



7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

Quarterly Newsletter

October-December 2013

Greetings, our beloved brothers and sisters. We have now moved towards the end of the year. Many events have passed in our lives. All of us have looked forward to that special day which brings significance to us, be it the birth of a baby, an anniversary, a promotion or even a cultural celebration like Deepavali, Chinese New Year or Hari Raya.

We have all waited in anticipation for this day, and celebrated it joyously with our loved ones. Look forward to these celebrations or events, and do remember to also celebrate the day that we go through now, the present moment. Most of us forget to live and celebrate in the present. Do not be pre-occupied with the past or the future.

Celebrate the present by being thankful for what you have and sharing your love with all those around you. By doing this, you will be able to live in the NOW and “Just Be”. When this happens, you will feel truly blessed and be able to appreciate every single thing in your beautiful life. Enjoy today, as “Yesterday is history, Tomorrow a mystery, and Today is a gift from God, which is why we call it the Present”



*“The timeless in you
is aware of life's
timelessness. And
knows that
yesterday is but
today's memory and
tomorrow is today's
dream.”*

-Khalil Gibran-

Navarathiri Celebration

The much celebrated Navarathiri is a 9 day festival observed from 5th to 14th October of this year. For the first time, 7 Chakram will be having a full celebration in honor of this wonderful festival.

During Navarathiri, the energy aspect of God in the form of the universal mother is invoked, commonly referred to as "Durga", which literally means the remover of miseries of life. She is also referred to as "Devi" (goddess) or "Shakti" (energy or power). It is this energy, which helps God to proceed with the work of creation, preservation and destruction. In other words, God is motionless, absolutely changeless, and the Divine Mother Durga, does everything. Truly speaking, the worship of Shakti re-confirms the scientific theory that energy is imperishable. It cannot be created or destroyed. It is always there.

Navratri is divided into sets of three days to adore three different aspects of the supreme Goddess :

First three days:

The goddess is separated as a spiritual force called Durga, also known as Kali in order to destroy all of our evil and grants boons. The "evil" is the "thoughts" and "feelings", the boundaries that we have created for ourselves.

Second three days:

The Mother is adored as a giver of spiritual wealth, Lakshmi, who is considered to have the power of bestowing on her devotees inexhaustible wealth, as she is the goddess of wealth. The wealth bestowed is to help us fulfill our human lives, to have a contented heart and soul.



NAVARATHIRI.....A Celebration To Awaken The Shakthi From Within.....

