

Chakras Stimulation through Vowels

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Disclaimer

The vowel association with chakras is different from the traditional point of view. The objective of book is for discussion only and not intended for any healing practice. **This book does not contradict any religion or religious practices and is not written from the perspective of Hinduism. Some part of book may refer to other religions and cultures.**

All the contents in the book are for the information and discussion purpose only. The author does not have any responsibility for any medical, physical, mental and emotional complications arising from the practice of the contents of the book. Any risk, complications will be attributed to the practitioner himself.

This book is intended for people already possessing some knowledge and connection with the chakras.

The mantra given in the book, are there in culture, for thousands of years. They are part and parcel of person who follow Hinduism and other Indian religions.

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The Need For The Book

The mantras on which this book and the other books written are thousands of years old and are part of Indian history from its dawn.

There are many books available in the market, written by well followed god-men/ god-women and well educated religious scholars & do follow a well defined science.

This book relates the chakras with vowels, and the role of chakras in ancient history and cultures .

This book is different from traditional point of view from the point that traditional view employs beeja mantra/root sounds (Lam, Vam, Ram, Yam, Ham, OM and AUM) for the stimulation of chakras but the book employs vowels to stimulate chakras.

Some people had related the vowels to chakras but unfortunately in the wrong order i.e. the vowel relating to crown chakra is associated (erroneously) with root chakra and vice-versa.

The vowel notations are in Devanagari(Hindi), English and International Phonetic alphabet. These are merely a tool to represent them. **The real thing is the pronunciation of these vowels, which can be listened from the Wikipedia links page.**

Also I am not fully aware of the vowel notation system used in English, so the readers are requested to look at Wikipedia page for the correct pronunciation of the vowels.

Please do check my Scribd page for further revisions of the book.

Reason for Mention of “Risk” in book

This book is different from traditional held view of chakras activation and stimulation.

This book does not contradicts any religion or chakra activation practice. Do note this.

The book details vowel usage to activate and stimulate chakras which further stimulates five elements of body and these elements effect physical, mental and psychological functions of body.

No medical evidence exist for any activation and stimulation of chakras with vowels. Its a concept which is yet to be validated with medical evidence.

The author does not prescribe any part of this book for healing practices.

The chakras are a physical and mental force. So these should not be activated and stimulated without guidance.

The author is not responsible for any sort of physical and mental imbalances arising out of chakras. All the risk lies solely with the practitioner.

The objective of the book is for discussion and information,

Basic Theory of the book

The book follow a simple philosophy; Man is microcosm, smaller cosmos whereas Universe is macrocosm .So all elements of universe manifest in body as functions, organs, etc.

The seven chakras are known in religions like Hinduism and discretely disguised in other cultures in form of tales and stories.

Another mark of book is the association of five elements with chakras.

Other thing include the division of body into three parts. Which are traced to Ida-Pingala-Sushumna Nadi, Yin-Yang and other.

If we look at mythologies of majority of religions and cultures we will see a pattern of "3" in it. The division of Heaven-Earth-Hell, is based upon psychological effect of mantras, which has power to change a person completely, from an introvert to extrovert, benevolent to malevolent.

Hope you will find book informative & please leave feedback at e-mail id provided in book. This book is my attempt as I feel that the book can be used as an agent of change for the uplifting of humanity and society.

You could contact me at the following email :
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Time & Type of Meditation required to activate Chakras :

1. **Light or Minimal meditation can activate and stimulate chakras.**

While deep meditation do help in activation of chakras, It is not the sole per-requisite. The chakras can be activated and stimulated in normal consciousness.

These Mantras can be recited vocally or sub-vocally, in meditation or in full active state like exercise.

2. **Small time is needed to activate and stimulate chakras.**

With correct practice,time taken for initial activation of chakras can range from few days to few week. But once activated, an individual can stimulate, regulate the chakras in a matter of minutes or hours but with correct method.

Vowels Introduction and Notation

The characters "इ, ऐ, अय, अ, आ, औ, उ" represent vowels in Devanagari (Hindi). Their corresponding characters in English are "e, a, ε, ə, ā, o, u" and in International Phonetic Alphabet are "i, e, ε, ə, ɑ, o, u"

इ (**e**)- The close front unrounded vowel, or high front unrounded vowel, is a type of vowel sound, used in many spoken languages. The symbol in the International Phonetic Alphabet that represents this sound is "i".

In English orthography this letter is more commonly associated with /aɪ/ (as in *bite*) or /ɪ/ (as in *bit*) and /i:/ is represented with <e>, <ea>, <ee>, and even <ei>.

ऐ (**a**) - The close-mid front unrounded vowel, or high-mid front unrounded vowel, is a type of vowel sound, used in some spoken languages. The symbol in the International Phonetic Alphabet that represents this sound is e.

In English, Many speakers have a diphthong of the type [eɪ] instead.

अय (**ε**)- The open-mid front unrounded vowel, or low-mid front unrounded vowel, is a type of vowel sound, used in some spoken languages. The symbol in the International Phonetic Alphabet that represents this sound is Latin epsilon "ε".

अ (**ə**)– The mid-central vowel is a type of vowel sound, used in some spoken languages. The symbol in the International Phonetic Alphabet that represents this sound is ə.

आ (**ā**)– The open back unrounded vowel, or low back rounded vowel. The symbol in the International Phonetic Alphabet that represents this sound is ɑ.

औ (**o**)– The close-mid back rounded vowel, or high-mid back rounded vowel, is a type of vowel sound used in some spoken languages. The symbol in the International Phonetic Alphabet that represents this sound is "o".

उ (**u**)– The close back rounded vowel, or high back rounded vowel, is a type of vowel sound, used in many spoken languages. The symbol in the International Phonetic Alphabet that represents this sound is "u".

