7 Chakras - Unlock the SECRET KEY to SUCCESS

By

KAMLESH SADASHIV SHINDE

A thesis submitted in partial fulfillment of the requirements for the degree of

MASTER OF METAPHYSICAL SCIENCE, M.MSC.

On behalf of

the Department of Graduate Studies of the University of Metaphysics

this thesis has been accepted by

Thesis Advisor

IMM President

July 24, 2020

TABLE OF CONTENTS

[Chapter 1: Introduction 1](#_bookmark0)

[Chapter 2: Review of Literature 3](#_bookmark1)

[Definitions 3](#_bookmark2)

[History and Background 6](#_bookmark3)

[Chapter 3: Discussion 17](#_bookmark7)

[Conclusion 30](#_bookmark13)

[Works Cited 32](#_bookmark14)

i

Chapter 1: Introduction

What is definition of Success? Each person has different way to look at success. Some may be happy with the new branded car , new house or new relationship . This is the social definition of success which each one of us know and work hard towards getting everything in life.

In this thesis, I am going to share some research-based insights that will help each one of us to understand what does success exactly means and what we have to start understanding in a deeper way? . Are people around us really happy with what they have achieved? What is the gap and how can this thesis provide a lens which would help all to understand things in better and efficient way.

To connect with the LIFE FORCE or GOD ENERGY or HIGHER SOUL is critical to manifest thoughts in to practical reality in this world .To understand SEVEN CHAKRAS system is primarily important to identify which CHAKRAS is either over activated or under activated and how do normalize these chakras to connect with the higher soul or GOD MIND .

On this planet earth where we are living where everything is made of energy and this energy is actively flowing through each one of us. We are made up of different layers of energy bodies which are connected to our physical, emotional and mental state which is called “LIFE”. This thesis will provide research-based insights to demonstrate that unlocking the secret key to one’s success is possible through a deep understanding of these energy centres which are called “CHAKRAS” and are connected to the universal life force.

2

Chapter 1: Literature Review

It goes back to eighth century BC, information about chakras and system around it was written in Upanishads. These concepts are old and have been transformed and evolved through the different versions and additional discovery by different individuals in last 40-50 years .Chakra System which has been accepted in entire world but it has started with the Eastern culture and have a little resemblance with western culture which has accepted now .

In order to understand how chakras are connected to success, we need to understand what is “chakra and the system “. There are different definitions about chakra available in different literatures at this point of time. While we understand the definition of chakra and the system around ,it is important and critical to understand the history and evolution of this system to our world .

“Mystical Power is the Universal Presence of Cosmic Intelligence, or God, which has Its Presence at the center of the human mind.” Pointed out by Masters (*Minister’s/Bachelors Curriculum.* ) which clearly states that the we are Psycho-physical unit and to be successful in life has body-mind connection. The research-based insights mentioned in this thesis is about the understanding the chakra system, which will be help us to become successful in terns every areas i.e. physically, emotionally, spiritually and financially in this world.

There are different ways in which the chakra and it system has been defined many individuals from 1500 B.C till date. We are not going to really talk about the differences in the way the system was defined based on the knowledge that was received by individual during that time. What we are interested in understanding through this thesis is the connecting the concept scientifically and what we can explore, imbibe and assimilate in our daily life. Keeping scope in mind for this thesis the definition is adopted and text from some of the well know authors who have defined concepts in different way from either Charles Webster Leadbeater’s *“The Chkaras: A Monograph” , “Understanding Chakra “ by* Broderick Johnson .

The Sanskrit word “CHAKRA “ means “Disk “ or “Wheel” .But this is not an ordinary wheel .These ‘wheels’ are more like spinning energy-gateways ,or even like spinning hard drives with access to vast , infinite memory banks .In the Vedas they are described as being like lotus flowers , with many petals .They are dynamic vortices or gateway portals that link our physical body and our life energy to the energy vibrations in the rest of the universe .

These are the points where the intersection of body, mind , emotions and spirits happens and they are like subtle spiritual organs .The seven chakras are the principal nadis or points of intersection, In different esoteric traditions the number of chakras is different .Some speak of nine , others of four and many more , but instead they are referred to as gateways , as where the body stores energy or they are grouped together .

Each chakra resonates at a different frequency , ranging from the one which is closer to the Spine to the top of the head with highest frequency .Each frequency relates to a different aspects of physical, mental and emotional life .Each one resonates with a different color and sound vibrations too.

The channels or petals of each chakra are meant to be open , vibrant and healthy .When they are , we experience a natural , harmonious state of being . We feel vital, live balanced and capable .if this channels ate blocked the it impacts the entire physical , emotional and mental layers of our aura depending on which chakra is blocked or imbalanced .

