centre signifies the emotional status of a human being, on the basis of fire elements, Sensory organ, Karmandriya, Antahkarana & Prana. This paper is aimed at presenting the

significance and functionality of each of these energy centres.

It is very important to understand that how these chakras are interlinked and are guided by the divine light and intervention. Though these energy centres are not visible to the naked eye, their presence and significance, can very well be felt, when we travel through our inner self.

Background

An individual begins the journey through his inner self by the power of Dhyana, which constitutes Yantra, Tantra and Mantra. The Inner journey begins with gross consciousness and then reaches the subtle consciousness. It further attains Causal consciousness before finally merging with the universe. This study is inspired by the famous VIBGYOR theory, which attributes to the seven colors of a rainbow or the effect of sunlight falling on a prism, placed in a dark room and subsequently the prism reflects this light as seven different colours, on a white sheet of paper, placed opposite to the prism on a wall. Much similar to the VIBGYOR effect, the effects of Human Chakras as Yantra, Divine Light as Tantra and Bijakshara as Mantra and their impact on the human body at the Gross, Subtle, Etheric and Causal level, were to be studied. The psychological effect of subjecting an individual to Light (Guiding Divine Light) and Sound (Chanting Mantra) are studied in depth. Light is a form of energy and light is considered as Healing Energy. Light and Heat represent Shiva and Shakthi. According to Sir C V Raman, when a white light passes through the prism, it scatters into 7 colours which are known as VIBGYOR. Similarly, it is felt that, when a divine white light passes through the human constitution, then it scatters into 7 colours and reaches the respective chakras.

There are 7 main Chakras that constitute the energy centres in the Human Body. They are,

- Muladhara Chakra or Root Chakra
- Located at the base of the spine, the Muladhara Chakra represents

the fire element, Earth. This Chakra is characterized by the emotions of survival, stability, ambition and self-sufficiency. When this chakra is out of balance, an individual might feel frustrated,

- insecure and fearful. However, when in balance, the individual may feel confident, secure and extremely enthusiastic. This Chakra represents the Nose as the sensory organ, Payu Tatva (Anus) Excretory Organ as Karmendriya, Ahamkara (Ego) as Antah Karna and Apana Vayu as Prana. Bijakshara (Sound) of this chakra is LAM.
- Svadhisthana Chakra or Sacral Chakra
- Located at the lower abdomen, just below the navel, the Svadhisthana Chakra represents the element Water. The attributes of Sacral Chakra are the basic needs for sexuality, desires, creativity and self-worth. When this chakra is out of balance, an individual might feel irritated, lacking in energy and creativity and emotionally disturbed. While in balance he may feel satisfied, confident and positive. This chakra represents the Tongue as the sensory organ, Upastha (genitals) - Procreation organ as Karmendriya, Chitta (Memory) as Antah Karna and Vyana Vayu as Prana. Bijakshara (Sound) of this chakra is VAM.
- Manipura Chakra or the Solar Plexus Chakra
- Located at the Solar Plexus (between the navel and ribcage), the Manipura Chakra represents the element fire. This Chakra signifies energy and emotions like anger, ego and aggression. An imbalance of this chakra can result in digestive problems, problems with liver and diabetes. When in control, the individual may feel energetic and confident. This chakra represents

the Eye as an organ directing vision, Pada (feet) - walking as Karmendriya, Buddhi (Intellect) as Antah Karna and Samana Vayu as Prana. Bijakshara (Sound) of this chakra is RUM.

- Anahata Chakra or the Heart Chakra
- Located at the Heart as the name signifies, the Anahata Chakra represents the element Air. This Chakra signifies love, attachment and passion. An imbalance of this chakra can result in anger, anxiety, jealousy and moodiness. When in control, the individual may feel friendly, motivated and caring. This chakra represents the Skin as the sensory organ, Pani (hands) - grasping as Karmendriya, Manas (mind) as Antah Karna and Prana Vayu as Prana. Bijakshara (Sound) of this chakra is YAM
- Vishuddha Chakra
- Located at the base of the throat coinciding with the thyroid gland, the Vishuddha Chakra represents the element Akasha or Space. This Chakra signifies inspiration, expression, and emotions like anger, ego and aggression. An imbalance of this chakra can result in timidity, quietness and weakness. When in control, the individual may feel
- creative, positive and a strong desire to communicate. This chakra represents the ears, Vak (voice) – speech as Karmendriya, Gyana (Knowledge) as Antah Karna and Vudana Vayu as Prana. And Bijakshara (Sound) of this chakra is HUM.
- Ajna Chakra or Third Eye Chakra
- Located in between the eyebrows, the Ajna Chakra is independent of any element. This Chakra signifies intelligence, intuition, understanding, insight and self-knowledge. An imbalance of this chakra can result in the individual feeling pessimistic, afraid of success and non-reactive. When in

control, the individual may feel confident and independent of fear. And Bijakshara (Sound) of this chakra is OM.

