



INTRODUCTORY NEWSLETTER

AUGUST 2012

WELCOME!

Greetings to our dear friends, thank you for associating yourself with 7Chakram. We are honoured that you have given us an opportunity to share our experiences and knowledge with you.

Throughout your journey with us, you will share experiences with us and vice versa. These experiences will enhance our understanding of The Divine and the greatest of the human race. Let us begin.

ABOUT US

7Chakram was born on 7 January 2011. We are legally known as Seven Chakram Resource Centre. We are an "Art of Living RIGHT" centre. We teach and learn together with you about the art of living, the RIGHT art specially designed for you. Before we talk more about our centre, it only right we speak about our founder, advisor and Guru, Sri Kriyathasa Sekar.

Sri was born in Port Dickson, Malaysia. He grew with the belief that his mother is "Sri Mahamariamman", Port Dickson, the Great Supreme Divine Mother, known affectionately as Amma to him. Both of them have a strong bond of Divine love, that had helped Sri to attain the Divine connection.

Throughout his life, Sri had many intuitions about his life and had always guided by AMMA. She helps him make all the decisions in his life, both personal and career. In 2009, Sri had to take a break from his career. For 30 months since then, he focused on meditation as guided by AMMA, though he had been meditating since 1996, this was beginning of a great journey.

In February 2009, he was initiated by Maha Avatar Kriya Babaji. Babaji appeared in front of him in full form and touch Sri's ring finger and the energy from Babaji was thrust into Sri's body. Sri knew that he had to become a guided to teach people on how to live life the right way. Since then, all the meditation and teaching that is conducted by Sri is done with Babaji's energy and guidance.

Sri never prepares for a session, and though he has conducted hundreds of session, no two has been the same. Throughout, the 30 months, Babaji has guided him to start 7Chakram and the teachings by it. He has ascended many times in his spiritual journey, and all of them have been a surprise to Sri, as he does not seek anything from the Divine.

Sri also helps people by counselling them on a personal basis too, in areas of relationships, health, career, businesses and many others too.

As a person who teaches the art of living right, Sri has also excelled in his career and family life too. He is a Deputy Director of a large investment bank in Malaysia. He is married with 3 children aged 20, 18 and 13.

All those who have applied the teachings by 7Chakram to their personal lives, have significantly progressed to make their life better. That's the blessing by Babaji, who works throughout Sri.

At 7Chakram we have 3 group of people, the Administrators, the volunteers, and the participants. The administrators are the people who are responsible for the management of the centre. The volunteers are friends who want to join us in serving the rest. We always welcome more volunteers to join us. We are blessed to have them and they play an important role in our centre. Then, we have our friends who joins us for the various session and activities held at the centre. We thank for their kind contribution that helps us sustain.

HOW DO WE TEACH?

At 7Chakram, we have many activities that are designed to enhance your life. We teach you to understand the meaning of your life, and give you the power to know about you and your life. With this power, you will know who you are, what to do, when to do and where to go. We do not tell you all these, we just teach you to know it yourself. At 7Chakram, our philosophy is not to create empowered teachers. We teach you to understand, we teach you to apply these understandings to your day life and we assist you in your journey.

We do not teach anyone to become spiritual, that's a choice that you have to make. We just teach you to become better. You are already excellent human being, we are helping you become great souls. Join us in any of our sessions and you will know how.

In the pursuit of understanding yourself, we conduct many different activities:

1. Chakra Meditation - Chakra Meditation is the most powerful and the only form of meditation that can heightened your awareness and take you to a state of unlimited wisdom as endorsed by the Great Siddhars (sages) in India.
2. Life coaching - life coaching is where we teach you on how to understand the relationship between the universe and you. This understanding enhances your ability to manifest your desired intentions. We teach you to "change" your perspectives. This will help you to attain the state of "Happy Always". Life coaching is delivered in two ways, one after each meditation session and the other through our Speaker Series program.
3. Retreats - We have conducted many retreats that has many people to release deep rooted emotional traumas. The change in lives was visible immediately.
4. Many other activities that is created by the guidance of Babaji to help you anchor yourself while being on the journey towards becoming great souls with unlimited wisdom.

