



7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

Quarterly Newsletter

April–June 2013

Greetings and blessings our dear friends. In just a short time, we are now already in the second quarter of the year. Many of us have been blessed with many positive changes, and we have had the opportunity to make the right decisions towards these changes. This is what the Art of Living Right is all about: to be guided to always make the right changes/ decisions. In this issue, we will share the many activities we have had the blessings to hold, get to know more about what Chakras are, and an important article on how to make decisions in our lives.

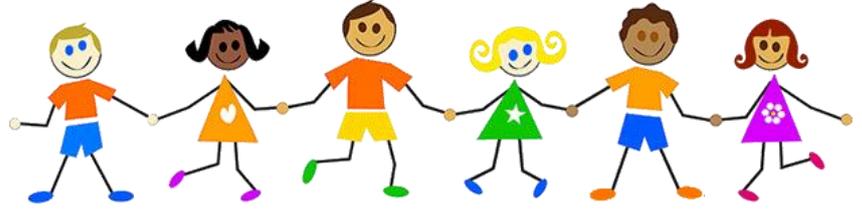


*“Meditation is being happy with yourself
for no reason at all
The joy of cherishing your being, happy that
you are
You are simply in love with yourself, in love
with existence.”*

What's new

The Art of Focusing for Children

7 Chakram is pleased to announce the launch of this new program for our lovely children. For a minimal fee of RM50 per month, this program helps teach children basic life skills, as well as help parents understand their children better.



Through this program, we help children to:

- * Improve ability to focus, especially useful in studies (since many children have short attention span/ hyper-active due to long hours of exposure to the TV and other electronic devices)
- * Cultivate positive behaviors such respect, joy, gratitude, love and compassion
- * Motivate self expression through activities
- * Encourage healthy social relationships with other children
- * To be confident of who they are

Preview sessions were held in March. The full program commences in April 2013. All parents and children are welcome to join us for this program.

Bhajans & Mantra/ Sloka Chanting

Bhajans are small songs sung in the glory of the Divine. These songs come from one's heart as an expression of love, the joyous thrill felt in the heart, when the Divine is experienced. It is the easiest way to dive in one's self and be genuinely his or her real self and experience the truth, the Divine beauty, love and eternal peace.



The Sanskrit word "MANTRA" simply means "instrument of thoughts". Beeja Mantras, known as Cosmic Sound Secrets or the seed mantra, are the essence of all mantras. When these divine syllables are chanted with soulful involvement they tend to open up one's mind and heart and provide relief from stress and bondage.

Beeja mantra chanting helps to calm the body and instil a new confidence that was not seen before. It affects the mind and clears it better and one achieves new clarity. It is a proven healing process. For example, the word "Om" increases a person's concentration and helps to take the Soul above the materialistic world.

Different mantras (secret sounds) are used for various purposes. It has no barrier of language custom or community.

Words of Wisdom

Wise words from our Guruji Sekar, who is very much connected to the Universe. Taken from daily conversations, emails and messages, these messages from Guruji help us understand the simplicity of life better.

“What is Enlightenment? How do you know what to seek when you do not know what Enlightenment is? You can only realize Enlightenment, you cannot seek it.”

“At times dreams are actually cleansing that we need to go through. Do not be bothered by it, do not question the meaning of it. There is no need to seek answers for things that do not exist.”

“Everyone in the world will see what you see. Acceptance or rejection is within you. Belief in yourself, and the world will believe in you.”

“The Choice is yours. What you choose is what the Universe will deliver to you.”

“The secret to attain a state, any state, is to PRACTICE. When you practice, it will naturally become a habit. Once it is a habit, it will be “natural” to do it.”

“JUST BE.”

“Life is full of choices. Just choose and be done with it... that's what choice is all about ... to choose and not to try to do all. Do not unnecessarily overwhelm yourself.”