- Sahasrara Chakra or Crown Chakra
- Located at the crown of the head, this Chakra also does not represent any element. This Chakra signifies spirituality, enlightenment, dynamic thought and energy. An imbalance of this chakra can result in frustration. When in control, the individual may feel energetic and confident. And Bijakshara (Sound) of this chakra is SO HUM.
- In addition to these seven chakras, two additional chakras, **Soma Chakra (Nectar)** and **Bindu**, play an equally important role in the Human constitution and to connect with the Higher Consciousness.

Literature Review

Aftanas, Ljubomir, and Semen Golosheykin 2005): This report emphasizes that the changes in the electrical brain activity associated with regular meditation practice are dynamical by nature and depend on arousal level. Experienced meditators manifest EEG (Electroencephalography) signs of overall lower tonic arousal and greater proneness to sustain internal focus of attention.

Editorial; Healing Chakras (2016): This report emphasizes on the significance of chakra and their role in a natural healing system

Richard William Maxwell (2009): This theory provides a scientific rationale for many details of chakra theory that had previously been unexplained and offers a new orientation to conceptualizing and studying such subjective phenomena.

Ljubo M Ristovski. G.S Davidovic Ristovski: The aim of this paper is not to translate the traditional (metaphysical) Chakras doctrine into the language of science, but to point out that in teaching that, there exist the contents which can be scientific interpreted. Namely, Chakras teaching, could survive for so long, only

because the practice findings supports it.

P V Deekshitulu Balajai: The aim of this paper is to discuss the different classes of stress, how stress affects the human body and the difference between “good” and “positive” stress as well as “bad” and “negative” stress.

Robert Beshara: The aim of this paper is to understand that the chakra system is not only related to the physical body, but also to the mental, emotional and spiritual body.

Mohamad Hushnie Haron and M.N.Taib(2012): This paper discusses on gender classification using k-nearest neighbor technique based on human radiation frequencies of chakra points and brain regions.

James E. Kennedy, R. Anne Abbott, Beth S. Rosenberg (2002): This study emphasizes on the significance of spirituality and the role it plays in Retreat programs for Cardiac patients, bringing about a visible change in the well-being of the patients.

J.E. Kennedy and H. Kanthamani (1995): The aim of this study was to develop questionnaires to evaluate the effects of paranormal and spiritual experiences, on people’s lives. Interest in this research on mind, body, medicine and the link between spirituality and health is rapidly growing.

Anna-Karin Furhoff, Per E. Wändell (2008): This study was aimed at assessing changes in quality of life and in sense of coherence (SOC), after an intervention involving a self- development course using mind–body medicine (MBM) activities.

Singh (2006): This exclusive study was focused on analyzing the role played by yoga therapies in the successful management of psychosomatic diseases.

Dr. Ankita Bhetiwal (2107): This extensive paper aims at describing the chakras (energy centres) in the human body and the role of frequencies of the musical notes and rainbow color associated with them. Both the sound and color can be represented by the frequencies and can be used for balancing the chakras in human body.

Need of the Study

The need of this study was directed towards analyzing the changes in human beings while deviating from actual happiness towards materialistic happiness. This study was conducted to emphasize on the advantages of Yantra, Tantra and Mantra, in adopting a preventive approach and Immunity towards diseases by ensuring the energy balance in the system, thereby improving the quality of life and well-being of an individual, compared to more dependency on drug therapy, on a regular basis.

Scope

The study covers as a source of healing. Natural sources like heat, light and sound were used as mediums during the study. The variations were noticed in human constitution and consciousness. The study is mainly focused on energy level of the human constitution and not on any disease or the health problem.

Methodology

An individual’s breath count and the breath sound are the two key parameters, based on which, research is conducted, during the various stages of the journey. The variations in these parameters are keenly studied and recorded. The state of each energy center, Energy field of the human aura, energy level of major organs & endocrine glands along with the Yin Yan Energy flow of the organs is deeply analyzed, before and after the journey into our inner self, which is conducted by means of Yantra, Tantra and Mantra.

