

The Heart Chakra as a Gateway to Self-Awareness in Young Adulthood: A Pretest-Posttest Study

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Abstract

The research titled "The Heart Chakra as a Gateway to Self-Awareness in Young Adulthood: A Pretest-Posttest Study" explores the role of the heart chakra in developing self-awareness among young adults. Drawing upon principles of eastern philosophy and modern psychology, this study examines the role of heart-centered practices in enhancing self-awareness. Utilizing a pretest-posttest design, young adult participants in a structured intervention program aimed at activating and balancing the heart chakra. Qualitative data was collected from 15 participant age range 18-22 years, to assess changes in self-awareness before and after the intervention.

Findings suggest a significant improvement in participants self-awareness levels post-intervention, indicating the potential of heart-centered practices i.e. using solfeggio frequencies of 639 Hz, which benefit in activating heart chakra as per research, facilitating introspection and personal growth during the pivotal stage of young adulthood.

Keywords: Anahata, Anahata Chakra, Self Awareness, Heart, Heart Chakra, Solfeggio Frequencies, Eastern Philosophy, Youth Awareness, Introspection, Self Growth, Indian Psychology.

1- Introduction

Chakras are energy vortexes that reside within all of us. These energy vortexes channel energy from the world around you into your aura and body, as well as between the physical body and your aura's layers. The chakra system operates similarly to a spiritual bloodstream. It links and supports your physical and energetic selves. All living things, including humans, animals, plants, trees, and the Earth, have a chakra system, which is a living system of energy vortexes within them. The body contains seven major chakras and numerous smaller ones. Each is related with certain organs and glands, bodily functions and dysfunctions, as well as emotional, mental, and spiritual concerns.

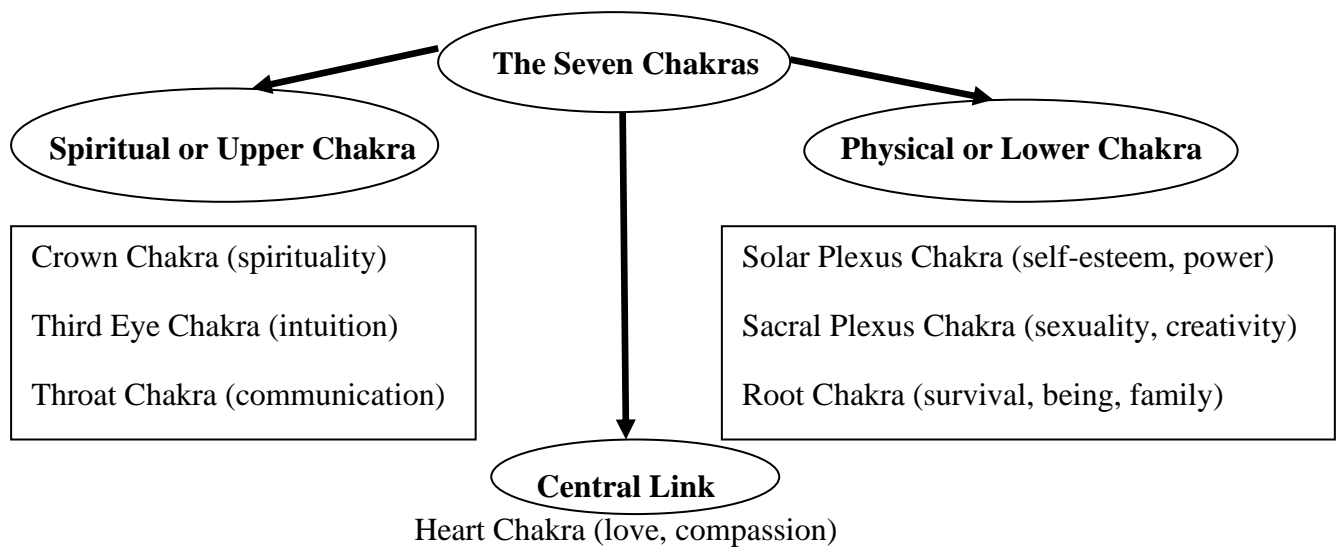
When we connect with the energy within our chakras, we get a deeper understanding of ourselves and learn how to heal on all levels, resulting in genuine holistic healing. This is why mindfulness-based practices, such as meditation, assist to link the mind with the body and spirit, why some physical exercises may clear your mind and make you feel more focused, and why nourishing your spirit heals both your mind and body.

Chakra knowledge for healing and enlightenment is ancient information that has been passed down through many ancient societies throughout the years.

More recently, there has been an increase in interest in chakras as people realize that relying simply on their physical health does not provide them with overall wholeness.

When our chakras are in balance, our lives are in perfect harmony, and we are healthy. If a chakra is blocked, we will ultimately feel emotional anguish or sickness. Because everything is energy, when we heal and maintain the health of our energy bodies—via modalities like as acupuncture, Reiki, meditation, yoga, and qi gong, among others—and make healthier lifestyle and eating choices, we are really healing issues that may arise before they emerge in the physical body.

The chakra system is built on seven primary chakras in the body. They each serve a purpose and are all linked.



The higher three are known as the spiritual chakras. The spiritual chakras are concerned with our relationship to the Divine as well as our Higher Self—that version of ourselves that embodies our most pure expressions of love, wisdom, and power. The bottom three chakras are known as the physical chakras. They keep us grounded as humans on Earth. The heart chakra serves as the central link between the spiritual and physical chakras.

1.1- The Heart Chakra or Anahata Chakra

This chakra is known by the Sanskrit term Anahata, which means "sound that is made without any two things striking," as well as "unstruck," "unhurt," "fresh," and "clean."

When the chakra is devoid of pain from past wounds, its opening is innocent, new, and dazzling. The fourth chakra replaces the third chakra's battle with acceptance. If the third chakra has done its job, our situation becomes simpler to accept.

