

Impact of Golden Ball Exercise in Chakra Alignment

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Abstract

Human body is associated not only with the five elements but also with the aura around it. The seven chakras in the auric body which play an important part in keeping the physical body in a healthy state. For this a Golden Ball Exercise was used which is executed on direction through guided breathing and imagery. The exercise is a part of Reiki Healing programme meant for chakra alignment. The exercise was experimented on a small group of 30 people from all walks of life for fifteen days. The exercise had a positive impact on the group which they recorded in their feedback descriptively. There was a marked enhancement in their feeling of wellness and a change in their health. Overall participants felt a sense of stability in their personality.

INTRODUCTION

Our human body is not only physical in nature but it is vibrating with various kinds of electrobiomagnetic impulses around it which is in the form of layers. These layers are said to be seven in number along with the physical body; etheric, mental, emotional, spiritual, astral, and celestial. The very first and the closest layer of the body is about an inch wide where there are high energy centres seven in number. These centres are unseen to the human eye but yogis and clairvoyants can see with their inner powers. They have described these high energy centres as Chakras. These chakras are connected to each other with three 'nadis' called Ida, Pingla and Sushumna.

The word nadi literally means 'flow' or 'current'. Energy or life force flows through these three nadis. The yoga postures, chants, meditations, pranayama, the air we breathe and the company we keep affects the prana/energy in the nadis. The way we live, the way we think and the way we feel affects the flow of current or energy in these nadis which are criss crossing the seven chakras as seven places in the outer body called the etheric body. This flow maintains the balance of energy flow if practice of any kind of meditation, yoga, pranayam etc. are followed regularly which further helps in balancing the body energy taking away the 'vrittis' from it.

The first nadi, Sushumna is called the Brahmanadi. This is the main energy current or the spiritual channel. It travels up the spine from the base chakra, or Muladhara, starting at the perineum for men and the cervix for women, and finishes at the crown of the head or at Sahasrara chakra.

The second nadi is Ida which is called the nadi of Chandra (moon). It starts from the left nostril. In the chakras the left-side current of energy, starting on the left of the perineum, passing through each chakra in turn, forming a criss-cross pathway, terminates at the left of the Ajnachakra.

The third is Pingla and is also called as surya/sun nadi. It starts from the right nostril. In the chakras the right-side current of energy, starting on the right of the perineum, passing through each chakra, mirroring Ida and terminates at the right of the ajna chakra.

Ida and pingla represent the two opposites forces flowing within us. Ida and Pingala also run through the chakras, and alongside Sushumna. They occasionally cross Sushumna at the location of the chakra.

The seven major chakras are situated in the susumna channel, which is the main nadi in the very center of the spine. Nadis are ethereal, or subtle energy, channels for vital energy in the body. The seven major chakras are Muladhar or root , Svadisthana or Splenic , Manipur or Solar -Plexus, Anahat or Heart , Vishuddha or throat ,Ajna or third eye and Sahastradhar or Crown chakra.

If one goes into the depth of these chakras according to Shatchakra Nirupam one can understand the meaning and function with more clarity.

1. MULADHARACHAKRA : ‘Mula’ means root and ‘adhara’ means support. It is said to be precisely located in the centre of the perineum in men, between the anus and testicles, and at the tip of the cervix in women. Its colour is clear bright red. The elements associated with this chakra is earth. When the energy in muladhara is balanced we feel safe and supported and are respectful to the earth. This chakra is strongest from birth to about 7 to 8 years of age. Number of petals is four and the symbol of muladhara is yellow square represent the Goddess priti (her name means the wide earth). Arrows point out from the square in four directions, representing the possibilities life forces and the choice we have about the direction we take in life. The organ it governs is sense and the part is nose. And thus it governs our ability to smell. At physical level ,it looks after the physical body support; base of spine; legs, bones, feet, rectum, and the immune system. The gland which takes care of it is adrenal responsible for the fight/flight response when survival is under threat.

2. SVADHISTHANA CHAKRA: ‘ Sva’ mean vital force and ‘adhithana’ mean seat. It is located four finger width below the navel, chakra center is located between the genitals and the sacral nerve plexus (navel). The color of chakra is orange which represents emotion. The element associated with it is water. The associated age when it is the strongest is between the age 7 to 14 years. The sense organ it represents is mouth and this chakra governs our ability to taste. The organs associated with it are Sexual organs, large intestine, lower vertebrae (lumbar/coccyx), pelvis, appendix, bladder, and hip area. The governing glands is gonad Although it is something said that the brain is the largest sex organ in the body, these glands play a principle role in sexual creativity.