Table listing Devanagari vowels and English vowels.

S.NO	Devanagari	English	International Phonetic Alphabet
1	इ	“e” as in eve.	i
2	ऐ	“a” (eɪ) as in play.	e
3	अय	“ɛ” as in Jai	ɛ
4	अ	“ə” as in hut, shut.	ə
5	आ	“ā” as in Palm.	ɑ
6	ओ	“o” as in coat.	o
7	उ	“u” as in moose.	u

More can be read about the vowels on the following pages :

- इ (e) - http://en.wikipedia.org/wiki/Close_front_unrounded_vowel
- ऐ (a) - http://en.wikipedia.org/wiki/Close-mid_front_unrounded_vowel
- अय (ɛ) - http://en.wikipedia.org/wiki/Open-mid_front_unrounded_vowel
- अ (ə) - http://en.wikipedia.org/wiki/Mid_central_vowel
- आ (ā) - http://en.wikipedia.org/wiki/Open_back_unrounded_vowel
- ओ (o) - http://en.wikipedia.org/wiki/Close-mid_back_rounded_vowel
- उ (u) - http://en.wikipedia.org/wiki/Close_back_rounded_vowel

Chapter 1

Chakras And Vowels

Chakras In Human Body

Hinduism and other ancient religions point to the existence of Energy centers in human body. Chakras (Wheel) as these are commonly referred to as. Their are different set of exercise to stimulate or activate these Chakras. These exercises may include meditation, chanting of mantras, yoga and others.

There are total seven (7) Chakras in the body .

A description of each Chakra is given below :-

1. **Mooladhara chakra** (Root) : Known as the base chakra.
2. **Swadishthana Chakra** (Sacral) : Located at the pubic bone.
3. **Manipura Chakra** (Solar Plexus) : Based at Solar Plexus.
4. **Anahata Chakra** (Heart) : Located at the heart area.
5. **Vishuddha Chakra** (Throat) : Located at the throat region.
6. **Ajna Chakra** (Third Eye) : Pineal gland.
7. **Sahasrara Chakra** (Crown Chakra) : Located at the top of the Head.

See the image - 1 below for the location of chakras in the human body.

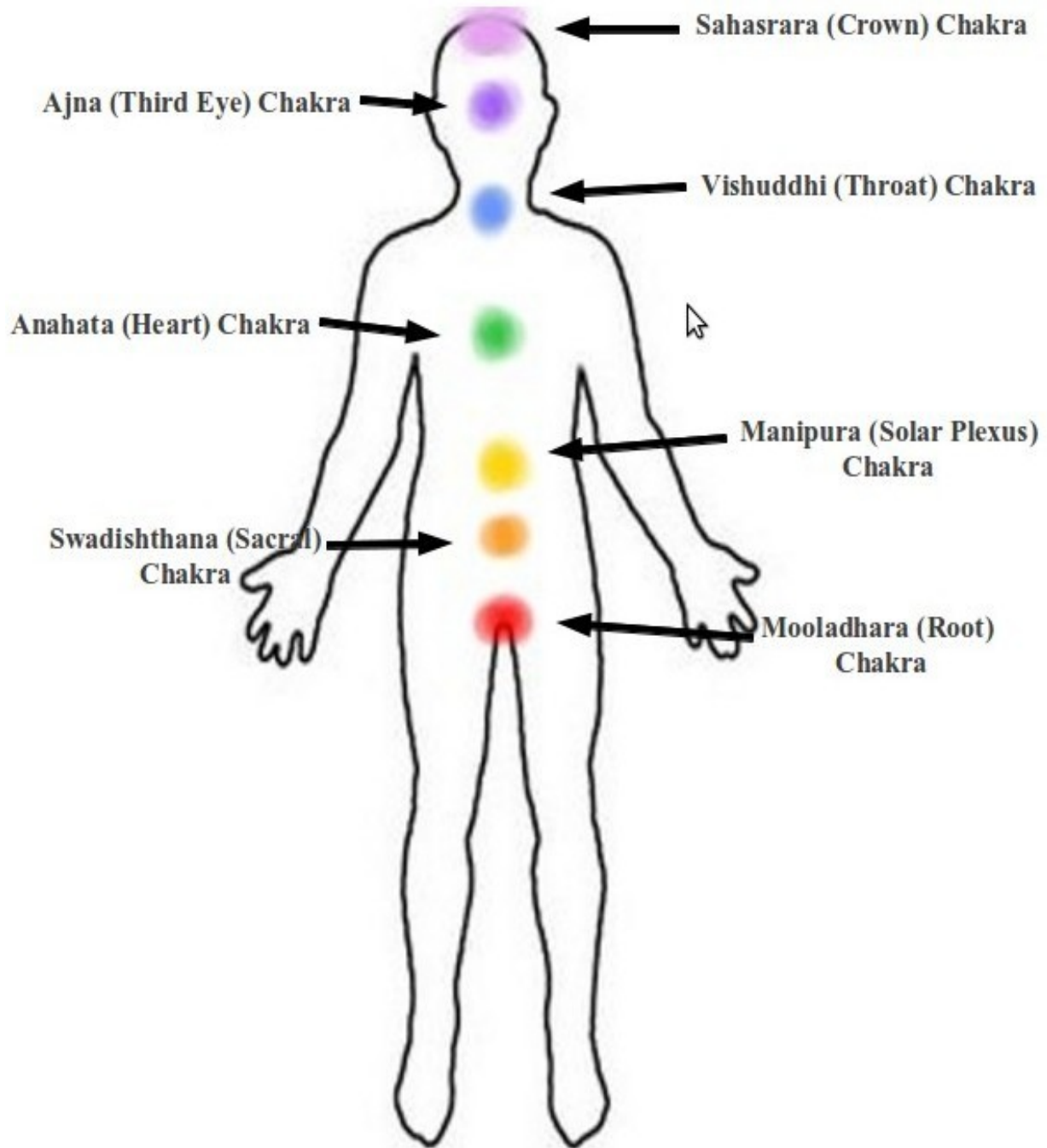


Image 1 : Chakra positions in the body and associated colors.