Medical History of the Participant

Mr. X, 26 years old working in the IT profession, with height 167.6 cm, weight 73 kg. He reported that, there is a frequent variation in his moods leading to negative thoughts and it was reflected in the Chakra Scanning. During the variation in his moods, he observed Abnormal Breath Sound. As per medical diagnosis, he is suffering from Obsessive Compulsive Disorder. He was neither using any

medication nor practicing the Yoga/Meditation/Pranayama.

Family History: Had Similar Complaint (Obsessive Compulsive Disorder) when taken Family History.

Data Collection and Sample Size

Extensive Research was carried out for the study by sourcing data through organizations of National repute, corporate sectors and leading Banks. The study is based on primary data collected through experimental sessions. A total number of 21 participants, in the age group from 22 to 61 years, from various professional backgrounds, such as professors, bank managers, software engineers, yoga masters and retired employees, contributed to the study.

Data Analysis

The key measuring constituents for this in-depth study rallied around Mean Value and Standard Deviation of Breath Count, Bio-well GDV camera. The Bio-well GDV camera is a revolutionary, non-intrusive way to measure human energy field using a specialized camera and software system. It brings the power technology known as Gas Discharge Visualization (GDV) or Electro-Photonic Imaging (EPI). When a scan is conducted, a weak electrical current is applied to the fingertip for less than a millisecond. In response to this stimulus, fingertip emits electrons, which are striking and exciting air molecules. Excited air molecules create gas discharge or glow. This glow is captured by the video camera and then digital image of the glow is processed by the bio-well software to show energy and stress level evaluation.

Experiment Process

All participants were initially asked to count their breaths per minute and note their breath counts (in conscious state and with eyes open). Subsequently, they were asked to just observe their breath per minute, followed by breath count per minute and to note their breath counts once again. At this stage, variations in their

breath counts could be observed (equal, increase or decrease).

Most of the participants at this stage recorded a decrease in the breath count which is a positive sign of relaxation. Simultaneously, few other participants recorded an increase in breath count, which is a negative sign. On conducting a further study on those participants who have recorded an increase in their breath count, after analyzing their breath per minute, it was revealed that these participants are consciously applying force / pressure while breathing. The study attributed the reasons for these variations to psychological issues, associated with this set of participants, such as:-

1. Stage Fear/Fear of speech
2. Becoming nervous during any set of activities.
3. Finding difficulty in adjusting to the changes at the initial stage (Fear of change)
4. Unable to deliver/share their views/thoughts effectively during any set of activity
5. Becoming Self-Consciousness and Feeling uncomfortable during the activity
6. Increase in their hearth beat rate.
7. Also witnessed sweating and shivering.

To facilitate a steady breathing pattern, these participants were asked to perform another activity where they had to consciously breathe for a minute. To conclude the breath test, all the participants were asked to chant the OM Mantra/humming sound for one minute and then note down their breath count per minute. With this additional activity, it was observed that there was a considerable reduction in the breath count of all participants, which is a positive and healthy indication.

Further the study is carried out by asking the participant to close the eyes and focus on the respective chakra by invoking the divine light and chanting the respective Chakra's Bijakshara for 7 times. And recorded the readings (Pre and Post activity) of Energy levels of Aura, Stress level, Balance (Aura Field), the alignment of chakras and the energy

of each chakra, Yin-Yan energy flow and organs and systems of the human body the energy levels maintained by major

Data Analysis and Discussion

Parameter 1: Breath Count - Mean and Standard deviation of Samples:

	Male (Mean)	SD	Female (Mean)	SD
Breath Count per minute before Breathing Exercise (Conscious Breathing)	15.5	6.47216261	15.8823529	6.910137481
Breath Count per minute after observing/witnessing breath for one minute without closing the eyes and proper posture	13.83333333	6.03922364	13.2941176	3.998046398
Breath Count per minute after chanting OM mantra /Humming Sound.	7.33333333	4.26874949	8.41176471	3.2923917978

Table 1: Breath Count - Mean and Standard deviation of Samples

Age Group of Participants based on the Gender:

Age Group	Male	Female
20-34	4	8
35-49	0	6
50-64	2	1

Table 2: Age Group of Participants based on the Gender

While, the Normal Breath Count of Human Beings per minute is recorded at 15 breath counts per minute, Yogic breath count per minute is 5 to 8 counts per minute. Studies have also revealed a breath count range of 3 to 5 breath counts per minute among certain distinction of yogis. The above studies further proved that by witnessing the breath and chanting the OM Mantra/humming sound, there is a reduction in the breath count thereby steady improvement in the mental health and emotional stability of the participants.