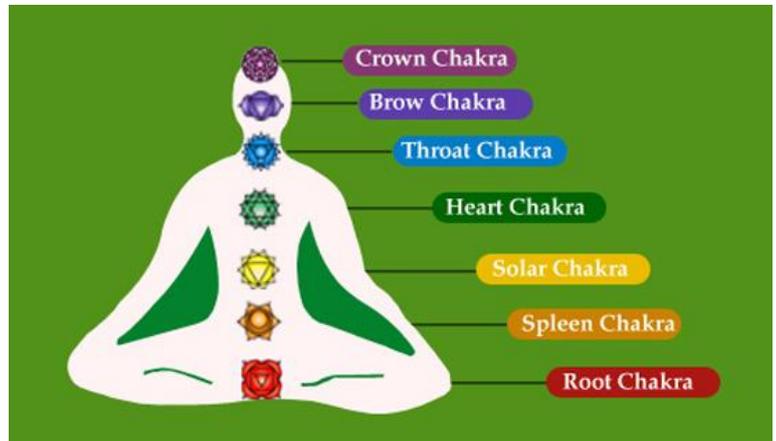
“I looked in temples, churches and mosques. I found the Divine within my Heart.”

Rumi

Chakras : What are they?

Chakras are the energy center's in our body that help us create a balanced life. The word “Chakra” originates from the Sanskrit word for “Wheel” or “Turning.”

For humans, there are actually hundreds of chakras where energy is focused and concentrated. Of all these chakras, 7 chakras have been identified as the main chakras. These chakras are all located along the spine and are scientifically proven to exude more energy than other parts of the body. Numerous scientific tests have been carried out to prove this.



Each chakra has its own definition or function. It is something like mini-control centers in our body, managing emotions and organs. Every gland, organ and body system is connected to a chakra. When you balance your chakras, you will automatically live a balanced life. Being balanced, you will find that Life is actually simple and easy.

Chakras are unique and have their own frequency of vibration. Certain symbols, colors and sound are associated with different chakras. This is simply because each symbol, color and sound have a unique vibration which corresponds with a certain chakra.



A Balanced Chakra System

Each chakra is specific in managing your physical and emotional well-being. Different chakras are in charge of different organs in your body. When a Chakra is blocked, it disrupts the energy flow within the body. This will cause both physical and emotional symptoms. For instance, anxiety and constipation are examples of symptoms of a blocked Muladhara (Root) Chakra. A Chakra which is too open/active also tends to give issues. A good example of this would be the Visuddhi (Throat) Chakra. A person with a very active throat chakra tends to be talkative.

Now that we have a basic understanding of Chakra's, we will concentrate more on each individual Chakra in subsequent editions.



Chakra Meditations at 7 Chakram



At 7 Chakram, we conduct weekly Chakra Meditation classes. Each cycle starts with the lower chakras (3 weeks each) and progresses to the higher chakras (1 week each). It is important to concentrate on the lower chakras before progressing to the higher chakras to ensure that you are ready to handle the energy/vibration of the higher chakras. Imagine building a house without a strong base. The house would not be stable! It is the same with us, we need a strong base (lower chakras) to be able to support the higher chakras.

New participants are welcome to join the Introductory Meditation classes before starting the Chakra meditation classes. This is to give members a chance to “feel” how the classes are. Those who are happy and want to proceed will then be assimilated with the Chakra Meditation classes. For more information, feel free to contact/ speak to any of our administrators.

Life Coaching



Decision making is part and parcel of our daily lives, something that we cannot run away from. Often, we question ourselves if the decision we made was right or wrong. We tend to make decisions based on what society expects us to do, on what is “expected” from us. Today, Guruji Sekar, who is very much connected and guided to convey messages from the Universe to us, will help us understand the simplicity in making decisions, however complex the choices may seem. Reminding us that Life is Simple, these are his words for us today:

Making Decisions

We are always making decisions in our lives. In fact we make many decisions every single day. What time should I leave for work? What would I like to eat today? Should I buy this? Should I go ahead with this idea? We are blessed to have been given choices in life. That's the beauty of being human. Now you can give yourself a pat on your back because you have another reason to celebrate!

The question though, is how to make the right choices in life? Let me share a secret with you about choices: there is never a “right choice”. It is always a question of "this one" or the "other one". There is no right or wrong. So since there are no wrong choices, this only means that any choice you make is right. That's all it is to it. Life is simple.