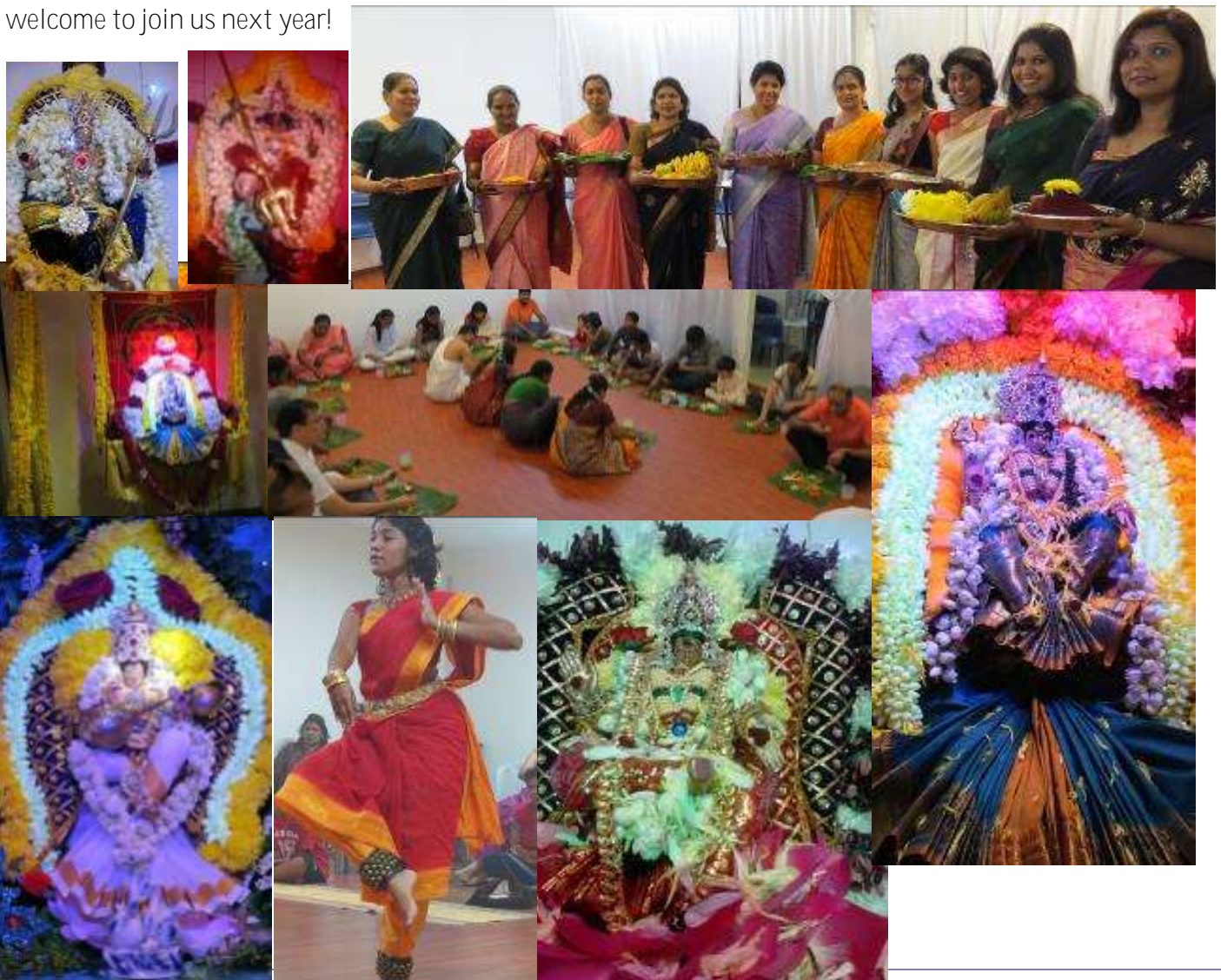
Final three days:

The final set of three days is spent in worshipping the Goddess of Wisdom and Enlightenment, Saraswathi. In order to have all-round success in life, believers seek the blessings of all three aspects of the divine femininity, hence the nine nights of worship. Books and musical instruments are placed in the puja and worshipped as a source of knowledge. Also, tools are placed in the pooja as part of "Ayudha Pooja". Vehicles are washed and decorated, and puja is performed for them.

The 10th day, "Vijayadasami" – is the most auspicious day of all. It is the day on which all evil is finally destroyed by good. It marks a new and prosperous beginning. New ventures started on this day are believed to flourish and bring prosperity. Kids often start tutoring on this day to have a head start in their education.

We also had the opportunity to set up a Kolu, which was adorned predominantly with dolls or statues depicting Hindu mythology.

This will be a yearly celebration, so for those who missed the opportunity this year, you are always welcome to join us next year!



Spiritual Trip—India, December 2013

Members of 7 Chakram are looking forward to the spiritual tour to India that we are organizing for 10 days from November 29– December 9. The tour takes us to a few selective temples, including the ashram of Sri Karunamayi Amma in Nellore. We will even be blessed to take part in a special Homam at Sri Subramaniya Swamy Temple, Tiruchendur and at the Peninsula Ashram at Nellore, Andhra Pradesh.

Here are some temples/places that we will be visiting during the trip, which has been catered specifically as a cleansing trip.



Sri Meenakshi Amman Temple, Madurai



Kamakshi Amman Temple,
Kancheepuram

Words of Wisdom

Always full of wisdom, these words are from Guruji Sri Kriyathasa Sekar who is always delivering much needed messages for all of us. Taken from daily conversations, emails and messages, we hope these messages from Guruji will help you with your daily undertakings.

