

Life Chakra Mantra for Work Life Balance

Sangeeta Ahuja

How to cite this article:

Sangeeta Ahuja. Life Chakra Mantra for Work Life Balance. *Int J Food Nutr Diet.* 2020;8(1):9-13.

Abstract

The existence of living organisms is the life. The uniqueness of the human being is the power to think. The different facets of life has some specific span through which the human being pass through. Everyone is involved in various activities of life. The different chakras work, money, family, society is to be balanced for getting the balanced life. The enjoyment, satisfaction, contentment are related with the life chakras. The more time we spend on one activity or chakras ignoring the all others also have worst effect. The balancing of all chakras with happiness and satisfaction is very important. Experimentation have been done using the real data sets of female workers with various chakras categories using statistical software packages and the work life balance have been obtained. Results shows that if consistency have been maintained using the threshold values by optimizing the chakras the work life balance is maintained very efficiently. The happiness and satisfaction leads to increase tremendously with high level of contentment.

Keywords: Work Life Balance; Chakras; Happiness; Stress; Consistency; Work; Anxiety; Energy; Satisfaction; Enjoyment; Fear; Body-Mind-Soul; Life Expectancy.

Introduction

Life is very important for all living organisms. Human being is the unique creature of God. Woman is a beautiful gift of the lord who is having the power to reproduce. Every human being has a life cycle consists of various phases. The birth, childhood, adolescence, young age, old age, death completes the cycle. Every human being is having enormous emotions to express with different mental power to

retain and pick up the realities of life. Every human being is doing some karma always and it should not confuse with job. Even if the person is not doing any job, he is doing the karma e.g. to breath in/out, to eat food etc. Different people involved in different professions and doing the work for the livelihood. The enjoyment and satisfaction in work varies with different scenario with different people. Except the work, one has to give or spend some time with family and friends. The fun time is needed by each individual. The time of spiritual growth is also needed. The "Me" time is also one of the most common part of one's life. Now fulfilling the needs, requirements, responsibilities, enjoyment, satisfaction, targets, goals one has to maintain a balance in life to synchronize the chakras of life.

We all are so caught up in the work or mental tension that we miss out the various cherishing little things in our personal spheres. Our time, energy and attention is to be used in a balanced and effective manner. One should become master of one's mind. What we experience as life is basically just a creation of our minds. Even though

Author Affiliation: Scientist (S.S.), Indian Agricultural Statistics Research Institute, Ministry of Agriculture and Farmers Welfare, Pusa, New Delhi, Delhi 110012, India.

Corresponding Author: Sangeeta Ahuja, Scientist (S.S.), Indian Agricultural Statistics Research Institute, Ministry of Agriculture and Farmers Welfare, Pusa, New Delhi, Delhi 110012, India.

E-mail: reach2prisha@gmail.com

Received on 12.03.2020, **Accepted on** 20.04.2020

it seems that our destiny depends upon externally circumstances, the truth is that the way we perceive those circumstances determines our experiences.

Balance the chakras is basically defined as energy flows freely throughout the body. When the chakras are out of balance, energy can get stuck in areas of the body causing physical, mental or spiritual pain. Chakras get blocked by negative energy that is unable to release from the body. The negative energy, that experience as a response to traumatic life experiences and emotional challenges. When we experience these negative energies they can become blocked into within us if we don't have the ability to release them.

The Chakras are related to anxiety, it is also related to digestive system and the adrenal glands. This chakras regulates our fears, chakras is out of balance we experience fears, eating disorders, anxiety and loss of control. People become anxious because of so many reasons such as generalized anxiety disorder, social anxiety, specific phobias, panic disorder, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD). The only way to bear the body's message and understand what heart really want is to spend a lot of time going onward through body window and trying to rediscover what one needs to hear. Most of the people are horribly ill, they think that they are mentally ill. Their work life balance was so out of whack that they really were physically ill. They were near physical and mental collapse. Their body-mind-soul were ill.

Most of the time, they went for medical leave. When they returned back, they look like a different people altogether. They recounted their experiences with themselves, how they did, what they wanted, took long reflective walks and recharged their spirit. They have to re-learn how to wake time for themselves to simplify their work life and heal their body-mind-soul.⁵

The Wheel of Life⁸⁻¹⁰ concept is originally created by Paul. J. Meyer. Founder of success motivation. The wheel of life is a great tool to help you improve life balance. It helps you quickly identify the areas in your life to which area we have to devote more energy. It is "Birds-eye" view of one's lives. Wheel of life is a simple and powerful tool that helps to visualize all the important areas of the life at once.

The purpose of wheel of life exercise is to make sure our wheel the whole of our life is balanced, all aspects or needs fulfilled in the right way. When one aspects of your life becomes the focus and others are neglected, the wheel is out of balance.

