

Mind Management using Power of Cosmic Sound Vibrations

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Abstract

Although science continues to break barriers in unraveling the mysteries behind creation and expansion of the universe, the widely accepted theory is that it was the cosmic currents of sound that shaped this universe and continues for it to expand.

Matter is manifestation of energy, which implies that the various layers of human body is the manifestation of energy.

Human beings are an integral part of the universe and the events taking place in universe have a direct impact on human life. For example change of seasons, change in temperature, planetary movements etc. Effectively, we can conclude that there is direct correlation of cosmic currents of sound on human body as is there on universe.

*This paper introduces a special technique invented by the sages of Siddha tradition, called **Bhutshuddhikriya** which can be defined as a 'process based on rhythmic breathing patterns meant for the purification of five elements for a sound physical and mental health'. It is a harmonious blend of ancient yogic practices of Aasan, Pranayama and Meditation.*

Man – The Wonderful Creation of Nature

There are millions and billions of unique objects we see in our life span. From the tiniest to the enormously large and vast, the counting goes on. Beautiful skies, vast oceans, towering mountains with snow capped peaks, lush green belts of grass islands and so on. The most wonderful of all these creations is Man who is known to be the crowned prince created by Nature to take care of its exquisite treasure. Creator is known through his creation like a writer who is known for his heart touching writings or an artist who is known for his spell binding piece of art.

Nature endowed man with supreme intellect, incomparable wisdom and a powerful mind. During the process of evolution, man continued to grow and develop by evolving these powers. He learnt things from nature. He saw the birds and wished to fly and created airplanes. He desired to bridge the long distances and as a result created the telephone. With every new creation, man's desire and

confidence asked for more. He wished to touch the moon, see beyond the sky. This unquenching thirst drove him to give new gifts back to Nature. He studied Nature, its processes and discovered various streams of study and created a wealth of knowledge.

The Bio Subtle Anatomy of Human Body

There are two fundamental elements behind all creation. They are *Prakruti* (matter) and *Purusha* (Pure consciousness). When these two elements combine, life originates. Consciousness is the constant element which is formless and universally present. It is the matter which manifests into three predominant layers – Body, Mind and Intellect as shown in **Fig.1**.

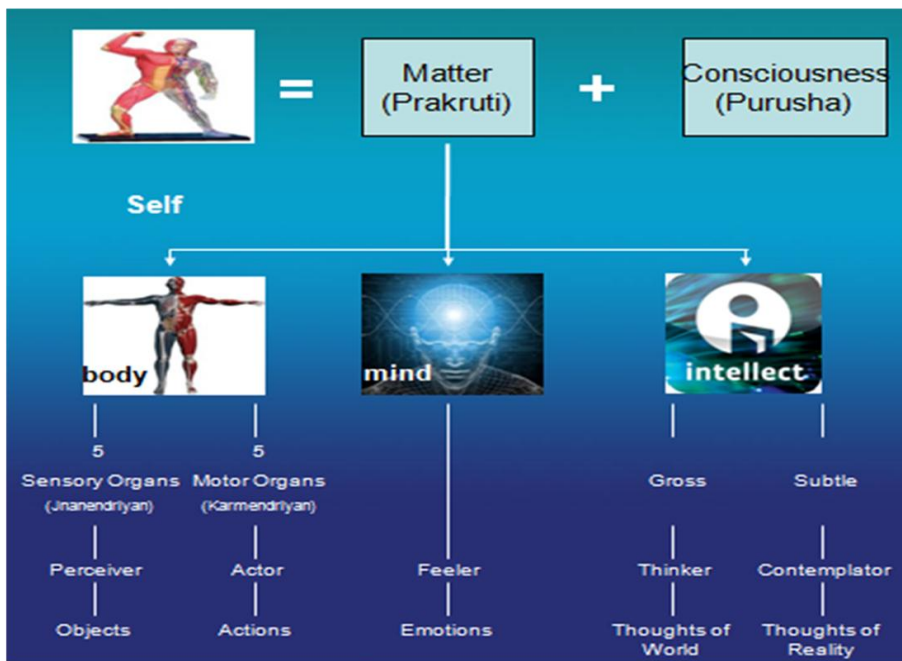


Figure 1: Bio Subtle Anatomy of Human Body

Body is the grossest form of the matter which performs functions of Perceiving and Acting. It has five sense organs called *Jnanendriyas* to perceive the external world and five motor organs called *Karmendriyas* to perform action as a response to perception.

Mind forms the mental layer which is subtle. It forms the emotional aspect of human body and performs the function of feeling. Desires are results of emotions; mind is the source of desires.

The third layer of manifestation is intellect which provides capability to rationalise and make correct judgment. It is a source of thought power.

