

24<sup>th</sup> Global

# NURSING & HEALTHCARE

March 01-02, 2017 Amsterdam, Netherlands



## Inderdeep Kaur

Sri Guru Tegh Bahadur Khalsa College, India

### Awakening 'Ajna chakra' for soul, body and mind

The chakra system, an ancient Indian way of viewing body divides human system into seven energy centers or chakras along the spine. To possess a healthy mind and body, energy must flow freely in these chakras. When the chakras are balanced, the whole body works in harmony and we feel elevated, energized and fit. It is essential that seven chakras which run from the base of the spine to the head in the human body stay open, aligned and fluid. In case of any blockage in this path, energy cannot flow and the body starts losing its vitality. Emotional balancing, physical well-being, and mental clarity affect how well each chakra can filter energy and the degree of this infusion will in return determine our state of mental and physical health. The simplest way to strike the balance is through chanting meditation. As each of the chakras is associated with a specific mantra in form of sound, syllable, word or group of words chanting these 'Bija' mantras or seed mantras is considered capable of creating transformation within one's body and mind. In Indian traditional system, seven cleansing 'Bija' mantras associated with the chakras are: "LAM"-chakra 1 (root), "VAM"- chakra 2 (sacral/navel), "RAM"-chakra 3 (solar plexus), "YAM"-chakra 4 (heart), "HAM"- chakra 5 (throat), "OM"-chakra 6 (third eye/brow) and "OM"-chakra 7 (crown). The ancient Indian healing system also believes that the physical body is made up of five elements namely - earth (matter in solid form), water (matter in liquid form), fire (radiant matter, such as electricity), air (matter in gaseous form) and aakash (ether- the tiny intercellular spaces in the human body). Imbalance of these elements disrupts the immune system leading to a disease. To stay fit we need to not only keep our mind and body free of toxins but also our soul tranquil. We can achieve this by connecting one part of the body with another in a particular manner through mudras. If a communication is established between chakras and mudras, a sustainable and harmonious flow of energy in the body is maintained. According to hashta yoga, each of our fingers relates to the energy of one of five elements of which our physical body is made, and also to the chakra associated with that element. The joining of fingers in a specific manner creates positive effect on the human body. When a finger representing an element is brought into contact with the thumb, that element is brought into balance and body makes an attempt to fight the disease. Mudras start electromagnetic currents within the body which balance various constituting elements and restore health.

### Biography

Inderdeep Kaur is presently working as an Associate Professor in Botany at SGTB Khalsa College, University of Delhi, India. She has travelled widely and participated in several International conferences. During personal interactions with undergrads over several years, she found them stressed due to various reasons. In a bid to help them distress, she has picked up Stress Management and Traditional Meditation Practices. She was invited to organize a workshop on stress management in Philadelphia Stress Management Summit 2015.

[kaurid2006@gmail.com](mailto:kaurid2006@gmail.com)

### Notes: