Chakras & Spiritual Quotient

Neha Saini¹ & Dr. Sham Ganpat Tikhe² & Dr. Upender Babu Khatri³ & Dr.Akhilesh Singh⁴

¹Phd. (Yoga),Sanchi University of Bhuddhist Indic Studies.
²³⁴Assistant Professor, Sanchi University of Bhuddhist Indic Studies.

Received: July 18, 2018
Accepted: August 30, 2018

ABSTRACT
Humans remain ignorant about the center of energy that lies within them, that stimulates them to indulge in different types of pro-social behaviors such as charity; meditation; helping, supporting and/or praying for others etc. These are the signs of “seeds of spirituality”. The only difference between people who meditate on a daily basis and who don’t is, varied spiritual quotients. There are some energy meridians that lie inside the body, which are known as “Chakras”. When people meditate on them, they clean the petals of the chakras and rise above their limits which help them to improve their physical, mental, emotional health and enhance the spirituality in them and whatever they thought about to serve the society they immediately implement those things in comparison to those who do not meditate on chakras. It was found that spirituality lies within each individual but meditation not only enhances spirituality, but also brings it out from inside.

Keywords: Chakra, Factors of Spirituality(questionnaire), Meditation, physical mental and emotional health, SQ, EQ, IQ.

Introduction

What is Chakra?
There are 3 Main Naadi in our human body, known as “Ida, Pingla, Sushumna”, these Naadi lies inside the spinal cord. Where these 3 Naadi intersect each other, an energy meridian or a house of energy or a lotus arise, which is known as “Chakra”. In human body there are seven Chakras according to Shiv Samhita. Where five Chakras lies in Spinal cord and rest two lies in forehead and top of the head respectively.

Description of Chakras According to “Shiv Samhita” And Anatomically Their Position:

<table>
<thead>
<tr>
<th>Name</th>
<th>Bengali</th>
<th>Peals</th>
<th>Color</th>
<th>Spiral vertebra</th>
<th>Associated organs and benefit</th>
<th>Glands</th>
<th>Feelings</th>
<th>Spiritual benefits</th>
<th>Mental benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muladhara</td>
<td>Lasi</td>
<td>4</td>
<td>Red</td>
<td>L5-S5</td>
<td>Tail bone, legs, spine, blood, teeth</td>
<td>Adrenal Gland</td>
<td>Passion</td>
<td>Dravdha Shakti(Ability to Walk in the sky)</td>
<td>Courage, Stability, personality development</td>
</tr>
<tr>
<td>Svadisthana</td>
<td>Vess</td>
<td>6</td>
<td>Orange</td>
<td>T9-L4</td>
<td>Ovary, uterus, womb, kidneys, spleen, urinary system</td>
<td>Gonads, sex glands</td>
<td>Pleasure</td>
<td>Attractive personality, like God of love, fairness</td>
<td>Independent, dynamic, confidence, wisdom thoughts</td>
</tr>
<tr>
<td>Manipur</td>
<td>Kni</td>
<td>10</td>
<td>Yellow</td>
<td>T11-T13</td>
<td>Digestive system, diaphragm</td>
<td>Pancreas</td>
<td>Happiness, determination</td>
<td>&quot;Petal Siddhi&quot;, knowledge of hidden natural medicines</td>
<td>Optimistic, self-controlled, alert, knowledge, wisdom</td>
</tr>
<tr>
<td>Anahata</td>
<td>Yama</td>
<td>12</td>
<td>Green</td>
<td>T8-T12</td>
<td>Respiratory system, circulatory system, muscular system</td>
<td>Thymus Gland</td>
<td>Love, Balance</td>
<td>Knowledge, Bhada Siddhi, Observance</td>
<td>Acceptance, self-controlled, Compassion, Equality, Peace, love</td>
</tr>
<tr>
<td>Vahndhi</td>
<td>Hang</td>
<td>16</td>
<td>Smokey</td>
<td>C2-C7</td>
<td>Throat, larynx, pharynx, shoulder, jaw</td>
<td>Thymus Gland</td>
<td>Expansion, Healing</td>
<td>Knowledge of all four vedas</td>
<td>Communication, faith, Creativity, planning, Alemness</td>
</tr>
<tr>
<td>Agya</td>
<td>Ass</td>
<td>2</td>
<td>Smokey</td>
<td>C1-C2</td>
<td>Cerebellum, Autonomic Nervous System</td>
<td>Pindal Gland</td>
<td>Imagination</td>
<td>Excellence in all fields</td>
<td>Discover, invention, self confidence</td>
</tr>
<tr>
<td>Shaktas</td>
<td>Abah</td>
<td>1000</td>
<td>Smokey</td>
<td>Central nervous system, skull</td>
<td>Pituitary Gland</td>
<td>State of Bliss, Spirituality</td>
<td>Self Realisation, Liberation</td>
<td>One can walk on earth, water, stars and space</td>
<td></td>
</tr>
</tbody>
</table>
Spiritual Quotient:

\[ SQ = EQ + IQ \]

Emotional Quotient: In 1990 “Daniel Goleman” developed the concept of Emotional Quotient. In the year 1996 he gave the definition of EQ “Recognize, understand and manage our own emotions. Recognize, understand and influence the emotions of others.”.