Though it is simple, I need you to understand that it is important to “believe” that you have made the right choice or decision. You need to “know” you have made the right decision. Many times we are suddenly confronted with choices. I am not discussing about the simple decisions that you make on a daily or routine basis: where to eat, what time to go, when to pay etc. These decisions are actually consequences or results of the major decisions that you have made earlier in your life. These are simply decisions you have chosen to live with.

Here I am talking about the major decisions that you make, for example, decisions on how to spend a tremendously huge amount of money on something that you “think” you need. For business ventures, no one makes decisions spontaneously. You tend to study and analyze the market first before coming up with your decision. If you decide spontaneously, then it is most likely just wrong. When it comes to major decisions like this, you will spend almost every single minute going through the pros and cons before finally settling your mind on one outcome.

Whenever we are in the situation of making critical decisions, we normally do not get the right feeling. Why is this so? It is because our mind is talking to us, justifying what we should do, playing with our emotions, telling us which one is the right decision. It may be right, but how do we know it is not wrong? Can you recall the many times that you made a choice to buy something, only to regret it later on, simply because it was your decision to stand by your choice, though deep down inside you know that it was wrong. The simple technique that I am talking about is on removing that situation.

If you feel you are not ready to make a decision, just sleep on it. I mean literally sleep on it. You cannot make the right decision spontaneously; because your mind will continue to justify that you should make a choice immediately. The mind will “help” you come up with all sorts of justifications for it. That is your conscious mind at work. You need to quiet it down. Throw away the need to make the decision on the spot. Remember the saying "I need to sleep on it"? This is exactly what you need to do. When you do sleep on it, you will realize that your mind is not bothering you with the so-called “details or justifications” anymore.

When you go to sleep, your conscious mind goes to sleep, and your sub-conscious mind takes charge. Your sub-conscious mind helps you make the “true” right decision. It knows what is right for your life and soul. In the morning, you will wake up with a refreshed mind that has made the right decision. Whether it is a yes or no, all you have to do now is act on it, and stick by it. No matter what the rest of the world expects you to do, you need to feel proud and stick by your decision.

You need to Believe in the decision you have made. This is the way we are created to function. Just like when your computer does not work the way it is supposed to, and you restart it only to find that it now works without a problem. You will wonder what the issue was in the first place. It wasn't working, but now it works fine. That's how you will feel in the morning after you have slept on a decision. You will ask yourself: What was the issue about this decision in the first place? The answer is so clear to me now.”

That's all to it. Life is simple. Enjoy it.

Sri Kriyathasa Sekar

“The problem is not the problem,
The problem is your attitude towards the
problem.”

Captain Jack Sparrow

Personal Testimonies

Living right is what we aim for at 7Chakram. These testimonials from our beloved members speak for themselves!



“In 7 Chakram we learn how to live right by being fully responsible for ourselves, our connection with Mother Universe and about what we want.

Indeed my life changing experience happened immediately after my first **Full Moon Gratitude Session**. I was blessed to re-unite with my children, which was what I requested for. In fact it was an overnight answer! Surrendering to the Divine and believing in it, I took this as an example to fulfill my other requests. All have been answered.

The **Weekly meditation** and **The Power of Now** classes have thought me to live simply in the present moment. The life coaching sessions have helped me further clear some of my doubts. 7 Chakram members are always a great support, during our moments of trials when our mind has been sabotaged with negative thoughts, there is always someone who is willing to listen to our emotional turmoil like a family member. I am happy that I am enjoying the oneness with Mother Universe. Being able to “download” answers for any solutions has become easy and life is a smooth progress now. Indeed a great blessing. Thank you, 7Chakram”.

Sarah Bhanu

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“I am Karthick Sekar, an expat from India. I came here in December 2011 and was a person always thinking about the future. Or rather, a person who was always worried about future, not realizing the present and everything which I need has been taken care of and fulfilled at each moment with gracious guidance of the Divine. I have never meditated, even in India, which is where everyone says is the birth place of meditation. Even my brother tried to get me into that, but couldn't.