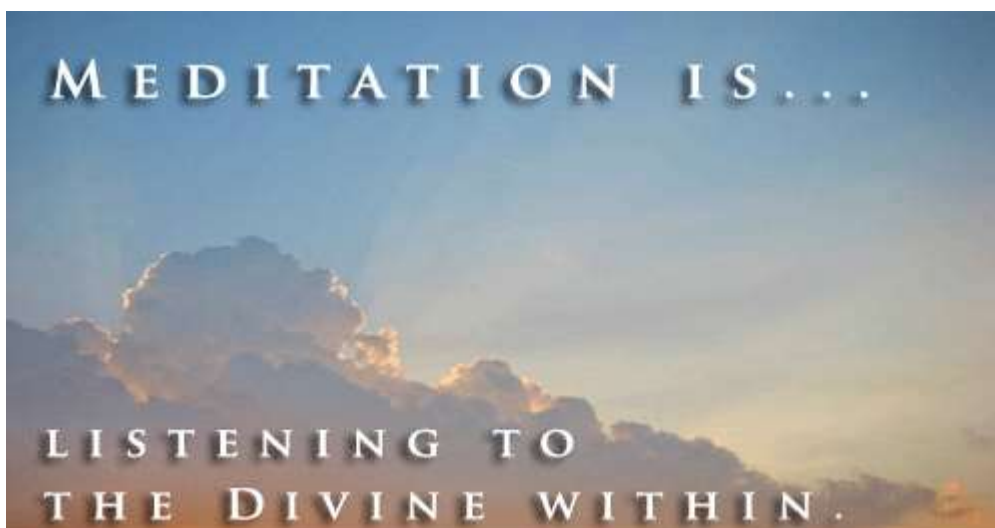
“The sound of Silence is deafening...OM is always there, even “mmmm” is part of OM”.

“The Sun rises everyday, but a flower blooms once in a while. The flower needs the sun to bloom. We are the flower, the Divine is always there, never-changing”.

“Watching the mind is meditating. Reacting to the thoughts is disturbing”.

“Meditation is a conscious state of sleep. Healing of nadi's occur during meditation. The power is immense during meditation. That is why we need to ground ourselves after meditation”.

“What is meditation? Meditation is a tool. Imagine your life as a clean blackboard the day you are born. Bit by bit, that board is written with white chalk: everything we learn in life is written on that board. Day by day, the whole board becomes a white surface. We need to clean this board and make it a blackboard again. This is what meditation is. It is a tool to wipe the slate clean. It is a tool, not the goal”.



Swadhisthana (Sacral Chakra)

Having introduced the Muladhara (Root) chakra previously, we will now move on to the second Chakra in the system, the Swadhisthana (also known as the Sacral Chakra).



Swadhisthana (Swa: your nature; Swad: sweet; Stana: place, residence. In other words: Your own home/Sweet place).

What is the Swadhisthana chakra?

Located two inches below the navel on your spinal cord, the Sacral chakra represents:

- ◆ Your creativity, pure intentions and pure knowledge.
- ◆ Your ability to accept and adapt to changes in life.
- ◆ It is the seat of the instinct to procreate and to express yourself in a healthy way.
- ◆ It is the balance that you need to be able to engage in a healthy give and take relationship with others.
- ◆ Your understanding that your own needs in life are important

as well. It connects us to the inner source of inspiration, enabling us to enjoy the beauty around us.

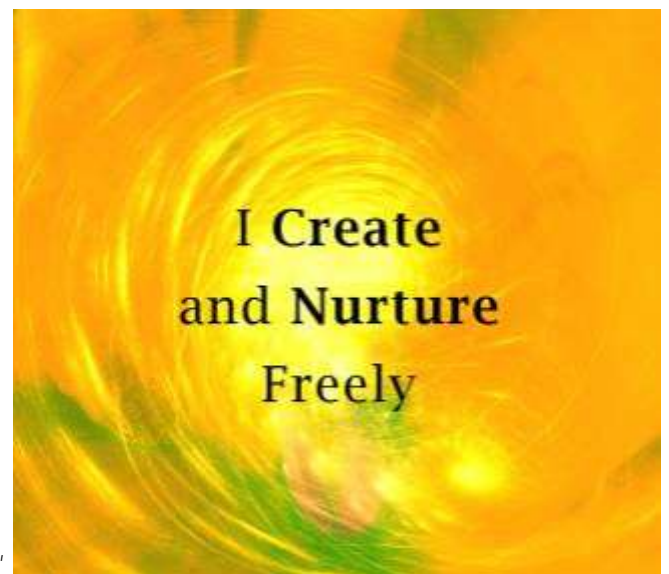
The symbolism of the 6 petals

Water is the symbol element of Swadhisthana. Like water, we need fluidity and grace in life to be able to accept and adapt to changes. The six petals of the Swadhisthana represent qualities that you will be able to get rid of through meditation:

- ◇ Over-indulgence
- ◇ Pitilessness
- ◇ Self-destructiveness
- ◇ Delusions
- ◇ Disdain
- ◇ Suspicion / Jealousy

The Swadhisthana chakra helps you to:

- ◆ Accept changes without resistance
- ◆ “Go with the flow”
- ◆ Let go of guilt and frustration
- ◆ Enjoy the uncertainties of life
- ◆ Understand non-verbal communication with people, animals, plants and nature.