Chakras And Colors

The seven chakras are related to seven basic colors (VIBGYOR) as :-

- | | | |
|--|---|--------------|
| 1. Root chakra (Mooladhara) | : | Red color |
| 2. Sacral Chakra (Swadishthana) | : | Orange color |
| 3. Solar Plexus (Manipura) | : | Yellow color |
| 4. Heart Chakra (Anahata) | : | Green color |
| 5. Throat chakra (Vishuddhi) | : | Blue color |
| 6. Third Eye (Ajna) | : | Indigo color |
| 7. Crown Chakra (Sahasrara) | : | Violet color |

See the image -1 for the relation of chakras with colors.

Three distinctive pattern emerges from the color relation of the chakras :-

1. Red, Orange and Yellow are strong colors. See Image -2
2. Green color is neutral. See Image -3
3. Blue, Indigo and Violet are soft colors. See Image -4

Strong Colors



Red Color



Orange Color



Yellow Color

Image 2 : Strong Colors

Neutral Color



Green Color

Image 3 : Neutral Color

Soft Colors



Violet



Indigo



Blue

Image 4 : Soft Colors

Mental, Emotional and Physical Chakras

The seven chakras can be divided into three categories :-

1. Mental Chakras
2. Emotional Chakra
3. Physical Chakras

Mental Chakras:

The mental chakras include chakras such as Sahasrara(Crown Chakra), Ajna (Third Eye) Chakra and Vishuddha (Throat) chakra.

These chakras are called Mental Chakras due to the fact that these corresponds to Chakras which deal with communication, perception and Thinking.

No doubt Mental chakras also correspond to physical functions but the major aspect of this chakras is elevation in reasoning capabilities.

Emotional Chakra :

Anahata(Heart Chakra) is known as the Emotional Chakra as it manifest emotional desires in body.

Physical Chakras:

The Mooladhara chakra (root), Swadishthana(Sacral) and Manipura (Solar Plexus) are known as the physical chakras as they correspond to most of physical actions like Sexuality, digestive system.

The Upper chakras (Mental Chakras) control and order the energetic lower chakras (Physical Chakras). The Heart Chakra also organizes the energy in lower chakras.

All the 7 chakras represent energy so all are important.

Mental, Emotional and Physical Chakras :

