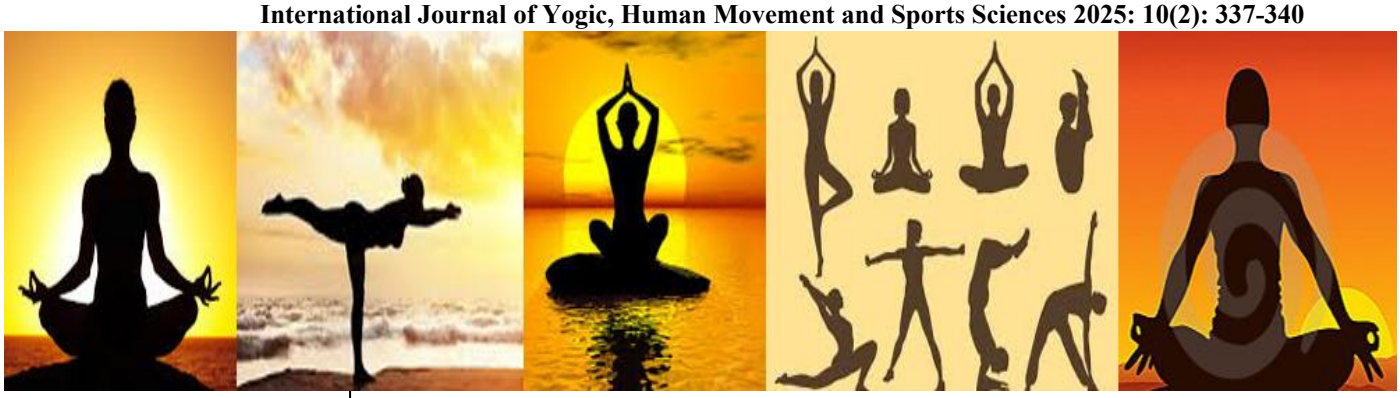
International Journal of Yogic, Human Movement and Sports Sciences 2025: 10(2): 337-340



**ISSN: 2456-4419**
**Impact Factor: (RJIF):** 5.88
Yoga 2025; 10(2): 337-340

www.theyogicjournal.com
Received: 18-07-2025
Accepted: 21-08-2025

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# Exploring the influence of chakra meditation and seed mantra chanting on root and heart chakra related behaviors in young adults

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**DOI:** http://doi.org/10.22271/yogic.2025.v10.i2e.1799

**Abstract**
"Chakra" or the Sanskrit word "Cakra" is documented in the Hindu Text Atharvaveda, which are the energy centers providing pathway for energy to enter and exit human body.
**Objectives:** This study investigated the impact of Root and Heart Chakra meditation, incorporating seed mantras at specific frequencies (639 Hz for Root and 396 Hz for Heart), on the behavioural manifestations associated with these energy centers in young adults.
**Methodology:** Forty undergraduate students (age: 22.13 ± 1.3 years) participated in a 12-week intervention program involving daily meditation practices (six days per week). A parallel control group (n=40) maintained their regular routines. A pre-designed questionnaire assessed Root and Heart Chakra-related behaviors at baseline, mid-intervention, and post-intervention in both groups.
**Results:** Statistical analyses revealed significant improvements in Root and Heart Chakra-related behaviors within the experimental group across all assessment points. In contrast, no significant changes were observed in the control group.
**Conclusion:** These findings suggest a potential positive influence of Root and Heart Chakra meditation, coupled with seed mantra chanting, on the behavioural correlates of these energy centers in young adults.