Oldest example is one of the many Buddhist wheel of life. The wheel model or symbol is said to have been used by the Buddha as a tool to teach his students his lessons of enlightenment. This one represents Buddha's eight fold path perhaps inspiring Mayer's "Paths". This life wheel is a useful tool when life has gotten out of balance, such as suffering from work alcoholism, getting burned out, or generally being unsatisfied and not sure why.

This is very effective in helping people to become more efficient and satisfied with their life even if they are not burned out or unhappy. The idea is to identify the areas, dimensions or aspects of your life and arrange them as areas or spokes around a wheel.

There are ways to balance it all out such as Assess your life as it is now, make a conscious decision to become balanced, make that decision on a minute to minute schedule, set goals in every areas of your life, be willing to take the risks, make time to reassess yourself on a daily basis.

The wheel of life is the various chakras which we have to balance in life. The various areas or chakras are Profession/Financial, Family, Spiritual/Religious, Mental/Personal and Social (Friends and others).

Well and happy employees are productive employees. It is really bad practice for companies to allow employees to cash in their vacation time, in lieu of the time off. One should not do this. Take the vacation. Simplify your work life whatever you can and take as much time off as you can. We are the only nation that does not understand the value of time off. When you first take the job, negotiate more time off if you can, even if you have to take a slightly lower salary. Keep your work life balance in check so that you can spend more time for relaxation and reflection to find health and healing for your mind soul.

Clean out your desk and email. It won't take much to clear the clutter in your desk. This is the easiest way to simplify your wok life. Simplify your work life and make an affirmation not to let the pending things control you. If you cannot cope after all your efforts, it is an indication to you that it is time to move on.

When you are happy and in a positive frame of mind, your body also responds positively and brings you health and healing. When all is well in your life and you perceive that you are happy. Your heart rate slows, your breath becomes deeper and more even and your blood pressure goes down. If

you numb yourself to negative emotions, you also destroy the ability to really feel what is good, happy and positive. The strong and negative emotions gives us pain and painful memories. Emotions release is necessary thing for health.^{6,7}

Emotions need an outlet. They always come out one way or another. They are part of who you are. Instead of feeling your emotions you deny them. It is your mind that denies the emotions existence. The denial merely buries them deeper into your body and into your soul. Negative, strong emotions, or negative energy however you wish to relabel it will remain inside your body -mind-soul and become body-mind-soul issues if you don't deal with them.

Methodology

SPAR2.0¹¹ have been used for diagnosis, prognosis of disease and for finding out the possible causes with work life balance. This software consists of many innovative modules based upon advanced statistical and computer methodologies with techniques. This software has been developed using Visual C++. This platform and technology¹⁻⁴ is suitable for software development. It utilizes various key features of object oriented technologies such as its ability to programme in an event driven operating system with great ease, write code for events automatically, optimize code capability for native platform, etc. The basic reason behind selection of this technology was its superior abilities for code reusability, inheritability, encapsulation, portability and modular development. The concept

of various scripting languages have been used and this expert system is very easy to use and beneficial for everyone who is directly or indirectly related to this field.

Except this software, many other Software tools¹² and engineering techniques have also been used which is mentioned in the next section.

Experimental Analysis

Rigorous experimentation have been done with the real data sets of female workers by using the various elements of the chakras of work life balance. Done the grouping of these chakras by K-means, K-modes, K-median and K-mediod method using SPAR 2.0.¹¹ Compute the consistency index and if it is less than equal to threshold then work life balance is maintained else work life have to be maintained.

Consistency Index CI

CI = For all Cluster C_i For all tuples $T_{ij} \leq \delta$ (threshold)

The various areas or chakras are Profession/ Financial, Family, Spiritual/Religious, Mental/ Personal and Social (Friends and others).

The chakra categorization have been pictorially shown as in figure 1 depending upon the real data obtained for the female workers.

The work life chakras of the females are shown as in Figure 2.

Life Expectancy increases after maintaining the

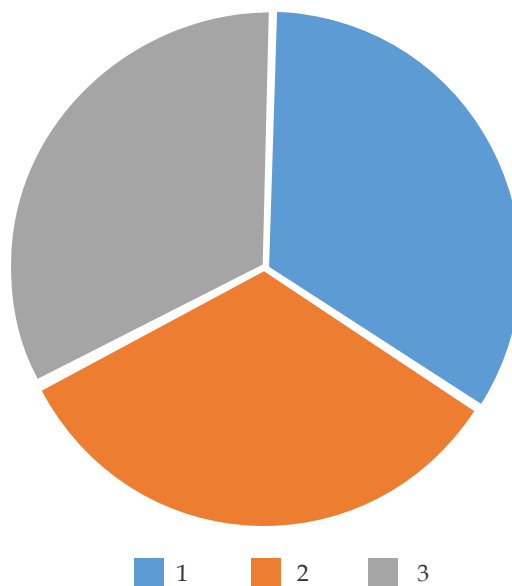


Fig. 1: Chakras Categorization.