The heart chakra is the fourth of the seven places of energy. It is mostly positioned in the middle of the chest, directly beneath the sternum (near the actual heart). The Sanskrit word for Heart Chakra is Anahata, which primarily means 'unhurt', 'infinite', or 'boundless'.

It maintains our connection to both the physical and spiritual elements of ourselves. Because it is at this critical point—connecting the physical and spiritual chakras—it is also where we connect with our higher self in connection to the rest of the world (and even the cosmos).

It is the seat of observation and understanding, and it is also known as "the lotus of the heart." Its 12 "petals" suggest that knowledge may be conveyed in twelve different ways, or via as many masks or

personae. People who live here are typically well-balanced, satisfied, and self-sufficient. Even when they become involved in seemingly broken portions of their daily lives, they are able to see through it all and comprehend. They have a profound awareness of human nature, which results in seamless tolerance and the instinctive capacity to assist others in resolving disagreements and confusions. Those who access this chakra between the ages of 21 and 28 have deeper perception and maturation of knowledge. Many individuals retreat to reason and memory. However, if awareness has matured, having incarnated many times, and has been well-trained during youth; the soul will seamlessly transition into anahata consciousness.

1.2- Self Awareness

It is the capacity to notice and comprehend the factors that contribute to our understanding of who we are as individuals, such as personality, behaviors, values, beliefs, emotions, and thoughts. Essentially, it is a psychological condition in which the self is the center of attention. “[2, 6]”

Five elements of self-awareness

The five elements of self-awareness are:

- **Consciousness:** This requires being mindful of your internal experiences, including your emotions and thoughts.
- **Self-knowledge:** This element is focused on your understanding of who you are, including your beliefs, values, and motivations.
- **Emotional intelligence:** This factor focuses on the capacity to comprehend and manage our emotions.
- **Self-acceptance:** This element focuses on accepting yourself as you are and treating yourself with respect and kindness.
- **Self-reflection:** This aspect of self-awareness entails being able to reflect carefully on your feelings, ideas, and ambitions in order to get a greater knowledge of who you are and your role in the world.

1.3- Chakras and Self-Awareness: Eastern spiritual traditions such as Hinduism and Buddhism define chakras as energy centers within the body. Each chakra is connected with distinct psychological and emotional characteristics, which influence many elements of human experience. The heart chakra, in particular, is said to control love, empathy, and connection to others. While the notion of chakras originated in spiritual philosophy, current research has begun to investigate their possible psychological and physiological consequences.

1.4- Heart Chakra Activation and Self-Awareness: Recent research has looked at how chakra activation methods like meditation and yoga affect self-awareness. Preliminary research indicates that concentrating on the heart chakra may improve emotional control, empathy, and self-reflection. Individuals who cultivate attributes related with the heart chakra may have a better understanding of themselves and their connections with others. However, more empirical study is needed to understand the processes that underpin these benefits.

2- Rationale of the study

The rationale for conducting the study lies in addressing a gap in the existing literature regarding the practical effects of specific frequencies, such as the Solfeggio frequency of 639 Hz, on self-awareness, particularly within the context of young adulthood. While prior research has explored the potential benefits of these frequencies on chakras and overall bodily well-being, there remains a lack of empirical evidence regarding their specific impact on psychological constructs like self-awareness. By focusing on the practical application of these frequencies within a structured intervention program aimed at

activating and balancing the heart chakra, this study seeks to provide tangible insights into their efficacy in enhancing self-awareness among young adults. Drawing upon both Eastern philosophical traditions and modern psychological frameworks, the research aims to bridge the gap between theoretical understanding and practical application. Moreover, given the pivotal stage of young adulthood, characterized by identity exploration and personal growth, investigating interventions that foster self-awareness during this period holds significant relevance. By utilizing a pretest-posttest design and collecting qualitative data from young adult participants, the study aims to capture nuanced changes in self-awareness before and after the intervention, thus offering valuable insights into the potential of heart-centered practices in facilitating introspection and personal development. Overall, the study's rationale stems from the need to empirically evaluate the practical benefits of specific frequencies, such as the Solfeggio frequency of 639 Hz, on self-awareness, filling a crucial gap in the literature and providing valuable contributions to both theoretical understanding and practical application within the field of holistic well-being and personal growth.

3- Review of Literature

3.1- The Heart Chakra Describe in Atharva Veda 9.2.19 “[2]”

Love was born first; it cannot be reached by the gods, spirits, or humans. You are larger than heaven and earth, further than the rivers, and higher than the flames, love! The wind, fire, sun, and moon cannot reach you; you are greater than all of them, love!

3.2- The Heart Chakra Described in the Upanishads “[2]”

The huge twelve-sided wheel placed in the heart is known as Anahata (the anahata chakra). - Chapter I, verse 173.

3.3- The Heart Chakra Described in the Shat-Chakra-Nirupana “[2]”

The Anahata Chakra

Verse 22 • Above the Manipura, in the heart, is the charming Lotus of the shining color (crimson) of the Bandhuka flower, with the twelve letters beginning with Ka, of the color vermilion, placed therein. It is known by its name of Anahata, and is like the celestial wishing-tree, bestowing even more than is desired. The Region of Vayu (wind), beautiful and with six corners, which is like smoke in color, is here.

Verse 23 • Meditate in the Vayu Region on the delightful and lovely Pavana Bija (the principle of the Anahata Chakra, the Bija of Vayu, and “Yam”), gray as a pile of smoke, with four arms, and sat on a black antelope. And within it, contemplate the home of Mercy, the pure Lord who shines like the Sun and whose two hands make motions that bestow boons and allay the worries of the three realms.

