

Life thru WISDOM

July — September 2016

Each of us are unique individuals with a different purpose in Life. We all have our own belief systems, and yet we complement each other and live together. We learn how to accept each other. We learn how to receive and share in Life. We learn how to respect others, regardless of their faiths and beliefs. Life for humans, as we know it, depends on the various beliefs that we all have. And yet, do we truly understand what “belief” is? We hope that with this issue, everyone will have a better understanding of not only what a belief is, but also how a belief carves the path of ones life.



***“God works in
mysterious ways. We
won’t understand
everything that
happens in our life,
but we can be sure
God will take care
of us”***

Past Events Highlights

Life Realization Retreat



Held from April 30 till 2 May, this offsite retreat attracted around 15 participants who not only enjoyed the various chakra meditations and Inner Journey session but also participated in a special camp fire cleansing session. Members also enjoyed the beautiful sceneries of nature which made the retreat even more meaningful.



Mothers' Day Celebration

Mothers' Day was celebrated with a Special Mothers' Day Prayer session followed by a cake cutting ceremony. All Mothers were honored in this simple yet beautiful tribute which was attended by our loving members.



Gratitude of Life

Around 40 members were blessed to express gratitude to Mother Ganga (Goddess of the Seas) and to express intentions for a successful and happy Life. The Gratitude of Life session was held on June 19 at the beachside in Port Dickson.



Words of Wisdom

Always full of wisdom, these words are from Swami Guru Sri Kriyathasa Sekar, fondly referred to as Swamiji, who is always delivering much needed messages for all of us. Taken from daily conversations, emails and messages, we hope these messages from Swamiji will help you with your daily undertakings. This issues' segment is a question asked by Swamiji for us to ponder on.

“PURPOSE OF LIVING.

We have regular, daily, weekly, and other responsibilities in our lives. It includes studying, working, buying assets and wealth, building family and relationships, creating goals and achieving them and so on. All these are done to satisfy the life that we have chosen to live.

This is the essence and purpose of living. It is critical to be living, to ensure life itself is sustainable. In others words, if there is no life, then there is no living and as such the purpose of living does not exist too.

All of us have the right to survive and it is our natural instinct to do so. That is how we are built. Survival is the basis of why we strive to accomplish great things in life. For some, these personal accomplishments become their life purpose. The thirst to succeed disciplines and motivates them too. This is the foundation of will power.

Will power ensures that you don't deviate from your purpose of living. This also paves the way for us to become excellent human beings.

Take a moment to ponder if you have the will power, discipline, understanding and survival instinct to satisfy the purpose of living. Ensure that you are on the right track.

Great, now you have understood the purpose of living. Is it the same as the purpose of life? Are these two aligned?”



“ As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them”

Life Coaching

We believe in many things in Life. Beliefs carve our Life to make us who we are today. We believe in the Divine, in science and even the simple things in Life. But do we really understand what a “belief” is? Do we have belief in our self, before we do in anything else? Today’s Life Coaching will help us understand what “belief” is and its importance in our lives.

Belief

Belief.

What are our beliefs in? What do we believe in? What does the word belief itself mean? Often, we say that we believe in things. But what is a belief system?

Is it something that we like?

We could say “I believe everything is fine. I hope it will happen”. We put hope together with belief.

So what does the word belief mean? We say very often that we do not know whether we are doing things right; and yet we use the word “belief” freely. We do not know how to use it correctly. Perhaps it is because we did not know that the word has to be used in the right way.



Belief simply means that we do not have doubts about something.

Now who believes the sun will rise tomorrow? If I were to say that it would not rise, would anyone believe me? Why not?

Have we actually seen the planets in position? We have all seen the sun, believing it is part of the solar system. But have we seen the solar system, or seen pictures of the system?

So why do we believe that the sun will rise tomorrow? Simply because it rises consistently. Do we doubt that the sun will not rise in the morning? No. Does it rise in the east or south? How do we know it is the east?

Does east depend on where the sun rises, or does the sun rise depend on the position of the

east?

What will happen if the sun rises in the north? Will north then become east?

So which is the belief that we have: the sun will rise in the east, or wherever the sun rises will be east?

Which is your belief now?

When we are challenged that the sun is going to rise in the south tomorrow, we are not even going to allow that idea into our heads and change our belief system because we know the truth. Even if God were to appear and tell us that the sun will rise in the south tomorrow, the first question that we would probably ask Him would be “How do I know you are God?” The Sun is used as an example here as many of us choose not to believe in God.

This is the foundation of truth that we have established in our minds, where we will not even take it to test. There is no need to test the belief.