Fig. 2 indicates the normal sequence of functioning of information and decision making workflow.

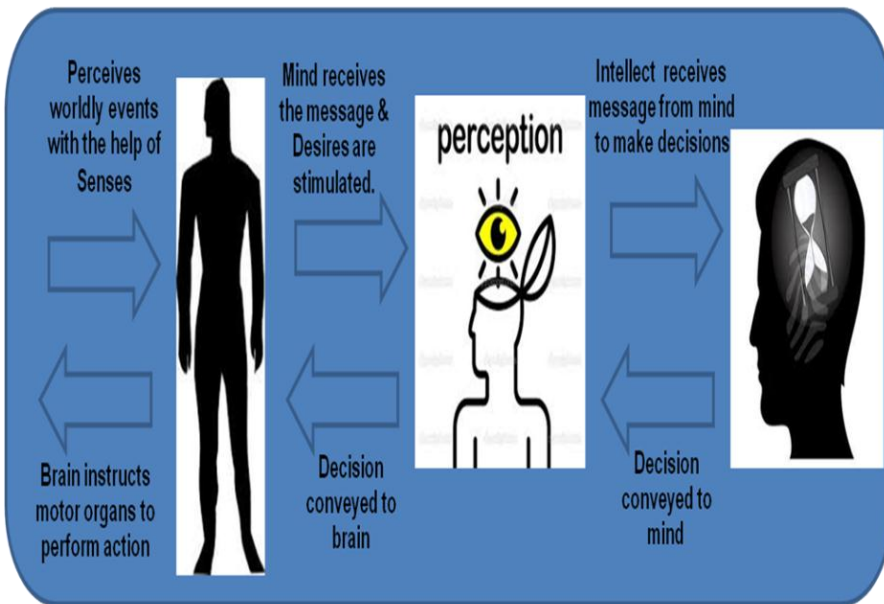


Figure 2: Normal Sequence of Functioning of Information and Decision-making Workflow

In *Samkhya* Philosophy, a great piece of work has been done to explain the evolution process of the universe which applies to human body as well. The physical or the gross body comprises of five elements called *Panch Mahabhutas* which are Space, Air, Fire, Water and Earth. Each *mahabhuta* has a *tanmatra* (subtle cosmic element) behind its manifestation. **Table 1** indicates which *tanmatra* is cause of which *mahabhuta* and the endocrine gland to *mahabhuta* association.

The *tanmatra* of *Shabda* (Sound) is the cause of creation of other elements. The effects of *mahabhutas* on body are discussed in detail in the latter part of this paper.

<i>Tanmatra</i> (Cosmic Element)	<i>Mahabhuta</i> (Element)	Endocrine Gland
<i>Shabda</i> (Sound)	<i>Akasha</i> (Space)	Thyroid & Pineal
<i>Sparsha</i> (Touch)	<i>Vaayu</i> (Air)	Thymus
<i>Roopa</i> (Form)	<i>Agni</i> (Fire)	Pancreas
<i>Rasa</i> (Taste)	<i>Jala</i> (Water)	Adrenal
<i>Gandha</i> (Smell)	<i>Pruthvi</i> (Earth)	Reproductive
Table 1: Connection between <i>Tanmatra</i>, <i>Mahabhuta</i> and Endocrine Gland		

Human Mind – Most Talked About but Least Known

Mind is the source of emotions and desires. It is a source of will power to effectively carry out the decisions made by the intellect. The more developed the intellect the more appropriate and thoughtful will be the decisions. In cases where intellect is not developed enough, the emotions overpower the decision making ability and are largely influenced by the desires, impulsiveness and lack of thoughtfulness.

For example a person is highly likely to make wrong decisions when in the state of anger. The emotion of anger overpowers the decision making capability and results in impulsive action that brings negative results.

It is, therefore very important to have intellect control the emotional part of the mind for a happier personality. Making conscious efforts to develop the mental capacities to strike right balance between intellectual and emotional mind is called Mind Management. A well managed and organised mind is the key to peace and happiness not only in personal life but also in family and social life.

Austrian neurologist, Sigmund Freud has carried out intense research and analysis on human mind. In the discipline of psychoanalysis, he talks about the presence of infinite energy in human mind which is usually in the dormant state. According to Freud, mind can be classified into – Conscious, Sub Conscious and Unconscious (Unconscious Mind n.d.).

Conscious mind helps us in carrying out day to day activities of life like listening, speaking, short term memory, studying, writing, imagination etc. The conscious mind is connected with the sympathetic nervous system which provides the necessary energy for normal functioning of the body. It also helps in harmonising with the events happening around.