Verse 24 • Here sits Kakini, who is yellow like fresh lightning, exuberant and fortunate; three-eyed and the benefactor of everyone. She wears much jewelry and bears the noose and skull in her four hands, making the sign of blessing and dispelling dread. Her heart softens as she drinks nectar.

Verse 25 • The Shakti (power), whose sensitive body resembles ten million flashes of lightning, is in the pericarp of this Lotus in the shape of a triangle. Inside the triangle lies the Shiva Linga (see verses on the Muladhara chakra), also known as Bana. This Linga shines like gold, and on his head is a tiny opening similar to that of a pierced gemstone. He is the glorious home of Lakshmi (the Devi of Prosperity).

Verse 26 • He who meditates on this Heart Lotus becomes like the Lord of Speech, and (like) Ishvara, he has the power to protect and destroy the worlds. This Lotus resembles the heavenly wishing tree, which is Shiva's abode and seat. It is augmented by the Hamsa (here, the Jivatma, the individual soul),

which is analogous to the steady tapering flame of a lamp in a windless atmosphere. The filaments that wrap and decorate its pericarp, when lighted by the solar region, are breathtaking.

Verse 27 • Among yogis, he (who meditates on the Heart Lotus) is dearer than the most beloved of women. He is very smart and full of great actions. His senses are entirely in control. His mind is deeply focused on Brahman concepts. His creative discourse flows like a pure stream of water. He is similar to Lakshmi's lover Devata, in that he may enter another person's body at pleasure.

3.4- The Heart Chakra Described in the Gorakshashatakam

Verse 82 • By focusing the sight on the tip of the nose and concentrating on (Anahata), which shines like lightning in the Lotus of the heart, one becomes one with Brahman.

3.5- The Heart Chakra as Explained By Rev. Leadbeater

The fourth center is situated at the heart. It has twelve spokes and shines a golden tint.

At the anahata chakra level, kundalini awakening allows a man to comprehend and reciprocate with other astral beings.

With the waking of the fourth center, the individual naturally begins to feel the pleasures and sufferings of others as if they were his own; at a later stage, this experience may even include physiological discomfort.

3.6- Various other views

(Jain, 2023b): The energy of the Heart Chakra has a significant impact on our personality and overall well-being. A meaningful and joyful life is only possible when our Anahata Chakra is in equilibrium. Heart Chakra healing promotes trust, joy, and peace, allowing us to build healthier relationships with ourselves and others. “[11]”

(Yoga Journal, 2023b): A healthy, balanced heart chakra is essential for both mental and physical well-being. Understanding the symptoms of a blocked heart chakra and implementing activities to remove these blockages, as taught in yoga philosophy and modern wellness practices, can lead to a more peaceful and satisfying life. Regularly incorporating these techniques may help individuals grow love, compassion, and empathy, fostering a stronger connection with themselves and the world. “[13]”

(Basu, 2023b): Reaching a balanced Anahata Chakra is essential to determining our personality and general state of health. The balance of our heart chakra, which promotes joy, trust, and tranquility, is the source of true fulfillment and happiness. The development of deeper relationships with others around us and with ourselves is made possible by the healing of this energy point. “[12]”

(The Art of Living, 2023b): Jade Doherty's article delves into the role of the Anahata Chakra, or heart chakra, in generating emotional well-being. The article discusses symptoms of a blocked heart chakra, such as fear and hurt, and offers practical advice for balancing and repairing this energy point. The essay emphasizes the interconnection of love, fear, and hatred and recommends activities such as yoga, self-love affirmations, and meditation to develop a more open and loving view of life. “[14]”

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(Heart Chakra - Open, Heal and Balance Anahata Chakra, 2024c): The fourth energy center of the seven primary chakras is the Heart Chakra, or Anahata. It controls forgiveness, love, and compassion and is situated in the middle of the breastbone. To promote harmony and emotional equilibrium, the

Heart Chakra serves as a link between the higher and lower chakras. Many techniques may be used to balance the Heart Chakra, such as the use of stones like rose quartz and jade, repeating affirmations, and doing particular yoga positions like Bridge and Camel Pose. Rose and pine essential oils, for example, can help open and repair the Heart Chakra. People may let go of old grudges, embrace compassion, and establish a connection with their higher selves by opening their heart chakra. However, when the body becomes used to the increased energy flow, this process may initially hurt, causing burning or heated feelings. In order to promote self-love, empathy, and wholesome relationships—all of which are beneficial to one's entire emotional and physical well-being—it is imperative to comprehend and nurture the Heart Chakra. “[16]”

(Hamilton, 2021b): Anahata, the fourth chakra, represents love and balance. Its primary right is to love and be loved, a simple but important part of human life. An open heart chakra allows a person to be loving, caring, and balanced, radiating warmth to others. A closed heart chakra, on the other hand, might cause loneliness, sadness, and a fear of intimacy, which are frequently the result of previous rejection or trauma. Excess energy in the heart chakra can emerge as codependence and weak boundaries. Journaling, therapy, emotional support, and movement are all ways to explore self-love. Affirmations such as "I am worthy of love" help to balance the heart chakra. “[17]”

(mindbodygreen, 2022b): Anahata, the fourth chakra, is responsible for love, joy, and inner serenity. It is located in the center of the chest, immediately above the heart, and is related to the color green. Visualization, combined with a mudra (hand motion), is a potent therapy for treating this chakra. The preferred mudra is to place the index finger at the base of the thumb and the middle and ring fingers at the tip of the thumb. Closing your eyes, you imagine things that make your heart grow. Greens such as spinach and kale, as well as green tea, are beneficial to the heart chakra. “[18]”

