

The uniqueness of the spirit of West Bengal, with her seven major chakras or energy centres

If, with fantasy, the geographical or political map of West Bengal is considered as a sketch of a human being, one may imagine the existence of seven major chakras or energy centres stretching from Shri Kapil Muni Ashram, Gangasagar in the south (21.63755° N, 88.07522° E) to Shri Mahakal Temple, Darjeeling (27.04779° N, 88.26791° E) in the north.

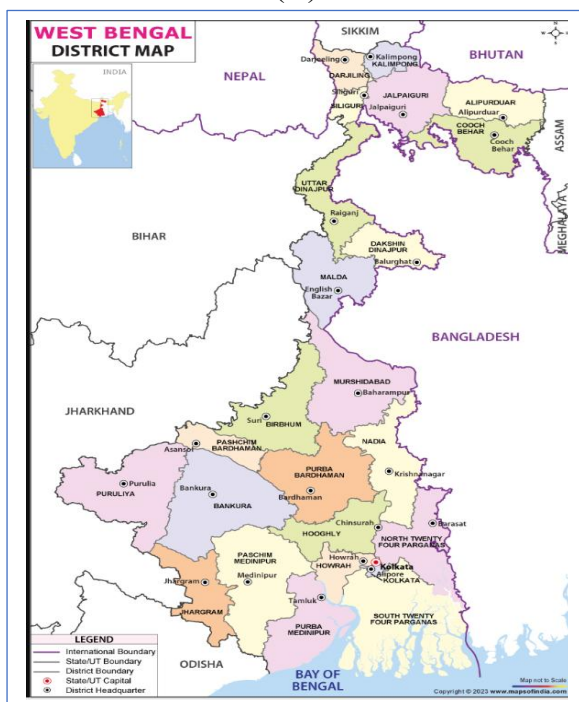
Let me present the idea with the following illustrations.



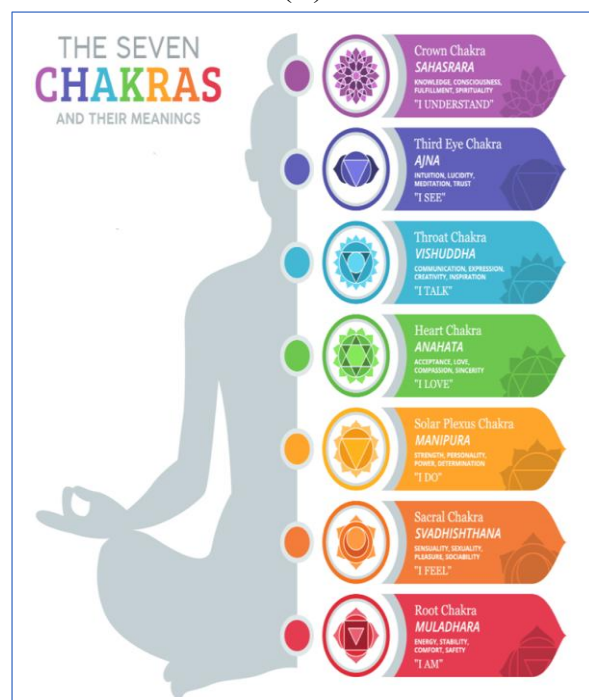
(A)



(B)



(C)



(D)

A brief description (with source) of the above illustrations (A to D) is presented below.

(A): Geographical map of West Bengal; Not presented here in scale; [Source: <https://g.co/kgs/1768eQ5>].

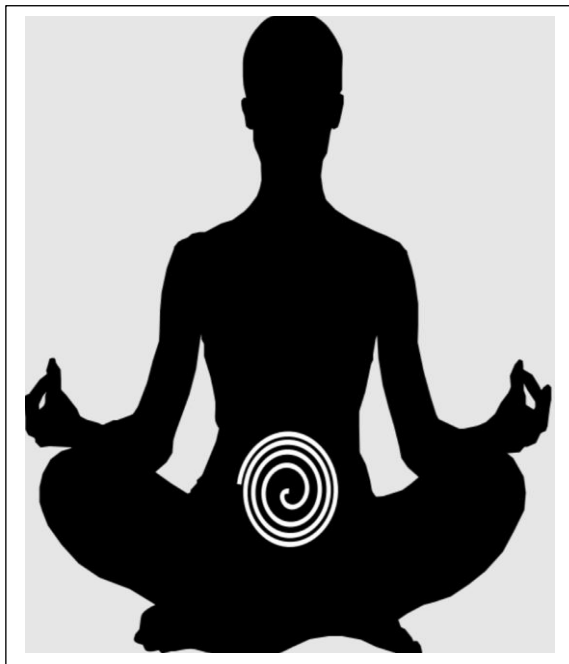
(B): Seven major chakras of a human body [Source: https://www.le-comptoir-geologique.com/_media/img/large/the-7-chakras-2.png].

(C): Political map of West Bengal; Not presented here in scale; [Source: <https://www.mapsofindia.com/maps/westbengal/westbengal-district-map.jpg>].

