

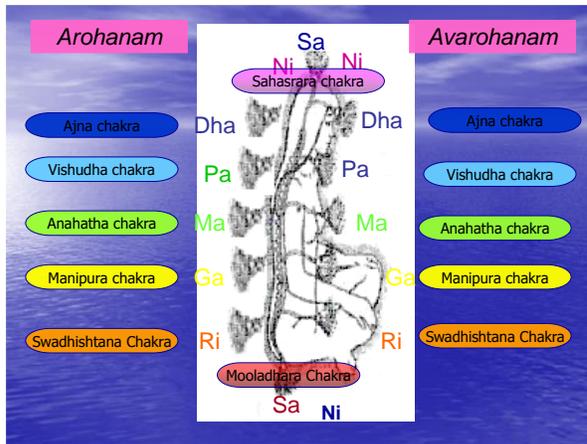
## CHAKRA MEDITATION AND MUSICAL NOTES

### A TRULY HOLISTIC COMBINATION

Indian music is spiritually oriented and is a form of Bakhti dhyana to inculcate spirituality, concentration and memory power. The basic lesson is emphasis on the seven fundamental notes (saptha swaras –sa , ri, ga , ma, pa, dha, ni). During a music class, both guru and the student sit on the ground with both legs folded. This posture itself is to realise the divine power in self.

Posture, emphasis on saptha swaras for the beginners can be explained on the eastern concept of life. Human beings exist in this universe deriving energy from two sources i.e.. Cosmos and mother earth. While everyone knows the former because prana is derived from cosmos, the knowledge of the latter is unknown to many.

While sitting on the ground, energy from the mother earth reaches the mooladhara chakra increasing its vibration, which is solely for the survival. The physical body is ensheathed by auric field in which seven major chakras (invisible to the naked eye) are present. Each swara resonates with one major chakra. In the human body, all chakras start vibrating while chakra meditation is performed. Each chakra has its own manthra. When each note is sung concentrating on the shruthi, vibration of the corresponding chakra can be experienced. The ascending and descending order in which the swaras is sung is called arohanam and avarohanam. (See box – xls file) “Sa” shadjam is the basic note of all ragas. There is no raga without shadjam. So this shadjam increases the vibration of the mooladhara chakra which is for survival. Kundalini shakthi – shakthi in coiled form exists at the tip of the backbone. Increased vibrations of Mooladhara chakra by repeating Shadjam raises kundalini shakthi. Once Kundalini shakthi is awakened, the energy starts moving through shushumna nadi (spinal cord) towards the sahasrara chakra where Lord Shiva resides. For smooth passage of the shakthi, each note is sung in ascending order (as in arohanam). Then ‘Sa’ raises kundalini shakthi at mooladhara chakra , Ri – back swadhishtana chakra , Ga – back manipura chakra, Ma- back anahatha chakra, Pa – back vishudhi chakra, Dha – back ajna chakra, Ni – sahasrara chakra, Sa – cosmos. Now Avarohanam, notes sung in descending order connects cosmos and reinforces shakthi at the sahasrara chakra and the combined shiva shakti circulates through front chakras increases the divine power in corresponding chakras ie..Sa- Cosmos, Ni - sahasrara chakra, Dha- Ajna chakra, Pa – Vishudhi chakra, Ma-Anahatha chakra, Ga- manipura chakra, Ri –swadhishtana chakra, Sa – Mooladhara chakra and Ni- Mother earth. This swara garland by singing makes the body receive the energy from mother earth (ni lower octave) and Cosmos,( sa at upper octave).



Teaching music at the tender age has several advantages. The child is born with all the chakras. But it is the Mooladhara chakra, which starts functioning even before birth. As the child grows, the other 6 chakras start functioning one by one from Mooladhara to Sahasrara chakra and by 21 years, the development process is complete. So teaching music at a young age purifies the body, mind and soul and lays the foundation for a healthy future. Academic brilliance and morality are automatically inculcated in such children.

As divine power manifests in sound, the swarapyasm is the direct way of universal consciousness. Enhanced vibration of seven major chakras keeps the mind and body in good health. It increases concentration, memory, makes the mind disciplined and spiritual. Thus the soul gets purified. In music therapy, selection of a specific raga, which vibrates in the same wavelength of the patient, is absolutely essential. Meditating on this raga purifies the mind and body resulting in total recovery.

Western scientists are of the view that Indians suffer from arthritis because they squat on the floor. Contrary to this theory, by sitting in lotus position, not only the energy is derived from two sources but also the legs and the knees are given enough exercise. That is the reason, even at the age of 70 or 80 years, Indian musicians are able to sit on the floor for 3-4 hours during concerts, without experiencing any pain in their knees nor do they suffer from arthritis –unlike the audience sitting on chairs.

Our cultural background has given us ample opportunities to enjoy nature and live with nature but by westernisation, we suffer because we start living against nature. To make our children lead a healthy life, teach them music at a tender age and make it part of curriculum. **Music is also one form of meditation**, which enhances the power of chakras by raising Kundalini shakthi.

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