



7 CHAKRAM


The Art of Living RIGHT with the Power of Knowing

Quarterly Newsletter

January- March 2014

7 Chakram wishes all our beloved members a Happy New Year. May 2014 be filled with happiness, laughter and blessings for all of us, in every task that we do. Let us take the lessons of past years and use them from this moment. Many of us do not realize the simplicity of life and continue to struggle in our daily lives. The truth is: we DO NOT HAVE TO STRUGGLE! We are actually meant to enjoy this life, enjoy the simplicity and blessings that have been bestowed upon us. Being able to get up every morning is a blessing that most of us forget to be thankful for. Instead, we choose to dwell upon the so-called “difficulties/ tasks” that we have to face for the rest of the day. Just remember to be thankful and enjoy every moment that we have. Enjoy what you do.

Guruji Sri Kriyathasa Sekar will help us understand this more in his life coaching article. We hope that this timely “reminder” will help you enjoy 2014 better. Let us all have an enjoyable and memorable 2014.



*Be content with what you have, rejoice in
the way things are. When you realize
there is nothing lacking, the whole world
belongs to you.*

Lao Tzu

New Year Message

Here's the beautiful New Year message from the founder of 7 Chakram, Swami Guru Sri Kriyathasa Sekar to all of our beloved members:

Dear All,

Thank you for your kind contribution of kind, time and cash throughout 2013. Our 7 Chakram family will always be grateful to all.

Many events took place in 2013 and we had a great year. We successfully organized many events that increased the awareness of 7 Chakram. We must record our special gratitude to Dato Siva, Dr. Siby and their team for organizing a spectacular event for Sri Karunamayi's Malaysia Visit.



2013 also saw new associations being made with other organizations like Prabhakaram, Pure Life Society, The Ayyappa followers of Sentul, SMVA Trust, India and many others. 7 Chakram's "Art of Living RIGHT with the Power of Knowing" also expanded to India and Bali this year. We will continue to grow as we have received more invitations for 2014 for discourses in India, Jakarta and various places in Malaysia.

7 Chakram also volunteered in many other events organized by our associated organizations. A special thanks goes out to those who volunteered for those events.

Our 2013 Spiritual Tour was a truly great spiritual experience. All 23 participants from Malaysia and India, received the unconditional true blessings of the Great Divine through many experiences during the trip. 7 Chakram will be publishing its inaugural book about the journey which reflects true Divine's compassion and love.

We have also received many testimonies from our participants of the Sri Chakra pooja, mini retreats, Annual retreat, and also the "Power of Now" training sessions. Many of them have had their lives transform for the better. Some have progressed in their personal life, relationships have improved, monetary flow has become better, sickness have been cured, career developments have taken place and for some it has been a holistic change for the better. Everyone has gained the knowledge on how to live the human life better. Thank you all for your participation and belief.

For 2014, we have lined up many activities that will help you enhance your life better. In summary we have lined up 9 Sri Chakra Poojas, 8 Special Events/ Celebrations, 6 Discourses, 5 Mini Retreats, 4 Full Moon Gratitude Sessions, 2 Training programs, and many others including our annual retreat and Spiritual Tour. Details will be shared with all in due course.

We will also continue with our Chakra meditation, Hatha yoga, Reiki healing and other sessions.

The biggest event of the year will be our Spiritual tour to India. Please attend our meditation sessions and also watch out for our email notifications to find out more about the event.

We would appreciate your continued support for a successful 2014. We are always in need of volunteers and welcome all to register yourselves as volunteers. Even contributing a mere four hours a month is a great help to us.

We wish you and your loved ones a blessed 2014 for better success, great health and wealth, happiness and joy always, peace and love and a pure heart.

Happy New Year.

With blessings,

Swami Guru Sri Kriyathasa Sekar & the 7 Chakram family.



