Unlocking Peak Performance: Chakra Balancing with Solfeggio Frequencies for University Level Working Professionals Enhancing Memory and Attention

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Abstract: The chakra is a term derived from Sanskrit, that means a disc or wheel, and it is believed to be critical strength middle inside the human frame. In India and different Asian nations, it is extensively believed that this electricity framework has a profound influence on people. A different factor which includes traumas, feelings, contamination, and accidents can block the right functioning of the seven chakras. Attention refers to a nation of heightened consciousness wherein a person can respond to stimuli, at the same time as memory entails the system of amassing information from our environment, studying it, keeping it, and potentially retrieving it even after a protracted time period. Human memory is often likened to the records saved in a pc’s memory or a virtual garage device. In a take a look at achieved with a pattern length of 21 participants, the important goal became a observe effects of solfeggio frequencies at the frame’s chakras and their influence on memory and attention. The study included administering the Stroop color-phrase test, a chain of memory tests, and playing a chunk of music for 6 mins to each participant after the experiment. The effects indicated a great effect on people’ interest, reminiscence, and performance on the Stroop test after listening to the song, it is able to potentially cause holistic techniques to health and nicely-being. This knowledge ought to tell practices such as meditation, yoga, and strength healing, permitting people to decorate their cognitive functions, enhance memory, and preserve interest. Conventional practices like meditation and yoga, which might be regularly related to chakra alignment, may be included into mainstream healthcare as complementary tactics. However, there was no vast difference observed within the consequences of auditory and visual checks within the on the spot memory span.

Keywords – Chakra, Solfeggio Frequencies, Memory, Attention etc

1. INTRODUCTION

Chakra refers to the concept of energy facilitates in the human frame, specifically in the religious traditions of India and different Asian nations. The time period “chakra” comes from Sanskrit and interprets to “wheel” or “disc”. According to these traditions, there are seven predominant chakras positioned alongside the critical strength channel for the body, known as the backbone. Each chakra is assumed to correspond to precise physical, emotional and spiritual factors of a character’s being. They may be concept to be spinning of strengths that alter the glide of existence pressure or critical energy, frequently known as prana or chi the chakras are associated with extraordinary colors, elements, and mental traits. The goal is operating with the chakras is to ensure that the strength flows freely and harmoniously via every of the chakras, selling bodily, emotional, and religious well being. Diverse practices, including meditation, yoga, sound therapy, and power restoration are frequently used to balance and spark off the chakras. The main 7 chakras are named as Root chakra (Muldhara), Sacral chakra (Svadhisthana), Solar Plexus chakra (Manipura), Heart chakra (Anahata), Throat chakra (Vishuddha), Third Eye chakra (Ajna), Crown chakra (Sahasrara). Solfeggio frequencies are a set of ancient musical tones or frequencies which might be believed to have particular restoration and balancing effects at the thoughts, body, and spirit. They may be often associated with the chakras and utilized in chakra restoration and meditation practices. The traditional Solfeggio scale includes six frequencies derived from a medieval hymn to St. John the Baptist. Every frequency is said to correspond to a specific chakra, and they are believed to resonate with the electricity facilities inside the frame, helping to deliver them into stability and alignment. These frequencies are also other variations and additions to the solfeggio frequencies scale that incorporate frequencies for the crown chakra and higher spiritual realms.

Memory refers to the cognitive ability to encode, store, and retrieve information and experiences. It is the process by which the brain acquires, retains, and retrieves knowledge and past events. Memory plays a crucial role in an individual life, as it enables us to learn, make decisions, and navigate the world around an individual. Attention refers to the cognitive process of selectively focusing on specific stimuli or information while filtering out irrelevant or distracting stimuli. It is a fundamental aspect of human perception and cognition, allowing us to allocate mental resources to relevant aspects of an individual’s environment or tasks. In this passage, diverse topics are touched upon, inclusive of neuropsychology, chakras, mental theories, the bio-socio-psycho-non secular version, and memory (N.J Cooper). The passage suggests that chakras are believed to play a giant role in human psychology, influencing elements which include immunity, fitness, mental peace, feelings, and happiness (Robert K Beshara). The bio-socio-psycho-non secular version is referred to with regards to the chakra system and the concept of Maya from Hindu philosophy, which aids survival and version (Christopher R Chase). The passage also refers back to the five-segment concept of traditional Chinese medicine, wherein chakras are assigned to 5-segment elements to create distinct personality archetypes. The goal of a having a look at regarding acupuncture become to decide personality sorts based totally on the 5-segment principle and
chakra power facilities and demonstrate their utility in a scientific case (Ralph W Gerard). Fourteen personality archetypes, which include effective and negative feelings, have been identified. The passage then shifts to discussing memory as a theoretical assembly that explains current conduct based on past or future activities. Memory is described as a complex, dynamic, interactive gadget stimulated by sensory-motor experiences and contemplated in an organism's behavior. The importance of constructive tactics in reminiscence is emphasized, tracing returned to historical research. The passage concludes by means of suggesting that cutting-edge reminiscence studies are embedded in the framework of memory production, each implicitly and explicitly (M Conway, M L Howe). The focal point turned into on broad definitions of memory that encompass numerous reminiscence phenomena, along with episodic reminiscence in humans in addition to phenomena located in worms and sea snails. Those expansive definitions can also seem overly inclusive, suggesting that they embody phenomena that won't qualify as reminiscence or indicating that reminiscence is not a distinct category (David Colaco). Focuses on an ultra-modern research design aims to overcome the regulations of beyond research on ‘chakra energy fields’ so as to make stronger medical statistics of this understudied challenge count number. The lifestyle of the chakras and their related electricity fields is admitted by Ms of oriental way of life however has in no way been scientifically and convincingly examined.(John Sadi)

