



# 7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

## Quarterly Newsletter

January 2013

Greetings and blessings our dear friends. We would like to wish everyone a very happy and peaceful 2013. 2013 is set to be a truly amazing year for 7 Chakram and all of it's members. Thank you for showing your continuous support to 7 Chakram. It has been a few fruitful months since the first newsletter was published. Many events and changes have taken place with much more planned to take place, which we will be sharing with you in this edition.



*“People spend a lifetime searching for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is, the only place they ever needed to search was Within...”*

## What's new

7Chakram is pleased to announce that effective October 2012, all meditation sessions conducted at our centre will be provided for FREE. The greater purpose is for everyone to have the chance to learn and share practical techniques as a tool for the Art of Living RIGHT.

The free sessions are conducted as part of our service towards our mission of reaching out and teaching as many people as possible. This is our next step towards transforming 7Chakram into a foundation as defined by our teaching Spiritual Masters.

The delivery structure of our meditation teaching sessions is as follows:

Level 1: How to meditate, combined with Chakra Meditation (Activating, Healing and Balancing your Chakras). *(Participants are encouraged to join these sessions as many times as possible as it will help you anchor positive thinking and lead you towards a happy and prosperous life and lifestyle.)*

Level 2: Intensified Meditation techniques and practices.  
*(This is for people who are willing to practice meditation at least 1-2hours a day and are keen to become teachers. Classes are yet to start.)*



The right to enjoy a happy life belongs to everyone, and we want to share this with all. 7 Chakram is all about sharing the knowledge with as much people as possible to spread the Art of Living RIGHT.

With the commencement of our free classes, we hope to reach out to more individuals. We have spread the word by putting out advertisements, posters and flyers, the most recent being an ad in The Star Metro Watch. Posters and flyers are also being distributed to temples, restaurants, and other key places. We have been receiving numerous enquiries regarding the classes with new participants joining the classes each week .

With the organization's activities growing, we are in need of more volunteers. 7 Chakram now has more responsibilities and welcomes helping hands. Also welcome are Donations/ contributions that will go towards maintaining free classes for all. Feel free to contact the 7Chakram administration for further details.

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# Life Coaching

Life coaching is exclusively brought to you by our Guruji Sekar, who is very much connected and guided to convey messages from the Universe to us. In this issue, he will be teaching us on living effortlessly. It provides a clear path to understanding that life does not have to be stressful or full of hardships. It reminds us to take Life as it is, and enjoy it. These are his words for us today:

## Living effortlessly

"I have been meditating for many years now, some of the meditation sessions have been powerful, totally blissful and much more. Last night's meditation was the most beautiful ever. It had the feeling of ascension into a Universe full of grace. I felt the angels taking me to higher dimensions in the Universe. I could embrace



and feel the stillness in it too. I could not even remember breathing. When I realized that I was not breathing, I started to breathe gracefully and it had a beautiful flow. I concluded that this meditation was beautiful because I did not have any expectations, I did not make an effort to clear my mind; I just closed my eyes and "just be". The rest came effortlessly. I was so energized that I did not go to sleep till 5.30am.

This further endorses that life is in fact simple and effortless. What does it mean when we say effortless? It is actually getting from making an effort to get it, and then when you get it, it comes to you naturally that you don't make an effort to do it anymore. Let me give you an example, maybe two examples.

First, can you take a chair and balance it on its two legs only? It would be difficult, and even if you did manage to do it, it would remain in balance for only a few seconds. Similarly, when we were young, we had to use a walker to help us stand on our two feet before we learned how to balance ourselves to walk. Now, though, we make an effort to walk to get the remote control, go to the kitchen and everywhere else, but the effort to balance ourselves has become totally effortless that it is natural to be walking and living. Let me give you another example that you could remember better: riding a bicycle. When you made your first attempt, you would have tried to get that balance, but once you got the hang of it, you balance yourself perfectly well immediately without any effort of trying to balance. You just ride the bicycle.

So you need to understand that life also works in the same principle. You will realize that life is simple and effortless. Fishes don't make an effort to swim, they just do. Flowers don't make an effort to grow, they just grow. Why are we making an effort to live? We are part of this universe, part of this nature and we should live naturally just like the fishes and the plants. All you need to do is Live, you don't need to live it in any other people's terms or perception. If you understand that living is that simple, you will get that "bicycle balance" moment and the living will be effortless."

# Personal Testimonies

These are words personally jotted down by our beloved members on how 7Chakram has helped improve their lives positively. Join us, and we hope to see your own words here one day!



“ Hi, my name is Chee Tat. I have participated in a few cycles of 7Chakram’s Chakra Meditation.

I love the life coaching in each session as it enhances my understanding of Life and even the understanding on religions. Now I get to know that the foundation of all religions such as Buddhism, Taosim, Christianity and Islam are the same.

Besides that, The Power of Now sessions have enhanced my understanding on Buddhism. Finally, I understand the true meaning of some famous verses from the Buddhist scriptures. To be frank, without attending 7C, I would probably be stuck reading a book with my own interpretation. The understanding process has sped up by just attending the 7C life coaching and The Power of Now.

7Chakram as a whole is a good place to get to learn new perspectives in understanding relevance to current times. Thank you.”

Cheers,  
Chee Tat

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“When I first came to 7Chakram, I was pleasantly surprised as I found that the classes were not based on religion, but rather on Universal teachings. Anyone from any background can come to 7Chakram and will feel welcome immediately. That is how I feel till today, and am very happy to share my experiences with people. Through the Art of Living Right, I found myself being able to understand myself and changes in my life better. I understand now that the Universe is always here to guide us, and not to punish us. The Universe is the ever-providing Mother to all, who never ceases to take care of every being in this world.

