



7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

Quarterly Newsletter

July–September 2013

Welcome, our dear friends. Half a year has passed by, and all of us have had the great opportunity to be blessed with the wonders and love of the Universe. We have been blessed to be able to move on in life and cherish each moment of it. We have learnt to live life to the fullest, concentrating on the present moment and not be bothered by the past or the future. The present moment always teaches us what we need to learn in life. No experience is negative, it is all a lesson waiting to be understood by us. The Art of Living Right tells us to “Just Be”. Do not let the past or future define you. Do not hold on to anything in life. Learn how to let go. Understand who you are and be who you are. Enjoy the present and “Just Be”.



*“Yesterday is history, tomorrow is
a mystery, today is a gift from God,
which is why we call it the Present”
- Bill Keane-*

Upcoming Event Highlight—Visit by Amma Karunamayi



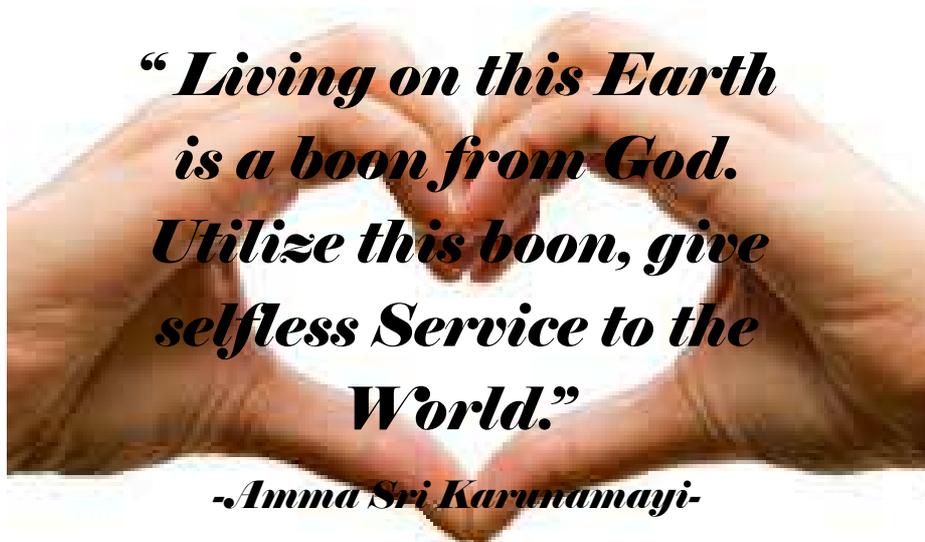
Revered as an embodiment of Divine Motherly love, Amma Karunamayi graced us with her presence in October last year. Since then, we have had a lot of enquiries on when Amma is visiting us next.

7 Chakram is now happy to announce that Amma Karunamayi will be here in Malaysia again in August this year!

A number of public events are lined up during her visit and we look forward to sharing this joyous occasion with everyone. Pre-arranged events for Public participation include:

- * Sri Chakra Pooja
- * Spiritual Discourse
- * Saraswati Diksha
- * Blessings

These events will take place on 18th and 19th August. We will be announcing the exact venue and time of the event line up via Email and flyers. Mark your calendars and keep a lookout for these announcements!



Annual Retreat 2013—Anani Rainforest Resort

Every year, 7 Chakram has its annual retreat for those who have completed at least two cycles of chakra meditation. The retreats are held to help further enhance the energies of the chakras that were activated during the weekly meditation sessions.

This year, 7 Chakram is happy to announce that the 2013 Annual Retreat will be held at the Anani Rainforest Resort, Janda Baik from the 8th-10th of August 2013. Various activities such as yoga, sleeping meditation, walking meditation, Inner Journey meditation and much more will be held. All of these activities are specially planned to help us stay focused and manage our mind in an effortless way.

For those who are interested, do not hesitate to contact us for further details! Looking forward to sharing this great experience with you!

Pictures of the 2012 retreat session at Anani Rainforest Resort:



Words of Wisdom

Guruji Sri Kriyathasa Sekar is always delivering much needed messages for all of us. Here are a few quotes that was delivered to us to help us understand the simplicity of life. Taken from daily conversations, emails and messages, we hope these messages from Guruji will help you with your daily undertakings.

“The prolonging of happiness, suffering and manifestation of intention is caused by the factor of Time which we associate with it.”

“The Universe works by the Law of attraction!
We think of negative things more compared to positive things!
So the universe will award you with what you deserve only - don't blame it!”

