

## **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 based 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.

The visible physical body is sheathed by invisible auric field in which seven major chakras are present. The seven chakras are Sahasrara, Ajna, Vishudha, Anahatha, Manipura, Swadhishtana and Mooladhara. Each chakra is associated with an endocrine gland and controls specific organs and moods.. According to Reiki, disease is the result of imbalance of chakras and cure is restoring the balance. For curing the disease, cosmic energy is channelised through the palm of the healer to the affected chakras. Through the chakras, the cosmic energy is transferred to the endocrine organs and neurotransmitters. The neurotransmitters activate the diseased organs controlled by the chakra, thus restoring health.

In Music 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 mantra. 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 respectively. “Sa” shadjam is the basic note of all ragas. It is not only the inter relationship between the notes that define a raga (although it is an integral part) but also the relationship of these notes to the basic note (adhara shadjam). In other words, the frequency of any sound has relevance only when it is read in conjunction with the tonic note. A noteworthy feature is, even though the raga is built on the basis of a sequence of swaras, the drone of the tambura will be spelling out the adharaj shadja all the time, loud and clear so that the reliance is constantly maintained. So there cannot be a raga without the adhara shadjam. So this shadjam increases the vibration of the mooladhara chakra which is for survival. Kundalini shakthi – shakhti 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 Vishudha chakra, Dha – back Ajna chakra, Ni – Sahasrara chakra, Sa – cosmos. Now Avarohanam, notes sung in descending order connects cosmos and reinforces lord shiva's shakthi at the Sahasrara

chakra and the combined Shiva shakti circulates through front chakras increases the divine power in corresponding chakras i.e.- Cosmos, Ni - Sahasrara chakra, Dha- Ajna chakra, Pa – Vishudha 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). While sitting on the ground, energy from the mother earth reaches the mooladhara chakra increasing its vibration, which is solely for the survival.

As we all know, a raga is built up through the combination and inter relationship of the basic seven notes. The swara in a raga are meant to be used according to their importance, in the mode of *a-kara*, to heighten their spectrum (Swarupa). Within the set of swaras, some play a major role and some less. There are some swaras which dominate and stay persistently -nyasa swaras. There are some ragas which have a special impact if they are initiated at a certain specific swaras. For instance, a raga like Atana generally commences at the higher octave with the combination of the swaras - *sa ri sa ni sa dha dha*; or raga like Anandhabhairavi in the middle octave with the swaras *pa dha pa ma dha pa ma pa ma ga ri ga*. or ritigowla with *ni dha ma ga ri ga*. Jiva swaras which lends life should be highlighted. They are the dhivata in Atana, antara gandhara in kalyani, madhyama and gandhara in hindola.

Certain ragas may have similar scales and melodic functions. But some exaggeration of what is referred to as prayoga(usage) makes all the difference. For e.g., the stress on the swara nishadam in Rithigowla is different from that of Anandha bhairavi.

Music can be a cure if the singer/listener chooses the raga based on which chakras he wants to concentrate on. Hence while singing/listening, based on the dominant swaras in that raga, the corresponding chakras vibrate more. (refer table on disease, organs, chakras, ragas and notes). The singer/listener should concentrate on the chakra while singing/listening.

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.

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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