

Effect of Aura-Chakra, Yoga and Spirituality on an Individual's Performance in the Workplace

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ABSTRACT Purpose of this research is to find the relationship between *Aura-Chakra*, spirituality and yoga, and work performance based on 427 respondents using a reliable questionnaire. Results revealed that except the respondents from the textile sector, all other respondents from the academic, hospital, auto component unit, spiritual center and IT fields showed *Blue-Throat Chakra* that exhibited high spirituality and regularity in practicing yoga. Independent sample t-test expressed a good significance for *Blue-Throat Chakra* with spirituality and loyalty. The Pearson correlation indicated a significant correlation between *Green-Heart Chakra* and goal orientation, also workaholism, *Blue-Throat Chakra* and loyalty, and *Red-Base Chakra* and workaholism. Spirituality had a significant correlation with *Blue-Throat Chakra*, loyalty and goal orientation. The research concluded that *Blue-Throat Chakra* individuals are loyal and goal oriented in achieving the employer's goal, as they are highly spiritual and regularly practice yoga.