



7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

Quarterly Newsletter

July - September 2014

Time waits for no one and we now find ourselves in the second half of the year. Many of us have been blessed with happy events in our lives. We may have been blessed with finding someone significant in our lives, sharing the joys of a loved one, or even getting a promotion or free lunch at work. Some of us would have had the opportunity to enjoy listening and dancing to a favorite song. (How many of us have had to resist the urge to dance to the tunes of Pharrell Williams singing “I am Happy”? Some of us would have just got up and danced to the tune, ignoring the stares given by strangers).

The important question is, what is happiness? How do we know we are happy? One person’s happiness may differ to another. Happiness may be that first sip of coffee we take in the morning, getting a hug from a loved one or even driving the car of our dreams. We may be able to experience happiness for certain periods of time, but are we able to make this feeling last? Are we able to feel contentment with the happiness that we have? What is the difference and similarities of the two? This edition will help us understand the significant correlation between happiness and contentment in our lives. We hope more of us will be able to enjoy life even more with this understanding.

*“Contentment is Natural Wealth,
Luxury is Artificial Poverty”*

~ Socrates~



Past Events

2014 Speaker Series

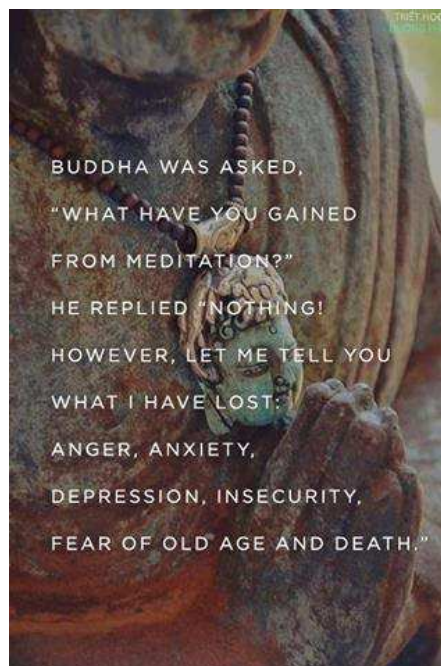
7Chakram members were blessed with the opportunity of attending another wonderful talk in the second quarter of 2014. This talk was held at 7Chakram and was presented by Guruji Sekar. The talk was also part of the highly anticipated 2014 Speaker Series and attracted a crowd of more than twenty members. Everyone attending this session was blessed with a better understanding of the topic and how to incorporate these teachings in our daily lives. Here's a bit of the insights we had during the talks:

Happiness and Contentment

This discourse helped us answer many questions that we think we know, and yet fail to understand completely. What is the meaning of happiness? How to attain it? How to be contented? What is contentment? Is contentment and soul contentment different? All these and many more questions were answered by Guruji during the discourse. It was a fun filled event, full of laughter and joy. Members were even given the opportunity to dance to Pharrel Williams "I am happy"!

Mini retreat- Janda Baik

7Chakram held one mini retreat in the second quarter of this year. All participants who joined us 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.



Words of Wisdom

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.

“What is meditation? It helps you identify that the mind is wandering.”

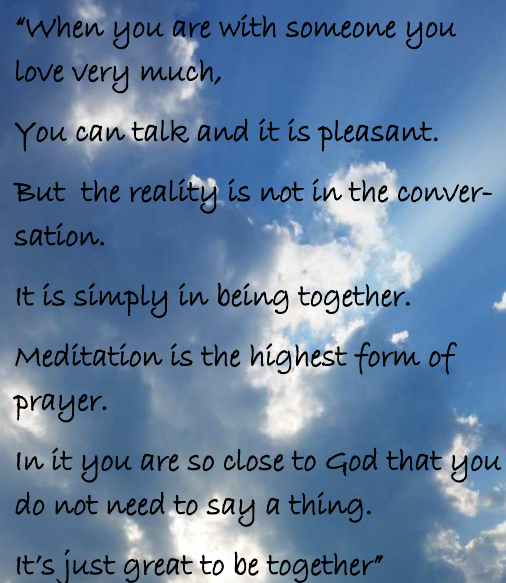
“Do not want to be like others. Your experiences are your own.”