“Success comes to people who don't fear the success!! “

“There is no suffering in the world. Incidences and accidents occur to teach you a lesson that you need to learn.”

“The truth has many variations. You just need to choose what is right for you.”

“Hearing is noise, listening is understanding.”

“Belief is something you have the ability to create.”

“When we talk about Karma, most people only think of negative Karma. People forget that there is also good Karma. Every action has a reaction, be it positive or negative.”

Muladhara (Root Chakra)

Previously, we were introduced to the what the Chakra system is. Today, we will be introduced to the first Chakra in the system, the Muladhara Chakra, also known as the Root Chakra.



Muladhara (Mula= root, source ; Adhara=support, vital part)

What is the Muladhara chakra?

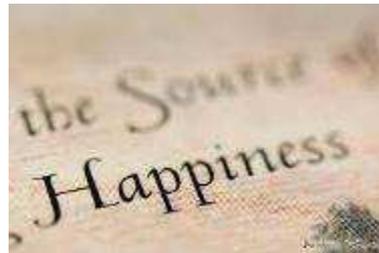
Located at the base of the spinal cord, the Root chakra represents:

- ◆ Your connection to the Earth, your family and tribe, groundedness and survival issues.
 - ◆ The physical energy, vitality, material possessions, success in business and manifestations.
- ◆ It is the energy that grounds us, connects us to the earth and empowers our self worth.
 - ◆ How you express yourself in the safety of your own environment (what makes you feel safe), and how you choose to protect yourself, your survival skills in the physical body.

The symbolism of the 4 petals

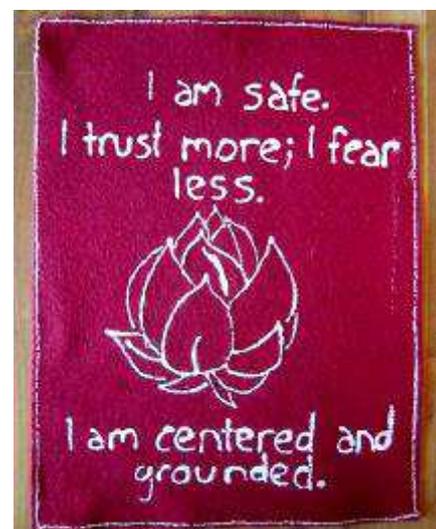
Just imagine the foundation of a building. To ensure its stability, the foundation has to be square. It is the most stable form of support for any building. The same goes for our being. A strong foundation is needed. Even if a person has stronger higher chakras, without a strong foundation, this person would not be able to go far. Ultimately, the four petals represent the properties that celebrate the body as part of one's spiritual journey. The four petals of the root chakra represent:

- ◇ Happiness
- ◇ Pleasure
- ◇ Moderation of what you love to do in life
- ◇ Enjoyment of focusing the mind



The Muladhara chakra helps you to:

- ◆ Connect with your body
- ◆ Give you insight into your relationships
- ◆ Free yourself from prejudices and intolerance
- ◆ Release yourself from inherited negative views
- ◆ Value life
- ◆ Ground yourself
- ◆ Feel more secure in life
- ◆ Make commitments and keep them



A balanced foundation

Having a balanced chakra is very important. Being over-materialistic or self-centered are symptoms of the root chakra being too open. Low self esteem and being emotionally needy are symptoms of a blocked root chakra. A person with a balanced root chakra will exhibit a healthy lifestyle, be self-confident, have good physical energy, and be well-grounded. Emotions related to this chakra are fear and compulsive behavior. If it is seriously blocked or underactive, the person could become suicidal or be in a constant state of depression.

Organs related to the Root chakra

The Muladhara chakra governs the auto-immune and skeletal systems, such as adrenals, kidney, spinal column, colon, legs, teeth and bones (including marrow).



Element

The element for root chakra is Earth.



Astrological Sign

The sign associated with this chakra is Capricorn, Aries, Taurus



Color

Red

Scents

Patchouli, cedar wood, lavender, musk, hyacinth, cinnamon, sandalwood, Vetivert and Thyme.