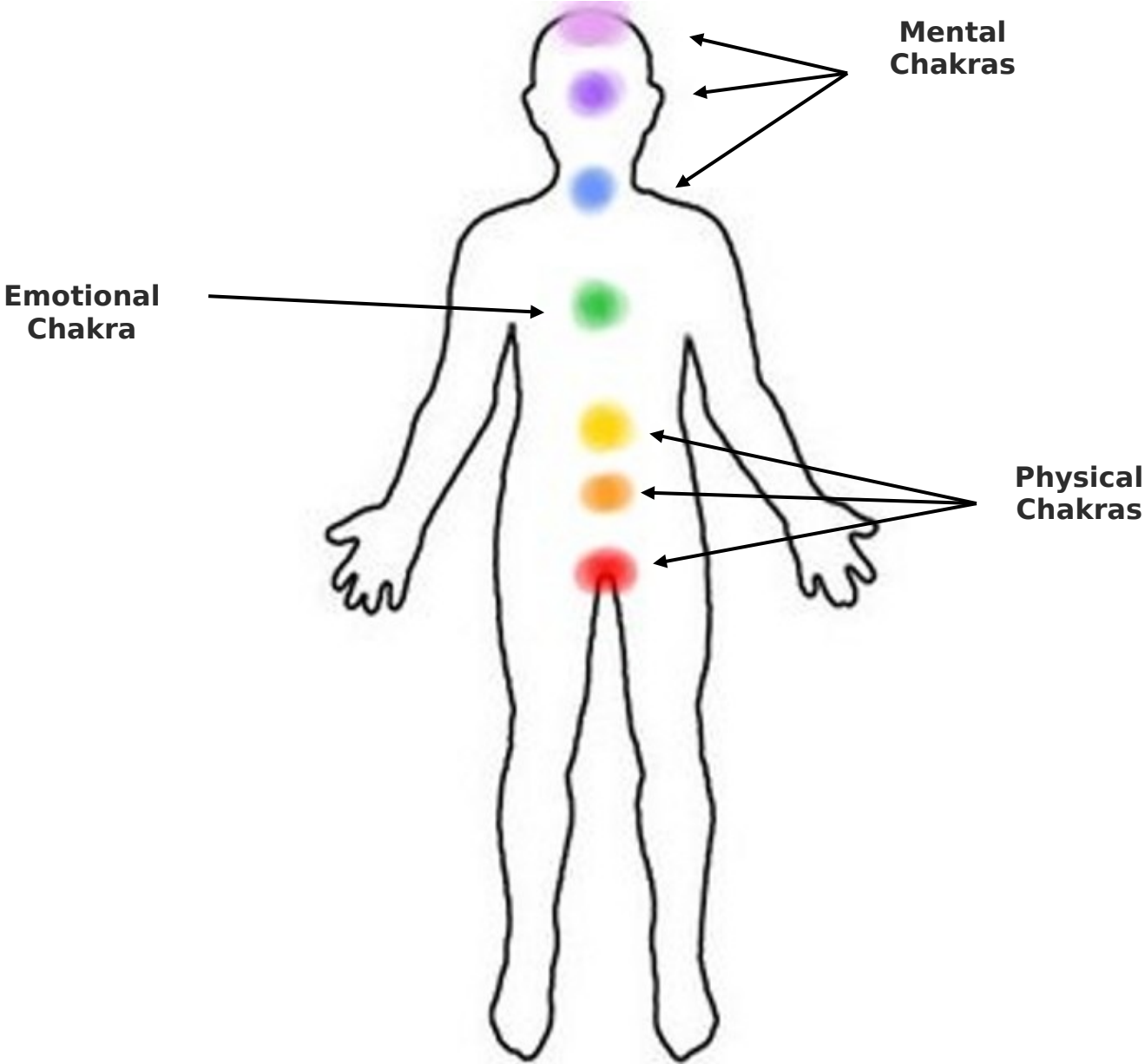


Image 5: Mental, Emotional and Physical Chakras.

Significance of Colors in interpreting function or categorizing Chakras

The chakras are seven in number from bottom of spine to top of head.

These are associated with colors in following order :-

1. Mooladhara (Root)Chakra = Red
2. Swadishthana (Sacral) Chakra = Orange
3. Manipura (Solar Plexus) Chakra = Yellow
4. Anahata (Heart) Chakra = Green
5. Vishuddhi (Throat) Chakra = Blue
6. Ajna (Third Eye) Chakra = Indigo
7. Sahasrara (Crown) Chakra = Violet

Now the bottom three Chakras: Mooladhara, Swadishthana and Manipura can be categorized into one category because these colors are strong, exciting.

Whereas the upper three chakras: Vishuddhi, Ajna and Sahasrara could also be categorized into one category because these are soft and soothing colors.

Also, The Color Green is termed neutral because it can't be categorized with either category.

So the three classifications are :-

1. **Strong and Exciting Color** = Mooladhara(Red), Swadishthana(Orange) and Manipura (Yellow).
2. **Neutral Color** = Anahata (Green)
3. **Soft and Soothing Color** = Vishuddhi (Blue), Ajna(Indigo) and Sahasrara(Violet).

Now, The colors Red, Orange and Yellow are related with Excited or High Energy. So these Chakras signify activity. Therefore these chakras could be termed as signifying Physical activity.

Whereas the color Green is associated with Freshness and Vitality.

And the Colors Blue, Indigo and Violet could be related with low energy and calmness. So these chakras could be interpreted to be associated with the Mental activities.

The Upper chakras (Mental Chakras) control and order the energetic lower chakras (Physical Chakras).

All the 7 chakras represent energy so all are important.

Now these effects of chakras could also be related with three nadis or Yin-Yang.

The characteristics of 3 main Nadis, Yin-Yang also correspond with three divisions of Chakras according to colors intensity.

Chakras and Five Elements

There are five elements in human body namely Earth, Water, Fire, Air and Ether.

These five elements constitute the body. We Human beings live on Earth, surrounded by Water, Fire and Air, above that Ether as universe engulf us.

Similarly the human body has developed according to these forces.

These five elements correspond to chakras as shown in image below.

1. **Earth Element :**
This correspond to Mooladhara chakra (Root).
2. **Water Element :**
This element correspond to Swadishthana (Sacral) chakra.
3. **Fire Element :**
This elements corresponds to Manipura (Solar Plexus) chakra.
4. **Air Element :**
This element corresponds to Anahata(Heart) Chakra .
5. **Ether Element :**
This element correspond to Vishuddhi (Throat) chakra.

The elements again could be divided into three categories :-

1. **Physical Elements :**
Earth, Water and Fire elements are included in this category.
2. **Emotional elements :**
The element Air is main element in this category.
3. **Mental Element :**
Ether Element is included in this category.

The Elements have to be balanced in order for body to sustain itself.