**Keywords:** Root chakra, heart chakra, mediation, mantra chanting & chakra related behavior

## Introduction
Meditation is an approach to achieve harmony between the physical and mental faculties of human being [1, 2]. It is a mental technique of manipulating the thoughts for having a focused state, molding attention, and creating awareness to self. Meditation aims at getting a mentally clear and emotionally calm state of consciousness [3]. The Chakra system appeared in the earliest document of India, the Vedas about 1500 and 500 BC. In Sanskrit the word "Chakra" is the synonymous of "Wheel" and alludes to the wheels of energy in every part of the body by the yogic sciences, meditation and Ayurveda. Few Scholars have advocated that there are 114 Chakras in human body but they are of opinion that there are 7 Major Chakras along the spine beginning from the base to the crown of the head [4]. The concept of seven major Chakras is widely accepted by many western scholars also [1, 5].
Root Chakra is associated with the basic survival and security. Sacral Chakra is responsible for creativity, joy, desire, sexuality, pleasure and emotional balance. Solar Plexus Chakra is linked for courage, confidence and self-esteem. Heart Chakra is associated with empathy, compassion, emotional freedom, love and social relationships. Throat Chakra is related to faith, communication, artistic expression and honesty. Third-Eye Chakra is responsible for perception, imagination, decision making, wisdom and intuition. Crown Chakra is related to universal energy, enlightenment, bliss and spirituality [6, 8, 9]. Certain symptoms appear on the blockage in these chakras like problem in concentration, anxiety or depression, communication problems, difficulty in sleeping, mood swings and getting connected with others etc. And the balanced state of these chakras allows energy to flow freely and protects issues related to behavior also [6].
The Root Chakra is located at the base of the spine, near the perineum, symbolizes a red square with four petals, its element is Earth, Mantra is "Lam", its god is Ganesha, main functions include governs physical stability, survival instincts, security, and grounding. It is

associated with survival, basic human needs, and physical stability. This chakra is said to anchor the body to the earth, serving as the foundation for spiritual growth. When balanced, it provides a sense of security and groundedness [5, 7]. Similarly, the Heart Chakra is located at the Center of the chest, near the heart, symbolizes a green hexagram (two interlocking triangles) with twelve petals. Its element is Air, Mantra is "Yam", deity is Ishvara (divine being, often associated with love and compassion) and its functions includes governs love, compassion, emotional balance, and healing. The Anahata Chakra is the center of love, compassion, and emotional balance. Its green colour of this chakra symbolizes harmony and healing, while the interlocking triangles represent the union of masculine and feminine energies. This chakra's balanced energy nurtures emotional well-being and fosters the capacity for love, both for oneself and others [5, 8]. In the present study an attempt has been made to investigate the effects of Root Chakra and Heart Chakra meditation training along with seed mantra chanting (frequency in Solfeggio: 639 Hz for Root and 396 Hz for Heart Chakra) on Root & Heart chakra related behavior.

## Material and Methods

A total of 80 students (age: 20-25 years, M=22.87±2.81) pursuing a bachelor's degree in Physical Education at Kurukshetra University, Kurukshetra, India, were selected for the study. Participants were divided into two groups:

- **Control group (n=40):** Continued their normal daily routines without any meditation training.
  - **Age:** M = 22.43±2.13
  - **Weight:** 63.97±7.87
  - **Height:** 172.64±6.21
- **Experimental group (n=40):** Underwent Chakra-specific meditation training.
  - **Age:** M = 23.22±2.41
  - **Weight:** 62.43±8.17
  - **Height:** 171.84±6.63

Chakra-related behavior of both groups was assessed using a self-designed and standardized Chakra-related behavior questionnaire at three time points: pre-test, mid-test (after 6 weeks), and post-test (after 12 weeks). The experimental group received 12 weeks of Chakra-specific meditation training with the chanting of Chakra-specific seed mantras: "LAM" (frequency in Solfeggio: 639 Hz) for the Root Chakra and "YAM" (frequency in Solfeggio: 396 Hz) for the Heart Chakra [9, 10]. The duration of each meditation session was gradually increased over the 12-week period. Data were analysed using the Statistical Package for Social Sciences (SPSS-26).

## Results

Table 1 indicates that, means of Root Chakra of pre and mid tests of control group are 18.11±3.61 and 19.09±3.81 respectively. No significant difference was found in the root chakra related behavior in the control group during pre and mid test as the calculated t value was 1.12. Similarly, no change in Heart Chakra related behavior was found in the Heart chakra.