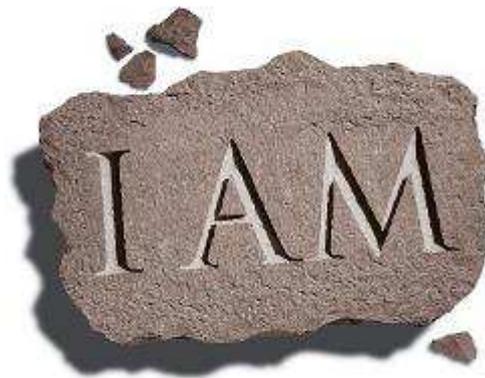
Gems/ stones

Hematite, Tigers eye, Bloodstone

How to activate the Muladhara chakra

Just walk barefoot on the grass, especially after it has rained. Or, you can also hug a tree and spend more time with Nature. Laughing out loud helps as well.





Affirmation

This chakra is all about YOU. You are as what you think you are. Therefore, the affirmation for this chakra is “I AM”.

Mantra

LAM, with emphasis on the letter “M”, not on “A”.

Mudra/ hand gesture



Let the tips of your thumb and index finger touch. Concentrate on the Root chakra at the spot in between the genitals and the anus.



Food For Your Soul

We named this corner Food for your Soul because of one reason: Food can affect your chakras, which affects YOU. So for today, we have a simple, delicious recipe with ingredients that will compliment your Muladhara (root) chakra.

Crunchy beetroot salad

By Jamie Oliver

Ingredients:

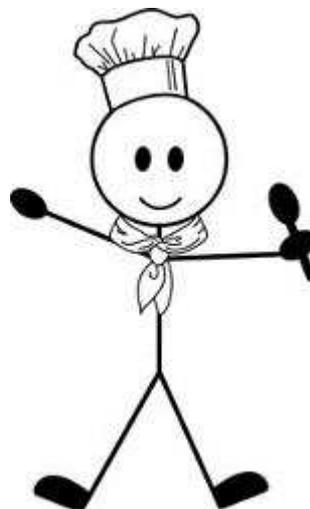
- 4 good-sized beetroots, lovely different colours if possible, scrubbed, peeled and cut into fine matchsticks
- 3 ripe apples (or you could use pears), peeled, cored and cut into matchsticks
- 1 x lemon oil dressing (1 part lemon juice to 3 parts olive oil with seasalt + fresh ground pepper)
- sea salt and freshly ground black pepper
- 200g/7oz feta cheese
- a small bunch of fresh mint, smallest leaves picked
- optional: a large handful of sunflower seeds



Method:

1. Dress the beetroot and pear matchsticks in a little of the lemon oil dressing and season with some salt and pepper.
2. Taste to check that the flavours are balanced and lovely, and add a little more lemon juice to check the sweetness of the pears and beetroots if you need to.

Divide the [salad](#) between four plates or put it on a big platter, crumble over the creamy white feta, and sprinkle over the baby mint leaves and the sunflower seeds if you're using them. Simple, but it's a treat and a half!



Life Coaching

“You cannot change the past”- Many of us have heard this statement before. True, we cannot change the past. The past is the past. It has happened. Yet, at times we seem to think that our lives are connected strongly to the past, that it is stuck with us forever. What we do not realize is that the past is unable to affect us anymore. What has happened, has happened. We are living in the present moment, not in the past or future. Through the wise words of Guruji Sekar, we hope that everyone will understand that the past is just a memory, it's just like a captured picture. It is there as proof that it has happened, but it cannot affect us unless we want it to.

Change the past that haunts you

Every day, we wake up and do our routine chores. Every day, we face the ups and downs of life. Every day it seems to be the same story repeating itself over and over again. Yet, we do not get fed up.

Till one day when we realize that we are in trouble because of our actions in the past. The past has come back to haunt us. Not only do we have a life that is already on a routine basis, but the only excitement that we are confronted with, is from our own past. Why does this happen?

Most of us say “the past is a bad experience and is always haunting me”. Have you ever heard of anyone saying “the future is haunting me and it is pulling me towards it”? NEVER. This is because the future or past does not do anything to us. We are the fools who keep holding on to it. The past has got nothing to do with it, that's why it is the past. It has completed its function in your life and gone away. You are the one who keeps holding on to it and complaining that "I cannot move forward in life because the past haunts me". My dear friend, YOU are haunting the past, not the other way around.

When you hold on to something, how do you expect it to move away? It is like taking your dog for a walk on a leash and saying: "I cannot do anything else, because my dog has got me on a leash". Sound ridiculous, doesn't it? That's how it is when you say the past is holding onto you.

Let me tell you a secret about the past. You can change it and it will never haunt you again. It is very simple.