When we have belief in something, the first part of that belief is not in that something; it is in our self. It is how much effort or belief we have in our self that allows us to know the truth. When we believe in our self and know that it is the truth, you will accept it no matter what others say to us. That is the belief that we should have.



When we pray, most of us have no belief in God. We “hope” for the best. When we hope, we only have half the belief, and the other half, we want God to fulfill. Will it be fulfilled? When we “hope”, our energy is not focused on the fulfillment of the result, but rather on what could happen not to fulfill the belief. And the worst thing is, we even ask others if we are making the right decision.

Would we ever go and ask our family or friends if the sun will rise in the South today if someone tells us so? We would not even attempt to validate the belief that the sun will only rise in the East. So why do we validate ourselves when we make a decision?

It is because we do not have the belief.

It is us who are the source of things that is happening to us. If we want goodness to happen, we must believe beyond doubt in our self. Only then will that belief go to the

Divine, be surrendered, and be delivered.

When we surrender the belief, we are asking the Divine to enhance the belief, to allow the positive energy to happen. When surrendered, the result will happen beyond imagination.

And it does not have to be great things. It can be simple things, like getting a parking space in a car-park which is full or even getting the flavor of ice cream that you want even without having to look for it. If we have the belief, it will happen. Time is not a problem. Time does not define when a belief should be delivered. We define it. We want it, we will get it.

What is the purpose of surrender in a belief? Surrendering is when we do not have to define how a belief will be delivered. We just have to surrender. It will happen. If we want something and do not surrender, we will have to go looking for it. By surrendering, it becomes effortless.

The only effort that we need for an effortless life is the effort that we put in our belief. All of our effort should be put into believing in our self. All of us are equally created by the Divine to be successful in everything that we do.

All of us have the beautiful and mighty powers of the Midas touch. Whatever we touch can turn into gold. The problem is that most of us have the belief that whatever we touch will turn into dust. We have the ability, the hands, the power. We are created by the Divine. How can we fail?



God cannot create the belief in our self. Because He has already created us blessed to receive everything. It is you who does not believe in the blessing. It is you who do not believe in yourself. And yet we believe that the whole world is not trusting us, not believing in us.

When are we going to start believing in our self? How much do we value our self? If you do not believe in yourself, you will always believe that you are inferior to somebody else. And because you feel inferior to somebody, you will create a new energy to pull yourself up which is called ego.



Ego is always about comparing yourself with somebody else to be above them. Why do you need to be above them if you are not thinking that you are inferior to them?

Letting go of ego does not mean letting go of something. It is letting go of the fact that you think that you are inferior. You do not have to think that you are superior. You just have to believe that you are good enough to be who you are, that you can do whatever you need to do.

You can be the world's richest man, or live like the world's richest man if you believe in it. The amount of money you have in the bank does not make a difference. You can still live like the richest man in the world. The richest man may give more charity, and you may not. It does not matter. It is about how you live.

So do you believe in yourself? Do you believe in God?

You need to understand the signs of the Universe. When you believe, your energy enhances. The whole world will blend towards your wanting. Time is just a dimension. You can make the manifestation of things happen in a timeless dimension. That is a very powerful gift that we are all born with.

Believe in yourself and enjoy Life. Life is always simple.

Life is a blessing.

-Swami Guru Sri Kriyathasa Sekar-

“Never believe the lines on your hands to predict your future.

Because people who do not have hands also have a future.



Q & A With Swamiji

Questions & Answers Q & A with Swamiji is a segment that we have started for the benefit of all of our members. Taken from various Life Coaching and discourse sessions with Swamiji, these consist of not only questions on meditation, but also on all aspects of Life. We hope that this segment will help answer questions on happenings in our day to day lives.

Question: How do we achieve spiritual freedom?

Answer: Freedom is not having any wants and desires. Because having wants and desires is having expectations. It is not that having wants and desires are not good, we need it. All of us want money to be happy. And happiness creates the energy to attract prosperity. But the question is, are we seeking money, or are we seeking money to release us from responsibilities to buy freedom? Is the money for happiness or to buy freedom? Understand what it is that we seek for.

The expectations that we have in life is the cage that we put around us. We believe that money can remove that cage, which is why we focus on seeking more wealth; which is natural to do. We want to have more money to be able to afford a maid to clean the house as we do not want to clean it our self. We want more money to ensure that we do not have to suffer in the future and are able to buy anything that we need and want.