(Anahata Chakra – What Does It Take to Explore Anahata?, 2023b): Sadhguru's post delves into the Anahata chakra, the fourth chakra that connects the lower and upper three chakras. Anahata, symbolized by intersecting triangles forming a six-pointed star, depicts the convergence of possibilities. Sadhguru underlines that anahata is a fantastic location, but it may be disastrous if you are not prepared for it. He explains the natural desire to climb and the source's presence everywhere, emphasizing the importance of discernment and purity of emotion. Anahata is related to the unstruck sound, and when this chakra's energy is prominent, one may hear sounds and perceive things they have never experienced before. Sadhguru warns of the dangers of exploring Anahata without the required emotional sweetness and intellectual sharpness. The article dives into the advantages and disadvantages of Anahata, warning that too many options might lead to confusion. Anahata is thought to be a region where humans can create, and the text adds that those who explore this chakra may be drawn to specific forms or deities. Sadhguru emphasizes the importance of balance and preparation before diving into Anahata sadhana. The article finishes by emphasizing the difficulties of cultivating both emotional sweetness and intellectual sharpness in the present environment. “[19]”

(Rai, 2017b): The heart chakra, also known as the Anahata chakra, signifies universal love, self-love, and the ability to give and receive. Dr. Madhu Kotiya Sheziam, a professional hypnotherapist, argues that a healthy heart chakra promotes connection, meaningful relationships, and appreciation of beauty, but an imbalanced one can lead to jealousy, dread of intimacy, and antisocial conduct. Physically, this chakra regulates the heart, lungs, and overall breathing system. To balance the heart chakra, Dr. Sheziam recommends grounding activities, such as a meditation in which you visualize the center of your heart melting and opening with each inhalation and releasing negativity with each exhale. The heart chakra's

hue is green, and its symbol is a 12-petal lotus with two triangles making a hexagon in the center. The affirmation for the heart chakra is "I give and receive love," and the corresponding sound is "yam." The preferred mudra has the index finger curving to contact the root of the thumb, the middle and ring fingers touching the thumb, and the little finger remaining straight. “[20]”

(BetterSleep, 2022): The article emphasizes the powerful connection between Solfeggio frequencies and the chakras, with specific attention to the Heart Chakra. 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. Furthermore, the article highlights the importance of balancing all chakras to achieve overall well-being. Using sound therapy with solfeggio frequencies, such as meditation music or binaural beats, can aid in clearing, balancing, and harmonizing the chakras, allowing individuals to function at their highest level and experience feelings of peace, bliss, and oneness with the universe. Incorporating practices like meditation, visualization, and deep breathing while focusing on the Heart Chakra and listening to music at 639 Hz can enhance emotional and spiritual growth, leading to a more fulfilling and harmonious life. “[9]”

(List of Solfeggio Frequencies for the 7 Chakras, n.d.): The article explores the profound relationship between Solfeggio frequencies and the chakras, with particular emphasis on the Heart Chakra. The Heart Chakra, positioned at the center of the chest, governs love, compassion, and forgiveness. By delving into the frequencies associated with each chakra, individuals can address specific emotional and spiritual needs. For instance, the solfeggio frequency of 639 Hz is dedicated to the Heart Chakra. Listening to this frequency aids in restoring balance, fostering openness to giving and receiving love, and facilitating harmonious connections with others. Furthermore, the article underscores the interconnectedness of sound vibrations and the body's energy centers, highlighting the transformative potential of Solfeggio frequencies in promoting emotional healing and spiritual growth. Through practices like meditation, breathwork, and affirmation, individuals can amplify the effects of these frequencies and embark on a journey of self-discovery and inner healing. Ultimately, by focusing on the Heart Chakra and embracing the healing power of Solfeggio frequencies, individuals can cultivate deeper connections with themselves and others, leading to greater emotional fulfillment and spiritual enlightenment. “[10]”

(What Are the 7 Chakra Frequencies?, 2021): Situated in the middle of the chest, the color green symbolizes the Heart Chakra. Its related frequency in Solfeggio is 639 Hz. By promoting vulnerability and good connections, this frequency opens the channels of love and healing. The Root Chakra (396 Hz) facilitates the release of trauma and fear. The Sacral Chakra (417 Hz) encourages creativity and positive change. The Solar Plexus Chakra (528 Hz) facilitates miracles and dramatic changes. The Throat Chakra (741 Hz) empowers truth-speaking. The Third Eye Chakra (852 Hz) stimulates spiritual thinking and discernment. Additionally, there are other chakras. “[8]”

(MSEd, 2023d): The capacity to recognize and comprehend one's own characteristics, such as personality, emotions, ideas, and actions, is known as self-awareness. It happens gradually, with early self-awareness in neonates displaying basic symptoms. Five stages of self-awareness growth have been recognized by researchers, ranging from recognizing one's reflection to comprehending how others view about them. Public and private self-awareness are the two primary categories. While private self-

awareness focuses on identifying qualities of a person in private circumstances, public self-awareness is concerned with one's appearance to others. Both kinds improve our comprehension of who we are and how we relate to the outside world. Developing emotional intelligence, talk therapy, writing, and meditation are some of the techniques that might help one become more self-aware. By practicing mindfulness, these methods assist people in becoming more aware of their thoughts and feelings, which promotes self-awareness. Excessive self-consciousness, though, can cause tension and worry. To manage these emotions and create a better relationship with oneself, getting help from a mental health expert might be helpful. “[7]”

4- Methodology

4.1- Objective of study

This study aims to explore how activating the heart chakra influences self-awareness in young adulthood.

4.2- Hypothesis

The Activation of the Heart Chakra will significantly enhance Self-Awareness in Young Adulthood.

4.3- Variables

1. Independent Variable:

- Heart Chakra Activation

It is operationalize through guided practices and interventions

2. Dependent Variables:

- Self-Awareness

It is examined through standardized psychological assessment or tool

3. Control Variables:

- Prior Knowledge of Chakra Systems

The degree of participants' familiarity with chakra concepts is evaluated as a potential control variable.