Unconscious mind on the other hand, acts as the store house for old memories - both pleasant and unpleasant, habits, fear and other similar blockages at mental and emotional planes. Unconscious mind also stores the latent powers but they are usually in dormant state. Subconscious mind acts as bridge between the conscious and unconscious mind.

On an average, a human being, including highly talented and successful people from various walks of life such as scientists, artists, inventors, musicians, philosophers etc. utilises only a fraction of the total capability of mind. The remaining, large unutilised pool of the capabilities, if exploited properly, can transform a human into a super human.

Sound Energy and the Human Body

In Vedantic traditions sound is considered as the fundamental principle of existence. It is the source of matter and key to become free from it. Every form of life and physical energy has a uniform, universal energy field called cosmic energy or the supreme consciousness. This universal energy is said to have generated from *Shabda* (sound). Its genesis and absolute expansion is known as *Shabda Brahm*. The eternal source of this cosmic sound is referred to as the *anahat nada* of *Oam*.

In Vedantic literature sound is defined to have four levels of manifestation. All these manifestations are said to have originated from the *anahat sound* of *Oam*.

- **Vaikhari Vak (Speech or spoken *shabda*):** This is the gross manifestation of sound energy which is experienced by us in our day to day life. The power of speech comes from the power of *Shabda* which can influence hundreds of thousands of people in a positive or negative way depending upon the intentions of the speaker behind the speech. There are many examples in history of human race that demonstrate the power of speech. For example

few scornful words from Draupadi to Duryodhana resulted in one of the biggest wars, Mahabharata.

- ***Madhyama Vak:*** This is the intermediate unexpressed state of sound whose seat is in the heart. *Madhyama* means ‘in between’ or ‘in middle’. It is the mental speech where we normally experience thoughts. People who think by talking to themselves hold the thought at *Vaikhari* level.
- ***Pashyanti Vak:*** At this level the sound goes further up to the heart beyond the boundaries of languages. It possesses the qualities such as form and colour. There is a near oneness between the word and the experience. For example, true unconditional love is considered as the language of heart. One does not have to express it at gross level to convey the message. Even the animals can understand it. The hermit of Maharshi Ramana in South India is said to have abundance of energy of love even today. The animals living in that area live in harmony.
- ***Para Vak:*** This is the transcendent sound which is the finest impulse of *Shabda*. *Para* means highest or farthest which is beyond the perception of senses. At this level there is no distinction between the object and the sound. The qualities of object are the quality of sound.

These four levels of sound energy described above correspond to four states of consciousness.

- *Vaikhara Vaka* corresponds to physical state of consciousness called as *Jagruti*.
- *Madhyama Vaka* corresponds to mental state of consciousness called as *Swapna*.
- *Pashyanti Vaka* corresponds to Intellectual state of consciousness called as *Sushupti*.
- *Para Vaka* corresponds to transcendental state of consciousness called as *Turiya*.

The Big-Bang theory and hypothesis on existence of dark matter and energy confirm that what the ancient sages observed holds true.

Sound Energy and Mind

The manifestation process of sound described above clearly indicates that sound (*Shabda*) has a profound impact on mind and its activities which translate into action. To develop the human mental capacities sound plays an important role. **Fig. 3** indicates the spectrum of mind as mind is energy and is composed of light.

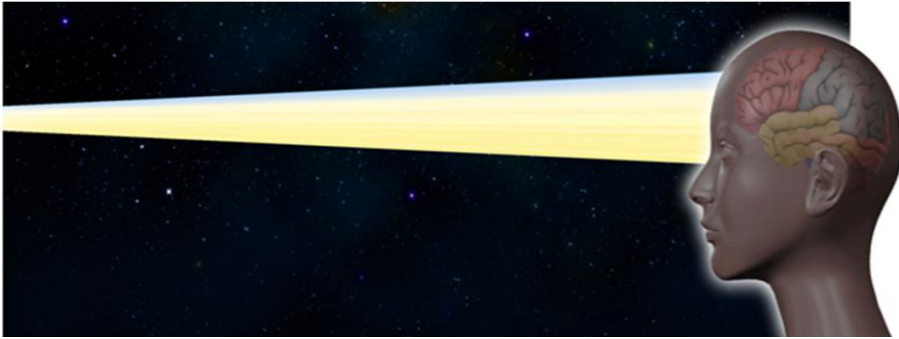


Figure 3: Spectrum of Mind

Modern science has made advancements in the study of multi-dimensional sound on human body and mind. These studies have indicated that the multi-dimensional sound helps in deep meditation and brings positive changes in the body. *Sookshma* (Subtle) *Shabda Pranayama* discussed later in this paper results in similar changes.