“Why do we differentiate others? Why do we have expectations towards others? It is because we lack patience.”

“If you do something out of Love for God, why do we need human endorsements?”

“You are in control of the choices you make in life. But you are not in control of the consequences of those actions.”

“You do not past lessons to learn new lessons.”



“When you are with someone you
love very much,
You can talk and it is pleasant.
But the reality is not in the conver-
sation.
It is simply in being together.
Meditation is the highest form of
prayer.
In it you are so close to God that you
do not need to say a thing.
It's just great to be together”

- Swami CHetananda-

Vishuddha (Throat Chakra)

The throat chakra is the fifth chakra that we will be introducing. This chakra is located at the central base of the throat.

Visuddhi (Visha:impurity; Suddhi: to purify the poison). This chakra is the starting point of the purification system for the body which is done through breathing. Toxic substances are eliminated from the body through the inhalation and exhalation of air.

What is the Vishuddha chakra?

Located at the central base of the throat, the Throat chakra represents:

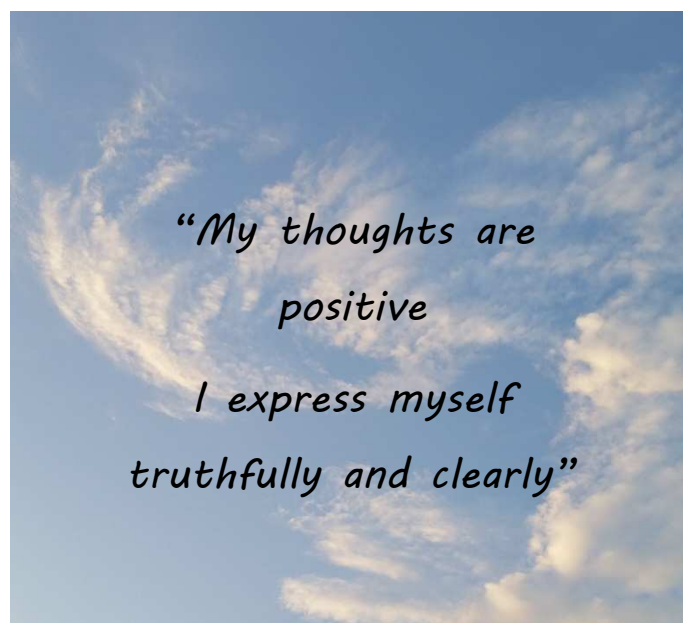
- ◆ Your ability to listen deeply
- ◆ Your ability to speak with conviction
- ◆ The ability to communicate between your heart and mind
- ◆ Your inner voice
- ◆ Your communication and creativity skills



The symbolism of the 16 petals

Ether (space) is the symbol element of the Vishuddha chakra. Space is all-pervading. It still exists when no other elements are present. It is an ever present energy. The name of this chakra is derived from its ability to purify toxic substances while breathing. Cleansing occurs not only in the physical level, but also of the psyche and mind. Events in past that we have “swallowed” without letting go continue to exist in the subconscious mind. Therefore, this chakra is important in cleansing those “swallowed” emotions.

The 16 petals of the Vishuddha chakra represents Sanskrit notes that are associated with music (AM, AAM, IM, EEM, UM, OOM, RIM, REAM, LIM, EM, AIM, OM, AUM, AM and AH. These notes help filter the impurities from the five lower chakras. It distils them into untainted vibrations.



Affirmation

This chakra is all about expressing yourself. If you feel like dancing, dance. If you feel like singing, sing. Draw, write, or even play a musical instrument that you like whenever you feel like it. Do not hold back on creativity. Always speak the truth. After all, this chakra is about expressing yourself and cleansing the toxins from your body and mind.

Mantra

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

Mudra/ hand gesture



Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up. Concentrate on the Throat chakra at the base of the throat.



*Dance is a conversation
between body & soul.*



Being creative

The sounds of the throat chakra help to unlock the hidden ability of a person. This chakra helps in expressing joy and happiness. It allows us to enhance our skills and abilities.

The throat chakra helps us to:

- ◆ Improve our communication and creativity
- ◆ Strengthen skills such as public speaking, singing or dancing
- ◆ Developing your inner voice
- ◆ Making our voice, face and body more expressive.

