

CHAKRAS – STAGES OF DEVELOPMENT

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The seven chakras are the source of our birth, survival, growth, health, disease and death. All the chakras are located in the inner aura and are the energy centres, which breathe the spiritually guided cosmic energy. The energy received through the chakras reaches the corresponding endocrine gland within the physical body, endocrine system, activate neurotransmitter and thus the stimuli reach the nervous system.

Though the chakras cannot be handled like the physical organs, as the source of energy they influence body and mind. Any emotional disturbance reflects on the physical plane like palpitation, breathlessness, nausea, migraine including heart attack.

In health, they are responsible for growth, behaviour, thought process, hormonal balance and proper functioning of all systems. Since life starts from prenatal stages, the origin, function, influence on emotions, malfunctions and the resulting symptoms in relation to chakras would throw light on the health and cause of diseases.

The human body is placed between the cosmos and mother earth, receiving energy from both the sources. For the sole existence on the earth, grounding is essential. So, the function of grounding the body to the earth is by the first chakra, mooladhara.

Physical body is the hardware and for programming the mind and body, chakras are used as software. Programming depends on the need, environment, family background, society, and cultural background. These act on the chakras, which receives the energy from the cosmos and mother earth. The energy from the cosmos flows from above downwards makes the person grounded while the energy from the mother earth flows upwards for making a person spiritual.

Since the grounding is essential for survival, the chakra responsible for grounding is the first chakra i.e. Mooladhara Chakra connects the body to the earth serving as the root. Though at birth the infant is born with all the chakras, all of them are not functional. Each chakra has got its specific location, but the stage at which it starts functioning is different. Development of seven major chakras begins from prenatal stages and is completed around

21 years. Proper development and environment at home and society at developing stage of each Chakra are responsible for personality and character of every human being.

MOOLADHARA CHAKRA serves as the root for mere survival and grounding and is the first one to start functioning within the uterus of the pregnant mother. The foetus is provided with a protective atmosphere for the growth. As the body has to grow and survive, the mooladhara chakra develops during mid-pregnancy. Growth continues up to one year after birth.

Survival and grounding are by balancing of Earth element and adrenal gland.

SWADHISHTANA CHAKRA becomes functional from 6 months after birth and continues up to 12-18 months. At this age, the child starts crawling, to sense objects and starts exploring with tactile sense. Water element enhances movement and this chakra is associated with sense of pleasure. Endocrine gland - in female—Ovary and in Male -- Testis

MANIPURA CHAKRA blossoms at 1-½ years and extends up to 4 years. This is the stage of personal identity, development of autonomy, ego, unconscious social identity based on the development of the first two chakras. Learning, connecting language with action, discipline of the mind commence at this stage. Proper training for grooming gets registered in the subconscious mind. FIRE being the element, vitality increases for a healthy life. Wisdom is the emotion and associated with endocrine Pancreas.

ANAHATHA CHAKRA develops from 4 years to 7 years. This is the tender age of learning socialisation. Heart opens up to relationship with outsiders. Developing friendship, expressing love, thinking and becoming inquisitive about happenings around self based on which self acceptance develops. These characters form the base for the functioning of the next upper chakra. Centrally located between lower three chakras [for materialism] and upper three chakras [for spirituality] Anahatha chakra forms a link for transcendence. With AIR as element, first stage of spirituality with pure LOVE starts developing. Thymus is the associated endocrine gland.

VISHUDHA CHAKRA starts functioning from the age of seven and continues up to 12 years. Based on the development of curiosity and social identity, expression and creative tendency develops. This is the crucial stage for identifying and supporting the child's ability by promoting creativity and self-expression; decision making tendency gradually blossoms. Thyroid and parathyroid are endocrine glands VOID, the element associated for expression and for physical growth.

AJNA CHAKRA is the stage of adolescence. Though social identity is established unconsciously during the developing stages of Manipura chakra, there is tendency for examining this trait consciously. There is a tendency for gathering information through literature, mythology, movies etc. and imitate or imagine. Psychic power increases and decision on future of self depends on the functioning of the Ajna chakra. With VOID being the element and located at the centre of fore head it acts as the seat of intelligence. Having control over Pituitary gland [master gland] and autonomic nervous system it is responsible for creating a balanced character without the interference of the lower chakras.

SAHASRARA CHAKRA is the seventh chakra and it is the last to blossom at early adulthood and continues to be the guiding force thereafter. Once the social identity is realised, pursuit of knowledge, learning to observe the world and inner self develops. Though the mind is mature enough to analyse and understand the society and self, it is the formulation stage for the future.

Sahasrara chakra development is based on the development of the other chakras and any interference in the developing stage of the other chakras would reveal in the behavior pattern of the adult. Located at the summit of the head and associated with the element VOID Sahasrara chakra is responsible for spirituality.

HUMAN BEING CONSTITUTION

TWO FUNDAMENTAL COMPONENTS

PHYSICAL METAPHYSICAL

PHYSICAL Visible external form and internal organs

Physical body for growth and for performing all functions

METAPHYSICAL Invisible aura and chakras; determines the personality and character. Controls emotions

Source of energy for physical body

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