3. MANIPUR CHAKRA : Manipur means city of jewels. It is located in the region of the solar plexus. Manipur energy emanates forwards from a level of the spine, between the 12th thoracic vertebra and the 1st lumbar vertebra, expanding approximately to an area covering two finger widths both above and below the navel. Its colour is from yellow to gold and the element is fire. The associated age when it is strongest is between the age of

14 to 21. The governing sense organ is sight. This governs the ability to sight. The other organs associated with it are Abdomen, stomach, upper intestines, liver, gall bladder, kidneys, pancreas, adrenal glands, spleen, and middle spine (thoracic vertebrae). Endocrine gland for the third chakra is the pancreas, important for the digestion of food which regulates the level of blood glucose level and carbohydrate metabolism. Enzymes that are secreted by the pancreas are important for the balance of fats and proteins.

4. ANAHAT CHAKRA : Anahat means unbeaten . Anahat chakra projects forwards between the breasts, in the centre of the chest, from its inception at a level on the spine between the 4th and 5th thoracic vertebrae. The colour of this chakra is Green .It called the “gateway of the winds”, Anahat relates directly to breathing, and lungs, so the associated element of this chakra is Air. The time when it is strongest is between 21 to 28 This centre is associated with the sense of touch. The organs associated with it are Heart and circulatory system, lungs, shoulders and arms, ribs/breasts, diaphragm. Main system it governs is circulatory and respiratory systems. The governing gland in this chakra is the thymus. The thymus gland regulates growth, controls the lymph and strengthens the immune system and is directly affected by energy in Anahat.

5. VISHUDDHI CHAKRA :The term shuddhi means ‘purification’ and the prefix vi enhances this quality. It is located in the throat. The chakra radiates from the dip between the inner collarbones, up to the Adam’s apple in a man, from a level between the 3rd and 5th cervical vertebrae. Its color is Blue and the element is ether. It is strongest between the age of 28 to 35. The sense organ associated with it is ear sense and it governs hearing. Other Organs associated with it are throat, thyroid, trachea, neck vertebrae (cervical), mouth, teeth and gums, esophagus, parathyroid and hypothalamus. The thyroid and parathyroid are the glands associated with this chakra. Thyroid gland, which secretes hormones which influences essentially every organ, every tissue and every cell in the body. Thyroid hormones regulate the body’s metabolism and organ function, affecting heart rate, cholesterol level, body weight, energy level, muscle strength, skin condition, menstrual regularity, memory and many other conditions.

6. AJNACHAKRA : Ajna means ‘command’ and is commonly known as the third eye chakra; the eye of wisdom; triveni, the confluence of three rivers; guru chakra and eye of shiva. It is located slightly above and between the eyebrows and projects forwards from the pituitary gland, but it is also linked with the pineal. Its colour is Indigo . At this chakra there is the confluence of the two opposite forces that is, Ida and pingla. These two pranic flows, which are responsible for the experience of duality, converge at this centre with sushumna, the spiritual force. The sense organ associated with it is sixth sense. Organs it governs is Brain, nervous system, eyes, ears, nose, pineal gland, and the pituitary gland. Endocrine gland for this chakra is the *pituitary gland* located at the base of the brain, sometimes called as "master" gland, because it controls the functions of the other endocrine glands. Pituitary gland produces certain hormones that govern - growth, milk production after giving birth in women, control skin pigmentation, increases absorption of water into the blood by the kidneys, contract the uterus during childbirth in women. It also stimulates other glands such as; adrenal glands, thyroid gland, ovaries and testes.

7. SUNYACHAKRA OR SAHASRAR CHAKRA :“Sahasrara”, means thousand petals Lotus. Traditionally said to be located on the crown of the head. Strictly speaking, sunya is not really a chakra; it is an area of divine consciousness waiting to be released. Its

colour is violet and there is no specific element associated with sunya chakra with no age attributed to it. since enlightenment can occur at any age and arises by grace. No specific sense is associated with sunya chakra. Organs associated with it are Muscular system, skeletal system and skin. Endocrine gland for this chakra is *pineal gland*. Pineal gland is also the primary link between our Soul and our brain.

Chakra is thus, a concept referring to wheel-like vortices which, according to traditional Indian medicine, are located in the ethereal body and they express the embodiment of the spiritual energy on the physical plane. They are the center of activity that receives, assimilates and expresses life force energy and are responsible for the person's physical, mental and spiritual functions. They absorb and transmit energies to and from the universe, nature, celestial entities, from people even from things.

A constant balance between the chakras promotes health and a sense of well being. If the chakras are opened too much, a person could literally short circuit himself with too much of universal energy going through the body. If the chakras are closed, this does not allow for the universal energy to flow through them properly which also leads to disease.

If the chakras are not balanced, or if the energies are blocked, the basic life force will be slowed down. The individual may feel listless, tired, out of sorts, or depressed. Not only will physical bodily function be affected so disease may manifest. But the thought processes and the mind may also be affected. A negative attitude, fear, doubt etc. may preoccupy the individual.