***Bhutshuddhikriya* – Ancient Technique for Mind Management with Sound Energy**

Bhutshuddhikriya is a gateway to the inner domains of self where lies the eternal source of happiness, peace and good health. *Bhut* means the five cosmic elements of Earth, Water, Fire, Air and Ether. *Shuddhi* means purification and *Kriya* means process. It is a process based on rhythmic breathing patterns meant for the purification of gross and subtle bodies that aid holistic management and development of life. It is a harmonious blend of ancient yogic practices of *Aasan*, *Pranayama* and Meditation. The core of this technique is *Shabda* (sound) *Pranayama* which contains the secret knowledge of *Siddham* Yoga tradition.

Understanding the Cosmic Elements (*Panch Mahabutas*) and their Effect on Body

Table 2 shows the body parts which are the result of these five cosmic elements, the five faculties of the senses (sound, touch, sight, taste, and smell) which are the expressions of the five elements and the tendencies they exhibit.

Element	Body Parts	Sense	Tendency
Earth	Hair, nails, teeth, skin, flesh, bones, organs etc	Smell (<i>Gandh</i>)	<i>Tamas</i>
Water	Bile, phlegm, pus, blood, sweat, tears, nasal mucus, urine	Taste (<i>Ras</i>)	<i>Sattva+ Tamas</i>
Fire	Physical warmth, digestion	Sight (<i>Roop</i>)	<i>Sattva+ Rajas</i>
Air	air in lungs, belly and bowels	Touch (<i>Sparsh</i>)	<i>Rajas</i>
Ether	Ears, Nostrils, Mouth, Anus etc	Sound (<i>Shabda</i>)	<i>Sattva</i>

Table 2: Five Cosmic Elements and Associated Body Parts

The imbalance of any or combination of these cosmic elements has a definite impact on health. For example imbalance in Earth element results in weakness, tiredness, epilepsy, underweight, jaundice, hyperthyroid etc. Imbalance of Water element will result in disorders like dropsy, dysentery, wet dreams, common cold, cough etc. Imbalance of Fire element is the cause for rheumatism, cold, indigestion, weakness, infertility, boils etc. The Air elements if not in stable proportion can cause paralysis, stiffness, gastroenteritis, arthritis, pulmonary diseases, Parkinson's etc. The rise or fall of space element results in epilepsy, insomnia, schizophrenia, amnesia, dementia, depression, mental instability, dizziness etc.

So we can see how important it is to have knowledge about these five elements and what is more important is to know how to maintain balance of these to stay healthy.

About Sookshma (Subtle) Shabd Pranayama

Pranayama circulates life vitality in the body for a faster physical and mental development. Life vitality helps in experiencing the extrasensory levels of consciousness in the subtle dimension. *Sookshma Shabd Pranayama* is a special and effective technique of experiencing the subtle, which is very easy to practice on a regular basis.

In verse 29 of chapter 4 of *Geeta*, Krishna explains Arjun about the significance of *Pranayama*

To stay in the state of trance, Yogis exercise control on breathing by practicing to offer *Apana* (incoming breath) in *Prana* (outgoing breath) and *Prana* in *Apana*. This process of *yagya* of *Prana* and *Apana* leads to *Kumbhaka* (complete cessation of breath). (*Geeta* ch.4: verse 29)

This is the secret knowledge behind science of breath contained in the process of inhale and exhale. One can use this knowledge to begin the journey towards absolute truth. Yogis in ancient times could easily practice and gain control over it but with time, as manmade advancements, his mind became more and more energetic and hyper active making it increasingly difficult to gain control on breath for spiritual progress. Mind of modern man has become hyper active and unstable due to an excess of energy. This energy if left uncontrolled can create havoc for mankind but if properly channelised in the right direction then it can be a boon. *Sookshma Shabda Pranayama* is the technique for controlling the restless mind.

The nature of Sookshma Shabda Pranayama

Sookshma Shabda Pranayama is a divine and secret knowledge given by *Siddham* Yoga tradition. *Shabda* (speech) is a form of God as it created universe.

In 3-23 *sloka* of chapter 1 of *Brihdaranyak Upanishda*, the relation between *Prana* (vitality) and *Shabda* (sound/speech) is explained. It says that *Prana* is indeed *Ut* (container), for all this is held aloft by *Prana* and speech alone is *Githa* (expression of sound). (*Brihdaranyak Upanishda*, ch. 1: verse 3-23)

The subtle cosmic element of *Agni* (Fire) uplifts the *Prana* towards the throat where the *Nada* (sound) is produced due to impact. This sustained activity of *Prana* and *Shabda* is *Shabda Pranayama*.