ALIGN YOUR REASONS AND RESULTS

I was travelling with a friend one day and we spoke about life and this article. My friend pointed out that during school days, I never knew how to write and nowadays I seem to write easily. That realization struck me too, and we tried to understand why? Well, rest assured that I was not hit by lightning to get this flair, though some people who know me and has seen my complexion may wonder about that statement. We realized that in school we were often asked to write a 100 or 200 word composition. The emphasis was on the number of words but not on the writing. So, that was the reason we could not write well, the reason was wrong from the beginning. There was no alignment from what the mind is thinking and what the physical self is doing.

We often find ourselves in this situation many times. I am sure you call some of them too now. Some of you may come to a realization about this now, some of you will wake up. I believe that everything you do in life whether it is a career or social activity, you must be mindful about the reasons why you are doing it.

Most people who hate their jobs, and yet they don't quit. They continue to complain about it every day, they complain about the hours, the management, the company, and if that is not enough they even complain about people who go to work for the wrong reasons. They throw in a lot of negativity into their own career.

I want you to enjoy what you are doing. Get a piece of paper and write down everything that you do. Brainstorm all the reasons known to you on why you do it. Then look at it again, and see whether the reasons you are doing it and the results that you expecting to achieve is aligned or not, then re-look at your reasons. When these reasons and results are not in alignment, you will find yourself not liking what you are doing in life. Without any liking, you are not going to have any passion you are not going to enjoy what you are doing, without having the joy in what you do. it is not going to be successful.

So, to be successful, enjoy what you do. To enjoy what you do, create the passion for it. To create the passion for it, start liking what you do. To start liking what you do, align your reasons or purposes with your results of everything that you do.

When you enjoy whatever you do, you create a lot of positive vibes into it, no negative setback will be able to touch it, Where else can you go except higher when you are energized to succeed.

This is a simple way to be successful. Success is simple hence life becomes simple too.

Sri Kriyathasa Sekar

PAST EVENTS:

SECRETS OF THE SIDDHA SAINTS

In July 2012, we invited Ganga Nath and Tara Leela to our centre to give a presentation about the "Secret of the Siddha Saints". Ganga and Tara are on a world tour to spread the wisdom of the saints. They too have personally met many Siddhars in their 6 years in Thiruvanamalai, India. They came with the divine energies of the Siddhars and mesmerised us with a powerful life changing presentation. All those who attended the sessions we stuck to the chair for almost 5 hours.

They also taught the participants Kundalini Kriya Yoga Meditation and some healing techniques. They declared that this was their biggest Kriya meditation class ever. We are equally proud of this achievement. Ganga and Tara will continue their world tour for the next 4 months covering Malaysia, Hong Kong, China, Taiwan, Japan, Hawaii, Americas, Europe and back to India again. Let us pray for a successful trip for them.

WHO AM I KIDS PROGRAM

We were successful completed our first "Who Am I" kids program. The parents were thrilled to find out many unknown abilities and capabilities of their children. It was conducted over four hours during the last school holidays. The kids had a gala of time during the session, which included a simple session to focus their mind, expressing themselves through colours and learning on how to respect the elders.

This session was jointly conducted by Cathy, Shreen and Trex.

THE POWER OF NOW - SPEAKER SERIES

Over 4 weeks, we met with our participants every Wednesday to have an interactive to understand "The Power of Now". We spent 2 hours each day, to work on their understanding about life. Almost all of them who attended this session, have acknowledged that their lives have changed for the better and they have a greater perspective in life. They are able to stay positive in their daily life. Some even acknowledged that they had resolved some long outstanding issue almost immediately.

We would like to congratulate our dear friends for taking the great step towards making their lives better.

FULL MOON GRATITUDE SESSION

Our monthly trips to the beach in Port Dickson during the full moon have been very good. Our group has been growing bigger each trip.

UPCOMING EVENTS

- Free Reiki Healing – 15 August 2012
- Full Moon Gratitude Session – 31 August 2012
- Retreat – *September - October 2012*
- Speaker Series: Power of Now – *September 2012*
- Who Am I Kids – *September - October 2012 (after UPSR)*

EVENTS IN PICTURES



Thank you for your continuous
support.

From

The 7Chakram family

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