But 7Chakram was a turning point in my life. It has helped me to be at peace, something that I had never even dreamt of. I came to this place because the founder was my Client/Boss; and after the first visit I found something special and started visiting regularly. I then involved myself doing volunteer work and am now one of the Administrators of 7Chakram. All these growth has happened after realizing the PRESENT through the activities conducted at 7Chakram. Now I feel each moment is so blissful and Life is so SIMPLE. Things are happening, can be achieved effortlessly.

I am not sure when my project will end and I will have to go back to India, but I personally want to be here just to be with 7Chakram.

Thank you Divine, Guruji and 7Chakram for the wonderful guidance in my life's journey.”

Laughter, the world's best medicine!



Two men meet on the street.
One asks the other: "Hi, how are you?"
The other one replies: "I'm fine, thanks."
"And how's your son? Is he still unemployed?"
"Yes, he is. But he is meditating now."
"Meditating? What's that?"
"I don't know. But it's better than sitting around and doing nothing!"

What did the Yogi say when he walked into the Pizza Parlor?
"Make me one with everything."
When the Yogi got the pizza, he gave the proprietor a \$20 bill. The proprietor pocketed the bill. The Yogi said "Don't I get change?"
The proprietor said, "Change must come from within."



When asked what gift he wanted for his birthday, the yogi replied "I wish no gifts, only presence"



Past Events

SUNRISE MEDITATION

Participants who joined the Homa session in Port Dickson were treated to a sunrise meditation guided by Guruji Sekar. Seated comfortably on the beachside, the session started off with some relaxing breathing exercises. Members were then guided to focus on the point between the feeling of the cool breeze touching their skin, and the feeling of the air brought in. With the beautiful sunrise in the horizon and the soothing sound of the gentle waves, what else could we ask for except to be grateful to the Divine for giving us this opportunity for this lovely experience!

THE POWER OF NOW 2 – SPEAKER SERIES

Conducted for the third time, The Power of Now had a good response from members. This was held over a course of two full days on the 16th and 17th of March 2013, participants were even given certificates for completing the 2-day workshop. This Speaker Series is based on Eckhart Tolle's book and has seen a lot of positive changes in the lives of the participants.



These are some words from our participants:

“I have learnt a lot of values and principles from the seminars which I attended in the past. **The Power Of NOW** speaker series was very different, it got anchored within me. It made me realize that I have some issue within me which need to be addressed. These issues are deep rooted and have been there for quite some time. I was made to realize and accept these issues. I am very happy now that I know what to work on to achieve a happy and contented life.”

Jacob

“I'm a seeker! I was always full of questions!

I must say that **The Power of Now** is a very powerful session that will awaken you and give you many answers to unexplained questions.

I basically understood some of these answers and started practicing the **The Power of Now: being in the present!**”

Raj Kumar RJ

1/2 DAY MINI RETREAT

Held in Janda Baik on the 3rd of March, we were blessed with the opportunity to cleanse our deep-rooted emotions/traumas. Through the cleansing and healing exercises conducted at the site, many of us got rid of these unwanted negativity, some of which we were not even aware of. This, of course, was followed by the scrumptious food ala pot-luck style prepared by our dear members.

REIKI HEALING SESSION

At our centre, we have many Reiki practitioners who provide free Reiki healing. Free sessions are held every 1st & 3rd Wednesday of the month. Distance Reiki healing energy is also sent for those who are unable to attend the sessions but have submitted their names.



Upcoming Events

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

- * Speaker Series: How To Energize Your Prosperity (20th April 2013)
- * Free Reiki healing (every 1st and 3rd Wednesday of the month)
- * Full Moon Gratitude Session
- * Retreat (2nd half of 2013)
- * Mini-retreat (20th April 2013 and 8th June 2013)
- * Speaker series: Power of Now
- * Bhajan classes
- * Bija mantra classes
- * Hatha yoga sessions
- * Speaker Series: Family Values (4th May 2013)
- * Homa (24th May 2013, on Wesak Day)



Events in Pictures





Contact Details

Tel: 03 - 79719164 (During opening times)

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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**

www.7chakram.com