Patanjali Yog Sutra also explains that sound of *Om* is expression of God and *Sohum* is *Om*. *Sohum* means ‘I am That’ which is oneness with supreme i.e. non duality. What makes *Shabda Pranayama* special is it is a blend of *Pranayama* and Meditation.

Effects and Benefits of *Bhutshuddhikriya*

Effects:

Bhutshuddhikriya works simultaneously on physical as well as subtle bodies. **Table 3** shows some of the key effects on each of these bodies. These effects have been based on real time data collected from the field.

Effects on Physical Body	Effects on Subtle Body
<ul style="list-style-type: none"> • Increases Oxygen in blood • Maintains Hemoglobin levels • Reduces workload on heart • Increases blood supply to brain • Stimulates the pituitary gland • Normalises the hormonal secretion • Stabilises respiratory system • Activates nervous systems • Maintains pH level of body 	<ul style="list-style-type: none"> • Increases <i>Prana Shakti</i> (Life Vitality) • Stabilises Mind waves at Alpha level • Purifies and Energises <i>Chakras</i> • Stimulates Bioelectric currents (aura) • Maintains Energy balance • Activates latent powers of mind • Removes subtle toxins
Table 3: Effects of <i>Bhutshuddhikriya</i>	

Benefits:

- **Physical and Mental Fitness and Stability:** The positive effects on physical and subtle ensure the holistic health of the practitioner. The increased energy flow in *chakras* nourishes the associated glands. The practitioner feels energetic throughout the day.
- **Control on ageing process:** The energy is radiated to all parts of the body. Cells receive the energy required for normal functioning and decay of cells reduce. The early age ageing problems get addressed.
- **Helps the ability to Meditate:** Although Meditation comes naturally to human beings but most people find it difficult to meditate. Due to high amount of mind activity and stress it gets difficult for them to meditate. *Bhutshuddhikriya* helps stabilise mind waves at alpha level which is the

perfect situation for one to mediate effectively. The gentle stream of sound during *Shabd Pranayama* helps to build mind's focus and internalises it. It opens the gates for spiritual progress.

- **Awareness, Memory and Discrimination power:** As the mind stabilises in alpha level the powers of mind are utilised effectively. This leads to development of brain resulting in awareness levels, memory and discrimination power.
- **Ability to respond quickly to a situation:** The alert and aware mind helps accelerate the decision making process.

Case Studies

A) During an exercise conducted at Swami Vivekananda Yog Anusamdhan Anusamdhana (SVYASA), Bangalore, the measurements were taken using Acugraph machine before and after the *Kriya*. Acugraph (**Fig. 4**) does digital imaging of twelve Meridian lines in the body and is used by acupuncture specialists. The duration of the *Kriya* was 20 minutes.

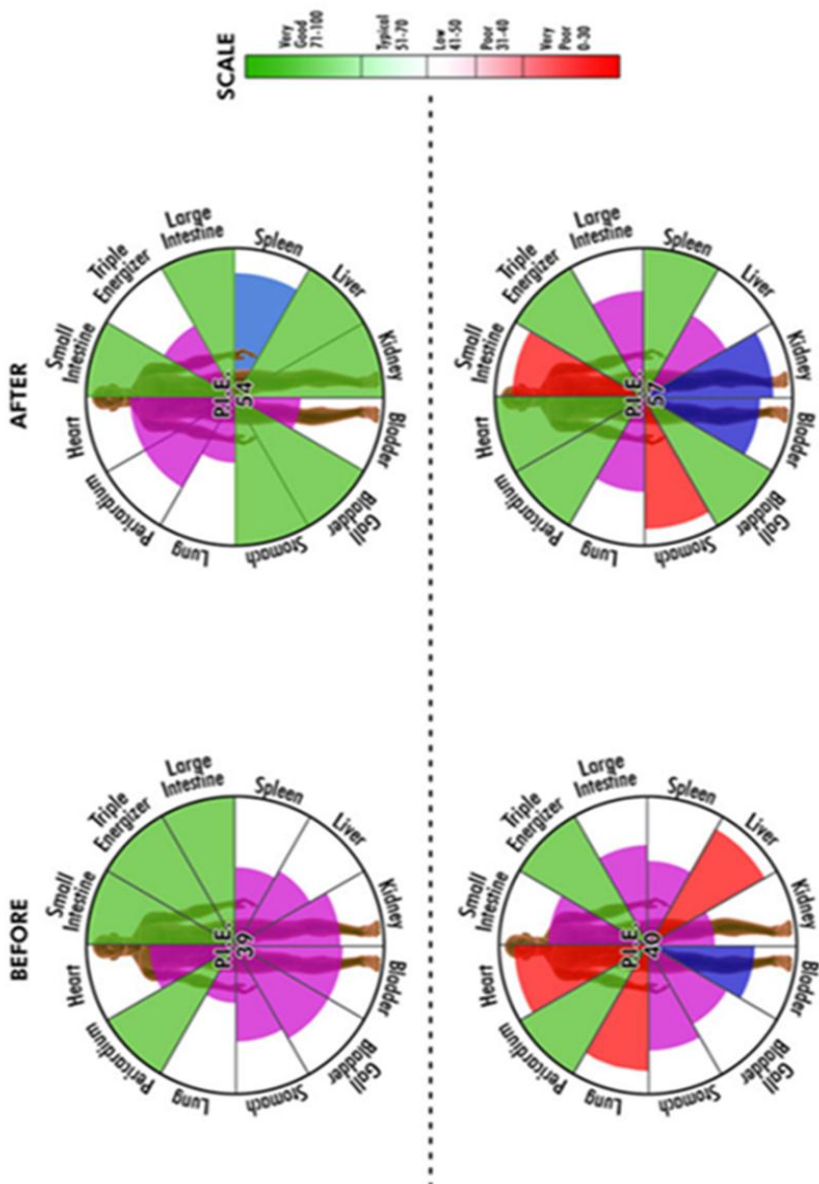
Fig. 4 shows the Personal Integrate Score of two subjects. For Subject A, only 4 meridian lines are Green before the *kriya* while there are six in Green state after the *kriya*. The PIE score went up to 54 from 39.