The Swadhisthana chakra is not about enhancing your sexuality. A fully balanced Swadhisthana chakra sublimates your sexual drive into a force of awareness. Physical attraction/repulsion is experienced through this chakra.

Being comfortable with yourself

Having a balanced Swadhisthana chakra is very important as this helps you accept who you truly are. Once you understand and accept who you are, you will be more confident with yourself. You will be comfortable with yourself. You will be able to engage in healthy relationships with those around you.

Organs related to the Sacral chakra

The Swadhisthana chakra governs the skin, kidney, mammary glands, ovaries, testicles, prostate, and spleen.

Element

The element for Sacral chakra is Water.



Astrological Sign

The sign associated with this chakra is Cancer and Scorpio.

Color

Orange

Scents

Sandalwood, cardamom, clary sage, jasmine and rose.

Gems/ stones

Citrine, Carnelian, Golden Topaz.



How to activate the Swadhisthana chakra

The Sacral chakra is being comfortable with yourself. To activate this chakra, all you need to do is to let go of any unwanted emotional baggage, and DANCE! Yes, just dance like no one is watching! Just have fun, let your body move to the rhythm of your favorite music! For those artistic and creative people, just spend time doing what you like the most: create an artistic or creative project! Enjoy life, it's that simple to activate the Swadhisthana chakra!



***We're fools whether we dance
or not, so we might as well
dance!***

- Japanese proverb-



Affirmation

This chakra is all about FEELINGS. You are able to feel physically and emotionally. When you feel, you are able to relate to others. Therefore, the affirmation for this chakra is "I FEEL".

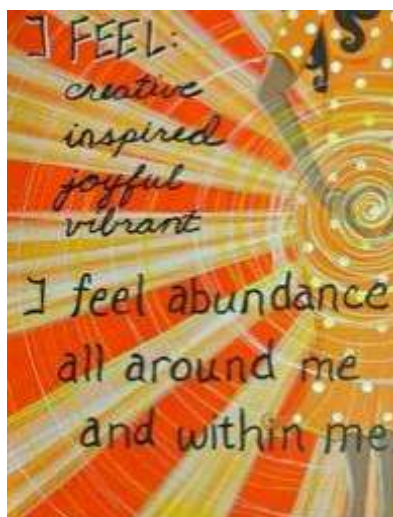
Mantra

VAM, with emphasis on the letter "M", not on "A".

Mudra/ hand gesture



Put your hand in your lap, palms up, on top of each other. Left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently. Concentrate on the Sacral chakra at the sacral bone (on the lower back).



Food For Your Soul

Today, we bring you two simple salads to compliments your Swadhisthana chakra. Named Food for your Soul, we hope this helps you prepare simple food that compliments your chakras. After all, food can affect your chakras, which affects YOU. Enjoy these two simple recipes from Martha Stewart for your loved ones and yourself!

Fennel and orange salad

Ingredients:

1 tablespoon white-wine vinegar

2 tablespoon olive oil

Coarse salt and ground pepper

5 oranges, cut into thin slices

3 to 4 fennel bulbs, ends trimmed, quartered lengthwise, cored, and thinly sliced, crosswise



Method:

1. Whisk together vinegar and oil in a large bowl. Add in salt and pepper.
2. Add in oranges and fennel and toss. Can be served cold. Add fennel fronds is desired.

Oranges with Parsley, Olives and Paprika



Ingredients:

4 oranges, sliced into thin circles

1/4 cup pitted olives

1/2 teaspoon paprika

2 tablespoons freshly squeezed lime juice

1 tablespoon extra virgin olive oil

1 1/2 tablespoon of freshly chopped parsley



Method:

1. Arranges orange slices overlapping in a serving plate.
2. Sprinkle olives.
3. Combine paprika and lemon juice and whisk with oil. Add chopped parsley and stir.
4. Drizzle over oranges. Garnish with extra parsley if needed.