Parameter 2:

◆ Energy Level and Balance of Aura Field:

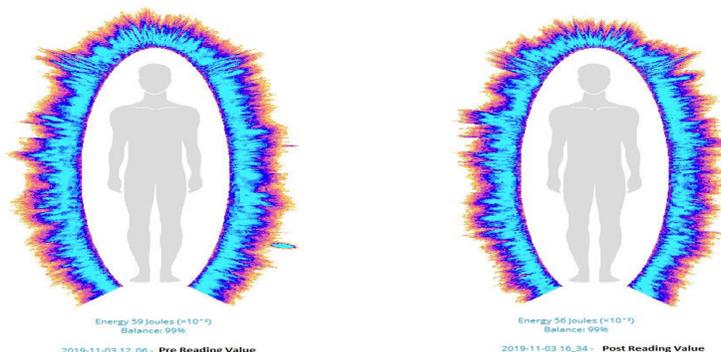


Figure 1: Readings of Pre and Post Session: Human Energy Field

◆ Energy Level of the Aura Field recorded in Joules: Pre reading Value: 59.79 Joules
Post reading value: 56.05 Joules

We observed that, both the readings fall under the optimal levels as per the instrument slab. Additionally, this study also helped us analyze Energy levels at various phases, as recorded below,

Low Value: 0 to 20 Joules

Lower Value: 21 to 40 Joules

Optimal value: 41 to 70 Joules

Heightened Value: 71 to 90 Joules

High Value: 91 to 100 Joules

◆ Stress Level

The Study also revealed that, both the readings fall under the optimal levels as per the instrument slab.

Pre reading Value: 2.89 Post reading value: 2.96

Stress Levels recorded during various states, an individual can be subjected to, was as recorded below:

Optimal state: 2 to 3

In an anxious state: 3.1 to 4

During medium state: 4.1 to 6

In a heightened state: 6.1 to 8

In a state of distress.: 8.1 to 10

◆ Balance (Aura Field):

During our efforts to study the above criteria, we observed that, both the readings fall under the optimal levels as per the instrument slab.

Pre reading Value: 98.92 ~ 99

Post reading value: 98.56 ~ 99

The various stress levels observed are recorded below.

Very Low: less than 50 Joules

Low: 51 to 90 Joules

Optimal: 91 to 100 Joules

Human Beings have seven major energy bodies surrounding the physical body, which will be in the shape of an egg arranged concentrically around the physical body. These bodies are connected with respective chakras and these chakras are connected with the respective organs.

Depression/Blockages/holes in the Human Aura indicates Unhealthy Aura leads to improper flow of energy within the human constitution thereby causing diseases, sickness, and inefficiency.

Powerful Aura indicates Healthy Aura field which enhances the optimal flow of energy within the human constitution thereby enhancing the mental, emotional and physical health.

In the study, it is witnessed that minor depression in the participants Aura Field (Energy field) which can be cleansed through the regular practice of Dhyana.

Parameter 3:

◆ Chakra Alignment and energy level of each chakra in joules:

This extensive study also involved around understanding the alignment of the chakras and observing the energy levels of each chakra, also termed as, the energy centres. However, with the pre and post reading alignment value showing a major difference, we could conclude that

there was an overall improvement of 22% in the alignment of the chakras. The values are as recorded below.

Pre reading Alignment Value: **57 Percent** Post reading Alignment Value: **79 Percent**

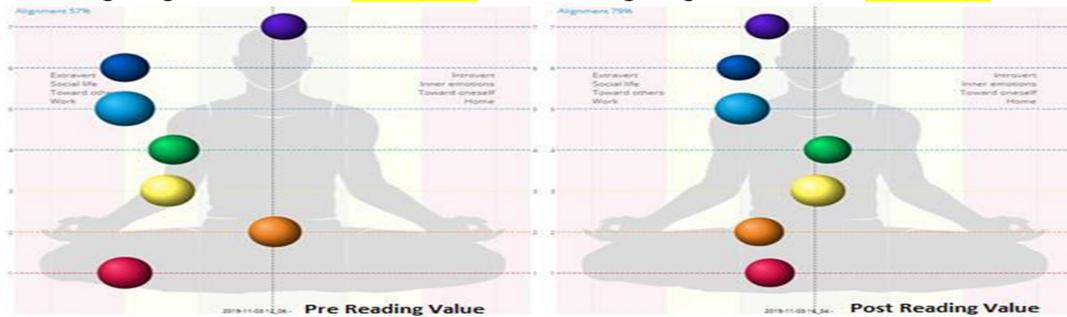


Figure 2: Readings of Pre and Post Session – Chakra Alignment and Energy Level of Chakras