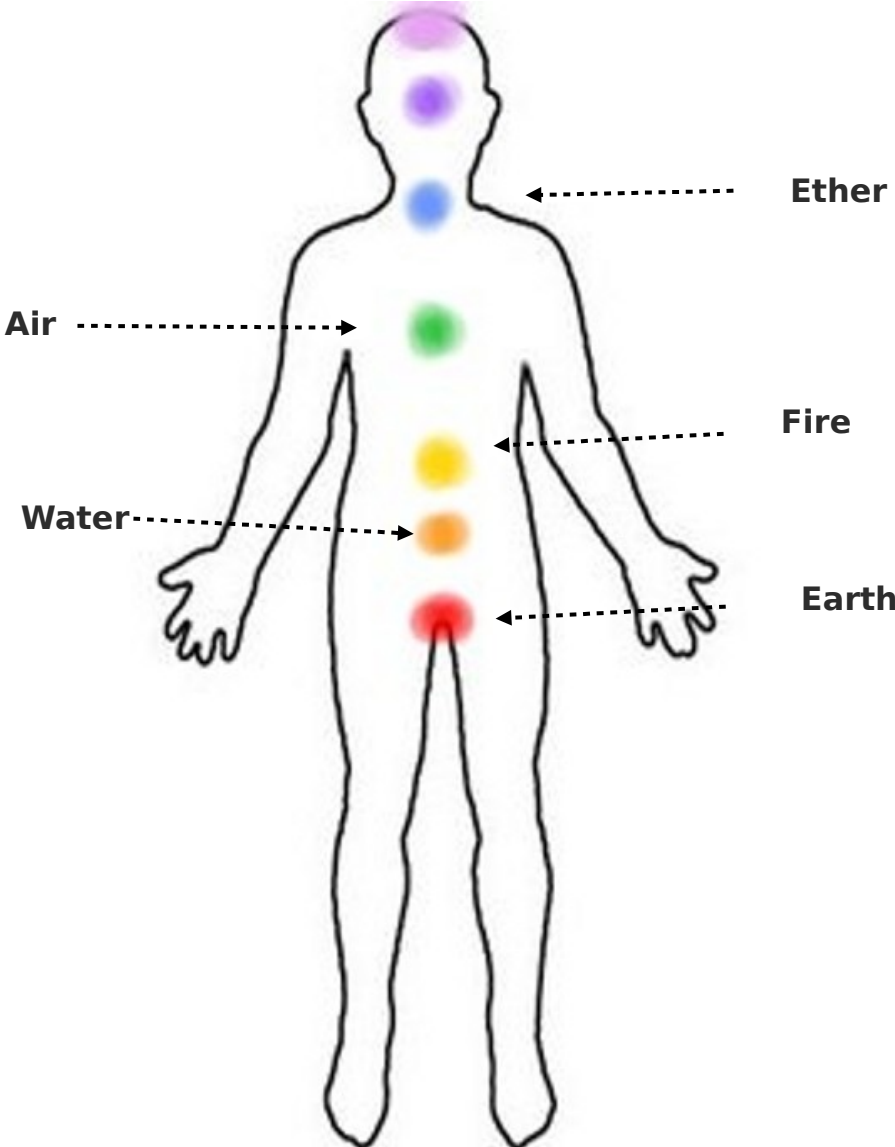


Image 6 : Chakra relation with Five Elements of Nature

Relation Of Chakras With Glands/Plexus

The relation between the chakras and the various glands/plexus is given below :-

1. **Root chakra (Mooladhara):**
This chakra is at the base of spine.
2. **Sacral chakra (Swadishthana) :**
The Swadishthana chakra is related to the Sacral Plexus.
3. **Stomach Chakra (Manipura) :**
This chakra is related with Solar Plexus.
4. **Heart chakra (Anahata) :**
This chakra is related with the heart and surrounding chest region.
5. **Throat Chakra (Vishuddha) :**
This chakra can be related with the thyroid gland.
6. **Third Eye chakra (Ajna) :**
This chakra is related with the pineal gland.
7. **Crown chakra (Sahasrara) :**
This chakra is related with brain .

Chakras and Vowels

The seven chakras can be assigned into three categories on the basis of their polarity :-

1. **Bottom** – Strong, Hot , Hard, Male, Yang.
2. **Middle** – Neutral.
3. **Top** – Weak, Cold, Soft, Female, Yin.

The seven chakras relate to the vowels as explained below:

- The seven vowels are इ (e), ऐ (a), अय (ε), अ (ə), आ (ā), ओ (o), उ (u).
- These vowels represent the positions of jaw while speaking the vowels. e.g. : While speaking अ (ə), the jaw is half open But while speaking आ (ā) the jaw is fully open.
- **The vowels ' इ (e), ऐ (a), अय (ε) ' corresponds to bottom category as these vowels have strong and restless sound.**

Strong Vowels

इ (e),

ऐ (a),

अय (ε)

Image 7 : Strong Vowels

- **The vowel ' अ (ə) ' corresponds to middle category as it has neutral sound (neither strong nor soft).**

Neutral Vowel

अ (ə)

Image 8 : Neutral Vowel

- The vowels ' आ (ā), ओ (o) and उ (u)' corresponds to top region as these sounds are weak, soft, and calm.

Soft Vowels

आ (ā)

ओ (o)

उ (u)

Image 9 : Soft Vowels

So the three category classification of vowels :-

- | | | |
|-----------|---|-------------------------|
| 1. Bottom | - | इ (e), ऐ (a) and अय (ε) |
| 2. Middle | - | अ (ə) |
| 3. Top | - | आ (ā), ओ (o) and उ (u) |

The Vowels are also classified as:

- **Physical Vowels** : इ (e), ऐ (a) and अय (ε)

Physical Vowels

इ (e)

ऐ (a)

अय (ε)

Image 10 : Vowels affecting Physical desires.

- **Emotional Vowel** : अ (ə)

Emotional Vowel

अ (ə)

Image 11 : Vowel affecting Emotional desire.

- **Mental Vowels** : आ (ā), ओ (o) and उ (u)

Mental Vowels

आ (ā)

ओ (o)

उ (u)

Image 12 : Vowels affecting Mental Functions.

The vowels are assigned to specific chakra as:-

1. Root Chakra (Mooladhara)	-	इ (e)
2. Sacral Chakra (Swadishthana)	-	ऐ (a)
3. Stomach Chakra (Manipura)	-	अय (ε)
4. Heart Chakra (Anahata)	-	अ (ə)
5. Throat Chakra (Vishudha)	-	आ (ā)
6. Third Eye Chakra (Ajna)	-	ओ (o)
7. Crown Chakra (Sahasrara)	-	उ (u)

This can be seen in Image – 13.