Try doing this exercise:

1. Wake up, forget what you did yesterday. Sit down and write down what you are going to do for the day. It can be something routine, and can also include stuff that you plan to do for the future, like "I am going to enroll myself for night classes".

2. On a piece of paper, jot down the task that you want to do and the other tasks associated to it like "finding out the details for the class", "getting the application form" and etc... You must also include tasks like, "smile at someone", "say hello", "help 3 people today" and other acts of kindness to your task list.

Now you have made a list of things you want to do for the day. Good!

3. Take another piece of paper and write down the joy and the feelings you expect to get when you complete each task. Use your imagination.



.....continuation of Life Coaching

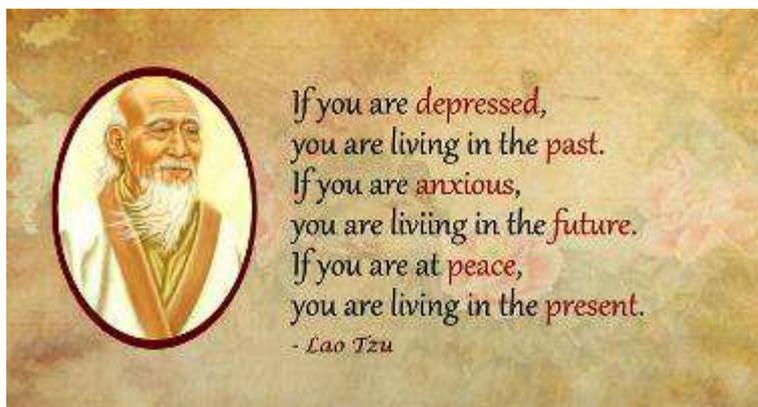


4. After you have written these feelings down, contemplate on them. Try to bring the sensation the feeling has when you contemplate on them.
5. Keep the feelings list in your pocket.
6. Use the task list as your guide to complete your tasks for the day.
7. Whenever you feel down or unhappy during the day, take out the feelings list and contemplate on them again. You can do this throughout the whole day, and at the end of the day tick off the completed tasks, and contemplate on the feelings. Re-connect with the feelings that you had with each completed task.
8. Repeat the same thing, but spice up your list with more acts of kindness and include tasks that you could not complete the previous day. That is all you need to do.

Now, you have created a wonderful yesterday, because today is tomorrow's past. Start living in today, so that the past that tomorrow brings will forever be beautiful, meaningful and cherished.

Life is simple isn't it.

Guruji Sri Kriyathasa Sekar



Personal Testimonies

Today's testimonial comes in the form of a story shared by one of our beloved members. Through meditation, our dear member was able to go through this experience and be able to have this wonderful realization to be shared with all. Enjoy the story and the teaching behind it.....

"I have a partner. She is not extremely beautiful, yet, I don't have much to complain about, as she is still the type I am happy with.

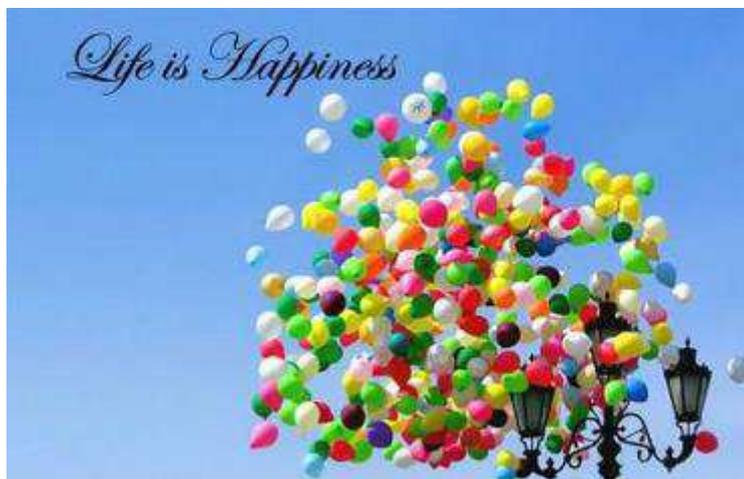
Recently, I met a new friend. Before we met, another friend has told me about her, and he feels she is quite attractive. At the first sight, during our greetings, she doesn't appear to be very appealing to me.

However, as our relationship grows, I start to realize that we seem to be very connected. It is as if I have known her for many years, like a long lost friend. The joy of being with her is so strong that it leads me to always seek an opportunity to be with her as frequently as possible, just like a school kid always looking forward to meeting his best friend in school the next day. With this strong attraction, things start to change. I start to fear and worry that I might lose her. At the same time, I start to be distracted and distant myself away from my partner. My partner has started to be unpleasant and no longer as loving as before.

