

Discourse Series

7Chakram has initiated a series of discourses to enhance the understanding of life. We have chosen various topics based on the needs and questions that most of our participants have raised during our past discourses. The discourses are not intended to direct you to a spiritual path, but to give you a better definition of the human life and its existence.

The discourses will be held as **interactive sessions**, and the teachings of each session will be **based and aligned to the energies of each participant**. The number of participants for each session will be limited.

No	Title	Date
1	Daily Life and Spiritual Life Differentiation <i>Understanding what is the meaning of Spiritual plane and physical plane, how to exist in it and how to balance it and also whether you need both of it.</i>	18 January
2	Why Surrender and How to? <i>What is the meaning of "surrender", how to do it, why is surrender important and how it enhances our life?</i>	22 March
3	Understanding Wants and Needs <i>Differentiation between wants and needs. How to live without wants and still achieve your goals. How to define needs?</i>	19 April
4	Happiness and Contentment <i>What is the meaning of happiness. How to attain it. How to be contented? What is contentment and soul contentment.</i>	24 May
5	Family Values <i>Enhancing family values, creating a harmonious family. Reducing the gap between children and parents. Understanding children better. Knowing what to do and when to do it.</i>	21 June
6	Who Am I and Why am I here? <i>Understanding who you are and what is the purpose of being here.</i>	19 July

Time : 6:00pm – 8:00pm

Venue: 7Chakram Resource Centre

Fee : RM 101/pax each session

Art of "Just Being" and Deep Dive into the Subconscious Mind

Ever find yourself in one or more of the following situations:

- stuck in problems or traumas?
- unable to let go of the past?
- repeatedly being in negative events that occur in similar pattern?
- need to have a better understanding on how to pursue your life purpose?

Here is a one-time opportunity to change your life. 7Chakram is conducting a 2-day session to help you change the way you think about life by understanding the way the Universe functions.

By applying this new perspective towards life, you can change your life almost instantaneously.

THIS IS A POWERFUL SESSION THAT WILL TOTALLY CHANGE YOUR LIFE FOREVER.

Fee : RM 751/pax each program

Date	Day	Time
1 & 3 May	Thurs & Sat	9.00am—6.00pm each day
14 & 16 Sep	Sun & Tues	9.00am—6.00pm each day



7CHAKRAM

The Art of Living RIGHT with the Power of Knowing

2014 CALENDAR

7CHAKRAM—Art of Living RIGHT Centre

7Chakram is a centre to teach you the Art of Living RIGHT, with the Power of Knowing. ("Right" here means learning the art that is right for you, with you attaining the power to know it).

Meditation is the tool used to achieve this, and Chakra Meditation is the most powerful and relevant meditation practice as defined by the Vedas and Siddhars (Ancient scriptures and sages).

Weekly Classes

CHAKRA MEDITATION

Thursday: 7.30pm - 9.30pm

Sundays: 9.00am - 11.00am

Fees: FREE (Voluntary contributions welcomed)

TAMIL CLASSES

Saturdays: 9.00am - 10.00am

Fees: RM70/month for once a week class/person.

HATHA YOGA

Wednesdays: 8.00pm—9.30pm.

Saturdays: 10.00am - 11.30am

Fees: RM70/month for once a week

For further details contact:

7Chakram Centre

40A, Jalan Awan Hijau, Taman OUG

5th Mile, Jln Klang Lama

58300 Kuala Lumpur.

☎ : 03 - 7971 9161 or 012- 601 7771

✉ : 7chakram@gmail.com

www.7chakram.com

facebook/7chakram

Find out more about our:

2014 Spiritual & Rishi Tour in India, includes The Holy Adi Rudra Homa & A Special Private Darshan at Tirupati.

(End Nov—Dec'2014)

Half Day Mini Retreat @ Janda Baik

Our mini retreat is a unique opportunity to help participants cleanse, **release and remove unwanted deep-rooted emotional traumas** without the need to define what the traumas are. Deep rooted traumas act as invisible wall against the manifestation of your intentions and goals. These traumas could go back all the way to when you were born. Our simplified yet powerful method has proven to show immediate results. As our mission is to make you happy and be able to enjoy life to the fullest, we invite you to join us to initiate the change for a better life.

Time: 6.30am – 1pm (We will gather at 7 Chakram at 6.30am)

Fee : RM50 per person

Upcoming Retreat Dates
February 15, 2014
April 12, 2014
June 7, 2014
September 13, 2014
October 11, 2014

Retreat 2014

The 3 days 2 nights retreat begins with yoga sessions. Throughout the days, you will participate in meditation sessions to activate the 7 chakras. These sessions are different from the sessions held at the centre. During these sessions, especially the Solar Plexus session, you will be able to remove deep rooted emotional traumas.

Deep rooted emotional traumas act as an invisible wall that blocks your success. Many have benefitted from this session alone, during our mini-retreats.

These session are conducted to enhance the energies of your chakras, harmonize them and synchronize them with the Universe.

Aug 30—Sep 1 2014

Anani Resort, Janda Baik

RM 850.00/pax



Sri Chakra Pooja

The Sri Chakra is known as the geometrical symbol of the Universe. It has the powerful energies of the Universe stored within the formation of the Sri Chakra. These can be invoked by certain poojas.

The Sri Chakra pooja is the recitation of 1008 names of Goddess Sri Lalitha. The Sanskrit chanting of the names creates a unique sound vibration that invokes the 64 powerful masculine and feminine energies of the universe. These energies have the ability to travel through the sound vibrations created by the chanting.

These energies connect to the 64 genetic codes of the DNA, which will enhance the genetic instruction that help you live a complete human life. Your well being and increased energies will also expand to your aura.

The Sri Chakra pooja has the ability to change your well being and enhance the success of our human life, family life and values, positive thoughts and vibrations, which are known as Lakshmi Kadaksham (Prosperity).

Date	Day	Time
16 Jan	Thurs	7.30pm—9.30pm
14 Feb	Fri	7.30pm—9.30pm
16 Mar	Sun	4.00pm—7.00pm
14 May	Wed	7.30pm—9.30pm
12 Jun	Thurs	7.30pm—9.30pm
12 Jul	Sat	7.00am—9.30am
10 Aug	Sun	4.00pm—7.00pm
8 Sep	Mon	7.30pm—9.30pm
6 Dec	Sat	4.00pm—7.00pm

Full Moon Gratitude session @ Port Dickson

Purpose:

1. To express gratitude to Mother Ganga (Goddess of the Seas).
2. Express your intentions for a successful and happy life to Mother Ganga.

Saltwater is the best conductor to transport our intentions across the world. The full moon's heightened gravitational pull increases the power of our intentions and allows it to be manifested quickly. Say your intentions and surrender it to the Universe and see the beauty of manifestation by the Supreme Divine.

Those who have participated in previous session already know the benefits.

Upcoming Full Moon Gratitude sessions			
Date	Day	Time	Cost
15-Jan-14	Wednesday	07:00pm - 10:30pm	RM50/pax
16-Mar-14	Sunday	05:00am - 09:00am	RM50/pax
10-Aug-14	Sunday	05:00am - 09:00am	RM50/pax
05-Dec-14	Friday	07:00pm - 10:30pm	RM50/pax