Organs related to the Throat chakra

The Throat chakra governs the thyroid, parathyroid, throat, mouth and teeth.

Element

The element for Vishuddha chakra is Ether.

Astrological Sign

The sign associated with this chakra is Gemini and Virgo.

Color

Sky blue

Scents

Chamomile, myrrh, basil, peppermint, rosemary

Gems/ stones

Lapis lazuli, turquoise, aquamarine



How to activate the Vishuddha chakra

The Vishuddha chakra helps us express ourselves truthfully. Be true to yourself, always speak the truth. Expressing your creativity through art, singing dancing are examples of how we can activate this chakra. Express your thoughts and feelings in a healthy, non-confrontational way. Drinking lots and lots of water and fruit juices also helps to activate this chakra.

Food For Your Soul

Today, we bring you a simple yet scrumptious recipe to compliment your Vishuddhi 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 recipe is courtesy of Ms. Shivani Xaviar.

Apple Crumble

Ingredients:

A. For the Crust

1. 3 cups of bread crumbs
2. 60g butter

B. Apple Filling

1. 6 red crunchy apples, peeled, cored and cut into slices (1cm thick)
2. 2 tbsp lemon juice
3. 1/3 cup brown sugar
4. 1/2 tsp ground cinnamon
5. 1/4 tsp ground nutmeg





Method:

1. Preheat oven to 200°C.
2. Mix bread crumbs with butter to form crumble.
3. Spread 3/4 of crumble on a baking tray. Press down to form crust. Bake a few minutes until golden brown and let it cool down completely.
4. Place apples in a large bowl, and mix with lemon juice. Stir in sugar, cinnamon and nutmeg powder.
5. Pour mixture unto crust. Sprinkle remaining breadcrumbs. Cover tray with aluminium foil.
6. Bake till apple mixture is bubbling. This takes about 40 minutes.
7. Remove foil and continue baking for another 10-15 minutes or until breadcrumbs are browned.
8. Cool and sprinkle with extra cinnamon.

Enjoy a piece of apple crumble with a scoop of vanilla ice cream or a cup of plain tea. Plain tea is another food item that helps to complement the throat chakra.



Life Coaching

What is contentment and what is happiness? Many of us do not realize the difference, nor do we realize that these two come hand in hand. With today's Life Coaching article, Guruji helps us understand the true meaning of happiness and contentment. We hope that this article will help us appreciate happiness in our lives.

Contentment

Many of us in today's lifestyle find it difficult to find happiness and success. There are some of us who have found it and yet sometimes lose it too.

What is happiness and what is contentment?

We often seek to be happy, but how do we know that we are already happy?

Is it by saying "I am happy" to a friend who you do not want to share your pain with?

Is it because at the moment you are saying it, you are not sad?

Is it because you won or received something that made you happy?

Or is because you know that you are always blessed and are grateful to the Divine?

We all have been happy many times in our lives before, but we always forget it. This is because at the moment of our happiness we fail to do 3 important things; Being aware of happiness, living in the moment and having GRATITUDE for the happiness. This state of consciousness is contentment.

Being contented simply means being aware that your heart is filled with happiness. When we make an effort to be aware of the happiness the moment that it is happening, we will consciously fill our heart with that happiness. This contentment will be further embodied and enhanced when we offer our gratitude to the Divine for that moment of happiness.



*"Contentment is a Treasure that
is never exhausted"*

.....continuation of Life Coaching

If we practice this consistently, our subconscious mind will realize that we are contented. Subsequently, we will behave and act in true happiness always and will be grateful for that happiness too.



This is the state of contentment in total awareness always. This state will never allow us to be angry, jealous, revengeful, frustrated and judgmental towards others, as the heart will not have any space for this.

Start this practice today, even now. Sit quietly for a moment and think about the happy times in your life. Bring yourself to that moment of happiness. Feel that happiness within you.

Allow yourself to bask and immerse in that joy of happiness. Stay there as long as you are able to. Once you are done, say a gratitude to the Divine for the blessings and experience.

Continue to do this every day. The best time to do it is the moment the happiness take place and at night before you go to bed.

Be happy and be contented, if not what else you would like to be.