- Baseline Psychological Factors

The impact of potential psychological factors that could affect the study's outcomes

4. Moderator Variables:

- Individual Differences

Participant characteristics that could moderate the impact of heart chakra activation on self-awareness

5. Covariates:

- Demographic

Variables Such as age, gender, and other relevant information

6. Intervening Variables:

- Guided Practices

The specific techniques used for heart chakra activation

4.4- Research Design

This study will employ a pre-test and post-test experimental design. Participants with minimal prior knowledge of chakra systems will be randomly assigned to either the experimental group, which will undergo guided practices for Heart Chakra Activation.

4.5- Sample size

N = Total no. of participants = 15

4.6- Sample age

Age Range: 18 yr to 22 yr

4.6- Intervention

The intervention was grounded in the belief that consistent exposure to specific frequencies can influence emotional states and promote positive changes. Solfeggio frequencies, believed to possess therapeutic properties, were selected for their purported ability to activate the heart chakra, fostering love, compassion, and emotional balance. {MOX (2021, July 16). }

The concept of habit formation has been extensively studied, with Maxwell Maltz's theory in his seminal work "Psycho-Cybernetics" suggesting that it takes approximately 21 days to establish a new habit. Building upon this premise, this intervention was designed to facilitate the development of new habits and thought patterns related to self-love, compassion, and healthy relationships. {BetterSleep. (2022, October 15) } and {Eshaya, N. (2023, July 25)}

Based on above the intervention consisted of a structured 21-day program, with same instructions for each week:

Instructions

- Participants were provided with detailed listening instructions to enhance the effectiveness of the intervention:
- Find a comfortable position, either sitting or lying down.
- Use earphones and adjust the sound level to a comfortable level.
- Relax the body, starting with the legs, then the stomach, hands, shoulders, head, and each nerve.
- Take deep breaths while listening to the sound.
- Focus on the heartbeat and bring awareness back to it frequently.
- Allow the sound to absorb you completely.
- Repeat the affirmation "I am worthy of love" each time you inhale.
- Inhale deeply, hold your breath, and listen to your heartbeat. On the fourth beat, slowly exhale and continue repeating the process.
- Once the audio is complete, take 4-5 deep breaths and drink a glass of water to help channel the energy in your body.

Week 1

- Participants were instructed to listen to the "Yam" seed mantra for the heart chakra before sleeping.
- Upon waking each morning, they were to listen to the 639 Hz Solfeggio frequency.

Weeks 2-3:

Participants listened daily to a variety of 639 Hz frequencies designed to promote:

- ✓ A meditative mind
- ✓ Healing of the heart chakra
- ✓ Harmonious relationships
- ✓ Positive energy
- ✓ Attraction of love

Day 20:

A combination of three frequencies from Weeks 2-3 was provided.

Day 21:

All six frequencies were combined into a single audio track and given to participants.

Note that before starting the intervention, participants gave written consent and completed pre-intervention assessments. After the 21-day intervention, post-intervention assessments were collected to measure changes in self-love, compassion, and emotional balance. This data collection process helped evaluate the intervention's effectiveness.

4.7- Tool

The Qualitative Tool used in this study which is based on Thematic Analysis, a systematic method for analyzing qualitative data. Thematic analysis involves identifying recurring patterns, themes, and meanings within the data. Researchers familiarize themselves with the data, then code it into meaningful units related to the themes of love, compassion, and emotional balance. These codes are organized for a comprehensive exploration of participants' experiences. Through thematic analysis, researchers gain insights into phenomena such as self-awareness and emotional intelligence, particularly concerning engagement with the heart chakra.

The Qualitative Questionnaire consists of 10 questions as given below, divided based on themes simultaneously which is developed with help of a guided mentor and questions were formed based on with reference to a book "Wheels of Life" by Anodea Judith.

Theme 1- Love:

Question 2: What is your idea of compassion and love?

Question 3: Do you suffer from any ailment related to lungs or heart?

Question 7: Do you suffer from mistrust?

Question 8: Do you suffer from frequent relationship breakdown?

Theme2- Compassion:

Question 2: What is your idea of compassion and love?

Question 6: Do you feel sluggish or burnout? If yes then why?

Theme3- Emotional Balance:

Question 1: How much are you in tune with your emotions?

Question 4: Do you feel suffocated? If yes, where is the feeling centered?

Question 5: How often do you feel negative emotions?

Question 9: Do you experience sadness? If yes, how often?

As for, last question, no theme is used due to its universal acceptance and to get awareness about knowledge of an individual for such practices.

Question 10: Do you undertake any sort of meditation or yoga practices? If yes, which practices?

And according to this all participants have minimum knowledge about any sort of practices related to chakras or yoga.

4.8- Inclusion Criteria:

- Age Range: Participants should fall within the age range of young adulthood, typically considered to be between 18 and 22 years old.
- Minimal Prior Knowledge: Participants should have minimal or no prior knowledge of chakra systems. This is to ensure that the intervention has a more significant impact on individuals who are

- unfamiliar with the concept of the heart chakra.
- **Willingness to Participate:** Individuals who willingly consent to participate in the study and engage in guided practices for heart chakra activation.
- **Availability:** Participants who are available for the duration of the study, including pre-test and post-test assessments, and the intervention period.

4.9- Exclusion Criteria:

- **Extensive Knowledge of Chakra Systems:** Individuals with a deep understanding or extensive knowledge of chakra systems may be excluded to maintain consistency among participants with minimal prior knowledge.
- **Health Conditions:** Participants with pre-existing medical conditions related to the physical body parts associated with the heart chakra (e.g., serious heart conditions) that may interfere with the study or the interventions.
- **Mental Health Conditions:** Individuals with severe mental health conditions that could potentially impact their ability to engage in the study or that could confound the results.
- **Non-consent:** Individuals who do not provide informed consent for participation in the study.
- **Inability to Follow Guided Practices:** Participants who, due to various reasons such as cognitive impairment or ear problems, may face challenges in understanding or following the guided practices for heart chakra activation must be excluded.