For Subject B, 2 meridian lines are green before *Kriya* while 5 are after the *kriya* and the PIE Score rose to 57 from 40.

Energy Level and Stability Comparison

Before the *kriya*, both the subjects were having excess energy levels which results in hyper activity. After the *kriya* both has their energy levels in normal range of 80-100. The energy stability increased for both of them (**Fig. 5**).

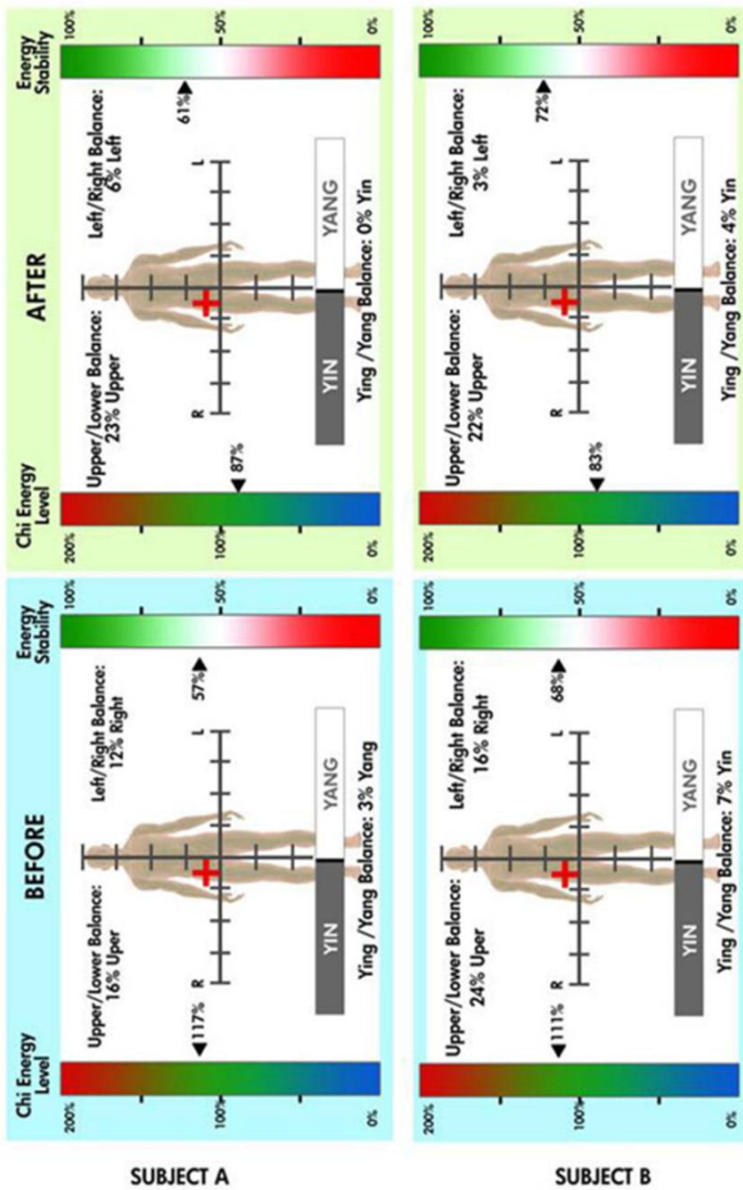
Note: Both the subjects, whose data is produced in these charts, were doing the *kriya* for the very first time and these results were taken after 20 minutes of practice. This indicates that *Bhutshuddhikriya* starts showing positive effects from the very first day itself.