Life Coaching

Today. Everyone knows the word “today”. We use it in our daily conversations. However, do you we really understand the meaning of “Today”? What does “Today” mean to us? How did we spend “Today”? Did we do anything special today, something that would make us feel good? Have we helped others today? Was “Today” meaningful to us, or was it just another uneventful day for us? Today, through this column, Guruji Sri Kriyathasa Sekar helps us to make TODAY a meaningful day for us. Let us not waste anymore of Today and make full use of it.

What does today mean to you?

Hello, a good day to you. May you be blessed today.

Today, we will talk about TODAY. Are you wondering what the day is going to be like? Do you know that you have been waiting all your life for today? Yes, if you were not waiting all your life for today, you would not be alive reading this now because life would have ended yesterday for you.

Now that we have established that Today is what you had been waiting for, let us talk about how to manage the day.

Today is actually yesterday's future and tomorrow's past. Everyone knows this already. What makes today special? It is YOU. Yes, YOU are going to make today special.

Let us start the day with the routines. Allocate a certain amount of time for that.

Now, set aside another 10 minutes. Split that 10 minutes into 20 parts of 30 seconds. Now, make a list of 20 **things that needs to be done today**. Don't know what to put on the list? We will guide you on what to write down.

First, list down number one as "smile" and smile at 10 strangers today. Not now, just list it down first.

Next, hug 2 or more persons you love or persons who make a difference in your life.

Next, call a friend whom you have not called for a long time, just ask him or her how they are doing.

Greet at least 5 people today. Greet them and say their name too.

Lastly, put down "Write 2 thank you notes".

A graphic with the word "ToDAY" in large, bold, black, sans-serif font at the top. Below it, the words "is the" are written in a smaller, black, cursive script. At the bottom, the word "DAY" is written in large, bold, black, sans-serif font, matching the top word.

A graphic with the word "SMILE" in large, bold, colorful, rounded letters. Each letter is a different color: S (orange), M (red), I (yellow), L (green), E (blue). Below it, the phrase "Why? Because you can." is written in a black, cursive script.

.....continuation of Life Coaching

Here is how the list should look like:

1. Smile
2. Hug
3. Call a friend
4. Greet
5. Thank you Notes



The tasks must be completed throughout the whole day, except for the thank you notes.

Look at the list just before going to bed and try to remember each person who was involved in your tasks today.



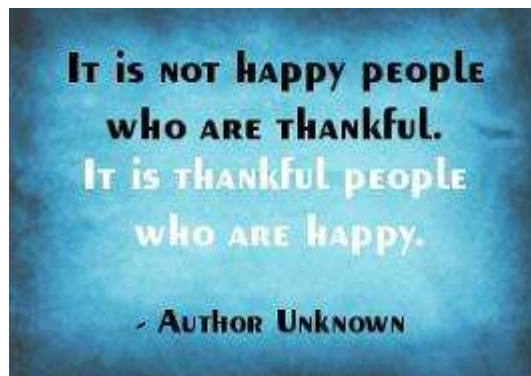
Now, for the "thank you" notes, first say a note of thanks to GOD for giving you a special day, and for giving you the opportunity to make a few seconds of difference to others and their lives. Last but not least, say a note of thanks to yourself for making an effort to change yourself and the world today.

Think of the act of kindness that you have done for the day before you go to bed. All the unpleasant things that happened during the day will definitely be forgotten. You will definitely feel contented and be able to sleep peacefully.

This is what you can do for today. You will be able to make your today special for yourself and someone else too. That is how you can start to share and give. As you give you are going to receive. Someone is going to smile at you first, someone is going to greet you by your name, someone is going to hug you, someone is going to call you and definitely someone is going to bless you.

We started off this article with "May you be blessed today". Now, you are already blessed as you are able to smile now.

That is all you need to do. Life is simple and it starts with the simple things too. Simplicity in life goes a long way.



