



The Convergence of Rajayoga and Yogic Chakras towards the Inner Sacred Radiance of Kundalini

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Abstract:

The understanding of human chakras through the lens of ancient Indian yogic wisdom is a way of realising the self-drive force in understanding human life. The prime driving force of the human body is the soul. And it has a working platform called the physical body and a connectivity integration called mind and energy. The entire system of human body performance is absolutely based on the supply of a current called the flow of prana, or life force energy. The intangible and tangible units, namely the soul and body, have integration with the mind system. The psychic ability of the soul is executed by the psychic apparatus called chakras. Though all the executions in the human body are controlled by the signals from brain activity, the chakras are the ones governing the physical organs and their related functionalities. All the imparted skills are executed by the flow of energy in the chakras.

Key words: Chakras, Kundalini, Yogic Science, Rajayoga, Prana

Backgrounds of Kundalini in Yogic Wisdom:

Ancient Indian Yogic Science is like an ocean of knowledge, and it has its distribution widely in the Vedas, Upanishads, Tantric Yoga, Ayurveda, Sidha, Varma, etc. The versatile branches of ancient Indian yogic science state the importance of Kundalini power in their own way. Kundalini Sakthi, Serpentine Power, and Supreme Power in the Human Body In Ayurveda, the chakra cleansing has been stated as Bhuta Shuddhi. The Bhuta Suddhi of our body will happen upon the continuous flow of prana, or life force energy. The continuous efforts of Rajayoga practises enhance the focus and breathing system. Where the focus goes, the energy flows. A regular practise of Rajayoga ensures the flow of prana throughout the body, and this process will directly push the activation of energy-spinning spots called human wheels or chakras. Actually, Kundalini power is a dormant divine potential or a cosmic subtle entity that remains at the base of the spine in the human body.

Rajayoga:

The Indian Varma sasthira or Vaidya sasthira says that there is a sushmuna nadi,

which is located in-between the ida and pingala nadies. The prana circulation in the body has different energy-flowing spots and energy-storage spots. It is like the power bank used for mobile charging. Similarly, there are 10 types of prana flowing in the 10 different nadies that are connected with chakras. The ida and pingala nadies come from the base of the mooladhar chakra; the middle one, namely, the sushmuna nadi, travels from the centre and ends at the top of the forehead, where the thilartha varmam is located. The sushmuna nadi is connected with the base kundalini, or serpentine power. Actually, the energy centres, or chakras, are called the topography of our own potential. The topography of the human potential, named chakras, gets influenced by the effect of karmic accounts, or, in other words, the realisation of our behaviour pattern. The proactive and interactive mental powers in the human prime driving force (the soul) will have an integrative repercussion in the expression of behaviours, and the same will be imprinted in the soul or the prime driving force as it resolves. Again, this set of resolutions will determine the thinking pattern of the mind. Thoughts generated by the mind will be audited by the resolve, and

their span of execution will be based on the imprints made from the similar earlier process. Rajayoga plays a vital role in changing the predetermined resolutions' impact on the fresh efforts towards imparting a new set of skills. The chakras execution or the preset topography of the range of execution will be modified or uplifted by a continuous practise of Rajayoga.

Rajayoga, the propeller of Prana:

Rajayoga practises enhance the movement of prana in the human body, and the same energy plays a role in the activation of chakras. The abundant energy running through the chakras goes down through the spinal cord and initiates the activation of latent potential energy called kundalini. Kundalini activation is the process by which the basic chakra's potential energy is bombarded by the energy coming down from the top chakra. Kundalini activation means dormant potential energy is being utilised by the human chakra system. In other words, curd is obtained by the coagulation of milk. Actually, the coagulation needs an acid substance such as lemon juice, vinegar, or a little curd to allow the milk to undergo the coagulation process. This is because, though the kundalini energy is the highest supreme energy in the human body, it needs an energy bombardment to activate it. Once kundalini energy is activated and starts to travel upward to different chakra hierarchy levels and interact with its prana circulations, the emission of vibration will start in the human energy body and physical body itself. This is called yogic glowing.

Convergence of Rajyoga and Yogic Science:

There are 10 types of prana in the human energy body, each playing a different role in the human physical body as per the ancient Indian fundamental Siddha system of medicine and the traditional Varmam system of medicine. They are Pranan, Abanan, Uthanan, Samanan, Vyanan, Nagan, Koorman, Kirugaran, Devadhathan, and Dhanajeyan. According to ancient Indian yogic wisdom, each chakra governs some specific physical functions and plays an influential role in expressing psychological attributes. Through the regular practise of Rajayoga meditation, the chief physiological functional process, namely the breathing system, gets regulated, and this condition will enable a high level of energy flow. The prana in the breathing system goes deeply

and is properly distributed to the chakra system. Once the energy flow in the chakras is corrected, the abundant flow of energy goes down to the root chakra, called the Mooladhar chakra. It gets activated by the bombardment of energy from the top chakras to the base. In the normal breathing process, air goes to the lungs and is loaded into the blood cells, whereas in Yogic breathing, the air goes not only to the lung but also to each and every corner of the body through energy meridians called prana pathways. This condition of the body will be treated as a high energetic state, and all the chakras will be in a completely active state. The properties of prana are light and heat. Once the heat is used by the physical body, the light will be emitted through the energy body. This is called the glow of the human body. Though it may be a chemical reaction from a biological point of view, the ultimate prime driving force of the human body is the glowing luminous point of light energy called the soul. The soul has energy integration with the prana flow and energy body. Again, this prana body is connected with the physical body. It is understood that the prime driving force of the human body, i.e., the soul, doesn't connect with this physical body directly. This means that a set of consciousness, a bundle of energy beyond the physical source, is having an influence on this body.

Conclusion

Science has explored the functions of the brain from various perspectives. A detailed analysis of the brain clinically, physiologically, and functionally is available in developmental research, but the physical aspects and its functions are similar in all parts of the human body, whereas its psychological cognitive aspects and its span of reach in psychological attributes are entirely different from person to person. This line of difference is called the filter or the predetermined performance, which is called destiny in the ancient Indian wisdoms. A work can be performed by different people in different ways. One may achieve 90% performance; some people can do 70%; and a few people can achieve 100%. The difference generated in performance doesn't connect with the physical features. Because the physical ability can be matched by others, the uniqueness of the prime driving force of the human body will show the difference, too, because of the thought pattern created by its own set of behaviours. Again, behaviour is

connected with the expression of action and thought generation. The effective convergence of Rajayoga and the chakra system initiates the activation of Kundalini potential. Once the serpentine power starts to travel upward through chakras, the inner radiance of the Kundalini power will be reflected in each chakra, governing performance in physiological as well as psychological aspects.

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