Result and Inference

Subject 1

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Unconditional and without expectations	Understanding, respect, trust is unconditional.
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Yes	A lot
d) Frequent relationship breakdown	No	No
Compassion		
a) Idea of Compassion	No expectations and Unconditional	Feeling of Empathetic
b) Feelings of burnout or sluggish	Many Times	When take a lot of stress
Emotional Balance		
a) Tuning into emotions	Not Much	Very Much Now able to express easily
b) Feelings of suffocation and their origin	No	No
c) Frequency of experiencing negative emotions	Quite Often	Quite in number and due to my personality traits &

d) Experience of sadness and its frequency		surroundings.
	Quite Often	Quite Often

Inference: The responses suggest an increase in understanding and expression of concepts like unconditional love, compassion, and emotional balance after the test. This indicates a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Subject 2

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Selfless care	Love ties the thread of union among each one of us
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Yes	Yes
d) Frequent relationship breakdowns	No	No
Compassion		
a) Idea of Compassion	Being helpful to people who don't know what to do in life.	Compassion is something that bring people closer
b) Feelings of burnout or sluggish	Yes a lot of times	No
Emotional Balance		
a) Tuning into emotions	Not Much	Better than before
b) Feelings of suffocation and their origin	Yes weird feel in chest	Not much sometimes in chest
c) Frequency of experiencing negative emotions	Every Alternative Day	Not always.
d) Experience of sadness and its frequency	2-3 times in a week	Many times 3 times a week

Inference: The responses suggest the change in ideas of love and compassion and increases in emotional balance and understanding. This suggests a possible growth in emotional intelligence and self-awareness, which likely be influenced by activating the heart chakra.

Subject 3

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Selfless concept	Love is a very pious thing for me it is, with no expectations and limitations.
b) Ailments related to lungs or heart	No	No I don't
c) Experience of mistrust	No	No I don't
d) Frequent relationship breakdowns	Yes	No I don't
Compassion		
a) Idea of Compassion	Very pure and unconditional, done out of pure emotions.	Takes a lot of courage to keep being compassionate. I am one such courageous person.
b) Feelings of burnout or sluggish	No	Yes I do when I get hurt or disappointed.
Emotional Balance		
a) Tuning into emotions	80%	On a scale 1-10= 8.5
b) Feelings of suffocation and their origin	Yes feel suffocated at certain places	Often, I find it hard to breathe.
c) Frequency of experiencing negative emotion.	Once in a week	Often
d) Experience of sadness and its frequency	Often	Twice in a week

Inference: The responses suggest the change in emotional awareness and furthermore understanding of one's emotions by categorizing into ranges and self acceptance and self-love and compassion. This shows that engagement with the heart chakra is likely to have an impact on this possible development of emotional intelligence and self-awareness.

Subject 4

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Most necessary	Comes from within
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Yes sometimes	To some extend only
d) Frequent relationship	Not at all	No

breakdowns		
Compassion		
a) Idea of Compassion	Most necessary	Comes from within
b) Feelings of burnout or sluggish	Sometimes due to over work	No
Emotional Balance		
a) Tuning into emotions	Very Much	Better
b) Feelings of suffocation and their origin	No	No
c) Frequency of experiencing negative emotions	Almost very less	Very less.
d) Experience of sadness and its frequency	No	No

Inference: The responses suggested that changing one's perception from outward towards inward. This signifies a potential enhancement in self-awareness and emotional sensitivity, possibly influenced by alignment with the heart chakra.

Subject 5

Theme	Pre Test	Post Test
Love		
a) Idea of Love	No barriers	Spending times with them
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Sometimes	Yes
d) Frequent relationship breakdowns	Rarely	Yes, I feel like I'll eventually be left all alone and I'll have to handle everything alone.
Compassion		
a) Idea of Compassion	Helping others	Taking care of them
b) Feelings of burnout or sluggish	Yes quite a lot	Yes very often when feel too stressed
Emotional Balance		
a) Tuning into emotions	I feel like I am in tune with my emotions a lot but sometimes I feel too overwhelmed or exhausted and I am not able to figure out why I am feeling such emotions.	Tune with emotions most of time.
b) Feelings of suffocation and	Yes when I feel	Not good enough or when

their origin	anxious and self doubt	people leave me
c) Frequency of experiencing negative emotions	Often 3-4 days	Very often, I have started feeling very lonely and sad after starting the intervention or as if there's no meaning to life and I am searching for something but not sure what that is.
d) Experience of sadness and its frequency	Yes very often	Yes very Often

Inference: The responses suggested are very well defined and accept the situation which has been denied by an individual's defense mechanism over a period of time and after intervention the subject begin to search meaning for his life. This implies a possible progression in self-awareness and emotional intelligence, potentially linked to activation of the heart chakra.

Subject 6

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Not able to pinpoint but looking for it.	Deep level of affection and attachment
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Yes I do	Yes
d) Frequent relationship breakdowns	Yes	No
Compassion		
a) Idea of Compassion	Not able to pinpoint but looking for it.	Deep level of affection and attachment
b) Feelings of burnout or sluggish	I do maybe lack of sleep or push myself out	No
Emotional Balance		
a) Tuning into emotions	Probably Not much	Very Much
b) Feelings of suffocation and their origin	At times out of blue feeling centered in chest	Yes in chest
c) Frequency of experiencing negative emotions	No not a lot	Not much
d) Experience of sadness and its frequency	Yes 7/10	I experience it but not very often

Inference: The responses suggested that the subject is searching for the meaning of love and compassion but yet didn't know after post study the subject is able to define properly. This implies a potential enhancement in self-awareness and emotional insight, possibly guided by alignment with the heart's intrinsic wisdom.

