

## Seven Chakras Karma and Tarot Cards for Overall Wellbeing

Jasmi Doshi Sarvaiya

Hem Vijay Foundation, India

### Corresponding author

Dr. Jasmi Doshi Sarvaiya, Sterling Apartment, MG Road, Ghatkopar East, Mumbai-400077, Maharashtra, India. Tel: 91+ 9323239274/9320839234; E-Mail: jasvi27@gmail.com

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### Arham

Atma Namaste. I feel delighted to present this paper amongst the August gathering of healers and doctors. We all work on the same platform, either healing on physical, mental, emotional or spiritual level. Down the memory lane, as a child I remember going to doctorkaka in Sangli and procrastinating my problems, like my throat is swollen, won't be able to breathe, etc. He used to listen to me calmly and then say, "Relax, it has happened to me previously". And you are relieved. What did he do? He worked on our psychological level first and then on our physical level.

### As Joyce Myer quoted,

### I HURT, I HEAL, I HELP

#### What is the difference between religion and spirituality?

Religion is following the Messenger i.e. Mahavir, Ram, Jesus etc. whereas Spirituality is following the Message i.e. Peace, Love, Harmony, etc. All different roads lead to one destination and that is to attain eternal bliss.

Born in a Jain faith, since childhood I am influenced by the doctrine of Anikantvad. It is defined as establishing your stand point with due respect to other persons point of view. Nothing is right or wrong. Only perception matters. You have to see reality with all the dimensions, without judging it.

### What is Karma?

My personal journey in life had highest of highs to the lowest of lows and again smooth flow. This thing has influenced me to study the driving force. In simple words, we put it as our action. On a spiritual level, it is termed as Karma. In my trauma, my friends from all the different beliefs i.e. Christian, Hindu, Islam, Zoroastrian stood by me and I realised the difference between religion and spirituality and started doing comparative study of all different philosophy in context to Karma. The search was for – CHAITANYA – a living force which is influenced by your actions i.e. Karma. A book 'CHAITAINYA' is a comprehensive study of my research work. It is divided into five sections.

### Section I: Understanding Karma

- 1.1 Introduction to Karma
- 1.2. Theory of Karma in Jain Philosophy
- 1.3. Double Accounts of Karma

- 1.4. Karma in Western Philosophy
- 1.5 Karma in Japanese Buddhism
- 1.6 Karma in Hindu Philosophy – A Yogic Approach
- 1.7 Karma in Islam
- 1.8 Karma in Christianity
- 1.9 Karma in Zoroastrian Philosophy
- 2.0 Vibrations of Karma

### Section II: Understanding the Seven Chakras and Their Alignment

#### 2.1 Importance of Chakras and their Alignment

- 2.2 The Seven Primary Chakras
- 2.3 Activating the Seven Primary Chakras Using Color and Candle Therapy
- 2.4 Seven Chakras Balanced with Aroma Therapy and Crystal Therapy

### Section III: Understanding Tarot Cards, Concept & Correlation with Karma and Seven Chakras

- 3.1 Tarot History
- 3.2 Types of Tarot Decks
- 3.3 Concept and Creation of Jain Tarot Deck to Eliminate Karma.

### Section IV: Introduction to Chaitanya Deck of Jain Tarot Cards

- 4.1 Presenting Chaitanya - The Jain Tarot Deck
- 4.2 The Major Arcanas in the Chaitanya Jain Tarot Deck – The 24 Tirthankaras
- 4.3 The Minor Arcanas in the Chaitanya Jain Tarot Deck

### Section V: Self-Education & Remedies for FAQs (Frequently Asked Questions)

There are mainly two school of thoughts that most of us can classify ourselves into – the first is '*Purusharthwadi*' – that is, the person who believes only in efforts. This person believes and hardwork – for him work is worship. Nothing else matters. In common parlance, this person is known as a '*karmavadi*'. The second school of thought is '*Prtharabdhwadi*' – that is, the person who believes only in luck, going with the belief that everything will happen at its own time. This is a laid back person waiting for things to happen. In common parlance, this person is known as a '*bhagyavadi*'.

Both schools of thought are based on their own unique sense of convictions. Both could be right in their approach. Even so, as

humans, we must work towards our goals practically. There are no miracles. Then again, there are instances where it is seen that even though you put in a 100% of your efforts, you are getting no returns at all. This is where 'karma' comes in.

In life, one needs to cater to both - *prarabdha* and *purusharth* as both principles are complimentary to each other. *Purusharth* is your karma.

In this section, I did study of Karma and Jain, Islam, Zoroastrian, Christian, Western, Buddhist philosophy. All different thoughts of school were destined towards the same thing. It gave me the thought to create something that can save our future pains by doing Nirjara of the Karmas.

Section II is influenced by Seven Chakras and how different Pathies i.e. Aroma Therapy, Tattva, Crystal, Mantra, positive affirmations affect human beings. Color therapy and numerology is also considered.

### Section III is about history of Tarot Cards

The first documented tarot pack was recorded between 1430 and 1450 in Milan, Ferrara and Bologna when additional trump cards with allegorical illustrations were added to the common four-suit pack. These new decks were called *carte da trionfi*, triumph cards, and the additional cards known simply as *trionfi*, which became "trumps" in English.

It is a very powerful divination tool.

### Section IV

**It is my absolute privilege and pride to have pioneered the concept of Jain Tarot Cards – here's introducing for the first time ever, Chaitanya - The Jain Tarot Deck.**

The purpose of creating Chaitanya is to have interfaith and peace. If we all respect each other, no jealousy, no ego, no fight, no controversy, we can make the world a better place. I have started a small flame of Chaitanya to enlighten us and lead to eternal bliss.