So the freedom itself is the happiness that we are seeking. Now let's talk about the reality of life: when you have a lot of money, and all of our responsibilities are taken care of by others, what are you going to do in this state? You don't have to do anything. In fact, you don't even have to get up in the morning. You would have done everything that you have always wanted as you now have freedom of time. But what would you do after achieving all these? What will you do when you have all that money and freedom, and have everything that you need? What would your life in a daily manner be like? There would not be a purpose in Life.

Spiritual freedom is to even give up the physical body that we still have. We are not sure what we are seeking. We actually want that peaceful moment of freedom from responsibility, the freedom that we feel we are unable to reach with money, we now seek through spirituality. It is actually a temporary numbness from responsibilities. In all reality, would you be able to live like that every day in your life? Those who go into spirituality want to have a purpose, thus they serve others. They guide others. Without a purpose, would you be peaceful? Are you ready for it?

Do not go on a spiritual journey. Go and enjoy life. Learn how to create the life that you can enjoy and enjoy it, because that is your life purpose.

Having some challenges in Life is exciting. Having a challenge is for us to find a solution for it, and not to cry over it. When we find a solution to challenges in Life, it expands the horizons of our capabilities. It expands our imaginative power for inventions. Without challenges we would not know the existence of these capabilities. So please do not seek spiritual freedom.

We all agree that a caged bird must be let go to fly. When you open the cage, the bird flies. Flying is its nature. The bird is not seeking freedom; the bird is being natural to do what it is born to be. Be what you are born to be. Enjoy Life.

Food For Your Soul

Today, we bring you a simple recipe to compliment your Solar Plexus and Root chakras. Named Food for your Soul, we hope this section helps you prepare simple food that compliments your chakras. After all, food can affect your chakras, which affects YOU.

Milk complements the Solar Plexus chakra and red tomatoes for the Root chakra.

Nestum Kulfi

Taken from www.nestum.com.my/home/recipe_inner/en?id=95

Ingredients:

- ◆ 1 tin evaporated milk (390g)
- ◆ 1 tin condensed milk (500g)
- ◆ 400ml whipping or double cream
- ◆ 4 cardamoms, lightly crushed
- ◆ 1 large pinch of saffron threads (optional)
- ◆ 40g finely ground pistachio/almond nuts
- ◆ 50g NESTUM Cereal (Original)



Method:

1. Place evaporated milk, condensed milk, whipping cream, cardamoms and saffron threads in a medium -sized pan and gently bring to a boil. Turn off heat, cover pan and leave to infuse for 15 minutes. Strain and discard cardamoms.
2. Add the ground up nuts and NESTUM into the mixture and stir occasionally for 5-10 minutes. The mixture will thicken.
3. Pour into small cups and set aside until completely cold. Cover tops with cling wrap and freeze overnight.
4. Serve immediately once out of the freezer.

Pesto Pasta Salad with Tomatoes and Mozzarella Cheese

Taken from www.myrecipes.com/recipe/pesto-pasta-salad-tomatoes-mozzarella

Ingredients:

- ◆ 8 ounces uncooked farfalle (or any pasta)
- ◆ 2 cups fresh basil leaves
- ◆ 2 tbsp extra virgin olive oil
- ◆ 2 tsp grated lemon rind
- ◆ 1/4 tsp freshly ground black pepper
- ◆ Salt to taste
- ◆ 1 garlic clove, peeled
- ◆ 1 cup cherry tomatoes, halved
- ◆ 1 cup grape tomatoes, halved
- ◆ 3 ounces mozzarella cheese, cut into 1/2 inch cubes
- ◆ 1 ounce Romano or cheddar cheese



Method:

1. Cook pasta and place in a large bowl (omit salt).
2. Combine basil, olive oil, lemon rind, salt, black pepper and garlic and blend till smooth.
3. Add the blended mixture, tomatoes and 1.5 ounces mozzarella cheese to pasta. Toss to combine.
4. Top with remaining mozzarella and Romano or Cheddar cheese.



***"Laughter is brightest,
Where food is best"***

-Irish proverb-

Inspiring Change: Personal Testimonies

Being part of 7C Life has changed life positively for all. Many have been part of 7C Life since it was founded. Today, we have testimonials from two wonderful members who have not only experienced many positive changes in their life, but who also are very much a part of the 7C Family. Here are their testimonials:

“Namaskar.

The Awesome Q&A interaction column has finally emerged in the Q2 newsletter. The personal testimony was a good eye opener. The newsletter has improved from the former; Congrats to all for the hard work. I am looking forward to printed versions of Swamiji’s discourses which holds much concoction of wisdom and life messages.