I'm grateful that before things turn sour, with the guidance of a wise teacher, I manage to understand and have the realization from this experience - I already own my partner. Trying to own my friend on top of it is the cause for all miseries. Without trying to chase after her, my friend will always be with me and I'll never lose her. I just need to love my partner, because my partner will love me back. And in fact, I can now I see that my partner is really beautiful!

It's such a great experience I have gone through, I just want to share it with you. And let me introduce my new friend and my partner to you.

The name of my new friend is 'Happiness', while my partner's name is 'Life'. (now, try to read the whole story again by replacing 'new friend' with 'Happiness' and 'partner' with "Life").



Laughter, the world's best medicine!

A group of bats, hanging from the ceiling of a cave, discover a single bat STANDING upright below them on the floor of the cave. Surprised by this unusual behavior, they ask, "What's wrong with you? What are you doing down there?" The standing bat answers, "Yoga!"

How do you make God laugh?

Say: "This is mine!".



Three monks decided to practise meditation together. they sat by the side of a lake and closed their eyes in concentration. Then suddenly, the first one stood up and said, "I forgot my mat." He stepped miraculously onto the water in front of him and walked across the lake to their hut on the other side.

When he returned, the second monk stood up and said, "I forgot to put my other underwear to dry." He too walked calmly across the water and returned the same way. The third monk watched the first two carefully in what he decided must be the test of his own abilities. "Is your learning so superior to mine? I too can match any feat you two can perform," he declared loudly and rushed to the water's edge to walk across it. He promptly fell into the deep water.

Undeterred, the wet monk climbed out of the water and tried again, only to sink into the water. Yet again he climbed out and yet again he tried, each time sinking into the water. This went on for some time as the other two monks watched.

After a while, the second monk turned to the first and said, "Do you think we should tell him where the stones are?"

You now that story about the four young monks who take a vow of silence? They're sitting in the meditation hall, when one of them complains out loud about something.

Then the second one says "be quiet!" then the third one says, "you are both talking!" then the last one says, proudly, "I am the only one who has not spoken!"



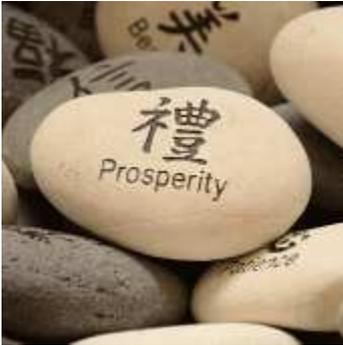
Past Events

7 Chakram held a Banana Leaf Vegetarian Potluck Lunch on the 14th of April to celebrate the Tamil New Year. All members were welcome to join this joyous occasion, and the food was great! Here are some pictures for all to share:



Past Events

Speaker Series: How To Energize Your Prosperity



7 Chakram held this special Speaker Series event on the 20th of April 2013 which attracted a good turnout. Conducted by Guruji Sekar, this series helped us understand how our own energy affects the energy of prosperity towards us.

Guruji Sekar gave us a very good understanding of what prosperity actually is: whether it is RM 0.05 or RM 50.00, the Universe sees it as the same energy. Unfortunately, many of us do not bother about RM0.05, we tend to ignore it. But, if we see a Rm50.00 note on the road, we take the effort to take the note. It is interesting how we tend to “ignore and accept” the energy of prosperity the same time!.

Meditation, getting good sleep, having positive thoughts are some of the ways that were thought to us to help us attract the energy of prosperity. Practice notes were given to all participants. Just remember this: the seeds of prosperity are within you!.

Kid's Programme: Cooking Is Simple!