1.2 Aim of the study
To examine the effects of different solfeggio frequencies corresponding to chakras on working professionals enrolled at university level.

1.3 Objectives of the study
- To assess participants performance on the stroop test prior to listening to a specific musical piece for a continuous duration of 6 minutes over a period of 10 days.
- To assess participants performance on the stroop test following the experience of listening to a specific musical piece for a continuous duration of 6 minutes over a period of 10 days.
- To assess participants performance on the span of immediate memory test to listening to a specific musical piece for a continuous duration of 6 minutes over a period of 10 days.
- To assess participants performance on the span of immediate memory test following the experience of listening to a specific musical piece for a continuous duration of 6 minutes over a period of 10 days.

2. METHODOLOGY
2.1 Sample
This experimental study was conducted among the working professional of university level using convenience sampling from urban region of Raipur, Chhattisgarh, India. For this study the participants were briefed about the chakra and the purpose of this study later participant’s consent were taken. A total of 21 participants were included in the study, with an unequal distribution of males and females.

2.2 Hypothesis
- H₀₁ - There is no significant observable effect on an individual of after and before listening the music.
- H₀₂ - There is no significant observable effect in the result of an individual’s after and before the stroop test.
- H₀₃ - There is no significant observable effect in the result of an individual’s after and before the span of immediate memory test.
- H₀₄ - There is no significant observable effect in the result of an individual’s after and before the visual test under the span of immediate memory test.

2.3 Inclusion Criteria
- The participants should be a part of university.
- Only working professionals were taken.
- The participants were chosen who were willing to participate as well as they were interested in music arena.

2.4 Exclusion Criteria
- Non working professionals at university level were not allowed
- Reluctance to take part in the study and not agreeing to sign the consent form.

2.5 Study Procedure
Research assistant had approached the working professionals at university; the study was briefed to them. Later the consent was taken by filling up a consent form in which they are agreeing that they are participating with their will. Two tests had been administered, on the primary day after which a chunk of track changed into shared of 6 mins to hear it for subsequent 10 consecutive days. Then on 11ˢᵗ day again the same tests were administered on the same participants to comprehend the changes in the memory and attention of the participants. The stroop color word test was administered which was developed by John Ridley
Stroop. The stroop test is classic psychological assessment tool that measures the ability to inhibit automatic or habitual responses in favor of more controlled and deliberate responses. It involves the presentations of color words (“red”, “blue”, and “green”) which is printed in incongruent ink colors.(e.g., “red” word is printed in blue ink). Another test which was used in the study was the span of immediate memory test which was developed by Dr. Rakhi Bhargava. The span of immediate memory test was used to evaluate the visual and auditory memory, in this test the visual memory part have six sections in which the participants need to remember the English alphabets within 15 sec and have to write down in same way for all the six sections. For, auditory memory test also have six parts in this the participants need to hear the number the researcher is pronouncing later in the same sequence the participants need to repeat.

2.6 Statistical Analysis
This study is a pre test – post test design, therefore we have used the t-test analysis to measure the differences, which was completed between the variables under the aid of excel. No other statistical analysis was used.

3. RESULTS
The aim of analyzing the data is to derive valuable insights and information from the raw data collected. This analysis plays a crucial role in making informed decisions and drawing meaningful conclusions for the study. It serves to validate the hypothesis and arrive at a meaningful conclusions based on the results. To validate the hypothesis, T statistical analysis, was employed in this study.

- A statistical analysis was performed on the stroop test and the span of immediate memory test, on working professionals at university level. The outcome showed a significant variance between the scores obtained in pretest and post test (t stat = -1.5032, p>0.05). Hence, the null hypothesis was rejected which signifying that there exists a noteworthy difference in the participants before and after listening the music.