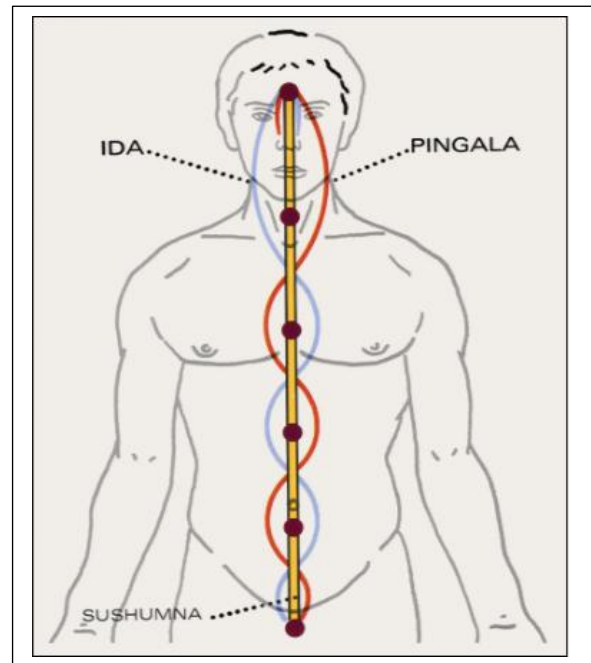
(D): A brief description of seven major chakras [Source: http://www.handsonhealthsheffield.com/wp-content/uploads/2020/01/Seven_Chakras_Featured.png (after slight modification in the photo frame)]

As the whole of humanity is gradually shifting towards a higher level of consciousness, I hope that the basic idea of functioning and the importance of the seven major chakras in the human body are known to many of us. If someone is unaware of the concept, it is the time to get familiar with it. The fastest and easiest way is to perform an online search to get some basic ideas about it^{1,2}.

We, the residents of West Bengal, with others, know that Kolkata (formerly Calcutta) is not only the political or administrative capital of the State, but it is also more than that. Even if we focus on Kolkata's common identity, we feel that the so-called 'power' or 'energy' or whatever affects our practical aspects of life, flows from there (south) to the north (and every other direction) through the invisible spinal cord. Can we imagine that such a fact is analogous to the same of 'kundalini energy', which, when awakened, flows from the lower part of a human body (to some, the naval region) towards the upper end? Does it mean that Kolkata is closer to both the 'Root Chakra' and the 'Sacral Chakra' and forms the foundation of the State? If the 'Kundalini energy' of West Bengal is to be awakened further for good, it should be done so from Kolkata and the surrounding or parallel regions!



(E)



(F)

¹ <https://www.artofliving.org/in-en/meditation/benefits/7-chakras-significance-and-how-to-balance-them>.

² <https://isha.sadhguru.org/en/wisdom/article/7-chakras-mystical-dimensions-body-seven-chakras>.

A brief description (with source) of the above illustrations (E & F) is presented below.

(E): Symbol of kundalini energy [Source: <https://freesvg.org/img/yoga-kundalini.png>]

(F): Flow of kundalini energy (Source: <https://www.anne-marie.eu/en/kundalini-symbols/>]

If we superimpose the map of West Bengal on panel (E), we may imagine that Kolkata and Haora or the adjacent busy regions of West Bengal (including those in undivided Medinipur) fall under the coil, which symbolises the naval region of a human body. It is commonly believed that a massive amount of energy rests in the naval region in sleep mode. That is why we often come across discussions on kundalini awakening. As my objective is to present my idea on the analogy of the existence and functioning of the seven major chakras in human bodies (and that of kundalini energy) with that of the power or energy structures in West Bengal, I am not concentrating on yogic science on the subject matter (also, I am quite ignorant about it). In order to know more about the flow of kundalini energy, one may read relevant text (for example, as cited above or elsewhere). However, in my opinion, the flow of energy or whatever governs our activities in life in West Bengal may be symbolised by ‘Caduceus’ (when considered as the symbol of kundalini energy).



(G)



(H)

A brief description (with source) of the above illustrations (G & H) is presented below.

(G): Symbolic presentation of kundalini energy [Source: <https://freesvg.org/img/yoga-kundalini.png>]

(H): Location of the two major chakras in West Bengal [Source of the map: <https://maps.app.goo.gl/PCw8WwU2NxoJ66wM6j>]

I have used the terms lower and upper in regard to the location of the seven major energy centres without any hierarchy. For example, one cannot compare the importance of a roof (as the Crown Chakra) with that of the foundation (as the Root Chakra) in case of a house, as both

are important³. Also, I have taken the names of some places of interest from the point of view of spirituality without attaching any cultural or religious value to them. To me, all places are equally important. Also, the vibes of all the chakras equally (or equitably!) touch all beings. The vertical line (as a spinal cord) in panel (H) is invisible and may be non-linear in reality. At the beginning, I said that (considering the parallel adjacent districts or regions of West Bengal along the same latitude, etc.) Kolkata is not only Kolkata to us, it is more than that. Similarly, I may say that each of the seven major strata (regions covering all the districts of West Bengal horizontally) associated with the respective chakra is more important than what we usually feel in everyday life. For example, one may notice that most of the Indian stalwarts, who had origins in Kolkata or elsewhere, spent considerable time in the Darjeeling Hills for their research, writing or work. The common visitors in Darjeeling do not come only to enjoy its scenic beauty. To me, local residents of the Darjeeling Hills and common visitors are not common ones. What I feel is that, when the vibes of the individual's 'Third Eye Chakra' match with those of the place, people resonate and act.

I am not commenting on specific locations of the remaining five chakras within West Bengal. I hope that my readers will do it. I would like to share that the idea under discussion came to my mind when I visited the Chataidhura Shiv Mandir in Darjeeling (27.00627° N, 88.21061° E; distance from Shri Kapil Muni Ashram: 597.13 kms) during the Maha Shivaratri of 8-9 March 2024. Instantly, at that time, I felt a strong desire to visit Shri Kapil Muni Ashram in Gangasagar. On the eve of Makar Sankranti 2025, let me conclude today by saying that if the desired energy flows in a desired manner, all the energy centres (seven major chakras) in West Bengal will remain activated, and the uniqueness in her spirit will vibrate further for a better common future within the Country and beyond.

(Grammatically edited on 08 October 2025, version 1.1)

³ <https://isha.sadhguru.org/en/wisdom/article/7-chakras-mystical-dimensions-body-seven-chakras>.