Spiritual Trip—India, December 2013

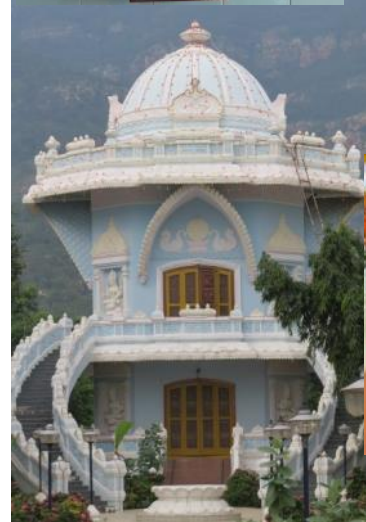
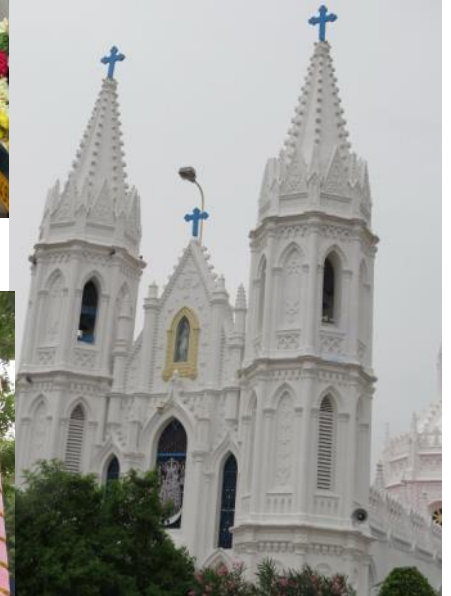
The 2013 Spiritual Trip gave 23 of us the opportunity to be part of the blessed group to visit many holy places in various parts of India. Throughout the 10 days, we visited places that were full of Energy and Blessings for each and every one of us. This was made possible by Guruji, who made sure all places visited were needed for us to receive the blessings that we much needed. In other words, it was a “tailor-made” tour, according to the needs of each participant. It was a humbling and wonderful experience to be on this tour with Guruji himself taking us to these blessed and sacred places.

From the first visit to Uchipillayar Temple, to Madurai Meenakshi Temple, Thiruchendur Temple, Amma Velangkanni Church, Nagore Dharka, the birth place Of Kriya Babaji Himself and many more places, we could all feel and be aware of the Energy and Blessings we received. We even had the opportunity to visit and stay a few days at Karunamayi Amma’s Ashram in Nellore, Andhra. The Ashram itself was simply breathtaking! With the view of the Garudachellam hills in it’s backyard, Amma’s Ashram is THE place to forget technology and bask in the glory of Nature and the Divine. One cannot help but be thankful and enjoy the simple yet beautiful creations of Nature. We look forward to visiting the Ashram again.

We will be sharing our experiences in a book that is currently being compiled by Guruji. This book will encompass personal experiences from our tour group and from Guruji himself.

We will also be organizing another Spiritual Tour this year. More information of this tour will be included in this newsletter. In the meantime, please enjoy some of the pictures from the 2013 Spiritual Tour that we would like to share with all.





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.

“ Most of us are familiar with the meditation mudhra, where we join the thumb and the forefinger (second finger). But do we know the true meaning of this gesture? This is to remind us that God and you are One. God, The Divine, comes to you through Bhakti and Love. No matter what we do, there is no way for the thumb (representing us) from touching the tip of the forefinger (representing God) without bending the forefinger. God will come to you through Love and Bhakthi. Let this simple gesture remind you of that”.



“Determination is what most of us lack. Do not waste time on a backup plan. Be determined that what you do WILL work. With determination and trust in The Divine, you will succeed faster”.

“When you decide, you have made up your mind. When you surrender, you will be blessed with all that you need. A Mother will never let a child suffer. Likewise, the Divine knows what to give for Her children”.

“Breath nourishes the body. But Divine Love illuminates your entire body. You will feel very light. This is when you will be able to surrender all. In everything you see, you will realize She is there”.

“Awareness of Divine Love is what everyone needs. She keeps you alive without you realizing it, so why are you keeping your “problems” alive? Let it go, it is all taken care of”.

“When you are blessed, it is your Soul who gets blessed, not just a certain event”.



***Enjoy the
colours of
Life.....***

Manipura (Solar Plexus Chakra)

The third chakra that we will be introducing is the Manipura (Solar Plexus) chakra. This chakra comes after the Muladhara and Swadhisthana chakras. It is also known as the Nabhi chakra.

Manipura (Mani: shining jewel; Pura: city. In other words: Your home where your treasures are). This is where your self-image comes from. A healthy Manipura chakra gives you a healthy self-image and self-confidence. It helps you to develop the courage to face life's challenges.

What is the Manipura chakra?