Guruji.



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 two testimonials; one from a member who has been part of the family for years, and another from a new member of ours.

“My experience with 7Chakram, I’m glad that I’m given the opportunity to share my personal experience with many others out there!

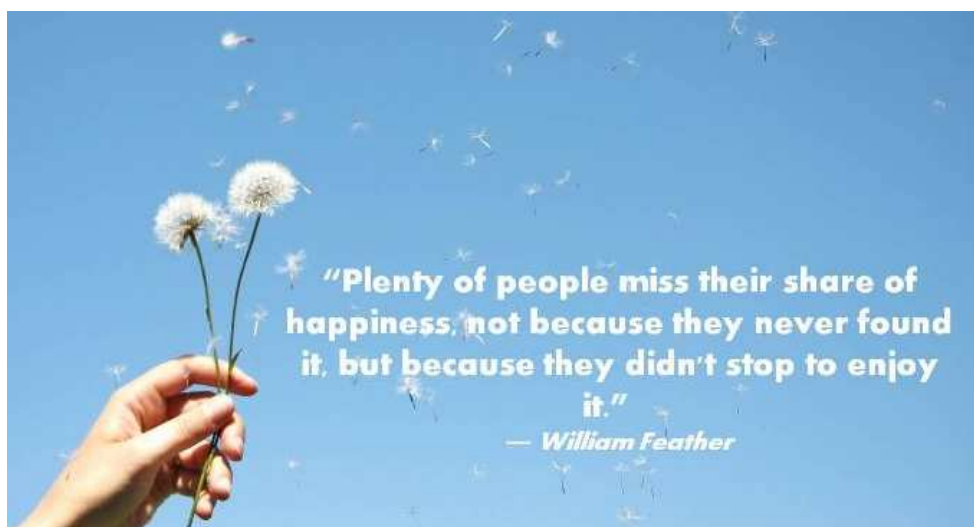
My name is Krishna. Before I started coming to centre for meditation, I was attending the chakra meditation on a weekly basis in my office. Guruji used to conduct meditation classes at my previous organization where he used to work at as well. I used to feel very much relaxed after each session. I slowly started to attend other events and meditation classes organized by 7chakram.

Like most of us, I had some personal issues which were one of the reasons why I initially attended the meditation classes. Once I started coming to 7Chakram, the family-like environment made me feel at home, and I started to volunteer for most of the events organized here. From then on this is my second home.

Every prayer, meditation or discourse session has a valuable impact on me and thanks to Guruji who explains everything in simple language which is easy to understand. His laymen explanations are useful in my daily life as well.

The annual retreat, the 3 days offsite discourse and chakra meditation activity is not the same that I experience on a weekly basis at the centre. The retreat actually reveals the true me, thanks to the Inner Journey guided meditation by Guruji. This has helped me in both my personal and working life.

The experiences during last year’s spiritual trip to India can never be forgotten, it was a life changing experience to me. I would like to express my gratitude to Guruji and his teachings of the “Art of Living Right with the Power of Knowing”.



.....Continuation of Personal Testimonies

“Namaste.

Today I attended an eye-opener chakra meditation of the Solar Plexus(Manipura) led by Mr. Rajan followed up by short discourse by Guruji.

Being a newbie in Chakra, I had a clear, friendly and unreserved introduction by Mr.Rajan, prior the class ; although this is the 3rd position of the chakra system, I do not feel challenged of the previous 2 chakra meditation that I have missed because it will be explained and taught should I asked. God Bless him.

The music of meditation, healing and balancing is awesome. The vibration generation will definitely penetrate into every one's mind & soil that eventually lead to clear awareness.