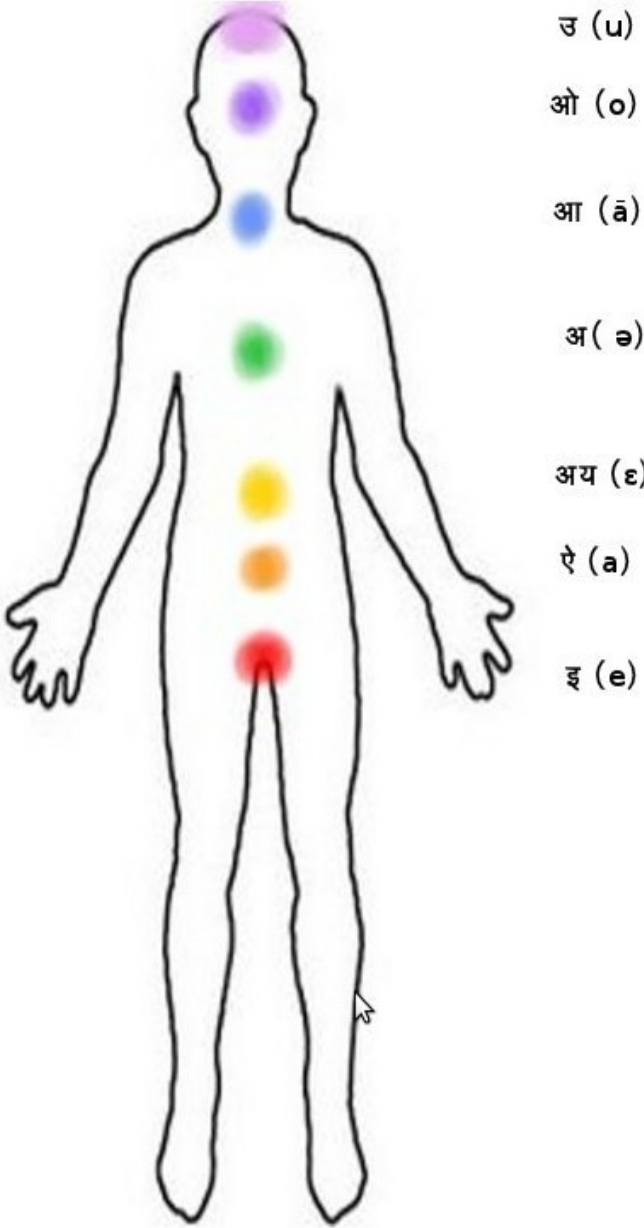


Image 13 : Chakras and Vowels

Vowels effect on human body

No Medical evidence of Vowels effect on Human body exists. The followings just a theory and is not intended or for any healing practice.

The medicinal, physical, mental and psychological risks of using the below knowledge lies with the practitioner himself.

Root Chakra (Mooladhara) [ॐ (e)] :

This correspond to Earth Element.

Sacral Chakra (Swadishthana) [ॐ (a)] :

This element correspond to water element.

Solar Plexus Chakra (Manipura) [अय (ε)] :

This vowel correspond to Fire element.

Heart Chakra (Anahata) [अ (ə)] :

This chakra correspond to Air element.

Throat Chakra (Vishudha) [आ (ā)] :

This vowel correspond to Ether element.

Third Eye Chakra (Ajna) [ओ (o)] :

Undefined Element.

Crown Chakra (Sahasrara) [उ (u)] :

Undefined Element.

- All elements are necessary.
- The main component in a mantra is balancing of elements. All elements are required.
- All the 7 chakras represent energy so all are important.

How To activate or stimulate chakras

1. **The chakra should never be stimulated individually. Their should be a fine balance between the physical, emotional and mental chakras.**

The five elements should be balanced in a mantra.

The physical elements (Earth, Water and Fire) should be given preference. The Air element with vowel (ॐ (ā)) should also be present.

All the chakras are necessary.

2. The Upper chakras (Mental Chakras) control and order the energetic lower chakras (Physical Chakras).

All the 7 chakras represent energy so all are important.

3. The vowels have to be uttered as we speak normally. The real emphasis is on the frequency of a vowel and percentage of the vowel in a sequence.

There should be a small gap after a vowel so that vowel sounds are not mixed r different and not mixed with each other.

4. These vowels can be recited vocally or sub-vocally, in meditation or in full active state like exercise.
5. The vowels have to be recited in mixture of them.

Some Combination of vowels

Here are some combinations of vowels which can be used to activate and stimulate the chakras. These are for demonstration and information only.

Users are to be responsible for chakra effects.

1. All 7 chakras in a normal order :

इ (e) - ऐ (a) – अय (ɛ) – अ (ə) – आ (ā) – ओ (o) -उ (u)

This has all chakras in a regular order. So body can feel cold while practicing this.

These are to be practiced while speaking vocally or sub-vocally in a linear fashion with half a second gap between two vowels.

2. Lower chakra vowels twice than upper chakra vowels

इ (e) – इ (e) – ऐ (a) – ऐ (a) – अय (ɛ) – अय (ɛ) – अ (ə) – अ (ə) – आ (ā) – आ (ā) –ओ (o) -उ (u)

This has lower chakra vowels twice as upper chakra vowels. This is because sometimes activating and stimulating all 7 chakras at same time cause coldness and dullness of senses in body.

Predominance of Lower chakras has its own demerits as body becomes more hot and aggressive.

3. Lower chakras three to four times than upper chakra vowels

इ (e) – इ (e) – इ (e) – ऐ (a) - ऐ (a) – ऐ (a) – अय (ɛ) – अय (ɛ) – अय (ɛ) – अ (ə) – अ (ə) – अ (ə) – आ (ā) – आ (ā) – आ (ā) – ओ (o) -उ (u)

A balance has to be found by practitioner himself and all chakras are important.

Mythology

Ancient cultures/mythologies of world has three key components :-

1. Gods
2. Normal Humans
3. Evil beings

Gods :

Gods are the immortal beings. They possess super natural powers. Some Gods represent the forces of nature and some represent moral values. They reside in Heaven.

Those persons who are benevolent are considered Gods. They are non-attached and spiritual in nature. The super-powers attributed to them in mythology are an attempt to describe the influence of nature over humans.

These being spiritual are free of normal human emotions and only think for the uplifting of world. That is why they are called immortals because they are free from any normal human worries and their thoughts transcend through centuries.

Humans:

Humans do not possess any particular special powers. They live on earth. This is also known as death world.

Humans in mythology are the persons which shows emotion faculty. They live in death world means they die through normal human worries and problems.