**Table 1:** Comparative analysis of root & heart chakra of pre and mid test of control group

| Variables | Pre test | | Mid test | | MD | t value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| Root chakra | 18.11 | 3.61 | 19.09 | 3.81 | 0.98 | 1.12 |
| Heart chakra | 12.11 | 2.30 | 11.38 | 2.44 | -0.73 | -1.35 |

**Table 2:** Comparative analysis of root & heart chakra of pre and post test of control group

| Variables | Pre test | | Post test | | MD | t value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| Root chakra | 18.11 | 3.61 | 19.05 | 3.14 | 0.94 | 1.18 |
| Heart chakra | 12.11 | 2.30 | 11.68 | 2.05 | -0.43 | -0.86 |

Table 2 shows no significant difference in the root chakra related behavior of the control group during pre and post test as the calculated t value was 1.18. Likewise, no difference was found in the Heart Chakra related behavior as the t value was 0.86

**Table 3:** Comparative analysis of root & heart chakra of mid and post test of control group

| Variables | Mid test | | Post test | | MD | t value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| Root chakra | 19.09 | 3.81 | 19.05 | 3.14 | -0.04 | -0.04 |
| Heart chakra | 11.38 | 2.44 | 11.68 | 2.05 | 0.30 | 0.58 |

The means of Root Chakra of mid and post tests of control group are 19.09±3.81 and 19.05±3.14 respectively. The calculated t - values of both Root & Heart Chakra 0.04 and 0.58, reflects that there exists no significant difference in the behavior related to root and heart chakras in control group during mid and post test.

**Table 4:** Comparative analysis of root & heart chakra of pre and mid test of experimental group

| Variables | Pre test | | Mid test | | MD | t value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| Root chakra | 18.89 | 3.76 | 21.66 | 3.51 | 2.77 | 3.18 |
| Heart chakra | 12.87 | 2.61 | 14.63 | 2.49 | 1.76 | 2.93 |

Table 4 illustrates a significant difference at 0.01 level was found in behavior related of root and heart chakras between the pre and mid tests of Experimental Group, as the calculated t values were 3.18 and 2.93 respectively. Similarly, in the experimental group a significant difference at 0.01 levels between the pre and post tests in the behavior related of root and heart chakras was found.

**Table 5:** Comparative analysis of root & heart chakra of pre and post test of experimental group

| Variables | Pre test | | Post test | | MD | t value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| Root chakra | 18.89 | 3.76 | 24.42 | 3.65 | 5.53 | 6.91 |
| Heart chakra | 12.87 | 2.61 | 17.64 | 2.52 | 4.77 | 7.95 |

**Table 6:** Comparative analysis of root and heart chakra of mid and post test of experimental group

| Variables | Mid test | | Post test | | MD | t value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| Root chakra | 21.66 | 3.51 | 24.42 | 3.65 | 2.76 | 3.20 |
| Heart chakra | 14.63 | 2.49 | 17.64 | 2.52 | 3.01 | 5.01 |

Table 6 depicts that the calculated t values for Root & Heart chakra for the mid and posttest is 3.20 and 5.01 respectively, this reflects that there exists a significant effect of Root & Heart chakra specific meditation training on the behavior related of root and heart chakras in the experimental group.

## Discussion

The results revealed a significant difference ($p<0.02$) in Root and Heart Chakra-related behavior among participants in the experimental group. Meditation significantly increases the activity of alpha waves, slow and high-amplitude brainwaves with a frequency of eight to thirteen cycles per second. Increased alpha wave activity indicates a deeply relaxed state of mind. Meditation has been shown to have antidepressant and anxiolytic effects, thus improving overall well-being [11]. Meditation energizes Chakra energy, which enhances consciousness, reduces tension, and allows for the flow of positive energy throughout the body by calming the mind [12]. The Root Chakra governs crucial behavioural traits such as sexuality, stability, sensuality, and a sense of security [13]. Effects of Meditation and Concentration on the Root Chakra lead to enhanced balance and inner stability. Furthermore, the status of emotional health is influenced by the experience of meditation on human body Chakras and may reduce anxiety among meditation practitioners [14].