Guruji Sri Kriyathasa Sekar

Personal Testimonies

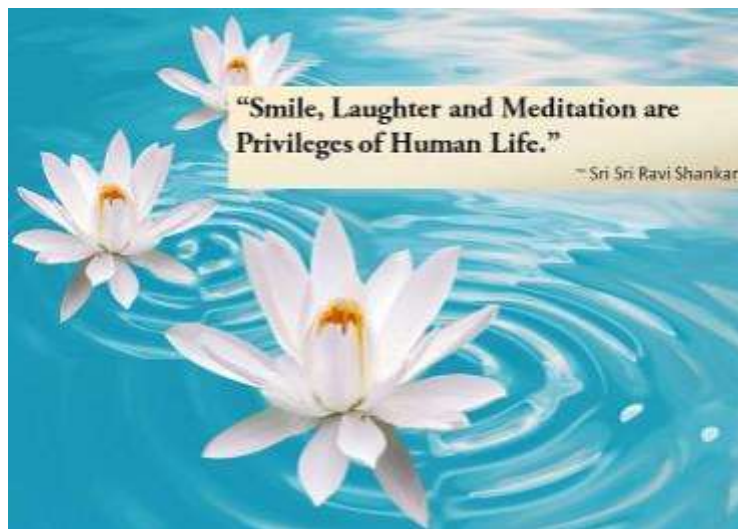
Being part of 7 Chakram has changed life positively for all. We have various activities to suit the needs of our members. Here are a few testimonials from our members who would like to share their wonderful experiences with 7 Chakram.

“I was introduced to 7 Chakram about 4 months ago. I was cautious as it was my first time at a chakra meditation session. During my first session, I got into a very, very relaxed state,... It was as if I was by the seaside. It was a wonderful feeling of gentle rejuvenation. I decided to come back again, and each time, it was a different enriching experience. One of the amazing ones was being in a state where I felt a very special out-of-the-world connection with the Universe and with all those present in the room . I was hooked, for I never came to such a level of connection during my meditation alone. The feeling of oneness with the Divine cannot be quantified and is indeed a precious moment to savor. Of the many benefits I have received, I am now able to simply feel deeply, extremely relaxed, and to carry that feeling throughout the days of the week. I also appreciate the company of genuinely warm and loving new friends I made at the center. The life coaching and sharing of experiences by Guruji Sekar after the meditation session gives me insight and clarity to an otherwise sometimes confusing view of the world. I would gently encourage others to give it a try, for there is nothing to lose but a Universe to gain” ~ Cindy~

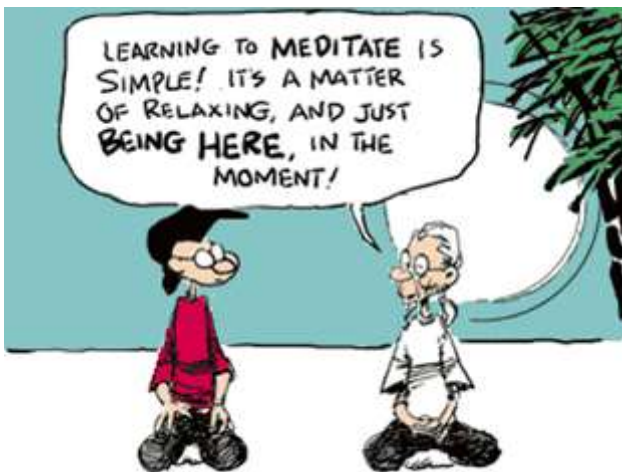
"Before I started Yoga class with 7C, I had lower backache due to long hours of sitting in front of the computer.

Learning Yoga gave me an experience to connect with my body. The teacher had been guiding me all the time to make sure I learnt the lesson with outmost benefit. Everytime I attend the lesson, I felt the energy flowing every parts of my body, which gave relaxation to my joints and body.

Eventually, I felt the ache gradually reduced and my body flexibility had improved. "~Cathy~



Laughter, the world's best medicine!



“ The nice thing about meditation is that it makes doing nothing quite respectable”.



What did one Buddhist Master give to the child for his birthday?
Nothing wrapped in Emptiness.
How did the birthday child respond?
You are thoughtless for giving me this meaningless gift.
To which the Buddhist Master replied, "Thank you."



Past Events—Amma Sri Karunamayi's Visit 2013

7 Chakram was recently honored with the presence of Her Holiness Amma Sri Karunamayi. 2 public events were held at Batu Caves, which saw many people being given the chance to be blessed by Amma.