Subject 7

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Peace	Valuable things
b) Ailments related to lungs or heart	Yes	No
c) Experience of mistrust	Yes	No
d) Frequent relationship breakdowns	No	No
Compassion		
a) Idea of Compassion	Happiness	Make life better
b) Feelings of burnout or sluggish	No	No
Emotional Balance		
a) Tuning into emotions	Very Much	Very Much
b) Feelings of suffocation and their origin	No	I feel suffocated When I'm in a room where everyone is a stranger or When the other person doesn't understand my feelings
c) Frequency of experiencing negative emotions	Sometimes	Not much times but sometimes
d) Experience of sadness and its frequency	Yes, most of times	No

Inference: The responses suggested that the subject develop an ability to find her comfort zone which ultimately indicates a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Subject 8

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Authentic self expresses oneself to the fullest with no judgments.	Selfless
b) Ailments related to lungs or	Nope	No

heart		
c) Experience of mistrust	Yes	Yes but I intuitively see whom should I trust and whom I should avoid
d) Frequent relationship breakdowns	Yes in terms of romantic relationship	Yeah
Compassion		
a) Idea of Compassion	Authentic self, express oneself to the fullest with no judgments.	Selfless
b) Feelings of burnout or sluggish	No	No
Emotional Balance		
a) Tuning into emotions	At times and try not to show my emotions on face	Extremely tuned in with my emotions.
b) Feelings of suffocation and their origin	Yes, in muscles find hard to relax	Back muscles and sometimes in chest
c) Frequency of experiencing negative emotions	Sometimes	Never
d) Experience of sadness and its frequency	Yes I do almost every week a sudden wave of sadness and last for the rest of the day.	Yes I think

Inference: The responses from authentic true self changes to selfless which shows acceptance of the purpose of a human on this earth to serve selfless. This suggests a potential deepening in self-awareness and emotional intelligence, possibly fostered by connection with the heart's spiritual essence.

Subject 9

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Being a safe space for them and never judging them	A person who's filled with love can become a pure, bright light, almost divine. I think they are very healing
b) Ailments related to lungs or heart	None	Nope
c) Experience of mistrust	Yes I do	Not mistrust, but I don't trust easily.
d) Frequent relationship breakdowns	Yes, neither of my romantic relationships	Nope

	lasted.	
Compassion		
a) Idea of Compassion	Being with someone through their difficult time and not giving up on them	Endless human emotions. I think they are very healing. It's also evident in everyday, mundane acts
b) Feelings of burnout or sluggish	Yes I feel sluggish almost every single day	I do feel sluggish at times. But it's not often. It's usually if I am doing good health wise or when I'm feeling too much or am too afraid about something.
Emotional Balance		
a) Tuning into emotions	I am pretty in tune with my emotions. I always try to be aware of and understand my emotions.	I am very in tune with my emotions. I can generally identify the emotions as they surface.
b) Feelings of suffocation and their origin	Sometimes I do feel suffocated. When I am feeling very anxious and afraid, I tend to feel breathless. It is usually centered in my chest (upper chest).	Something when I feel very too anxious about something I can feel suffocated. It's centered on my upper chest.
c) Frequency of experiencing negative emotions	I am prone to negative emotions	Not frequent
d) Experience of sadness and its frequency	I would say that sadness is a regular visitor.	I do experience sadness. I feel it around 4-5 times a month I would say.

Inference: The responses suggested a deep level of understanding with a significantly good amount of awareness and consciously aware of all the emotions. Indicates that a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Subject 10

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Love is caring either towards your partner or your family and friends.	Something not for this generation

b) Ailments related to lungs or heart	Yes	No
c) Experience of mistrust	Yes I think only few people are left to trust.	Yeah
d) Frequent relationship breakdowns	Yes one relationship many breakdowns	Yeah
Compassion		
a) Idea of Compassion	Relating someone's situation to myself sometimes I think is a need for everyone.	Something not for this generation
b) Feelings of burnout or sluggish	Nope	No
Emotional Balance		
a) Tuning into emotions	Very emotional	A lot aware
b) Feelings of suffocation and their origin.	Nope	No
c) Frequency of experiencing negative emotions	Every Night	Frequently
d) Experience of sadness and its frequency	Yes but I manage it myself	Yes but I manage it myself

Inference: The responses suggested a deep level of knowledge that love and compassion is not for this generation which shows the reality of today's misconception people carry for love and compassion. This indicates a potential development in self-awareness, emotional intelligence and accepting reality, likely influenced by engagement with the heart chakra.

Subject 11

Theme	Pre Test	Post Test
Love		
a) Idea of Love	You need to be (emotionally) with someone if you love them. Understanding them and their suffering without them wording them.	As important when directed towards us.
b) Ailments related to lungs or heart	No I do not suffer	Nope
c) Experience of mistrust	Often I trust people easily then regret it later and then there is always a suspicion of	I often trust easily.

	whether they are genuine or not.	
d) Frequent relationship breakdowns	Have been times that were difficult	Breakdown is there but once in a blue moon
Compassion		
a) Idea of Compassion	Compassion is a form of love	Important when directed towards us.
b) Feelings of burnout or sluggish	Yes, but don't know.	I do at times but after talking to myself for about 10-15 minutes in mirror I am alright.
Emotional Balance		
a) Tuning into emotions	I do know what I am feeling and mostly I can understand the root cause of it.	This month I cried for around 3-4 times without over thinking and I could make sense of my tears and did not take guilt in crying.
b) Feelings of suffocation and their origin	No I don't.	When I am crying, my heart becomes heavy but this time when I cried it did not happen.
c) Frequency of experiencing negative emotions	Almost every other day.	Mostly when I am around my brother I get all angry and anxious.
d) Experience of sadness and its frequency	Yes I do almost every week there is a sudden wave of sadness	I do, not very often.

