



# 7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

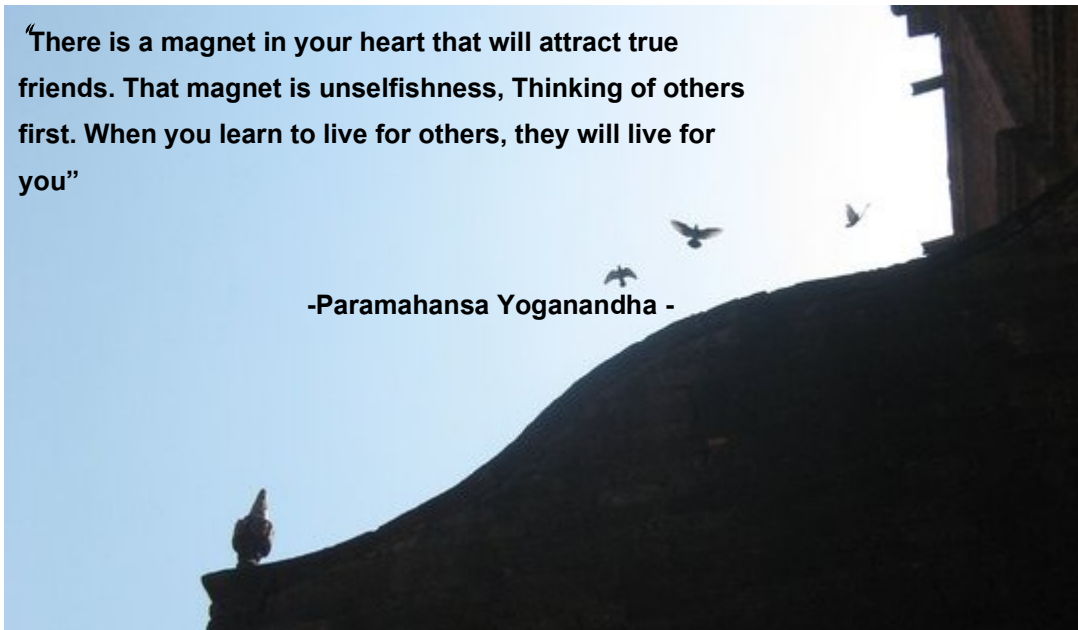
## Quarterly Newsletter

April - June 2014

The first quarter of the year has passed by like a breeze, and we now find ourselves in the second quarter. All of us would have had the opportunity to meet new people, some of them may stay as friends, some of them will move on from us. No matter who we meet, we will established some sort of relationship with them. The person at the ticket counter, friends, colleagues, lovers, etc. From the minute we are conceived, we have already established a relationship with another person. A life without a relationship of some sort is impossible. We are all here to help each other, even if a relationship may seem to take more effort than others. Understanding and appreciation is the key to maintaining healthy relationships, whether it is amongst family members, friends or colleagues. Guruji Sekar shares with us the importance of understanding ourselves and having realistic expectations in this issue's life coaching. We hope everyone will benefit from this article. After all, healthy relationships always brings more joy and happiness to everyone.

**"There is a magnet in your heart that will attract true friends. That magnet is unselfishness, Thinking of others first. When you learn to live for others, they will live for you"**

**-Paramahansa Yoganandha -**



# Past Events

## 2014 Speaker Series

7 Chakram members were blessed with the opportunity of attending two wonderful talks in the first quarter of 2014. The talks, held at 7 Chakram, was presented by Guruji Sekar. Part of the 2014 Speaker Series, these highly anticipated talks attracted crowds of more than thirty members per session. Everyone attending these sessions were blessed with a better understanding of the respective topics and how to incorporate these teachings in our daily lives. Members attending these sessions were given invaluable insights of life. Here's a bit of the insights we had during the talks:

### Daily Life and Spiritual Life Differentiation

This discourse helped us understand the difference between daily life and spiritual life. In today's world, many of us lack the balance between the daily and spiritual plane. We do not realize how important it is for us to have a balance in both, and be able to fulfill the purpose in our daily lives first. Guruji Sekar explained the difference between the various planes of life that we all need to go through. He explained that the very first thing everyone needs to do is to understand the existence of the self and live consciously. Once we achieve this, everything else will automatically fall into place.