Located two inches above the navel on your spinal cord, the Sacral chakra represents:

- ♦ Your acceptance of your unique identity; a healthy self-image.
- ♦ Your ability to relate to others as an independent individual.
- ♦ The energy to digest/process what you take in (food, air, ideas)
- ♦ A radiant mind and body.
- ♦ Vitality



The symbolism of the 10 petals

Fire is the symbol element of Manipura. Similarly, Manipura represents the digestive element in us, being able to consume and digest food, air, ideas, etc. We are also able to radiate the confidence we have in us, and “glow” like fire. The ten petals of the Manipura represent the true jewels within us that we are able to “radiate like fire”, such as:

- ♦ Clarity
- ♦ Self-confidence
- ♦ Bliss
- ♦ Self-assurance
- ♦ Knowledge
- ♦ Wisdom
- ♦ The ability to make the right choice

The triangle pointing downwards symbolizes the spread of energy, growth and development.



"The fire within me sparks the flames of self empowerment"

The Manipura chakra helps you to:

- ♦ Connect with and understand the nature of your power
- ♦ Organize and manage your life more successfully
- ♦ Increase your natural immunity, leading to a better and more productive life
- ♦ Boost your stamina and knowing when to stop
- ♦ Connect with the spiritual part of your life

The Solar Plexus chakra is the seat of your will and ego. It helps us be self-reliant, accept our unique identity and develop a healthy self-image. It is believed that for adults, the energy of this chakra starts to develop during puberty. This is when we start to develop our sense of who we are and how to express ourselves.

Being confident



A balanced Manipura chakra helps you express yourself with confidence. Confidence is when you are able to understand your personal power (characteristics, traits, strengths) and be able to use these to command authority. Apologizing frequently, being meek, or even procrastinating too much are all signs of a weak Solar Plexus chakra.

Organs related to the Solar Plexus chakra

The Solar Plexus chakra governs the diaphragm, the breath, adrenals, skin, digestive organs, stomach, duodenum, pancreas, gall bladder and liver.

Element

The element for Manipura chakra is Fire.

Astrological Sign

The sign associated with this chakra is Aries and Leo

Color

Yellow

Scents

Vetiver, ylang ylang, bergamot, juniper, hyssop, lime and marjoram



Gems/ stones

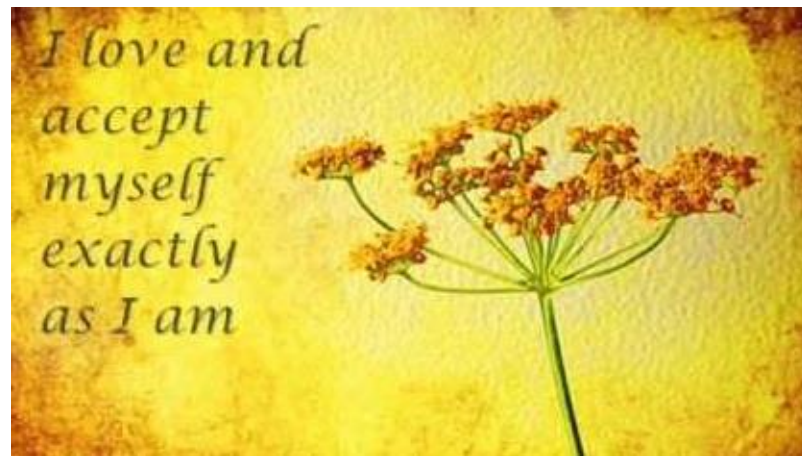
Aventurine, Quartz, Sunstone, Citrine



How to activate the Manipura chakra

The Manipura chakra is all about YOU. This chakra enables you to connect with and understand the nature of YOU. It gives you the strength to organize and manage your life more successfully. When you notice you are meek, apologize frequently, procrastinate or are dependent on stimulants such as caffeine, it is time to work on your Solar Plexus chakra. Anger, rage, excessive vanity and resentment are also symptoms of an imbalanced Manipura Chakra.

How to balance the Manipura Chakra? It is simple: just bask in sunlight; take a walk under the Sun, especially the morning Sun. Or, you can even sit in front of a campfire. You can even do a once-a-week juice fast, where you drink 2-3 litres of freshly made juice and lots of water on your fasting day. Do not use more than 3 vegetables or fruits at any time, and do not mix fruits with vegetables. Avoid using fleshy fruits such as avocados and bananas, and also do not consume dairy products and caffeine during this period.