GOLDEN BALL EXERCISE

Keeping in mind the kind of important role these high energy centres play in the flow of energy throughout the body and activating the glands responsible for the proper functioning of the body it is necessary to indulge in some exercise which leads to not only balancing, aligning but also improving the condition of the chakras. One such exercise is Golden Ball exercise. This is a simple exercise of nearly 35 minutes where the person exercising is made to sit erect with eyes closed. The sitting position can be any, only the spine should be erect. Help from some kind of back support can also be taken if need be. The exercise is done with commands given by the master and it is imaginary in nature where the doer imagines and feels the commands given by the master. It has a specific breathing pattern where the doer breaths in and out normally but breathing slowly while inhaling and breathing out forcefully while exhilaration at specific points is directed. The doer imagines a Golden ball which is equivalent to his/her own consciousness and plays with the colour of each chakra feeling the beauty and vibrance present in that area. The movement of the ball is from top to bottom, i.e., from Crown Chakra to the Muladhar Chakra. The ball stays for sometime in a specific area and then moves to the next chakra till it reaches the Muladhar. Here again after staying for some time the ball is moved and left into Hara Chakra with a specific breath pattern which is already directed to the doer in the beginning.

METHODOLOGY

Keeping the importance of the Chakras in mind related to mental and physical health of an individual, an exercise called the Golden Ball devised by the meditators belonging to Usui System of Natural Healing was experimented upon a group. A mixed group of 30 male and female subjects were taken which were in the age group of 20-55 from various fields of work and capacity in the society. They had joined the experiment

willingly as they were a part of Yoga and meditation programme for health benefits in 'Stay Natural' a company promoting good health through natural systems. They had filled up a participating form mentioning the problems they were encountering in their daily life. The problems were varied from emotional to mental to physical. This exercise was given to them as a preparatory phase for fifteen days before they went for their actual yoga sessions after the end of the experiment of fifteen days. They recorded their feedback on first, seventh and fifteenth day.

RESULT

After each session they were asked to give their feedback on a feedback form about their experience. The feedback on first seventh and fifteenth day was taken into account for the purpose of study. It indicated the following changes in the participants:

Day-1

1. 25 participants reported a refreshing feeling at the end of the session.
2. 10 participants felt refreshing feeling but were unable to visualize at few places.
3. 3 participants felt refreshing at the end of the session but reported to have slept off after reaching heart chakra.
4. 2 participants expressed to have not heard the commands after Third eye Chakra and were visualizing some thing else. Their mind was wandering.
5. 3 participants felt a sense of calmness and peace.
6. 1 participant expressed a sense of pain in the head region.
7. 1 recorded no change.
8. 1 could not concentrate.

Day-7

1. All reported a refreshing feeling at the end of the session.
2. 29 reported a sense of calmness and peace at the end of the session.
3. All were able to concentrate on the commands.
4. 3 participants reported of sleeping in between.
5. 1 reported no change but refreshed after each session.
6. 3 participants reported of seeing colours all around their body.
7. 1 participant expressed of hearing sounds during the exercise.

Day-15

1. All felt refreshed
2. All expressed a sense of calmness and peace .
3. All could visualize and follow the commands without sleeping in between.
4. They felt a kind of stability in their personality and a feel of positivity.
5. 5 participants expressed a sense of living in the present and improvement in the ability to take day to day decisions.
6. 3 participants expressed a change in their personality and were able to express themselves
7. Out of 15 suffering from physical ailments of varied nature 12 participants felt a reduction in their physical health ailment.

CONCLUSION

After this exercise, the doers always shares different experiences. No two experiences are similar except that they feel light and refreshed at the end of the

exercise. The experience include - not able to follow the commands at specific points to having out of body experiences. The reason of difference in experience is due to the individual personality, their emotions, problems associated with those emotions and the mental make-up of the person. The exercise indicates to the person the affected areas where the balance is not there and he needs to work upon to rectify it. This rectification can be done through various modes like repeating the same exercise again and again , awareness, meditation, reiki, etc. The inflow and outflow of the controlled breath during this exercise and the imagery used leads to conscious balancing of the flow of energy from one chakra to another. This conscious effort and breathing pattern leads to focus on the blockages and removing them while channelizing the energy. This exercise if done regularly leads to the proper alignment of chakras and balancing them . It can be even used by the sports psychologists while giving them the imagery exercise. Many of the sports persons complain of not being able to visualize. In such cases if Golden ball exercise is given regularly then it may lead to the enhancement of visual power leading to focused work and enhanced concentration power.

Thus, one can see the multi layered benefits of this exercise where repeating the exercise a person can have a first- hand experience of whether his chakras are well aligned or not . He can identify the problem areas and a constant repetition of the exercise leads to a proper and guided flow of energy which side by side is clearing the blocked areas. This exercise apart from aligning the chakras improves the focus and concentration power of the person which can be used in many fields by the individual in many ways.

LIMITATION

1. The study was limited to a small number of thirty.
2. The group was of different age group.
3. They were into different professions.
4. The study was limited to 15 days.
5. It required a trained person .

RECOMMENDATION

1. **Based on the experiment of short duration, it is recommended that this study could be taken for a longer duration which could validate the results of this study.**
2. **The study could be taken up on a homogeneous population- may it be in relation to age/ profession/ gender.**

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