Day 1: Saraswathi Diksha

The first day was held for the sweet children of Amma, where more than 1,200 children from the ages of 4-24 years old were given the Saraswathi Diksha. This is where the Saraswathi Beeja mantra is inscribed on the tongues of the children by Amma Sri Karunamayi. She uses small Thulasi sticks and honey to write the mantra. Wondering what the Saraswathi Diksha is? In Amma's words, "It is like being given the personal mobile number for Amma Saraswathi. With frequent chanting of the Saraswathi mantra, she will definitely answer the call one fine day".

Here are some pictures of the Saraswathi Diksha. We were blessed with a calm crowd, and wonderful volunteers who stayed with us throughout the day. The staggered sessions given to participants who registered earlier allowed us to have a smooth event.



Continuation of Amma Sri Karunamayi's Visit 2013

Day 2: Sri Chakra Pooja

For the first time in 7 Chakram's history, we had more than 200 participants joining us in this beautiful and powerful pooja. This 1008 Lalitha Sahasranama Kumgkuma Archanani was held on the second day, which also saw Amma blessing each and every participant individually. Participants conducted the pooja on individual Sri Chakra's which was then taken home. A beautiful spiritual discourse was also given by Amma Sri Karunamayi. As a token of love from 7 Chakram, Amma was presented with a hand-painted portrait of herself. Here are the pictures which shares the joyful event with all.



Past Events- 2013 Meditation Retreat

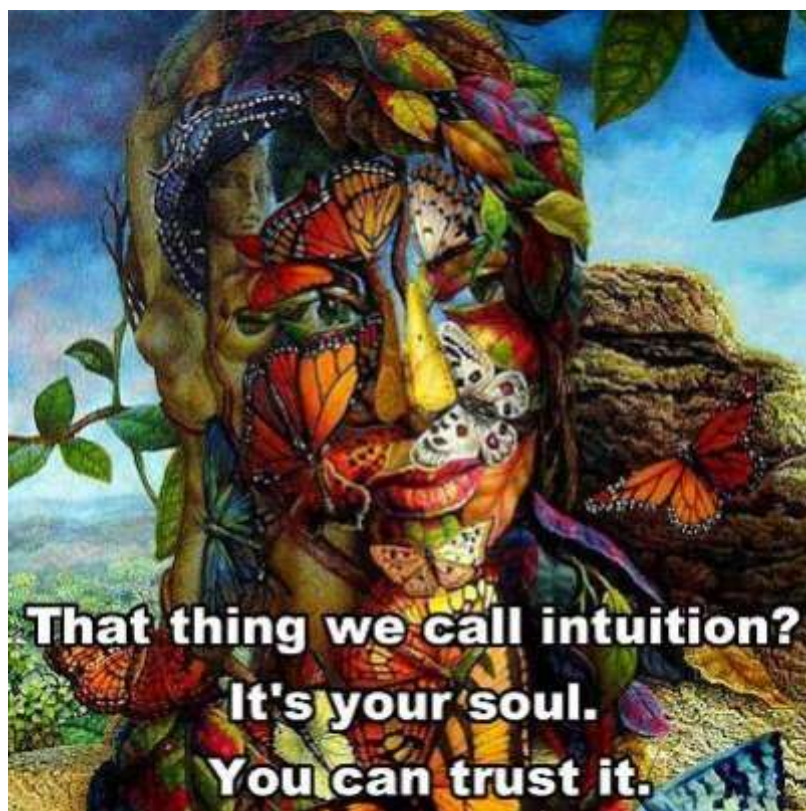
More than 20 members joined us at the 2013 meditation retreat which was held at the serene Anani Resort in Janda Baik. Filled with many meditation sessions and spiritual discourses, this 3-day retreat blessed all participants with a better understanding of themselves. Participants were treated to special meditation sessions such as Walking Meditation, Solar Plexus Cleansing, Self-realization/inner-journey Meditation, a special Heart Chakra session and much more. Our wonderful members were also able to relax and enjoy the beautiful nature which surrounded us. Here are some pictures taken during the retreat. For those who missed the retreat this year, fret not, you can always join us next year!



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)
- * Spiritual Tour, India (November 29– December 9)
- * Mini-retreat
- * Speaker series: - Power of Now
- * Bhajan classes
- * Bija mantra classes
- * Hatha yoga sessions
- * Full Moon Gratitude Session
- * Homa
- * Sri Chakra Pooja





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

Art of Living RIGHT with
The Power of Knowing

www.7chakram.com