Affirmation

This chakra is all about YOU. You are confident with yourself, you are able to do any task given to you. You are able to radiate your confidence. Therefore, the affirmation for this chakra is "I DO".

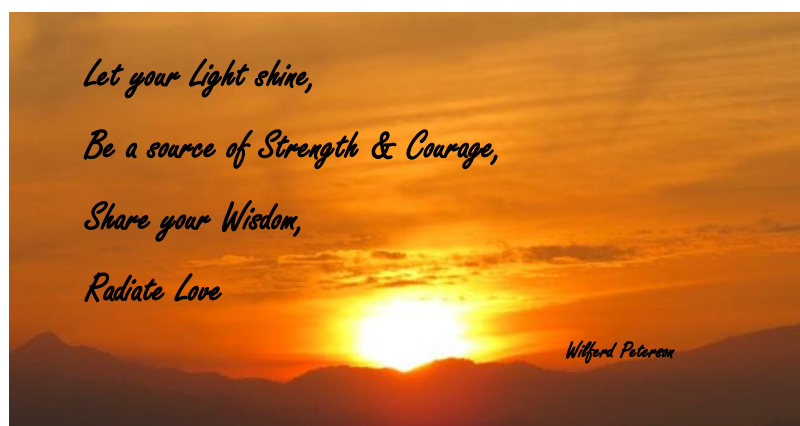
Mantra

RAM, with emphasis on the letter "M", not on "A".

Mudra/ hand gesture



Put your hands before your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. It is important to straighten the fingers. Concentrate on the Manipura chakra located on the spine, a bit above the level of the navel.



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. Enjoy these two simple recipes for your loved ones and yourself!

Chamomile Lemonade

Ingredients:

3/4 cup cane sugar

2 tbsp grated lemon zest

5 tbsp fresh or dried chamomile flowers, or 6 chamomile tea bags

3/4 cup lemon juice



Method:

1. Combine sugar, lemon zest and 2 cups of water in a saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat, and add chamomile flowers. Leave to cool.
2. Strain chamomile mixture and stir in lemon juice and 3 cups of water. Serve chilled with lemon slices as garnish.

Chamomile Cupcakes with Honey Glaze

Ingredients:

1/2 cup unsalted butter, softened

1 cup all-purpose flour

3/4 cup granulated sugar

1 tsp baking powder

1/2 tsp baking soda

Pinch of salt

3 tbsp dried chamomile (can be taken from tea bags)

1/2 cup milk

1 large egg

1 tsp pure vanilla extract

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For the Glaze:

1 1/2 cups powdered sugar

1 tbsp honey

5 tbsp (or more) heavy cream

Pinch of salt

Method:

1. Preheat oven to 325 degrees F. The rack can be placed in the upper section of the oven.
2. Cream butter, flour, sugar, baking powder, baking soda, salt and chamomile leaves in an electric mixer. Mix on medium speed till mixture is slightly coarse and sandy. This takes about 5 minutes.
3. Whisk together milk, egg and vanilla extract.
4. Pour half of the milk into the flour mixture. Beat till incorporated.
5. Pour in remaining mixture and beat until well blended.
6. Divide batter into prepared cups.
7. Bake the cupcakes for 17 to 20 minutes. Remove from oven and allow to cool completely before frosting.

For the Glaze:

1. Whisk together powdered sugar, honey, cream and salt in a medium bowl. Whisk until smooth.
2. Spread frosting generously on cooled cupcakes.
3. Sprinkle a bit of chamomile tea leaves on the cupcakes.



Life Coaching

“Do the right thing”. We often hear this in our lives, but how do we know that what we are doing is right? At some point or another, when we find ourselves struggling, we would have wondered if what we are doing is actually “wrong”, even though we may have been doing the same thing for years. But how are we to ascertain what is “right” and what is “wrong”? To help us answer this, Guruji Sekar has shared some simple steps that we can all do in our lives. 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.

Align your reasons and results

Many times in life we find ourselves struggling to do the right thing. We believe that if we are not on the right track, we will be struggling. What we don't realize is that it is not that the path we chose is wrong, but in fact there is a reason behind why we chose that “wrong” path.

Most of us remember being unable to write well when asked to write a 100 or 200 word composition during our early education. The emphasis was on the number of words but not on the writing. That was the main reason we could not write well: because the reason was wrong from the beginning. There was no alignment from what the mind was thinking and what the physical self was doing.