- A similar statistical analysis was performed on the stroop test on working professional at university level. The outcome showed that the results shown a statistically significant difference between the pre and post score of stroop test (t stat = -5.119, p>0.05). As a result the null hypothesis could not be rejected, indicating that there is a significant difference in stroop test before and after listening the music.

<table>
<thead>
<tr>
<th></th>
<th>MEAN</th>
<th>MEDIAN</th>
<th>MODE</th>
<th>SD</th>
</tr>
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<tbody>
<tr>
<td>PRE</td>
<td>41.99</td>
<td>42.8</td>
<td>42.8</td>
<td>5.615773</td>
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<tr>
<td>POST</td>
<td>45.99</td>
<td>46.8</td>
<td>-46.3</td>
<td>6.625996</td>
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</table>

Table 1: the results of a paired two sample t test conducted to compare stroop test scores among the participants of before and after listening to the music.

- A paired T-test was conducted on the span of immediate memory sub test of auditory before and after the music. Henceforth, the scoring of this sub test is again parted in two parts according to which:

SET – I

The results revealed a statistically significant difference (t stat = -2.229, p<0.05). Thus, the null hypothesis is accepted, indicating a significant difference in the overall performance of set I of auditory test, among the participants before and after listening the music.

<table>
<thead>
<tr>
<th></th>
<th>MEAN</th>
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<th>SD</th>
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<tbody>
<tr>
<td>PRE</td>
<td>4.13</td>
<td>4</td>
<td>1.098043715</td>
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<tr>
<td>POST</td>
<td>4.65</td>
<td>4.3</td>
<td>1.218429903</td>
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</table>
Table 2 - The results of a paired two sample t test conducted to compare auditory test set 1 scores among the participants of before and after listening the music

SET – II

The results revealed a statistically significant difference (t stat = -0.148, p>0.05). Thus, the null hypothesis is accepted, indicating a significant difference in the overall performance of set II of auditory test, among the participants before and after listening the music.

<table>
<thead>
<tr>
<th>AUDITORY TEST (SET 2)</th>
<th>MEAN</th>
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</tr>
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<tbody>
<tr>
<td>PRE</td>
<td>4.08</td>
<td>4</td>
<td>1.448557575</td>
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<tr>
<td>POST</td>
<td>4.11</td>
<td>4</td>
<td>1.215984806</td>
</tr>
</tbody>
</table>

Table 3 - The results of a paired two sample t test conducted to compare auditory test set 2 scores among the participants of before and after listening the music

- A paired T-test was conducted on the span of immediate memory sub test of visual before and after the music. Henceforth, the scoring of this sub test is again parted in two parts according to which:

  SET – I

- The results revealed a statistically significant difference (t stat = -0.158, p>0.05). Thus, the null hypothesis is accepted, indicating a significant difference in the overall performance of set I of auditory test, among the participants before and after listening the music.

<table>
<thead>
<tr>
<th>VISUAL TEST (SET 1)</th>
<th>MEAN</th>
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<th>MODE</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE</td>
<td>11.43</td>
<td>10.6</td>
<td>10.6</td>
<td>2.357217892</td>
</tr>
<tr>
<td>POST</td>
<td>11.53</td>
<td>11.6</td>
<td>12</td>
<td>2.464239475</td>
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</tbody>
</table>

Table 4 - The results of a paired two sample t test conducted to compare visual test set1 scores among the participants of before and after listening the music.

- The results revealed a statistically significant difference (t stat = -1.432, p>0.05). Thus, the null hypothesis is accepted, indicating a significant difference in the overall performance of set II of auditory test, among the participants before and after listening the music.

<table>
<thead>
<tr>
<th>VISUAL TEST (SET 2)</th>
<th>MEAN</th>
<th>MEDIAN</th>
<th>MODE</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE</td>
<td>9.73</td>
<td>10</td>
<td>11.3</td>
<td>2.499056965</td>
</tr>
<tr>
<td>POST</td>
<td>10.76</td>
<td>11.3</td>
<td>10</td>
<td>2.985688084</td>
</tr>
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</table>

Table 5 - The results of a paired two sample t test conducted to compare visual test set 2 scores among the participants of before and after listening the music.