The Chaitanya Deck has 24 Major Arcana and 49 Minor Arcana (7 Minor Arcanas containing 7 cards each).

Jain Tirthankars: In Jainism, a Tirthankara is a human being who helps achieve liberation and enlightenment as an *Arihant* (meaning destroyer of enemies). According to Jain scriptures, that which helps one to cross the great ocean of worldly life is a *tirtha* "ford" and a person who fills that role is a Tirthankara "ford-maker". Tirthankaras achieve liberation and enlightenment by destroying their constraining (karmas) and becoming role models and leaders for those seeking spiritual guidance. They also seek *kevala gyan*, a state of permanent, perpetual, absolute knowledge of the soul; it is the precursor to final liberation from the cycle of birth and death.

Tirthankars are also called *Arihants* or destroyer of enemies - here the enemy denotes the enemies of the soul. These are enemies within and are defined as the passion of anger, ego, greed, and deceit (krodh, maan, maya, lobh), etc. A soul can only reach the state of *arihanta* by overcoming all its inner enemies. When one is able to destroy all the four *ghati* karmas, or is totally detached from all worldly aspects, and they become an *Arihant* and attain the perfect

knowledge, vision, power, and bliss.

The Major Arcana in the Chaitanya Deck consists of 24 cards - each card symbolises a Lanchan of the 24 Tirthankaras. You may wonder why I decided to opt for pictures of the Lanchans and not photos of Tirthankaras or Yaksha and Yakshinis. The reason is quite interesting – firstly, my obvious reason is to avoid *ashatana*, and secondly, this idea was birthed in my mind with the Asoka Pillar - the national emblem of India. This pillar holds a staunch relationship with Jainism. It has four lions seated back-to-back, looking out in the four directions. We all are familiar that the Lion is the Lanchan of Lord Mahavira. At the bottom of the pillar, we can see a dharma chakra which has 24 spokes which tells us about the 24 Tirthankaras. This wheel is extensively found on Jain pantheons and sculptures. Next to it, is a bull, which is but the symbol of Lord Rishabha. The symbol following that at the bottom, is an elephant - the symbol of Lord Ajitnath. Besides that, stands a horse which is symbol of Lord Sambhavnath...

Tirthankars	Symbol
Risabhdeva	Bull
Sambha	Elephant
Sambhav Nath	Horse
Abhinandana	Ape
Sumati	Partridge
Padmaprabha	Lotus
Suparsva	Swastika
Candraprabha	Moon
Suvidhi	Crocodile
Sitala	Srivatsa
Sreyansa	Rhinoceros
Vasapujya	Buffalo
Vi maJa	Boar
Ananta	Hawk
Dhanna	Thunderbolt
Shanti	Deer
Kunthu	Goat
Ara	Nandyavarta
Malli	Water jar
Munisuvrata	Tortoise
Nami	Blue lotus
Nemi	Conch shell
Parsva	Con
Mahavira	Lion

### Section V

Self Help.

### Self-Education & Remedies for FAQs (Frequently Asked Questions)

#### Remedies for Help & Betterment in Finance:

Aroma Oil: Patchouli Oil

Rudraksha : Wear 18 Mukhi Rudrashak

Crystal: Ruby

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Meditate on: 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> Tirthankaras with Red Color Japmala  
Mantra: Lam  
Affirmation – My body mind and spirit are grounded and purified

#### **Remedies for Solving Relationship Problems:**

Aroma Oil: Jasmine  
Rudraksha : Wear 13 Mukhi Rudrashak  
Crystal: Coral  
Meditate on: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> Tirthankaras with Orange Color Japmala  
Mantra: Vam  
Affirmation – I love all the dimensions of myself

#### **Remedies for Holistic Wellness and Health:**

Aroma Oil: Blackberry Sage Oil  
Rudraksha : Wear 9 Mukhi Rudrashak  
Crystal: Topaz  
Meditate on: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> Tirthankaras with Yellow Color Japmala  
Mantra: Ram  
Affirmation – My will and Devine will are one

#### **Remedies for Eliminating Stress from your Life:**

Aroma Oil: Chamomile  
Rudraksha : Wear 2 Mukhi Rudrashak  
Crystal: Emerald  
Meditate on: 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> Tirthankaras with Green Color Japmala  
Mantra: Yam  
Affirmation – I walk my path with love, ease and grace

#### **Remedies for Achieving Inner Peace:**

Aroma Oil: Lavender  
Rudraksha : Wear 6 Mukhi Rudrashak  
Crystal: Turquoise  
Meditate on: 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> Tirthankaras with Blue Color Japmala  
Mantra: Hum  
Affirmation – I am aligned with my highest truth and communicate

#### **Remedies for Spiritual Enhancement:**

Aroma Oil: Passion Flower  
Rudraksha : Wear 14 Mukhi Rudrashak  
Crystal: Lapiz Lazuli  
Meditate on: 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> Tirthankaras with Indigo Color Japmala  
Mantra: Om  
Affirmation – My mind is open to new vision

#### **Remedies for Achieving Ultimate Happiness:**

Aroma Oil: Ylang Ylang  
Rudraksha : Wear  
Crystal: 1 Mukhi Rudrashak  
Meditate on: 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>th</sup> Tirthankaras with Violet Color Japmala  
Mantra: Arham  
Affirmation- I am light

#### **Remedies for Greater Academic Success:**

Aroma Oil: rosemary essential oil  
Rudraksha :wear 4 mukhi rudraksha  
Crystal: yellow sapphire  
Meditate on: 13,16,24 tirthankara with green color Japmala  
Mantra: bram  
Affirmation - I expand my awareness through my higher self

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