We often find ourselves in this situation many times. I am sure you can recall some of them now. Some of you may now come to a realization about this; 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 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 even to the extent of complaining about the food that is served in the cafeteria. This is because they cannot find joy in what they are doing. These are the people who go to work for the wrong reasons. They throw in a lot of negativity into their own career. They will automatically and unconsciously look for faults and problems in their life or work life. They will be faced with different kind of issues in work and life, but do not realize that THEY created those circumstances. Surprisingly, they will react to it and justify all their hatred to life and work.

Do you really want this?



.....continuation of Life Coaching



Here is how you are going to change your life:

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, and see whether the reasons you are doing it and the results that you are expecting to achieve from it is aligned or not. If it is not, go through your reasons again.

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.

Without passion, you are not going to enjoy what you are doing.

Without having the joy in what you are doing, you are 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 the 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 and higher when you are energized to succeed! This is a simple way to be successful. Success is simple, hence life becomes simple too.

Swami Guru Sri Kriyathasa Sekar



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 testimonial entitled “7 Chakram– An Invaluable Gift” from one of the many families who are part of our bigger 7 Chakram family.

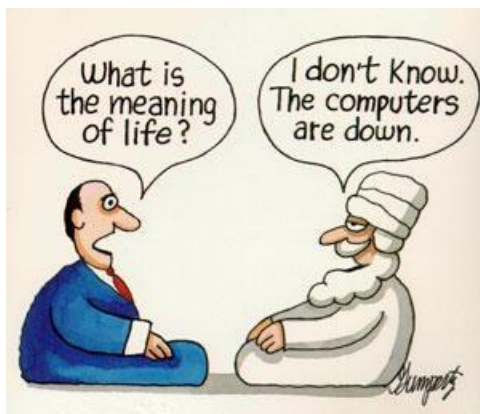
“How did our journey in 7Chakaram start? Our gratitude goes to Dr Siby of Ayur Centre, who gave us the opportunity to meet Guruji and the 7 Chakram members. During a treatment session, Dr Siby was talking about the Maha Yagnam being organised by The Bhagavathy Amma Organisation in Malaysia. We volunteered and that was when we came across this organisation. What attracted us was the discipline and friendliness of the members, and not forgetting the unusually attractive logo (which by the way attracted the people in India on our tour).

Our next encounter came about when Dr Siby asked for volunteers for Karunamayi Amma’s Sarawathy Diksha in Malaysia. Coincidentally we saw the 7 Chakram banner and had already registered to go there; so when Dr Siby called it felt like the Divine’s call. Happily, our whole family volunteered and it was an amazing experience for us. We indeed felt gifted to be in the presence of two great Gurus, Her Holiness Karunamayi Amma and Guruji Sri Kriyathasa Sekar. The whole team of 7 Chakram members made us feel just like one of them; there was never a time when we were made to feel out of place. We felt right at home immediately: the comradeship, the ease of friendliness and making everyone feel so welcome – is what we’ll call the magic of 7 Chakram. When we went to get blessings from Guruji, he asked us to come to the centre for meditation sessions. We felt an instant easiness in His presence, the simple words and the penetrating eyes which see every thought.