SL.NO	Energy Centers	Pre- Readings		Post- Readings	
		Energy in Joules (*10 ⁻²)	Alignment (%)	Energy in Joules (*10 ⁻²)	Alignment (%)
1	Muladhara Chakra	6.0	33	5.3	79
2	Svadhithana Chakra	5.7	99	5.3	75
3	Manipura Chakra	6.1	52	6.0	98
4	Anahata Chakra	5.6	55	5.2	94
5	Vishuddha Chakra	6.7	33	6.0	67
6	Ajna Chakra	5.3	33	4.8	65
7	Sahasrara Chakra	5.0	95	4.8	78

Table 3: Pre and Post Readings of Energy level of each Chakra and Chakras Alignment

Normal Range (Chakra Alignment): 75 Percent to 100 Percent.

With the recordings, as tabled above, we can understand the difference in the energy level of each chakra and their alignment.

Energy Levels

The pre readings indicate a low energy value of 5.0 and a high energy value of 6.7. The difference in ratio is 1.7. The post readings indicate a low energy value being of 4.8 and a high energy value being is 6.0. The difference noted is 1.2

Chakra Alignment

The pre readings indicate low alignment value of 33% and a high alignment value of 99%. The difference here is 66%. The post readings indicate a low alignment value of 65% and a high alignment value of 98%. The difference noted is 33%.

Chakras are the energy centres of human constitution which are connected with the respective Energy bodies. Blockages/depression in the chakras leads to blockages/depression in the Aura (Energy Field) which represents chakras getting blocked by negative energy that is unable to release from the body.

Misalignment of the chakras represents frequently variations in an individual mood.

In this study, it is witnessed that there was a misalignment in the participant chakras and post the activity, chakras are aligned (Most of the Chakras are in Normal Range and Two Chakras are closer to Normal Range Highlighted in Yellow Color).

Parameter 4:

◆ Yin-Yang Energy:

The variations in the Yin-Yang Energy levels, gave a different dimension to our inclusive study which supported our analysis with respect to Yin (Feminine Energy) and Yang (Masculine

Energy). The study documents different energy levels as observed.

Very Low Energy Value: 1 to 2 Joules

Low Energy Value: 2.1 to 4.0 Joules

Optimal Energy Value: 4.1 to 6 Joules

High Energy Value: 6.1 to 8 Joules

Very High Energy Value: 8.1 to 10 Joules

One of the key highlights of this study is the difference noticed in the Yin Yang energy levels, especially in the lungs, Kidney, Pericardium and Bladder, which continue to be major organs in the human body, which influence the very existence of the individual, by facilitating breathing. The Pre-Activity Reading shows a high rate. This is considerably reduced (fall under optimal slab) post the activities taken up for the study.

SL.NO	Yin Meridians/Yan Meridians	Pre- Readings		Post- Readings	
		Energy in Joules	Level of Energy	Energy in Joules	Level of Energy
1	Yin of Heart	4.76	Normal	4.55	Normal
2	Yin of Lungs	6.26	High	5.87	Normal
3	Yin of Liver	5.93	Normal	7.65	High
4	Yin of Spleen	5.67	Normal	4.95	Normal
5	Yin of Kidney	6.09	High	5.74	Normal
6	Yin of Pericardium	6.16	High	5.05	Normal
7	Yang of Small Intestine	5.17	Normal	4.45	Normal
8	Yang of Large Intestine	5.84	Normal	5.27	Normal
9	Yang of Gall Bladder	5.04	Normal	5.81	Normal
10	Yang of stomach	5.64	Normal	5.01	Normal
11	Yang of Triple warmer	5.48	Normal	5.17	Normal
12	Yang of Bladder	6.26	High	5.27	Normal

Table 4: Readings of Pre and Post Session of Yin-Yang Energy Flow of Organs

It is believed that the summation of Yin-Yang forms a whole and it also described as Shiva-Shakthi Balance i.e. Male and Female Energy.