Evil beings:

Evil beings are in constant struggle with Gods to take control of universe.

See Image-14 for relation of Chakras with Evil, Humans and Gods.

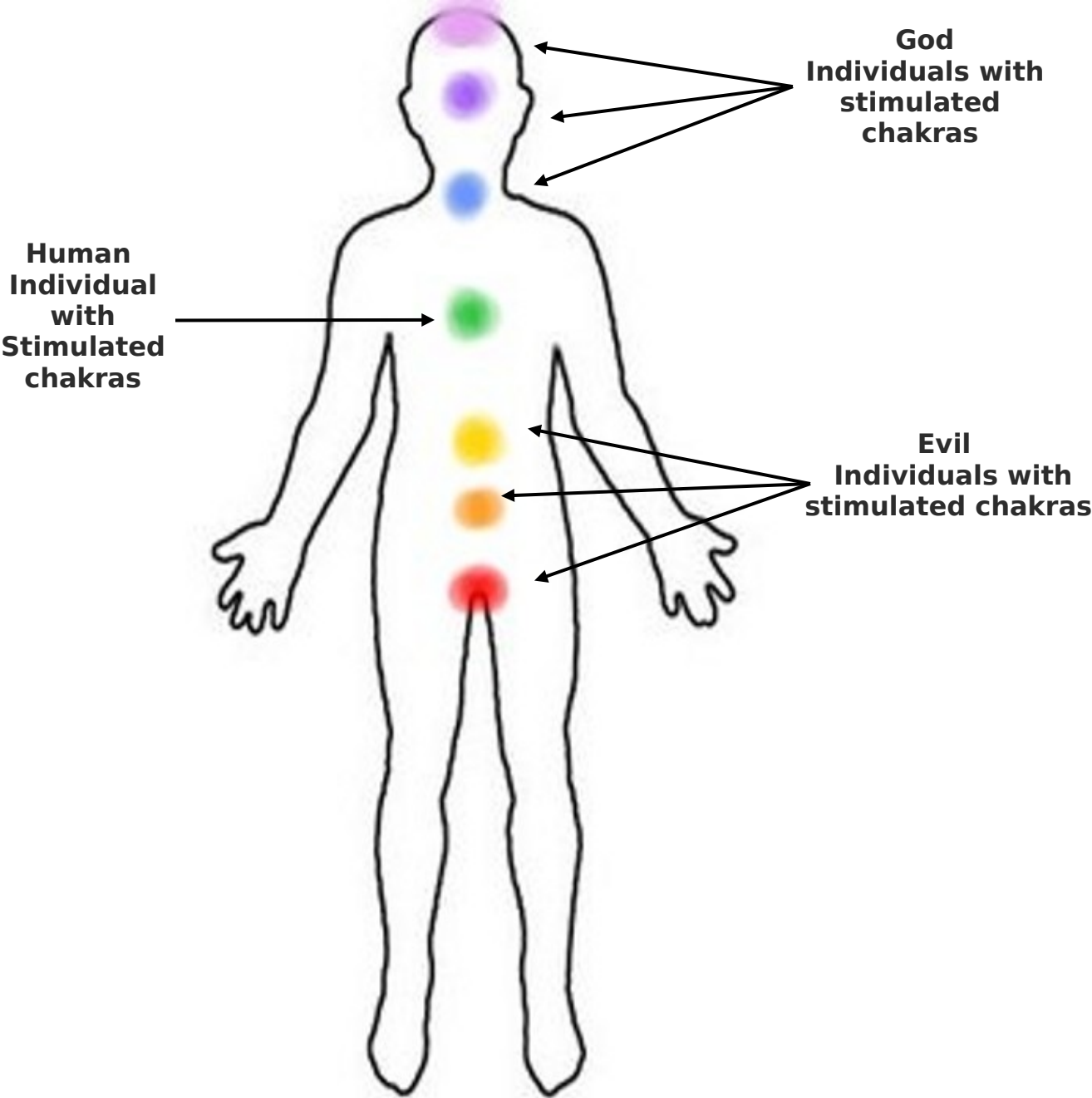


Image 14: Relation of chakras with God, Humans and Evil

Heaven, Earth and Hell

- There are seven chakras in human body as per as mythology.
- There are 3 regions in human body for which these seven chakras are divided.
- These three region in mythology are interpreted as Hell, Earth and Heaven.
- In mythology, the three regions are also Evil, Humans and Gods.
- These three regions also come in different cultures and nations of world.

The seven chakras can be distributed in three regions as below :-

- **Hell (The Bottom region) :**
Chakras include Mooladhara (Root), Swadishthana(Sacral) and Manipura (Solar Plexus).
- **Earth (The Middle region) :**
Anahata Chakra (Heart).
- **Heaven (The Upper region) :**
Vishuddha (Throat), Ajna (Third Eye) and Sahasrara (Crown) Chakra.

Hell-The Bottom Region (Physical Region):

- The chakras in these regions are responsible for a humans necessary survival.
- This region is also interpreted as Hell too because the chakras in this region only corresponds to a person's physical actions. So the person with these stimulated chakras suffers from Hell viz jealousy, lust and other vices. The person's sole consciousness only caters to his body's physical demands.
- And again this region is termed as evil region, because the person with consciousness on this region suffers from vices and lacks emotional and mental sight and understanding.
- This region is male, hot and strong in nature and the colors associated with this regions are red for Mooladhara(root), orange for swadishthana(Sacral) and yellow for

manipura(Solar Plexus) chakra.

- This region also emphasizes attachment, lust and other vice.

Earth-The Middle Region (The Emotional Region) :

- This region is responsible for a person's emotional understanding and first stage for the ascension of consciousness.
- This region is neutral in nature.
- The color associated with it is Green .
- This chakra is primarily connected to humans, Earth. So the person having the consciousness on this chakra will have the mentality of humans i.e. neither too good nor too bad in character, and capable of distinguishing between good and evil.