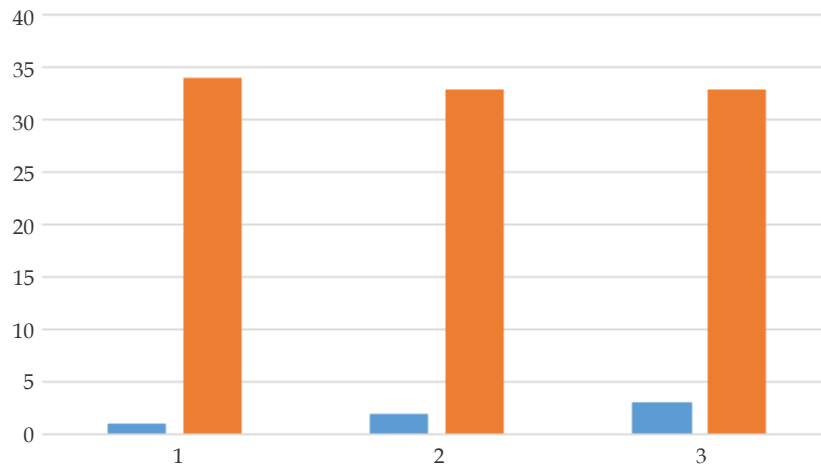


Fig. 2: Work Life Chakras Categorization.

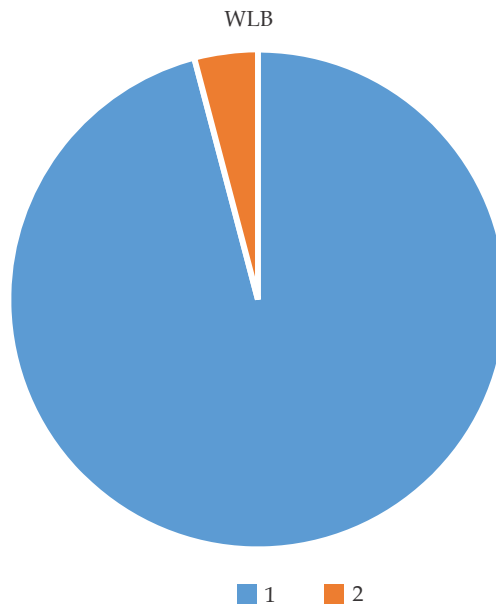


Fig. 3: Life Expectancy after Work Life balance.

work life balance as shown in figure 3.

Learn how to love yourself saying no to others. Ensures good health mental and physical health is pivotal for growth and it is also reflected on the overall health of your family. Striking a balance helps you lead a happy and extended life, it ensures your growth as an individual and secures your mental peace well being.

Conclusion

The happiness, satisfaction, enjoyment with contentment is very much needed for getting

the prosperity in life. The work life balance is maintained by balancing the chakras by controlling the activity which is exceeding the threshold. Rigorous experimentation have been done using the real data sets of female workers with various chakras into categories using statistical software packages and the work life balance have been obtained.

References

1. Kruglinski, David - Inside Visual C++, I Edition. Microsoft Press, Washington 1996.
2. Jeff, Prosize. Programming Windows with

- MFC, II Edition. Microsoft Press, Washington 1999.
3. Richter- Programming Applications for Microsoft Windows, IV Edition. Microsoft Press, Washington 1999.
 4. Han, J and Kamber, M., Data Mining : Concepts and Techniques. Morgan Kaufmann Publishers, San Diego, USA 2006.
 5. Christopher Higgins Linda Duxbury Karen Lea Johnson, Part-time work for women: Does it really help balance work and family? Human Resource Management, Hoboken 2000;39(1):17.
 6. Ellen A, Ensher Susan E, Murphy, Sherry E Sullivan. Lessons from female TV executives on managing work and real life, The Academy of Management Executive Briarcliff Manor 2002;16(2):106.
 7. Kodagoda, Thilakshi. How do professionals and managers combine mothering with employment? Western theories in the Sri Lankan experience, International Journal of Management Practice, Olney 2010;4(2):169.
 8. Babies and bosses, Willem Adema. Organization for Economic Cooperation and Development, The OECD Observer. Paris 2005;9:248.
 9. Dhas, D. Babin. A Report On The Importance Of Work-Life Balance 2015.
 10. Khaled adnan Bataineh. Impact of Work-Life Balance, Happiness at Work, on Employee Performance, Faculty of Administrative Science and Finance, Irbid National University, Jordan 2019.
 11. Ahuja S, et al., SPAR 2.0 Software, 2005.
 12. SAS Software., 2015.
-