In the study, we have witnessed that there was excess Yin-Yang flow of energy in few of the organs and post the activity, it was observed that Balanced/Optimal Flow of Yin-Yang Energy.

Parameter 5:

◆ **Functional/energetic condition of organs and systems**

An exclusive study was conducted to find out how strong and functional, the organs and various systems of the body were and the energy levels were recorded.

System	Organ	Pre-Readings- Energy, Joules ($\times 10^{-2}$)	Post-Readings- Energy, Joules ($\times 10^{-2}$)	Remarks (Optimal Energy: 4 – 6 Joules)
Head	Jaw, Teeth	6.3	5.37	Witnessed Optimal Energy post the Activity
Cardiovascular system	Cardiovascular system	6.16	5.05	Witnessed Optimal Energy post the Activity
Respiratory system	Throat, larynx, trachea	7.19	6.85	Witnessed Optimal Energy post the Activity

	Respiratory system	6.19	6	Witnessed Optimal Energy post the Activity
Endocrine system	Thyroid gland	6.51	6.04	Witnessed reduction in the Energy (closer to optimal range) post the Activity
	Adrenals	6.32	5.26	Witnessed Optimal Energy post the Activity
Musculoskeletal system	Sacrum	6.06	5.26	Witnessed Optimal Energy post the Activity
Digestive system	Colon – descending	6.39	5.78	Witnessed Optimal Energy post the Activity
	Rectum	6.1	5.11	Witnessed Optimal Energy post the Activity
	Blind gut	7.03	5.98	Witnessed Optimal Energy post the Activity
	Colon – ascending	6.28	5.2	Witnessed Optimal Energy post the Activity
	Liver	5.93	7.65	Witnessed High Energy post the Activity
	Appendix	6.65	5.81	Witnessed Optimal Energy post the Activity
Urino-genital system	Urino-genital system	6.26	5.27	Witnessed Optimal Energy post the Activity
	Kidneys	6.09	5.74	Witnessed Optimal Energy post the Activity
Nervous system		5.05	5.32	Both the reading fall under Optimal Energy
Immune system		5.62	5.29	Both the reading fall under Optimal Energy

Table 5: Readings of Pre and Post Session: Energy Level of major Organs and System

The study extensively covered the various critical systems associated with the human body, which include Head, Cardiovascular System, Respiratory System, Endocrine Glands, Musculoskeletal System, Digestive System, Urino-genital System, Nervous System and Immune System. While the pre-session values indicated variations in the energy levels, the post session recordings were found within optimum limits.

Summary of Findings

This is an experimental research on which observations have been recorded in the pre and post experimental session. When compared to pre-experiment, in the post experiment period, some major changes have been observed which includes,

Reduction in the Breath count and Breath Sound is Normal.
 Energy Field (Aura), Stress level and

Balance (Aura Field) falls under the Optimal Slab.

Chakras Alignment and Energy Level of Chakras fall under Optimal Slab.

Yin-Yang Energy flow of the Organs fall under Optimal slab.

Energy Level of major Organs and the System falls under Optimal slab.

High energy flow (Yin meridian) in the Liver and subsequent high energy level in the functioning of Liver.

Limitations in the Study

Sample Size is 21 participants for breathing activity and the extensive study was conducted on a single participant and the variations in his energy levels were noted.

Conclusion

Based on the findings of our intensive research, we conclude that Breath Control and Breath regulation play a significant role in overcoming the psychological issues. And the natural healing source

such as light and sound (vibrations), cleanses the human aura and energize the Human Energy centres, which help to harmonize and balance the energy level, thereby enhancing the mental, emotional and physical health. The significance of Breathing is also paramount as it can help in addressing the issues of minor physical tension associated with stress. Our intensive research recommends practicing Breath Control regularly during the day, during breaks or at moments of transition between two activities wherein you stop to adjust your posture and allow yourself a few minutes of quiet breathing. Through this intense study, we also arrive at the fact that there are visible changes in human beings, while moving from actual happiness towards materialistic happiness. In addition to materialistic happiness, critical

parameters from his non-physical side like perception, intuition, imagination, mental stability and emotional quotient, also play a pivotal role in assessing the well-being of an individual. This study was based upon the impact of energy levels, which is a key component that defines Human Aura. Our study successfully proved that human chakras which constitute the energy resources within an individual and enhancement of the chakra alignment, defines the overall well-being of the individual.

Scope for Future Work

There is a need to carry out the Research on multiple samples. And also, to study the impact in the energy levels of the participants those who practice for a span of 108 days.

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