Heaven-The Upper Region (The Mental Region) :

- The upper region consists of chakras including vishuddha (throat), ajna (third eye) and Sahasrara (Crown chakra) .
- This region is responsible for mental development of a person.
- This region is associated with heaven.
- A person having these three chakras stimulated will be free from negative thoughts and attachment. He will be detached from materialism. He will be only attached to spirituality.
- This region is also related to creativity and visualization.
- The mantras like Omkar are recited to ascend the consciousness to this level.
- The color associated with this regions are Violet(sahasrara), Indigo(Ajna) and Blue (Vishuddha).
- This region is female, Yin, cold and soft in nature.

See Image-15 below for representation of Hell, Earth and Heaven with chakras.

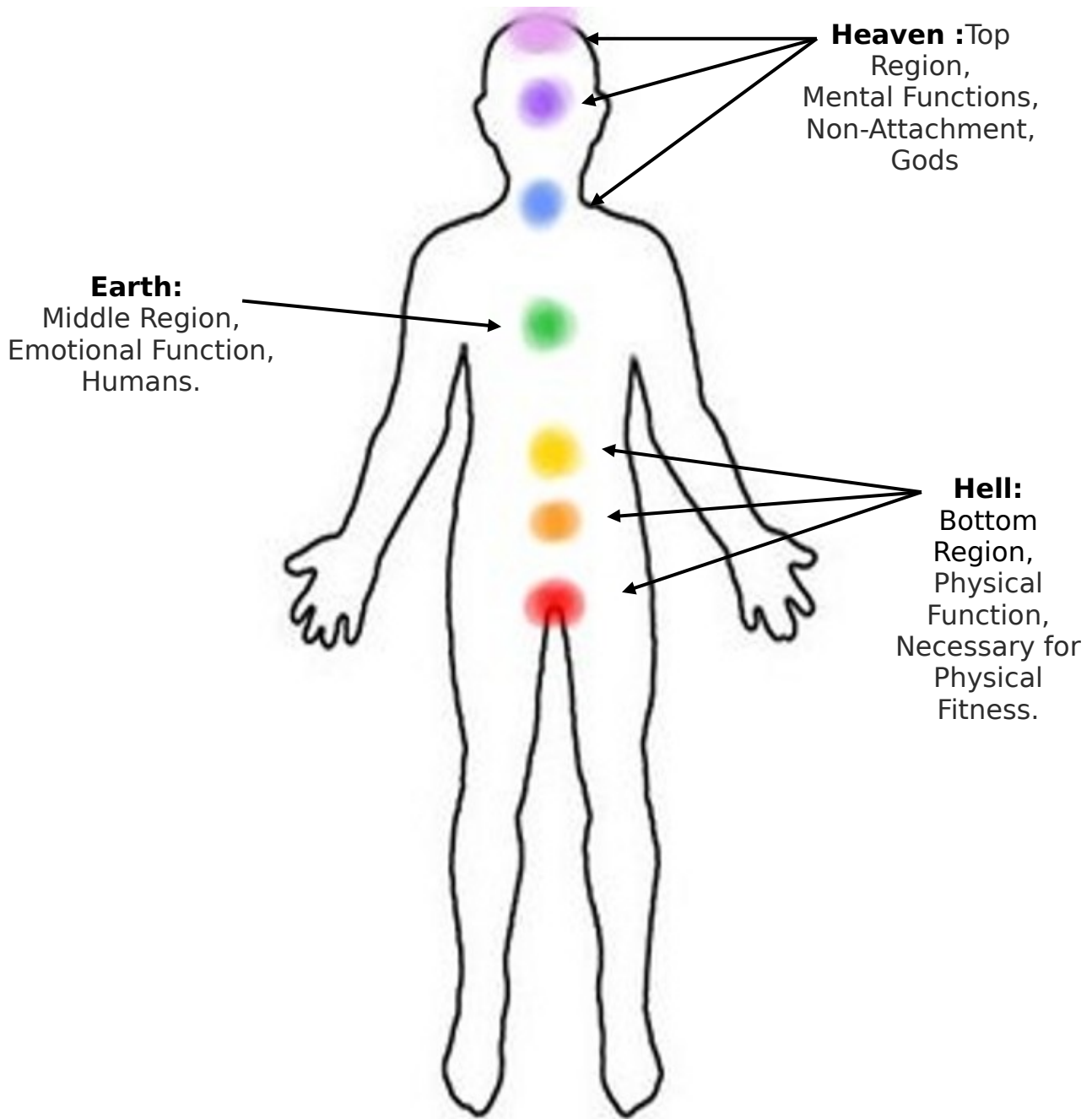


Image 15: Relation of Heaven, Earth and Hell with chakras

References :

- <http://en.wikipedia.org/wiki/Chakra>
- <http://en.wikipedia.org/wiki/Devnagari>
- इ (e) - http://en.wikipedia.org/wiki/Close_front_unrounded_vowel
- अय (ε) - http://en.wikipedia.org/wiki/Open-mid_front_unrounded_vowel
- ऐ (a) - http://en.wikipedia.org/wiki/Close-mid_front_unrounded_vowel
- अ (ə) - http://en.wikipedia.org/wiki/Mid_central_vowel
- आ (ā) - http://en.wikipedia.org/wiki/Open_back_unrounded_vowel
- औ (o) - http://en.wikipedia.org/wiki/Close-mid_back_rounded_vowel
- उ (u) - http://en.wikipedia.org/wiki/Close_back_rounded_vowel
- <http://en.wikipedia.org/wiki/Mahabhuta>