I was seeking for happiness when I first came here, and I am glad that I have found my happiness.”

Shreen Xaviar

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## Words of Wisdom

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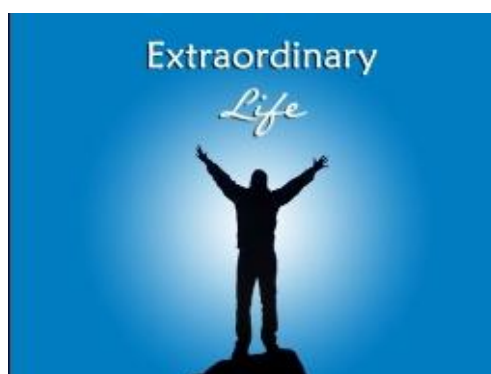
Words of Wisdom is a column filled with excerpts from day to day conversations, text messages, emails etc. from Guruji to members of 7Chakram. These messages are compiled here as they contain various messages for the good and benefit of all of us.

“ Seek the ultimate... do not bother about how you get there... just surrender and the Universe will deliver”

“When you are offered something, do not say “No”. For example, when a friend offers to buy you lunch, you would normally say “No” at first, as a way of being polite. When this happens, you will be sending a message to the Universe that you do not need anything. Receive the blessings you get with an open heart, and the Universe will bless you with abundance”.

“Go with the flow of your heart.... as the prayer to the Divine is a personal communication to express love and gratitude... it must be done on your own through your heart and not through mantras only”

"Because only with uncertainty, can you see the Magic works of the Divine unfold... that Magic is the fruit of our love and the Divine's compassion"



It's yours

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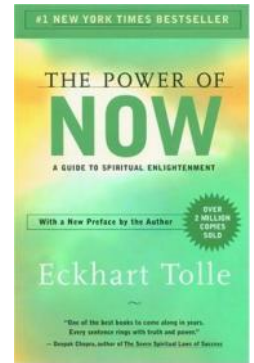


## Past Events

### THE POWER OF NOW 2 – SPEAKER SERIES

Based on Eckhart Tolle's book and popular demand, a second session was conducted, with attendance from many participants from the previous session as well. This was held over a course of two full days over a weekend. These are what some of the participants have to say about the event:

*"It was in fact a fruitful session and I find that it is one of the best investment, be it monetary or time and effort, for the weekend. Although this is a refresher class, there are just so many new and fresh knowledge learnt, it's not something that comes from new realizations on the same knowledge learnt in 1st class, but brand new knowledge that was not there at all in the 1st class. I'm very happy to be part of the class, meeting new people and learning from their life experiences."* – T-Rex



*"Hi,  
Just a feedback from me. The second session is good as it clear some of my doubt on the first session. Moreover, the full two days I find it is more impactful compare to the previous 2 hours each week. Basically for the 2 days since it is a holiday most of us come with a calm mind".* – Eddy Loh

*"What I feel is this is not only about the gaining of knowledge about life more than that I've shared 2 days of my life with you all. Wish to feel the same in future, if I am in Malaysia."* – Karthik Sekar

### AMMA SRI KARUNAMAYI'S VISIT TO 7CHAKRAM

On the 5<sup>th</sup> and 6<sup>th</sup> November 2012, 7Chakram was blessed with the privilege of hosting Amma's maiden visit to Malaysia. Hailing from Bangalore, India, Amma enlightened us through her beautiful discourses and showered blessings on all who came to see her.



During her beautiful discourse, Amma reminded us all on the importance of always having a good heart. "Eat all the sweets you can, and let your words always be sweet. Do not speak harsh words". She explained that harsh words not only hurt others, but also you. Instead, speak lovingly to others, show others that you love them as everyone and everything is God's creation. And by showing your love to God's creation, you are also showing your love to God. Amma truly opened up our hearts further, and we look forward to her next visit in 2013, which will be a major event in our calendar.

### 1/2 DAY RETREAT

A 1/2 day retreat was held in Janda Baik on the 26th of October. All participants had a blessed opportunity of going through healing and cleansing through the meditation exercises conducted at the site. This was followed by a pot-luck lunch, fun and laughter.

### REIKI HEALING SESSION

At our centre, we have many Reiki practitioners who provide free Reiki healing. Free sessions are held every 3<sup>rd</sup> Wednesday of the month. Distance Reiki healing energy is also sent for those who have submitted their names.

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## Upcoming Events

- \* Free Reiki healing - every 3rd Wednesday of the month
- \* Full Moon Gratitude Session - on Full Moon day; please check our website for date
- \* Retreat - date to be listed in our website
- \* Speaker series: Power of Now
- \* Bhajan classes - every Sunday 11 to 12 noon
- \* Bija mantra classes - every Sunday 11 to 12 noon
- \* Hatha yoga sessions



“ Adopt the pace of Nature,  
her secret is Patience”

~ Ralph Waldo Emerson~

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# Events in Pictures







#### Contact Details

Tel: 03 - 79879188 (During opening times)

Mobile: 012 - 6017771 (any time)

E-mail: 7chakram@gmail.com

Opening time for the Centre:

Friday: 6.30pm - 8.30pm

Saturday: 9.00am - 11.30am

Sunday: 8.30am-12pm



Facebook ID: Seven Chakram

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The Power of Knowing**

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[www.7chakram.com](http://www.7chakram.com)

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