Subject A

Subject B

Figure 4: P.I.E Score Comparison



Chi Energy Level Scale : [Less than 80 = Low, 80 to 100 = Normal More than 100 = Excess]

Figure 5: Energy Level and Stability Comparison

B) In yet another interesting study, a project was undertaken with Desire Society, Bangalore to study the effect of *Bhutshuddhikriya* on HIV Positive children. Desire society is a privately run NGO head quartered in Hyderabad. It has a small setup in Bangalore with 25 children. 4 of these children are HIV positive. The project was started in April 2011. The CD4 count is produced for 3 children in **Table 4**.

CD4 Count

Name of Child	CD4 Count before <i>Kriya</i>	CD4 Count after <i>Kriya</i>
Shwetha, age 10 yrs	435 (in Apr 2011)	820 (in Jul 2011)
Ramya, age 10 yrs	53 (in Apr 2011)	623 (in Jul 2011)
Shiva , age 8 yrs	386 (in Dec 2010)	492 (in May 2011)

Table 4: CD4 Count

Shweta and Ramya have shown significant improvement whose CD4 count was taken after 3 months of practice. Shiva's CD4 count was taken after 1 month of practice.

CD4 count in blood is an indicator of strength of immunity system. It measures the number of T cells expressing CD4. The normal range is 500 to 1200 X 10⁶ per liter. HIV infection leads to progressive reduction in the number of T cells expressing CD4. CD4 tests are not a direct HIV test i.e. it does not check the presence of viral DNA, or specific antibodies against HIV. Patients often undergo treatments when the CD4 count reaches a level of 350 cells per micro liter.

Bhutshuddhikriya Process

Things to remember while doing *Bhutshuddhikriya*:

- Location of *chakras*
- Should be done empty stomach (at-least 3 hours after meal). Morning time before breakfast is best
- Try to be in positive frame of mind
- Sitting in straight posture
- *Shabd Pranayama*: Breath making sound from throat

Following are the steps of *Bhutshuddhikriya*

1. Prayer (<i>Tamoso Ma...</i>)	8. <i>Astraay Phat</i> on <i>Vishuddha Chakra</i>
2. <i>Panch-Tatva Ahwahan</i>	9. <i>Shikhaye Vashat</i> on <i>Ajna Chakra</i>
3. <i>Kavachay Hum</i> on <i>Ajna Chakra</i>	10. <i>Shirse Swaha</i> on <i>Sahatrara Chakra</i>
4. <i>Karataalkar</i> on <i>Mooladhara Chakra</i>	11. Meditation (Observation only)
5. <i>Astraay Phat</i> on <i>Swadishthan Chakra</i>	12. <i>Aum chanting</i> (Downwards)
6. <i>Shikhaye Vashat</i> on <i>Manipur Chakra</i>	13. <i>Nadi Shodhan Pranayam</i> (Upwards)
7. <i>Karataalkar</i> on <i>Anaahat Chakra</i>	14. Prayer

Prayer:

Tamaso mā jyotir gamaya, (O Lord!! Please lead me from ignorance to knowledge)

Asato mā sad gamaya (Please lead me from unreal to real)

Mṛtyormā amṛtam gamaya (Please lead me from mortal to immortal)

Aum śānti śānti śāntih!! (May there be peace, love and non violence)

Kavchay Hum:

-Observation on *Ajna* (Brow) *chakra*

-Beginner – 30, Medium – 45, Adv-60

-Breathing rate - Slow, Med, Fast, Very fast



Kar-tal-kara:

- Observation on *Mooladhara* (Root) *chakra*
- Beginner – 05, Medium – 10, Adv-15
- Breathing rate – Very Slow
- The same process is done on *Anaahat* (heart) *chakra* also



Astraya Phat:

- Observation on *Swadhishtan* (Sacral) *chakra*
- Beginner – 10, Medium – 20, Adv-30
- Breathing rate –Slow
- The same process is done on *Vishudha* (throat) *chakra*



Shikhay Vashat:

- Observation on Manipur (Solar) chakra
- Beginner – 15, Medium – 30, Adv-45
- Breathing rate –Slow
- The same process is done on *Ajna* (Brow) *chakra* also

***Shirse Swaha:***

- Observation on *Sahastraara* (Crown) *chakra*
- Beginner – 30, Medium – 45, Adv-60
- Breathing rate –Slow, Med, Fast, Very fast
- The same process is done on *Ajna* (Brow) *chakra* also



Meditation: In this no imagination and stress. Observation for 5-15 minutes.