### Why Surrender and How To?

Many times we find ourselves in situations that may seem to take a toll on us. It may be something personal or even work related. We find ourselves asking how to deal with the situation, wishing that we had a simple solution to resolve it. We all wish to have a simple and easy life, and yet we seem to struggle most of the time. How to live a simple life? It's easy. All we need to do is surrender. This talk taught us the meaning of and how to surrender. With Guruji's easy to understand explanations, many of those who attended this talk have seen positive changes in their lives.

We have a few more topics lined up for the 2014 Speaker Series. For those interested, kindly get in touch with our 7 Chakram members for further information.

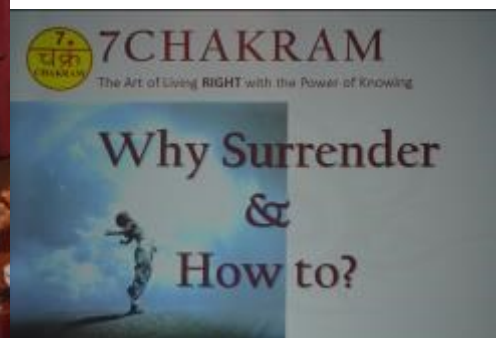
### Mini retreat- Janda Baik

Two mini-retreats were held in the first quarter of this year., attracting more participants compared to last year. All participants have been blessed with positive changes, some immediate and some at a later stage. The mini-retreats, which help us cleanse our deep rooted (sometimes unknown) traumas, will be held later on as well. For those interested, further information is available.

## Chinese New Year Celebration

7 Chakram celebrated Chinese New Year with the CNY signature dish: Vegetarian Yee Sang! All members were invited for this fun-filled event, which saw everyone getting a chance of prosperity by tossing yee sang.

Here are some photos from the events we had in the first quarter of the year:



# Words of Wisdom

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Always full of wisdom, these words are from Swami Guru 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.

“ How to learn and unlearn? Imagine you are given a glass of orange juice, you will be able to enjoy the drink and know how it tastes like. In order to taste another juice, like apple juice, you will need to empty the glass to enjoy and understand the actual taste of the juice. If you mix the two juices together, you would not be able to get the true taste of either. You would not be able to decide if the orange or apple juice is good. This is how you “learn” and “unlearn” in life”.

“ Do not worry about remembering. If you listen in totality, it will come back when you need it”.

“ What is surrender? It is when you believe your intentions/ goals WILL BE manifested or achieved and you do not worry about how it will be done”.

“ Spirituality is unexplained science”.

“ If you tell the Divine how the help should come to you, you have not surrendered”.



# Anahata (Heart Chakra)

The heart chakra is the fourth chakra that we will be introducing. Located at the heart center, this chakra is in between the lower and higher chakras.

Anahata (Anahata: unstruck—the unstruck sound, sound of the celestial realm). This is one of the most powerful links between the physical and spiritual self. It enables us to express unselfish love and to be compassionate.

## What is the Anahata chakra?

Located at the heart centre, the Heart chakra represents:

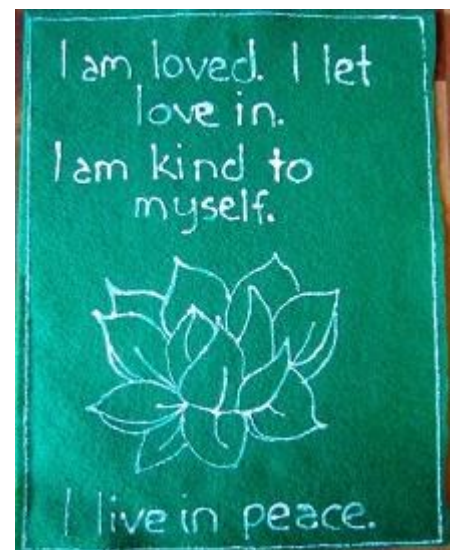
- ◆ Your ability to find emotional balance
- ◆ Your ability to forgive those who have hurt you
- ◆ Your ability to let go of negativity
- ◆ Your ability to develop empathy
- ◆ Your ability to sympathize with others



## The symbolism of the 12 petals

Air is the symbol element of the Anahata chakra. Like air, it represents us as being able to expand our selflessness. You can feel air, but are unable to see it. This is the same with our selfless feelings. We are able to Love for Love's sake. The 12 petals of the Heart chakra represents qualities that meditation on this chakra will help us to get rid of:

- ◇ Lustfulness
- ◇ Fraudulence
- ◇ Indecision
- ◇ Repentance
- ◇ Hopelessness
- ◇ Anxiety
- ◇ Longing
- ◇ Impartiality
- ◇ Arrogance
- ◇ Incompetence
- ◇ Discrimination
- ◇ Defiance



The Heart chakra enables the downward movement of energy, thus being able to convert consciousness into matter. At the same time, it also moves the energies of the lower chakras upwards, converting it into more subtle energies of thoughts and inspirations. The Anahata chakra is the most complex of chakras to understand as it enables us to understand ourselves better, be compassionate, joyful and generous.