Thank you to Swamiji for the enchanting phrase “Life is a Blessing”. If we could chant this phrase throughout to remind us, our SMILE will appear regardless, HAPPINESS within would radiate out and SUFFERING kept at abeyance. Just like the quote: “There is a Voice that doesn’t use words. Listen”

We are lost in our daily pursuit of living, the grit and grind of Life. Many of us are lost in the reality of Life’s “evil and good” which deprives our sanity to prevail. The question would be “How are we to Listen when chaos of Life has terribly robbed our mind?” How can we treasure “Life is a Blessing?” Teach us! Guide Us!

Thanks to Swamiji again for the elaborate explanation of Divine Love. I harbor this darkness of thought that unless we can actually love ourselves and our loved ones unconditionally, only then can we declare love to the Divine. Love itself is a Divine gift. Should we succeed to love unconditionally to all beings, then Divine Love itself is manifested. To receive Divine Love is within each of us.

May all Blessings be upon each and everyone in 7C Life.

I believe the next quarter newsletter will be astounding”

- Alber Lai-

“Since I joined my first retreat 2 or 3 years back, I realized that I have discovered more about myself and why I react in a certain way through my life journey. The journey is a way for my soul to show me my inner self and what is my identity.

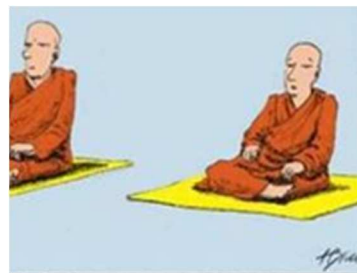
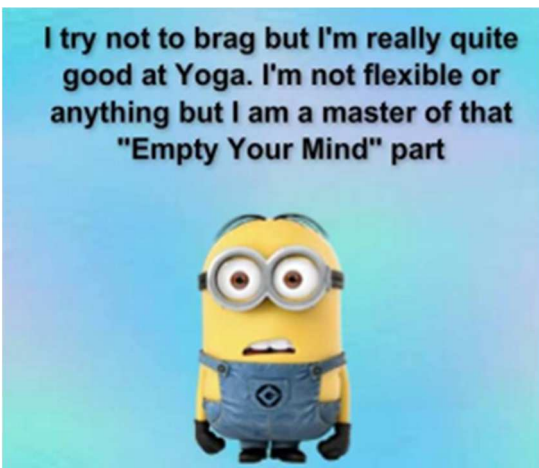
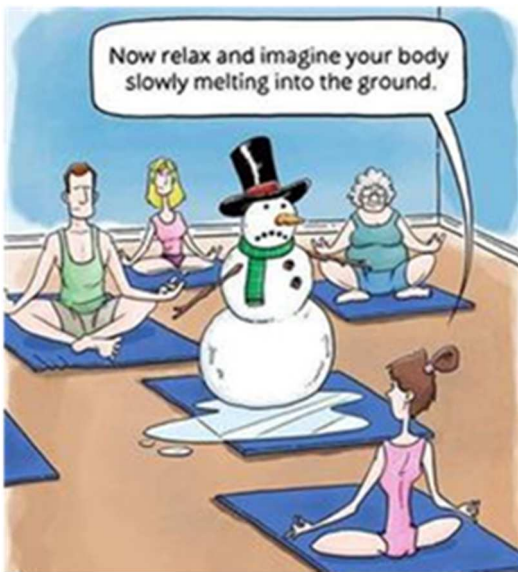
Each journey brings myself deeper and deeper; it is like exploring a cave with the light at the end of the tunnel.

I feel blessed to have my faith cross paths with my Swamiji who provides constant guidance on the way of Life and brings me back to the original path. The retreat is good for people who want to understand themselves better.”

-Eddy Loh-



Laughter, the world's best medicine!



"Now that I'm enlightened, I have to admit: I kind of miss the suffering."



Upcoming Events

Come join us for these wonderful events! Feel free to talk to any of our admin personnel for further details.

- * Gratitude of Life (October 15, November 14, December 13)
- * Life-Body Alignment and Rejuvenate sessions (Every Wednesdays & Saturdays)
- * Celebrations of Life (July 24, August 12 & 25, September 5, October 2-11, November 26)
- * LETs Release (July 16, September 10, October 22)
- * Life Realization Retreat (16-18 September)
- * Life-Universe Alignment (September 28, October 27)

**“If you
are
awake,
you are
blessed.”**



7C Life

Life Realization Centre

Contact Details

Tel: +6-012-6017771

E-mail: 7chakram@gmail.com

www.7cLife.org



Facebook ID: Seven Chakram