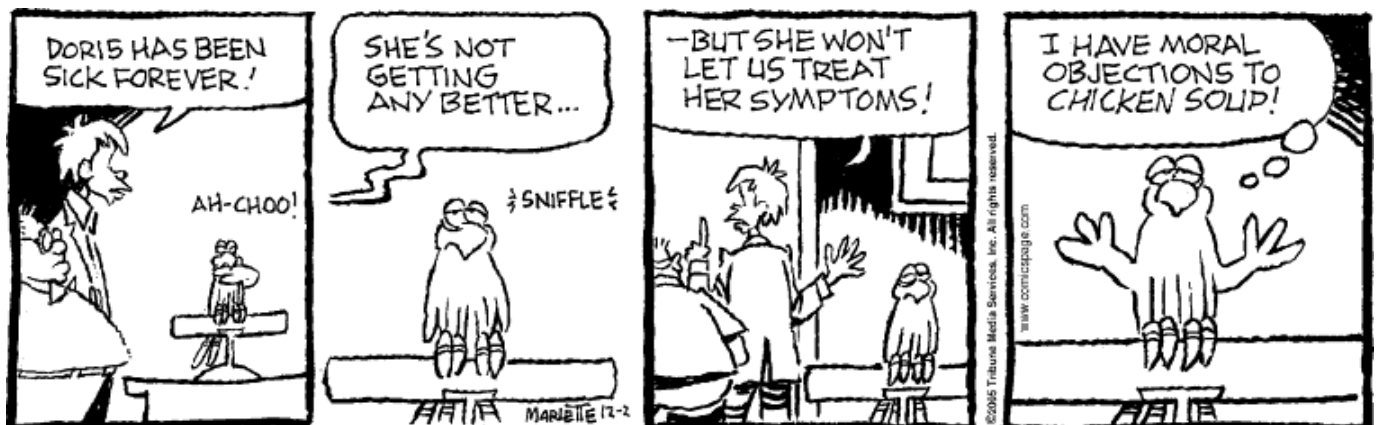
It took us another 2 months before we actually went to the centre. That itself was another experience. As usual we went to temple on the first day of Navarathiri prayers. This time, though, we went to Her without the usual prayer items, nor the thought to participate in the prayers. This time we just wanted to sit there and look at her and to ask for nothing. Though it felt strange to not even do an Archanai, there was a need to just feel Her presence, knowing that She knows what we need. Now we know that on that day, that act was “being in total surrender”; as Guruji always stresses, “Surrender and the Divine knows what needs to be done”. Indeed, She did show us the way. On the second day of Navarathiri we were at 7 Chakram celebrating Navarathiri gloriously! Since then, there has been no turning back for us. Guruji’s divine love, guidance, teachings and the love and inclusiveness shown by the other family members: the magic of 7 Chakram has truly worked on us.

How has our journey been since then? BLESSED! We are so lucky to get a Guru who communicates directly with us. No hierarchy system, no bureaucracy! Guruji always says, “Life is simple” and makes us understand the simplicity of life. The way things are explained is simple, even for a problem which we initially think is complicated and insurmountable. Many a times He has made us laugh so much. If you think 7 Chakram is your usual place for meditation: staid, quiet and serious, well, you cannot be further from the truth. It is a place which reverberates with laughter, full of love and people caring for each other, all under the guidance of our revered Guruji who teaches us to live life happily. For our family 7 Chakram is indeed a Pokisam – an Invaluable Gift.” - **Pragas, Parvathy, Hemaanya & Monishaa-**

Laughter, the world's best medicine!



"Meditation.....because some questions can't be answered by Google!"



Future Event: 2014 Spiritual & Rishi Tour

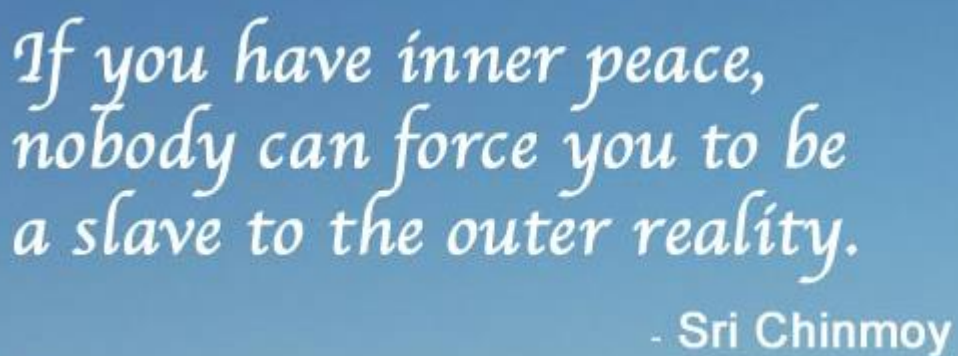
The 2014 Spiritual & Rishi Tour is an event not to be missed and we welcome all to join us. This event will be divided into two parts: the Adi Rudhra Homa and the Rishi Tour. We look forward to this spectacular event, and hope to share this once in a lifetime opportunity with as many people as possible.

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.

We welcome those who are interested to enquire further with us. We will also post updates on the events in the near future.



*If you have inner peace,
nobody can force you to be
a slave to the outer reality.*

- Sri Chinmoy

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 (February 15, April 12, June 7, September 13, October 11)
- * Speaker series:
 - Daily Life and Spiritual Life Differentiation (January 18)
 - Why Surrender and How To? (March 22)
 - Understanding Wants and Needs (April 19)
 - 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 (January 15, March 16, August 10, December 5)
- * Sri Chakra Pooja (January 16, February 14, March 16, May 14, 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

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www.7chakram.com