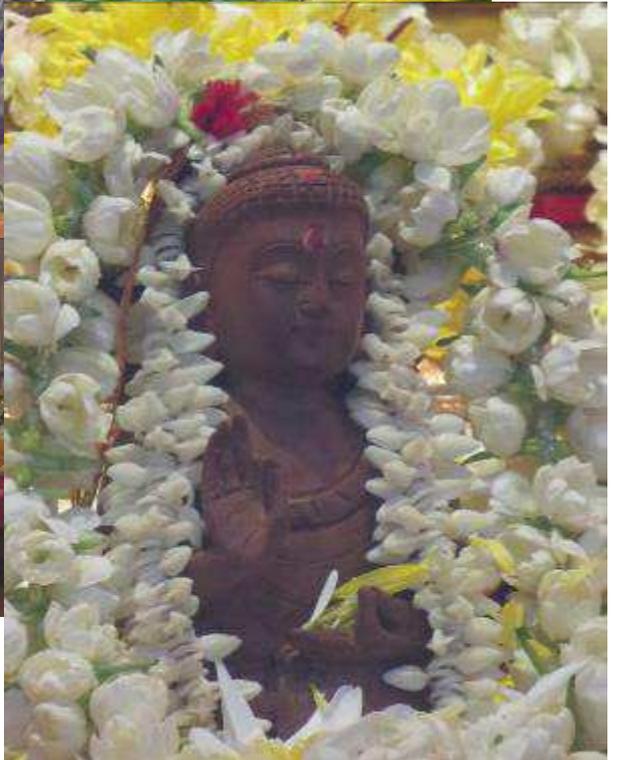
Participants attending the meditation session on June 9th were in for a very special treat: they were able to savour the delicious food prepared by our wonderful children from the Kid's Programme!

Conducted by Cathy, the kids enjoyed a fun-filled session learning how to prepare simple dishes such as Rainbow Salad, Sweetheart Sandwich and Sunny Orange Juice. The food prepared was then served to all those present. It a simple and yet delicious meal prepared with fun and love.



Homa & Abishegam—Wesak Day

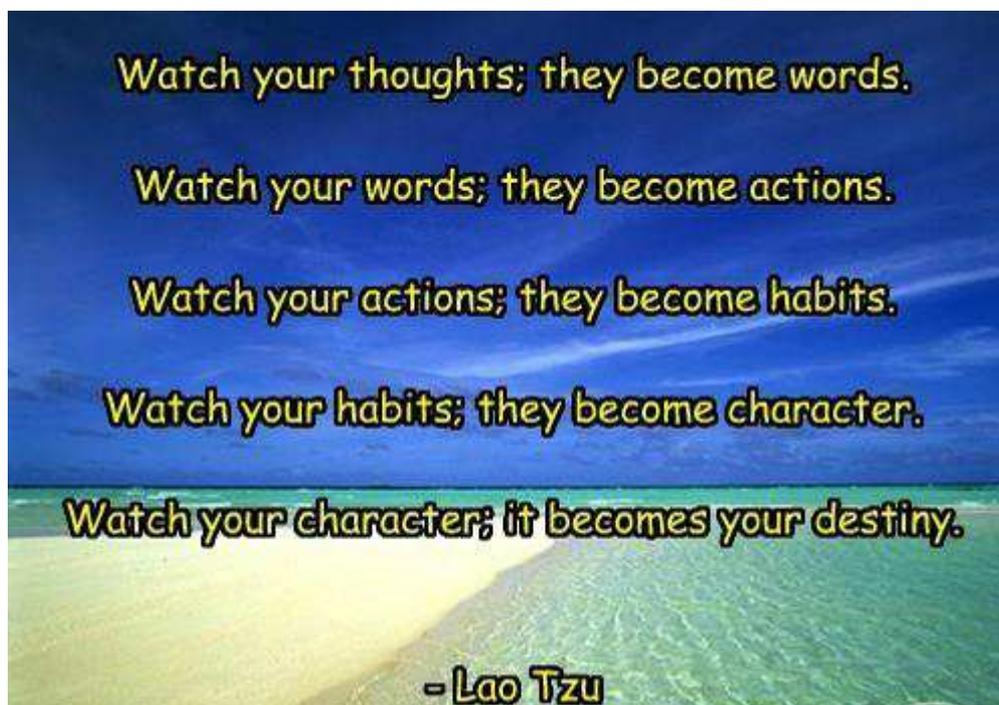
In conjunction with the Wesak Day celebrations, 7 Chakram held a Homa with a special session for Lord Buddha. Many of us had the opportunity to join this wonderful and peaceful session. Here are some photos from the session:



Upcoming Events

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

- * Free Reiki healing (every 1st and 3rd Wednesday of the month)
- * Visit by Amma Karunamayi (18-19 August 2013)
- * Retreat (8-10th August 2013)
- * Guru Purnima (21st July 2013)
- * Mini-retreat
- * Speaker series: Power of Now
- * Bhajan classes
- * Bija mantra classes
- * Hatha yoga sessions
- * Full Moon Gratitude Session
- * Homa





Contact Details

Tel: 03 - 79719161 (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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www.7chakram.com