Intelligent Quotient: a number representing a person’s reasoning ability (measured using problem-solving tests) as compared to the statistical norm or average for their age, taken as 100.

Spiritual Quotient: The author of “Spiritual Intelligence – the Ultimate Intelligence” ‘Danah Johar & Marshall’ explains the spirituality “an animal even has Emotional Quotient, even a computer has Intelligent Quotient, but only the human being is different from them and has a difference in form of Spiritual Quotient’. If a person balance his mind, intelligence with his emotions very well he may able to fight with adverse situations easily and even he develops his patience level and understand others problems & point of view and with this attitude he may able to change the situations in positive way.

Methodology

PARTICIPANTS

A homogeneous sample of 20 non-institutionalized elderly between age group 25 to 50 was selected.

RESEARCH DESIGN

In the present study, Ex-Post Factor research design has been applied. There are two variables

- People who Meditate on chakras daily, their Spiritual Quotient
- People who do not Meditate, their Spiritual Quotient

The correlation between the two was assessed.

MEASURES

To assess the levels of between people who follow the Chakras meditation daily and who did not know how to do meditation on chakras. The Scale developed by Dr. Kavita Karodiya Dr. Rikhita Singhal and Dr. Darshan Narang. It is a self-administered scale and has 26 items. The respondents are instructed to complete each statement by marking a tick (✓) on any of the four alternative responses given: ‘Strongly agree’, ‘Agree’, ‘Disagree’ or ‘Strongly Disagree’ against the boxes given, whichever applicable to their case. Items indicative of ‘high SQ’ were given 4 by ticking ‘Strongly Agree’, ‘moderate SQ’ given 3 points by ticking on ‘Agree’ and ‘no SQ’ was assigned a score of 2 & 1 by ticking ‘Disagree’ & ‘Strongly Disagree’ respectively responses. Total possible score to obtain ranged between 26-104, with high score indicating high SQ and low score indicating low SQ.

Since most of the questions were personal, the participants were assured of confidentiality.

PROCEDURE

The investigation was carried out on 20 non-institutionalized elderly, age ranging from 25 till 50 years. Accidental sampling technique was used and Ex-Post Factor research design was applied. The subjects were initially given the Spiritual Quotient Questionnaire. Although there was no time limit for either of the scales, they were asked to complete the Questionnaire as soon as possible. Confidentiality was assured. After successful completion of the Questionnaire, individual scores were calculated. The raw data was analyzed further and the results were interpreted on the basis of the same.

Result

Correlation, T-value and Level of Significant between Spiritual Quotient of people who meditate on chakras daily and people who do not meditate on chakras are as follow:

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>MEAN</th>
<th>Df</th>
<th>t-value</th>
<th>R</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>20</td>
<td>91.70</td>
<td>38</td>
<td>4.5173</td>
<td>-0.2987</td>
</tr>
<tr>
<td>Y</td>
<td>20</td>
<td>82.70</td>
<td>38</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Level of Significant between Spiritual Quotient of people who meditate on chakras daily and people who do not meditate on chakras came out to be which is significant at 0.01.

KEY
X: X Values
Y: Y Values
\( M_x \): Mean of X Values
\( M_y \): Mean of Y Values
X - Mx& Y - My: Deviation scores
(X - Mx) 2 & (Y - My) 2: Deviation Squared

Discussion
Emotional quotient and Intelligent Quotient comes together and turns in to the Spiritual Quotient. It simply means that, if one focused only intellectual things he may lose some creative aspects of life or he just activates his logic mind only that is left brain. He may involve in mechanical activities of his jobs, tasks or day to day life and slowly-slowly he get frustrate from his own work, tasks. This frustration brings out the anger, depression, anxiety, and so many psycho- somatic diseases. Researches show that a successful person has 80% Emotional Quotient, 20% Intelligent Quotient, and he performs very creative work with logical aspects. They balanced the life easily in comparison those who only focused on either EQ or IQ.

To develop EQ, IQ and SQ one should work on chakras, and Chakras are activates by meditation and purity of intention. If people practice the meditation on chakras daily they will found that slowly-slowly they start to gain the peace of mind, clarity in thoughts, self-confidence, perfect health, harmony in all relationships, acceptance, and intention to serve others unconditionally.

In this research, found a clear result that meditation on chakras develop the EQ of an individual and it effect the behavior of the person and he/she realize the state of peace, purity, and wants to spread happiness in the society. So findings clearly reveal that by the practice of meditation on chakras, EQ & IQ can be enhance and SQ as well.

Conclusion
In present research it was found that everyone at any stage of life think about some aspects of spirituality but few number of people follow their inner voice and develop their Emotional Quotient & Intelligent Quotient together and is known as “Spiritual excellent people” because they very well know that how to control self and how represent honestly, gently & wisely, how to keep things on right track at the right time at the right place. It is also found that people who were meditating on chakras has high SQ in comparison to those who are not meditating or not even aware about it. Everyone has the SQ but only some of them practice to improve it by meditation on chakras or by other means like yam, Kriya Yoga or Ashtang Yoga etc.

References