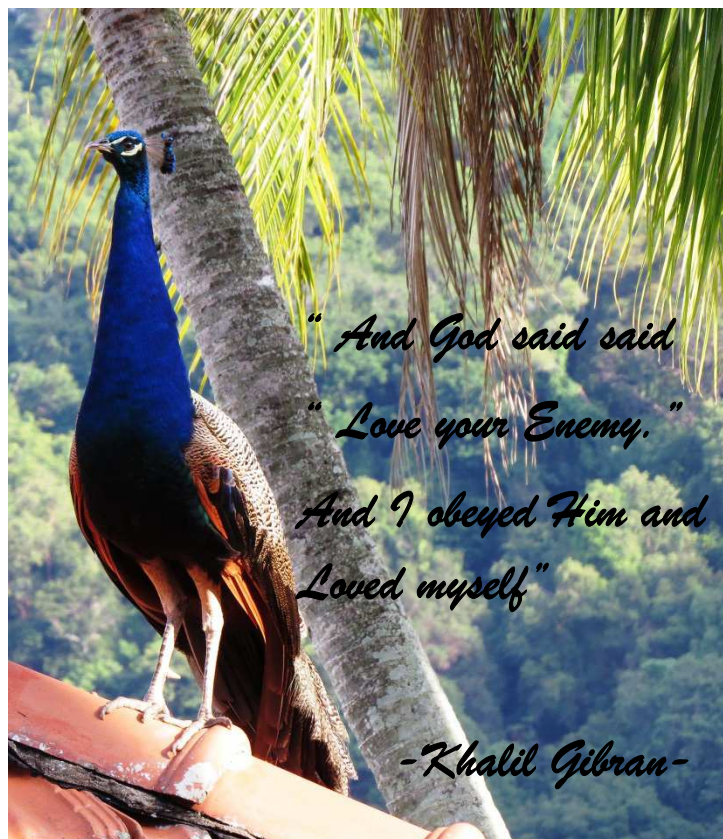
Please advice where the music for all the 7 chakra(meditation, healing & balancing)can be obtain/purchase for personal use. I believe the selected music combination will be an asset to continue daily personal chakra meditation in this life span.

My personal thanks to Suresh who met and showed me around and Dashanti(hope I got the name right)

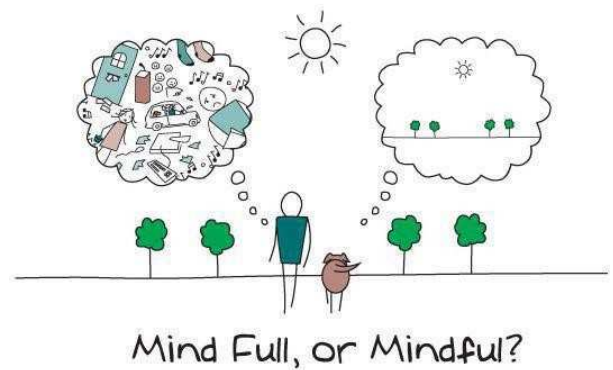
Till we meet again, God Bless.”

Regards

Albert.



Laughter, the world's best medicine!



"Exactly what is this 'nothing' I've been hearing so much about?"

Future Event: 2015 Spiritual & Rishi Tour

The 2014 Spiritual & Rishi Tour has been postponed to next year. Nevertheless, these events are not to be missed and we welcome all to join us. There will be the Adi Rudhra Homa and the Rishi Tour. We look forward to these spectacular events, 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.

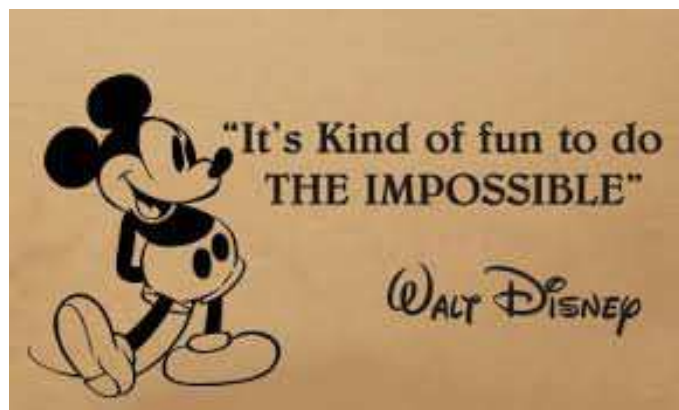
The first initiation ceremony was held recently. We welcome those who are interested to enquire further with us. We will also post updates on the events in the near future.



Upcoming Events

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

- * 2015 Spiritual And Rishi Tour
- * Mini-retreat (September 13, October 11)
- * 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 (August 10, September 8, December 6)
- * Tamil Classes (Every Thursday)





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