Aum chanting: From *Sahasrara* (Crown) to *Mooladhara* (Root) chant *Aum* on each.

Naadi Shodhan Pranayama: From *Mooladahara* (Root) to *Sahasrara* (Crown).

Bring your attention to *Ajna* and do the following prayer:

Thank You Almighty!! For blessing me with human life and endowing me with immense possibilities and potential. May the peace and happiness that I experienced doing this *kriya*, be experienced by all.

May everyone be healthy.

May everyone be happy.

May there be peace! Love!! Non Violence!!!

Research Potential

Human mind is among the most complex creations of Nature. The mysteries of human mind have presented one challenge after the other to the scientific community. It is believed that average humans use only a fraction of the mind. It is amazing to believe that the wonders of science that we see around us are a result of only a fractional use of the mind. The result is far from imagination if humans start to develop their mental faculties beyond the average. These mysteries of mind present immense opportunities of research for the welfare of mankind. Apart from the clinical research, nuclear genetics presents a great opportunity to be explored. It would be interesting to explore what happens within RNA and DNA when the sub-atomic particles within our cells come in the effect of bio-electric field that is generated with the help of constant sound vibrations of our breath. Would it be possible to cure defects in chromosomes using sound therapy? Would it be possible to understand human behaviour and predict it to perfection? Or change it if we can understand the effect of various layers of manifestation of sound on mind? Many such questions will find answers in these hidden subtle domains of mind.

Appendix: *Chakras* – The Energy Centers

- 1) ***Mooladhara (Root Chakra)***: *Mooladhara* is considered the ‘root’ or ‘foundation’ *chakra*, and is the transcendental basis of physical nature. The location of *Mooladhara* is at the base of the spine, and it is associated as well with the perineum, close to the anus to aid action of excretion. Its relation comes with coccygeal spinal nerve which controls the function of excretion.
- 2) ***Swadishthana (Sacral Chakra)***: *Swadishthana* is positioned at the tailbone, two finger-widths above *Mooladhara*. Its corresponding point in the front of the body is at the pubic bone which is the sacral region. It stimulates unconscious desires, especially sexual desire. It is very closely related to sacral spinal nerves. Being connected with the sense of taste, it is associated with the tongue, and being connected with reproduction, it is associated with the endocrine organs of the testes in men and ovaries in women. These produce the hormones testosterone or estrogen, which are important factors in sexual behaviour. These are also the locations the spermatozoa or eggs are stored with their latent genetic information, like the latent *samskaras* that lie dormant within *Swadishthana*.
- 3) ***Manipura (Solar Chakra)***: *Manipura* is considered the centre of dynamism, energy, willpower and achievement (*Itcha Shakti*), which radiates *prana* throughout the entire human body. The position of *Manipura* is stated as being either behind the navel or the solar plexus. Being related to the sense of sight, it is associated with the eyes, and being associated with movement, it is associated with the feet. In the endocrine system, *Manipura* is said to be associated with the pancreas, and the outer adrenal glands; the adrenal cortex. These glands create important hormones involved in digestion, converting food into energy for the body, in the same way that *Manipura* radiates *prana* throughout the body. Thus it is related to lumbar spinal nerves.
- 4) ***Anahata (Heart Chakra)***: *Anahata* is said to be located near the region of the heart. Because of its association with touch, it is associated with the skin, and because of its association with actions of the hands, it is associated with the hands. In the endocrine system, *Anahata* is supposedly associated with the thymus gland, located in the chest. It is also associated with love and compassion, charity to others, and forms of psychic healing. Due to the

similarity of functions performed and organs it controls, it is related to thoracic nerves.

- 5) **Vishuddha (Throat Chakra):** *Vishuddha chakra* is known as the purification centre. It is positioned at the neck region near the spine, with its superficial activation point in the pit of the throat. Due to its association with hearing, it is related to the ears, and due to its association with speaking, it is associated with the mouth. *Vishuddha* is often associated with the thyroid gland in the human endocrine system. This gland is in the neck, and produces hormones essential for growth and maturation. Its relation comes with cervical nerves which has similar functions and areas of action.
- 6) **Ajna (Third Eye):** Midbrain is the position of *Ajna chakra*, directly behind the eyebrow centre. It is associated with the third eye on the forehead. It is associated with the pituitary gland which is considered as the master gland of all endocrine glands, whose secretions control all the other endocrine glands. It helps midbrain do its function of controlling the sensory organs.
- 7) **Sahasrara (Crown chakra):** Located at the top of the head in that one area, or a little way above it, sahasrara is responsible of controlling all functions of body directly or indirectly. This is associated with frontal lobe of brain.

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