Inference: The responses suggested that changing one's perception from outward towards inward. This indicates a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Subject 12

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Very beautiful.	Involves compassion with feelings of general love or liking,
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Yes sometimes	Yes, a little due to some instances.

d) Frequent relationship breakdowns	Yes	Not frequently
Compassion		
a) Idea of Compassion	Very beautiful.	Compassion is just feeling empathetic and understanding towards other
b) Feelings of burnout or sluggish	No	Not usually I do feel burnout because of my emotions due to the interactions or fights I had with any of the people that are very close to me and mean a lot to me.
Emotional Balance		
a) Tuning into emotions	Very Much	Very much, i.e. just like an open book
b) Feelings of suffocation and their origin	No	I do not feel suffocated. But at times when I do this which is rarely , the feeling is centered at the heart
c) Frequency of experiencing negative emotions	Not very often	I usually feel calm and more of positive emotions and relaxed rather than the negative emotions.
d) Experience of sadness and its frequency	Yes but not often	Sometimes, but not much

Inference: The responses show an increase in length of the responses pre and post. This indicates a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Subject 13

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Love is like a golden form of energy that radiates from within which spreads light and happiness all around the world.	Love means a bright ball of happiness.
b) Ailments related to lungs or	No	No

heart		
c) Experience of mistrust	A lot, I feel I am an insecure person	No
d) Frequent relationship breakdowns	Yes	No
Compassion		
a) Idea of Compassion	Compassion is what connects one human to another without any strings attached.	Compassion is basically showing kindness towards others.
b) Feelings of burnout or sluggish	I feel sluggish when I wake up late and procrastinate a lot. I feel burnout mostly during exam time.	No
Emotional Balance		
a) Tuning into emotions	Much	Very Much
b) Feelings of suffocation and their origin	No	No
c) Frequency of experiencing negative emotions	Sometimes	Sometimes.
d) Experience of sadness and its frequency	Sometimes	Rarely

Inference: The responses show an increase in length of the responses pre and post. This indicates a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Subject 14

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Having my family's unconditional support and freedom to be my true self. It's a safe and caring space where I'm accepted without judgment.	Love is effort and understanding
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Yes	Yes

d) Frequent relationship breakdowns	No	Yes
Compassion		
a) Idea of Compassion	Having my family's unconditional support and freedom to be my true self. It's a safe and caring space where I'm accepted without judgment.	Compassion is care and involvement
b) Feelings of burnout or sluggish	Many Times	No
Emotional Balance		
a) Tuning into emotions	Very Much	I feel like I'm well aware of my emotions and cause behind them
b) Feelings of suffocation and their origin	Left side of the chest	I don't feel suffocate while medicating, but apart from that I sometimes feel suffocated and it is centered in my chest
c) Frequency of experiencing negative emotions	Very Often	It is less than usual.
d) Experience of sadness and its frequency	Quite Often	Yes ,sometimes

Inference: The responses show an intense change in responses from very often to less than usual. This indicates a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Subject 15

Theme	Pre Test	Post Test
Love		
a) Idea of Love	Did not believe	I'm ready to move on
b) Ailments related to lungs or heart	No	No
c) Experience of mistrust	Yes	Little bit
d) Frequent relationship breakdowns	Yes	I used to but not now
Compassion		
a) Idea of Compassion	No Concept	I'm ready to move on
b) Feelings of burnout or	Yes so many times	Not much

sluggish		
Emotional Balance		
a) Tuning into emotions	Very Much	Very Much
b) Feelings of suffocation and their origin	No	No
c) Frequency of experiencing negative emotions	Most of time	Not much
d) Experience of sadness and its frequency	I miss my mom and whenever people betray me	Just now because again I lost my grandma

Inference: The responses show that the subject loses her close one but still ready to move on. This indicates a potential development in self-awareness and emotional intelligence, likely influenced by engagement with the heart chakra.

Note- The above tables show the data of all 15 participants and according to question no. 10 given under tool section. All the participants have minimum knowledge about any sort of practices related to chakras or yoga.

Conclusion

The study explores how activating the heart chakra influences self-awareness in young adulthood. Based on the analysis of the responses from all subjects, it appears that there has been a notable development in self-awareness and emotional intelligence, potentially influenced by engagement with the heart chakra.

Here are some key observations and patterns found in the above responses which show a connection between all the participants' responses.

Many subjects showed an **increase in their understanding** of concepts like unconditional love, compassion, and emotional balance after the test. This suggests a deeper level of introspection and self-awareness.

Several subjects exhibited signs of **acceptance of themselves** and their emotions, indicating a **journey towards self-love and compassion**. They were able to articulate their feelings and experiences more clearly.

Some subjects showed a **shift in perception**, moving from outward-focused perspectives to more inward reflections. This shift is indicative of a deeper understanding of one's own emotions and motivations.

The subjects **acknowledged their emotional experiences**, which include their feelings of sadness, anxiety, and loneliness. However, they also demonstrated resilience and a willingness to confront these emotions.

There was a trend towards embracing **authenticity and selflessness** in relationships, indicating a desire for genuine connections and a deeper level of empathy towards others.

Subjects showed varying degrees of **adaptability and growth** in their emotional responses, with some expressing significant progress in managing their emotions and navigating interpersonal relationships.

Rochat, P(2003) has given five level of self-awareness which is consciousness, self knowledge, emotional intelligence, self acceptance and self reflection. According to the above description increase in understanding, acceptance of themselves, journey towards self love and compassion, shift in

perception, acknowledgement of their emotional experiences, authenticity and selflessness, and adaptability and growth.

Overall, the results suggest that engagement with the heart chakra contribute in enhancing **self-awareness**, emotional intelligence, and personal growth. By fostering a deeper connection with oneself and others, individuals may experience greater fulfillment and resilience in their emotional lives.

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