C.W. Leadbeater referred to them as the “wheel-like vortices which exist in the surface of the etheric double of man” Simply put, a chakra is an Energy Center.

To be successful in life we need to understand each chakra for the seven chakra system in details and where they are located in our body system. In the entire discussion I will be referring this from the body part or organ where they are located exactly.

Root Chakra is located near the coccygeal plexus or is located between the perineum and the coccyx or the pelvic bone. It is also known as **Muladhara** in Sanskrit and is said to be the base from which the three main psychic channels or nadis emerge: the Ida, Pingala and Sushumna. The Muladhara chakra has four petals bearing the Sanskrit letters va, scha, sha and sa. This chakra is responsible for survival and life .It is an masculine chakra that pushes the energy towards the lower portion of the body thus bringing in confidence while walking or standing on our feet . It is also signifies the grounding for us .

[ Maheshwarananda, Paramhans Swami (2004). [*"The Qualities and Symbols of the Mūlādhāra Chakra"*](http://www.chakras.net/energy-centers/muladhara/qualities-and-symbols). [*The Hidden Power in Humans: Chakras and Kundalini*](http://www.chakras.net/). Ibera Verlag. [*ISBN*](https://en.wikipedia.org/wiki/ISBN_(identifier)) [*9783850521970*](https://en.wikipedia.org/wiki/Special:BookSources/9783850521970).]

Second chakra is “SACRAL CHAKRA “which is also know as **Svadhisthana** in Sanskrit. Svadhisthana is located two finger-widths above the root chakra which is located in the coccyx (tailbone). It is connected with the sense of taste, (the tongue) and with reproduction (the genitals).It is often associated with the testes and ovaries. They produce the hormones testosterone or estrogen, which influence sexual behaviors.

Manipura is the third chakra is the chakra system. Bodily, it is the solar plexus or naval chakra.

We find wisdom, self-confidence, and feelings of wellbeing when manipura chakra is in balance. When this chakra is imbalanced, we may feel tired, weak and ill. Anatomically, the manipura chakra governs the pancreas, digestive system’s organs, and the adrenal glands. Part of the imbalanced feeling of fatigue may be related to being improperly energized by food. If the food eaten is not sustaining, the manipura chakra may become imbalanced, as it involves the digestive organs.

Fourth chakra is “Heart chakra “ which is also called as “Anāhata” chakra in Sanskrit .It is located in the heart area , in the middle of the chest .The heart chakra is related to the heart , circulatory system .This chakra is really the seat of emotion. Our loves , hates , all our feelings revolve around this area .How we manage our emotional power comes from the balance and opened in the heart chakra .The Anahata chakra makes us complete and whole .It brings meaning to life ,and joy .

The fifth chakra is called as “Throat chakra “ or Vishuddha chakra .It is located at the base of the throat in the neck. Throat chakra is the seat of will power ,and of our breath .The lower chakras are more about instinct ,while the three higher chakras are more about thought ,wisdom and insights . he success and failure in one's life are said to depend upon the state of this chakra, whether it is polluted or clean.

The sixth chakra is called as “Third eye chakra “ or Ajna chakra in Sanskrit. It is located in the middle of head ,inline with the space between the eyes .The key to the Ajna chakra is awareness of your own mind. It is supposedly a part of the brain which can be made more powerful through meditation, yoga and other spiritual practices just as a muscle is. While a person's two eyes see the physical world, the third eye is believed to reveal insights about the future. The third eye chakra is said to connect people to their intuition, give them the ability to communicate with the world, or help them receive messages from the past and the future.

The Seventh chakra is called as “Crown Chakra “or Sahasrara chakra in Sanskrit .It is located at the crown of the head and slightly above it (think of a Halo ). Sahasrara is located at the crown of the head. The gift of this chakra is experiencing unity and the selfless realization that everything is connected at a fundamental level. The energy of this chakra allows us to experience mystical oneness with everyone and everything in nature. There is no intellectual knowing at the level of seventh chakra, but there is serenity, joy, and deep peace about life. You have a sense of knowing that there is a deeper meaning of life and that there is an order that underlies all of existence. The "way of the crown chakra" is the way of going beyond the limits of your own ego. It is the way of transcending the ego and knowing that all of creation is interconnected at a fundamental level.

Citation : <https://www.chakra-anatomy.com/crown-chakra.html>

Bhaktivedanta, A.C, Swami Prabhupāda. *Bhagavad-Gita: As It Is. Los Angeles, CA* The Bhaktivedanta Book Trust. 2014 Printing. Print.