### Being selfless

The Anahata chakra helps us to find the emotional balance that we need in our daily lives. It enables us to let go of stress and negativity, as well the ability to form and maintain a loving partnership/relationship. The energy of the Heart chakra also helps us forgive those who have hurt us. A balanced Heart chakra frees us from much emotional suffering.

### Organs related to the Heart chakra

The Heart chakra governs the heart, lungs, immune system, thymes gland and lymph glands.

### Element

The element for Anahata chakra is Air.

### Astrological Sign

The sign associated with this chakra is Libra and Taurus.

### Color

Green & pink

### Scents

Rose, bergamot, Melissa, geranium, jasmine and lavender

### Gems/ stones

Watermelon tourmaline, Rose quartz, Emerald

### How to activate the Anahata chakra

The Anahata chakra helps us to be well-balanced in our lives. This chakra is all about unconditional love, good will, genuine affection and loving communication with ourselves and those around us. This chakra also controls the minor chakras in the hands, thus affecting manual work such as typing and grasping. This chakra is also important in our physical overall being as it helps transport nutrients (from food, breath, ideas and beauty) to where it is needed.



Activating the Heart chakra is easy. All you need to do is:

- Spend time with Nature. Enjoy the green, healing environment.
- Imagine the green, healing energy surrounding your heart, calming your mind and body.
- Love! Be happy and share your love with those around you. Smile more.
- Forgive! Remember, it only hurts if you want it to hurt.
- For those who practice yoga, the camel pose helps activate and balance this chakra

### Affirmation

This chakra is all about LOVE. When you LOVE yourself, you will be able to share this joy with others. You are able to build and maintain healthy relationships with others. The affirmation for this chakra is “I LOVE”.

### Mantra

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

### Mudra/ hand gesture



Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your knee and your right hand in front of the lower part of your breast bone (so a bit above the solar plexus). Concentrate on the Heart chakra at the spine, level with the heart.



# Food For Your Soul

Today, we bring you two simple salads to compliments your Manipura chakra. 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. This issue's recipe is a homemade secret by Mrs. Xaviar.

## Broccoli with Cream Cheese Sauce

### Ingredients:

- 1 medium sized broccoli head, cut into florets
- 15-20 pepper corns, grind coarsely
- 1/2 packet cream cheese
- 4 tbsps. Butter
- A bit of water
- Salt to taste



### Method:

1. Blanch broccoli till soft. Leave aside to cool.
2. Add butter and pepper in a heated pan. Stir till the pepper smell comes up.
3. Add the cubes of cream cheese and reduce the flame.
4. Pour in some water and salt to taste. Make sure the sauce is not too thick.
5. Add in broccoli and stir awhile.

This dish can be served with rice or as a side dish. It can also be made into a pasta dish.





# Life Coaching

In life we establish many relationships; some in the passing, some more intense. We choose to maintain and spend more time and energy in some relationships, and do the opposite for others. For those that we choose to maintain, we may at times find ourselves questioning the particular relationship: did I make the right choice? Is this the right person for me? Why do things have to be so difficult in this relationship? In order for us to understand ourselves and relationships better, this issue's Life Coaching by Guruji Sekar teaches us the value of relationships and how to appreciate what we have. We hope that this issue will help all of us cherish each other more and be happy always. Guruji has been renamed as Swami Guru Sri Kriyathasa Sekar during his last ascension. He is still referred to lovingly as Guruji by our members.

## Relationships

As human beings, everything we do involves a relationship of some sort. The very second we are born, we have already established many such relationships: with our parents, the doctor and nurses who delivered us, grandparents, uncles, aunties, brothers, sisters and many more. The first day on earth, and we already have such a huge responsibility!

As an adult or growing adult, we find ourselves involved in more serious relationships. The meaning of a serious relationship is one that lasts for a longer period of time and has strong emotional attachments. Understanding and managing these relationships can be very traumatic and difficult at times, if not all the time. We all believe that we put in a tremendous effort in maintaining the relationship. Some of us even believe that we are the person who is making the biggest sacrifice. We see it as a responsibility we need to carry. Do we actually need to have such a huge "responsibility"?



