

Mystic Five

In ancient India, in Hinduism, man had to undergo four stages in life – Brahmachariam, Grahastyam, Vanaprastham and Sanyasam. Those who wanted to attain Mukthi isolated themselves in deep forests. Living with nature and performing penance awakened their inner power. Once in isolation, through their powerful inner eye, they observed the universe. These seers realized that universe is constituted by five elements namely- Earth, Water, Fire, Air and Void. These five elements of energy are always in movement and in harmony. Harmony among the five elements in Nature provides conducive atmosphere for all those created.

Earth is for supporting the created with root or life.

Water is for nourishing the created and making the root stronger.

Fire - for warmth and for providing energy.

Air= for spreading and unifying the universal energy.

Void is unifying force filling up the entire space.

Disharmony among the five elements in nature is the cause of natural calamity.

Earth – Earthquake

Water – Floods, storm

Fire – Blaze

Air – Hurricane

Void - Pollution

Penance made them realize that all living beings are part of nature. Human beings, highest form of evolution also has the same elements. According to Indian philosophy, human body is made up of five elements and these are distributed in the seven major chakras, which are metaphysical. The five elements in the chakras are as follows

Earth – Mooladhara

Water – Swadhishtana

Fire – Manipura

Air – Anahatha

Void – Vishudha, Ajna & Sahasrara

Meditation on one's own chakras purifies body, mind and soul. As long as the chakras and the five elements associated with them are in balance, health of body and mind prevails.

As a **Reiki practitioner**, with the knowledge and experience acquired, I have learnt the art of correlating the five elements with the major chakras of the human body. Both are metaphysical. I realize that the number five is a mystical number. In the world, everything revolves around the number five. Truth is obvious but only didn't dawn on me so far.

As an **Anatomist**, I analyze the five elements principle in universe and human beings. It is a known fact that the human body consists of

Systems
Organs
Tissues
Cells
DNA

Five divisions – Head, throat, Chest, Abdomen, Appendages (Hands and legs)

Hand – Shoulder, arm, forearm, palm, fingers

Palm – Five metacarpals, five fingers

Leg – Hip, thigh, shank, foot, toes

Foot – Five metatarsals – 1 to 5 and Five Toes

Five sensory organs- Eyes, nose, Ear, tongue, Skin

Five Senses – Sight, Smell, Hearing, Taste, Touch

Acupuncture is also based on the principle of five elements and harmony among them.

Five vital organs - Liver, Heart, Spleen, Lungs, Kidney

Five Major organs	Elements	Yin	Yang
Liver	Wood - Wind	Liver	Gall Bladder
Heart	Fire - Heat	Heart	Small intestine
Spleen	Earth - Humidity	Spleen	Stomach
Lungs	Metal - Dryness	Lungs	Large Intestine
Kidney	Water - Coldness	Kidney	Urinary Bladder

Five stages and emotions

Each stage of growth in life and five different emotions at each stage of life

1-10 – Anger (irritation)

10-20 – Happiness

20-30 – Wisdom

30-40 – Sadness

40-50 - Fear

Energy can never be created nor destroyed. Energy transforms from one form to another-Solid, liquid, gas, ion, Manthra. Correlating five elements in nature to the

metaphysical body and physical body, it is astonishing to find that the entire universe revolves around the mystic number five.

There is harmony among the five elements in the universe. The imbalance can cause calamity. Similarly as long as the five elements are in harmony in the human body, there is health. Imbalance causes disease. Hence it is obvious that by living with nature and respecting the five elements and retaining the same harmony in both nature and physical body, we can keep the world healthy and peaceful.

Indian music is based on seven notes **Shadjam, Rishabam, Ghandharam, Madhyamam, Panchamam, Dhaivatham, Nishadham**. Of the seven notes except Shadjam and Panchamam other five notes are variable. So by permutation and combination several ragas are created. Again these FIVE numbers play a great role in Music.

Wise men should learn from nature and preserve harmony. From five elements or Pancha Bootha, what we can learn

Earth – Perseverance. Earth forgives everybody though everyone stamps and hurt the same

Water – Spreads and purifies the earth and atmospheric cool

Fire – Illumination. Wisdom allows one to learn that soul is Jeevathma for transcendence

Air – Fills up the lungs and does not get attracted to anyone.

Void – Does not get agitated by pollution. So no one should get stirred up by sensory organs.

In great composer Thyagaraja's composition the jewels are Pancha Rathna Kirthanas.

In English alphabets five vowels A, E, I, O, U, give life to any word

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