DISCUSSIONS

The third eye chakra, additionally referred to as the Ajna chakra, is one of the seven fundamental chakras in diverse spiritual and esoteric traditions, especially in Hinduism and Buddhism. Its miles placed inside the centre of the brow, barely above the space among the eyebrows. The third eye chakra is assumed to be related to intuition, perception, perception, and higher attention. It's far stated to permit a man or woman to peer beyond the bodily realm and get admission to deeper ranges of awareness. The third
eye chakra is regularly associated with internal wisdom, clarity of concept, and the potential to make informed choices based on intuitive guidance. The third eye chakra is more often than not understood inside the framework of religious and lively practices. In sure non secular and esoteric traditions, the third eye chakra is believed to be related to attention, focus, and heightened cognizance. However, it is crucial to be aware that those associations are primarily based on metaphysical and spiritual standards in place of medical proof. In keeping with these beliefs, the third eye chakra is taken into consideration the middle of instinct, insight, and internal imaginative and prescient. It’s far notion to permit individuals to perceive past the bodily senses and tap into deeper ranges of attention. This multiplied notion can involve improved attention to subtle cues, heightened sensitivity, and a broader angle. Practices associated with the third eye chakra, which includes meditation, visualization, and mindfulness, are often utilized to decorate interest and attention. By means of quieting the thoughts, individuals can also cultivate a nation of relaxed but alert focus, letting them direct their attention greater consciously and selectively.

The crown chakra, also referred to as the Sahasrara chakra, is the best of the seven primary chakras in diverse spiritual and esoteric traditions, especially in Hinduism and Buddhism. It’s far placed on the pinnacle of the pinnacle or barely above it. The crown chakra is believed to be related to spiritual connection, higher cognizance, divine awareness, and transcendence. It represents the belief of one’s proper nature and the relationship to the divine or ordinary power. The crown chakra is often related to a sense of unity and oneness with all beings and the universe. It transcends man or woman identification and allows for a deep experience of interconnectedness and non secular recognition. The crown chakra is mainly understood in the framework of religious and active practices.

In non secular and metaphysical traditions, the crown chakra isn’t always especially related to memory. Instead, its miles in the main related to higher states of attention, religious connection, and transcendence. The crown chakra represents the pinnacle of the chakra device, symbolizing the character’s reference to the divine or well-known attention. Memory, alternatively, is a complex cognitive manner involving the encoding, garage, and retrieval of records. It’s far typically associated with mind functions and numerous areas of the mind worried in reminiscence formation and retrieval. Whilst there can be oblique relationships between spiritual practices associated with the crown chakra and memory, together with meditation’s potential impact on cognitive characteristic, these connections aren’t precise to the crown chakra itself. This experimental study design was depicted as pre test and post test in accordance of, initially the experimenter approached to the working professionals of university. Then, an informed consent was designed in which it was asked whether the participants are willingly participating or not. Then demographic details were filled. In later process, there was two tests which were chosen was the stroop test for examining attention and another one was the span of immediate memory test which was used for examining the memory. Then a piece of music was shared to the participants of 6 minutes which have chants of these two chakras, the participants need to listen this music for next 10 days after that on 11th day again the participants were called and again the same tests were demonstrated to see whether there is any kind of changes or not in the participants memory and attention.

The outcomes of the objectives were when the study was conducted to check the performance of attention while using the stroop test before and after hearing the music piece for 6 minutes for straight 10 days, the outcome was reliable as it had a positive influence on cognitive functioning, potentially enhancing attention, focus or cognitive flexibility. The outcomes of the objectives were when the study was conducted to check the performance of memory while using the span of immediate memory test before and after hearing the music piece for 6 minutes for straight 10 days, the outcome had been observed in a manner that participants who had participated had a positive influence on memory functioning, ability to remember or recall the things of shorter duration.

CONCLUSIONS
Based on the results of our study, we can conclude that solfeggio frequencies have a significant impact on memory, but the effect on attention was not as pronounced. Additionally, our findings provide insights into factors such as individual’s sleeping patterns and daily routines, which may also influences the observed outcomes. There are few limitations of the study such as:

- Efficiently organizing the schedules of faculty members, including their class timings and meetings.

- Other universities faculty members can also be approached but due to time constraints.

- Study regarding chakras frequently includes contributors who’ve pre-current ideals and expectations about the subject. This will introduce bias and placebo outcomes, wherein individuals may additionally characteristic adjustments in reminiscence and attention to chakra-associated interventions based on their preconceived notions, in preference to actual causal results.

Scope of further research:
- The observe of chakras and their affect on memory and attention can offer an possibility for pass-cultural and comparative studies.

- with the aid of designing interventions focused on chakra alignment, power drift, or practices related to chakras, researchers can investigate their consequences on memory and attention

- It offers an possibility to delve into the subjective studies associated with chakras and recognize their ability relationship with cognitive processes.
REFERENCES


7. Clarke, G. (2022, November 28). Everything You Need to Know About the Heart Chakra (Anahata, the Fourth Chakra) - The Yoga Nomads. Retrieved from https://www.theyoganomads.com/heart-chakra/