Is it all worth it, to go through all the pain, effort and sacrifice to make someone else happy, when at the end of the day, either we or the other person does not understand or appreciate us?

The irony of the above situation is, whenever person A or B reads this article, this person will believe that this is about their personal situation and sacrifice, even though A and B are in the same relationship together. How can 2 persons in the same relationship, make the effort, sacrifice and go through the pain, and yet have a relationship that does not seem to work?

We have all seen couples or friends who do not make an effort and yet seem to be able to clique very well. How is this possible for them and yet impossible for us? How is this possible with our friends, and yet impossible when it comes to our life partner or even parents?

The answer is very simple: we are all made to believe that relationships are something that needs to be worked on. We are made to believe that there is always something more that needs to be done for it to become perfect. We also believe that every relationship is different and its needs are also different. These are the reasons why we fail.

## .....continuation of Life Coaching

Many of us believe that trust is the foundation for any relationship to survive, which is true. But the sad truth is many of us do not know the true meaning of 'trust' in a relationship. We do not know how far we should go with trust and we always believe that we have done the most for the relationship.

Now let us identify what has gone wrong with the understanding of relationship and work on it.

A very good example to help us understand this is to look at ourselves: most of us are working adults. We have had many jobs in our working life. Those who have not can still relate to this. Each job that we have held comes with a different responsibility. If we are employed as an administrator, we will know what our responsibilities are and will be able to perform well based on our expertise. Later in our career, we get promoted or move on to a better job. We will once again understand that new job's responsibility and deliver it based on expertise and experience. This continues to go on and on, and at each and every step responsibilities will be carried out based on expertise to achieve greater success along the way.

Let us identify the changes that took place in the example above. It was the working environment, colleagues, job description, responsibility, salary and perhaps even our outlook and dressing.

And now let us identify what remained the same: US! In every single job, we remain the same person and our behavior towards the job remained the same. Each job was approached with the same attitude, which was to harness our expertise to deliver what is needed for that responsibility. All this is natural as we were being ourselves, being confident of our expertise.

Some of us may have had difficulty in jobs and this most likely could have been due to us bringing in relationship issues in to work and allowed it to affect our deliverables and expertise. We were employed based on our true values and expertise, not based on our relationships with colleagues or their impact on our expertise.

Success in any job is only possible if we know our capability and understand the responsibility and just do what we already know. If we do not know, all we need to do is ask. This is how we enhance our expertise.

Now, how many of us are being our true self in relationships? How many of us actually ask our partner what is expected?

Relationships are like jobs, they all come with different responsibilities, and we need to know what is expected of us in that responsibility. The most important thing is for us to remain the same, be it to our parent, siblings, friends, life partner and even God. We are the same person in all these relationships. We first need to project the "me" as we are in all these relationships. All the people that we have a relationship with will be able to know us as we are, because we are the same person and are consistent in our behavior. This is the meaning of being our true self and if we are unsure of what is expected of us, just ask. By asking we will be able to make the relationship stronger and better.



## .....continuation of Life Coaching

Some of us may ask why this does not apply to the other person. It does indeed apply to the other person as well. But why wait for the other person to change, when we are able to change and create the change in them too.

Let us perform a simple exercise.

Take a piece of paper, and split it into two columns. Write down all the relationships that we have; parents, spouse, friends, colleagues, neighbors and others on the left side of the column. Now on the right column against each relationship, write down what we believe they perceive us as. Write this down now before reading the rest of this exercise.

The perception that we write down is actually a projection of our self.

Amazingly, we will see that for all of our good relationships, our behavior pattern would be consistent and the expectations in these relationships would be very minimal or none. Whereas, for the problematic relationships, we will realize that we have been a different person and would have higher expectations, thus creating different behavior patterns. This exercise will help us understand who we are and who we have been. Understand who we are and project the good person in us from now on.

Life is simple and that simplicity can only be achieved if we are truthful to ourselves as the world will know how to understand us and act accordingly. Living in that world would be effortless for us.



## Personal Testimonies

Being part of 7 Chakram has changed life positively for all. We have various activities to suit the needs of our members. Many have had wonderful experiences here. Today, we will share a short but meaningful testimonial from one of the many members of 7 Chakram who has been part of the family for years.

“The years that I have been with 7 Chakram have been enjoyable and uplifting. Learning has been tremendous whether it was about spiritualism, religion or community work. I am glad to share that the learning is still continuing. The positive guidance from Guruji has been a turning point in my daily life activities. I wish for everyone to spare the time and reap the benefits of the meditation classes and activities and become the well balanced person that they can be.”