Beecher, Henry K. “The Powerful Placebo*”. Journal of the American Medical Association.* Vol. 59, No. 17. December 24, 1955. Print.

Brennan, Barbara Ann. *Hands of Light: A Guide to Healing Through the Human Energy Field*. New York, NY: Bantam Doubleday Dell Publishing Group, 1988. Print

Dale, Cyndi. *The Subtle Body: An Encyclopedia of Your Energetic Anatomy.* Boulder, CO: Sounds True, Inc. 2009. Print

Descartes, René. *Meditations on First Philosophy with Selections from Objections and Replies, a new Translation by Michael Moriarty.* Oxford, NY: Oxford University Press, 2008. Print.

*Dhammapada.* Translated by Thomas Byrom. Theosophical University Press, 1980. PDF Document Dispenza, Joe. *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One*

Carlsbad, CA: Hay House, Inc., 2012. Print

---*You Are The Placebo: Making Your Mind Matter.* Carlsbad, CA: Hay House, Inc., 2014. Print

---*Stop Self Imposed Limitations. n.d. n.p. Audio File*

Hay, Louise*. Heal Your Body.* Carlsbad, CA: Hay House, Inc. 1988 Print

*Holy Bible: New King James Version. (NKJV)* Nashville, TN: Thomas Nelson Publishers, Inc., 1997.Print

*--- The Jerusalem Bible.* (JB) Garden City, NY: Doubleday & Company, Inc. 1968.Print.

--- *New Living Translation*. Carol Stream, IL: Tyndale House Publishers, Inc. 2004Print

---*American Standard Version.* Teaneck, N.J.: Williams Collins Sons & Co., Ltd. 1971. Print

*Holy Qur’an:* Translation by AYusuf Ali, Abdullah Elmhurst, NY:Tahrike Tarile Qur’an, Inc. 2012. Print Johnson, Caitlin. [www.CBSnews.com](http://www.cbsnews.com/) September 17, 2006. CBS Interactive, Inc. Accessed June 23,2017

Judith, Anodea. *Wheels of Life. (Second Edition).* Woodbury, MI: Llewellyn Publications, 2016. Print. Korotkov, Konstantin. [www.krotkov.eu](http://www.krotkov.eu/). n.d. n.p. Accessed: May 27, 2017. Web

Lao Tzu. *Tao Te Ching.* Stephen addiss and Stanley Lombardo translation. Indianapolis, IN: Hackett Publishing Company, 1993. Print

Lechner, Tamara*. “5 Types of Meditation Decoded”* [www.Chopra.com](http://www.chopra.com/)*.* n.d., n.p.. Accessed May 27, 2017. Web.

Lipton, Bruce. *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles.*

Carlsbad, CA: Hay House, Inc., 2005. Print

Masters, Paul Leon. *Master’s Degree Curriculum. 2* Vols. Burbank, CA: Burbank Printing. PDF File.

---. *Minister’s/Bachelor’s Degree Curriculum.* 4 Vols. Burbank, CA: Burbank Printing. PDF File.

Motoyama, Hiroshi. *The Ejection of Energy from the Chakra of Yoga in the Meridian Points of Acupuncture.* Mitaka-Shi, Tokyo, Japan: The Institute of Religious Psychology, 1979. Print

Pascal, Blaise. Pensées. New York, NY: E.P. Dutton & Co. 1958. Epub File Pert, Candace B. *Molecules of Emotion.* New York, NY: Scribner, 1997. Web.

Ozaniec, Naomi. *Scientific Research into the Chakras.* [www.universal-mind.org](http://www.universal-mind.org/) Quoted on webpage. (1999). *Chakras for Beginners*. Hodder & Stoughton Educational, London. ISBN 0 340 62082 X. n.d., n.p. Accessed: May27, 2017

Wallis, Christopher. *“The Six Most Important Things You Never Knew About the Chakras*”. [www.TantrikStudies.org.](http://www.tantrikstudies.org/) February 5, 2016. n.p. Accessed: March 12,2017. Web.

Gnānānanda Thera, Kiribathgoda. *The Voice of Enlightened Monks: The Theragatha.* Markham, Ontario, Canada.: Mahamegha Publishers. 2015. Print

Woodroffe, John. (Arthur Avalon). *The Serpent Power – The Secrets of Tantric and Shaktic Yoga (Fourth Edition)* Adyar, Madras, India: Ganesh&Co. (Madras) Ltd., 1950. Print.

Yalovleva, Ekaterina & Korotkov, Konstantin. Electrophotonic Analysis in Medicine: GDV Bioelectrography Research. 2013. n.p. PDF file