Meditation improves focus, decreases the repetition of negative thoughts, and minimizes the likelihood of experiencing long-term depression [15]. Meditation further supports the ability to guide the mind towards self-awareness, subsequently reducing negative thoughts and perceptions. An individual's overall behavior undergoes continuous change in response to changing situations. The decrease in negativity of perception and thoughts, facilitated by meditation, substantially influences the acquisition of stress, feelings of anxiety, and depression [16]. The energy of the Heart Chakra significantly impacts our personality and overall well-being. Heart Chakra healing promotes trust, joy, and peace, enabling us to build healthier relationships with ourselves and others [17]. Emotional intelligence and self-awareness have been found to be potentially influenced by Heart Chakra-specific meditation. After the meditation practice, in the post-test group, many participants manifested enhanced appreciation for love, emotional balance, and compassion. Many also indicated increased self-love and acceptance of their emotions. In addition to this, the Root Chakra deals with mental traits such as inner security and stability. Blocked energy at this Chakra can lead to mental health problems and addictive behaviors, including hopelessness, ungroundedness, loneliness, anxiety, unstable emotions, feeling of depletion, and loss of interest in the reality of the world [16, 17].

Similarly, the Heart Chakra is associated with our ability to love and be compassionate towards others. This Chakra needs to be balanced for optimal overall health. Relationships and love significantly influence an individual's mental health, and vice versa. Healthy relationships are associated with good mental health, while an imbalanced state of this Chakra can lead to jealousy and attachment [18]. Meditation activates brain regions linked to adaptive responses to stress and negative emotions, suggesting that regular meditation practice can enhance emotional regulation and resilience. This ability to better manage stress and emotions is a key advantage of mindfulness and meditation practices, contributing to overall cognitive and emotional well-being [19]. Research has highlighted the psychological importance of Chakras in personality development. Studies have concluded that energizing the Chakras can develop personality traits and induce mental relaxation [20, 21].

There is a powerful connection between Solfeggio frequencies and the Chakras. The Heart Chakra, associated with the color green and represented by the Solfeggio frequency of 639 Hz, plays a crucial role in promoting love, compassion, and forgiveness. By focusing on the Heart Chakra and listening to music at the frequency of 639 Hz, individuals can heal old wounds, cultivate relationships based on love and understanding, and connect with their higher selves. This frequency helps to open the heart to giving and receiving love, leading to emotional healing and a deeper sense of connection with oneself and others [22, 23].

The findings of the present study align with existing literature on the positive behavioural changes induced by Chakra-specific meditation. It contributes to the existing body of knowledge on meditation and Chakra-specific meditation by further elucidating Chakra-related behavior. This study may assist novice practitioners in addressing negative behaviours by guiding them to meditate specifically on the Chakras associated with those behaviours.

## Limitations

Despite the strengths of this study, some limitations exist. The beneficial effects of Chakra-related meditation may be perceived subjectively rather than objectively. While a body of research supports the efficacy of positive behavioural changes through Chakra-specific meditation, many significant research questions remain to be explored in future studies. These include investigating the effects of Chakra meditation with specific colours, sounds, or other modalities.

## Conclusions

This study aimed to investigate the impact of Chakra meditation on inducing positive behavioural changes in adults through regular practice. The research incorporates a comprehensive review of relevant literature, shedding light on new concepts of positive behavioral changes facilitated by Chakra meditation. The findings of this study can be utilized to uncover various hidden truths that are equally significant as modern scientific concepts. Aligning with the principles of Shivasutra, Chakras can be considered pivotal for mental well-being. Regular Chakra meditation practice can effectively inactivate negative emotions and cultivate positive ones, aiding in the healing process. The emergence of negative emotions can be successfully replaced with their positive counterparts, empowering individuals to effectively manage their emotional states.

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