# Laughter, the world's best medicine!

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

'Daddy, what happened to him?' the son asked.

'He died and went to Heaven,' the Dad replied.

The boy thought a moment and then said,

'Did God throw him back down?'



*"I was a dog in a previous life, but I came back as a god."*



One zen student said, "My teacher is the best. He can go days without eating."

The second said, "My teacher has so much self control, he can go days without sleep."

The third said, "My teacher is so wise that he eats when he's hungry and sleeps when he's tired."



## **Future Event: 2014 Spiritual & Rishi Tour**

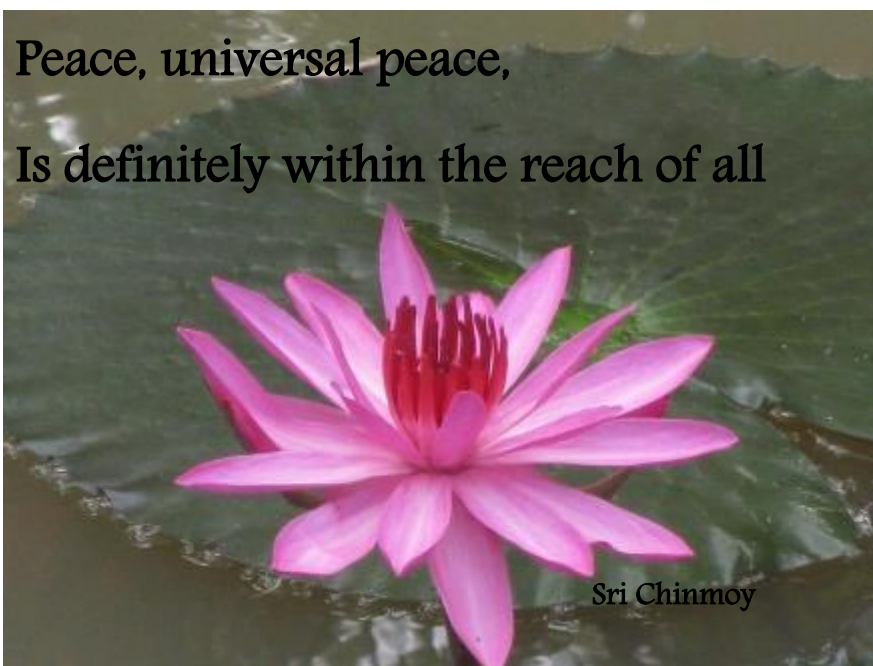
The 2014 Spiritual & Rishi Tour is an event not to be missed and we welcome all to join us. This event will be divided into two parts: the Adi Rudhra Homa and the Rishi Tour. We look forward to this spectacular event, and hope to share this once in a lifetime opportunity with as many people as possible.

The Adi Rudhra Homa is the highest form of worship to Lord Shiva. The Adi Rudhra involves the chanting of the Japanga Rudhra, chanted specifically by 121 “ritwiks” ( persons well-versed in the chanting) and priests. This Homa will be conducted over the course of 11 days and is dedicated for the peace and prosperity of all beings in the world.

The Spiritual and Rishi Tour will start after the Adi Rudhra Homa. This tour will take us to sacred places such as those where the Rishi’s have meditated and prayed. Those on the tour will also be blessed with a special private Darshan at Thirupathi.

Both Homa and the Tour will be graced by the presence of Amma Sri Karunamayi and Swami Guru Sri Kriyathasa Sekar.

The first initiation ceremony was held recently. We welcome those who are interested to enquire further with us. We will also post updates on the events in the near future.



## Upcoming Events

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

- \* 2014 Spiritual And Rishi Tour (November 2014)
- \* Mini-retreat (April 12, June 7, September 13, October 11)
- Speaker series:
  - Understanding Wants and Needs (till further notice)
  - Happiness and Contentment (May 24)
  - Family Values (June 21)
  - Who Am I and Why am I Here? (July 19)
- \* Bija mantra classes
- \* 2014 Retreat (August 30 – September 1)
- \* Hatha yoga sessions (Every Wednesdays & Saturdays)
- \* Full Moon Gratitude Session ( August 10, December 5)
- \* Sri Chakra Pooja ( June 12, July 12, August 10, September 8, December 6)
- \* Tamil Classes (Every Saturday)



#### 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**

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

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