



# 7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

## Quarterly Newsletter

October - December 2014

We have been blessed with an eventful year, and 2014 is coming to an end. All of us have gone through various changes in life, be it a small change; a new hairstyle; to a huge change: perhaps a change in job. Some changes have been for the better, some far from what we expected. Those that were not for the better are seen as failures by most of us. We do not realize the value of the experiences we receive through every encounter and instead we concentrate on the "failures", forsaking them as negative outcomes. These negative outcomes eventually become the reason we stop ourselves from doing something: because we do not want to "fail". We fear the word "fail", thus letting it rule our lives, stopping us from doing what we want and need to do in life. This issue's Life Coaching helps us understand this misunderstood term: FAILURE; and how it inadvertently affects our lives.



*Happiness is not about  
collecting beautiful memories or  
material things.*

*It's about having a deep feeling  
of contentment and being in the  
awareness that*

**LIFE IS A BLESSING**

*- Guruji -*

# Past Events

## 2014 7Chakram Annual Retreat

The 2014 annual retreat was held at Anani Resort, Janda Baik. Twenty-two members took advantage of the long Merdeka weekend (30th August—1st September 2014) to be part of this 3 days 2 night annual retreat. This weekend getaway saw participants enjoying meditation sessions focused on healing, energizing and cleansing the 7 chakras and even cleansing of deep-rooted traumas. There was also a walking meditation and a Journey to the Inner-self session whereby members were able to get a whole new insight and understanding of themselves. The entire retreat was also filled with interactive discourses conducted by Guruji. Members were able to quench their thirst of knowledge of not only themselves but life in general.

The retreat saw members enjoying not only the meditation sessions, but also the beautiful view and scrumptious food served at the resort.

We would like to share a glimpse of the blessings and fun that we had through some of the testimonials received and photos below:

“The retreat was an amazing experience for me. The Inner Journey meditation has really made an impact to me. I get to understand my higher self better. It was truly a great experience. It is like getting to know yourself in details. From the retreat, I brought back the message that 'The Divine Mother is always with me'. It makes me feel at peace at all times. From Guruji's sharings, there were so much lessons of life to learn and prompt me to have self reflection on what I really want to achieve in this journey.

All the programmes were arranged perfectly. The venue was wonderful, the food was great and the fellow participants were just amazing people to be with.

Thank you Guruji, 7C family members.”

-Chris-

“The retreat is more than just a retreat. It is a journey of self discovery and understanding the inner self. In just the 3 days, I felt in the following week the effects of having all your chakras opened up, my behaviour, attitude, energy level, everything in my world became more vibrant and positive with a deep sense of calmness surrounding it. Guruji's reading of our energy levels accurately describes the subconscious self and areas needed for improvement. All in all a truly illuminating experience that comes bundled with great tasting food as well!”



## Krishna Janmastami

Also known as Krishna Jayanthi, this auspicious occasion of Lord Krishna's birthday was celebrated at our center on 17th August 2014. Lord Krishna, who is the embodiment of love and divine joy was welcomed into the hearts of our members with songs of Praise, Love and Joy. This beautiful occasion was accompanied with delightful foods and joy and laughter. Here are some photos from the celebration:



## Vinayagar Chathurti

Vinayagar Chathurti was celebrated on 29th August 2014. Vinayagar or Ganesha Chaturthi is the Hindu festival celebrated in honour of Lord Ganesha, the elephant-headed remover of obstacles and the god of beginnings and wisdom. 7Chakram welcomed and honored Lord Ganesha with Love and Joy. Abishegam and Special Poojas were conducted on this auspicious day.



## Navarathiri Celebrations

7Chakram was honored to celebrate the Navarathiri Celebration from 24th September– 3rd October 2014. Navarathiri is a celebration of 3 Great Divine energies of the Universe, namely Courage, Prosperity and Wisdom. In Hinduism, these energies are celebrated in the form of 3 Sakthis (powers) as Durga, Mahalakshmi and Saraswathi.

The celebration depicts the wisdom needed for us humans to live a successful life. In order for us to succeed in life on this earth, we must overcome the demons within ourselves: anger, hatred, jealousy, revenge and all negative energies. The Navarathiri celebration is a reminder to ourselves to get rid of the demons within and to receive the blessings for a happy and prosperous life.

The 10 day celebration consisted of a three day celebration for each deity. Performances of classical arts also took place: classical dances, classical songs and veenai performances.

The first 3-days of the celebration was dedicated to the Goddess Durga, who represents Courage. Day 1 started inviting of the Divine Mother into the Kumbham and placing at the Gollu Hall. This was followed by the sowing of the Navathaniyam (9 grains). Here are some photos of the beautiful celebrations:

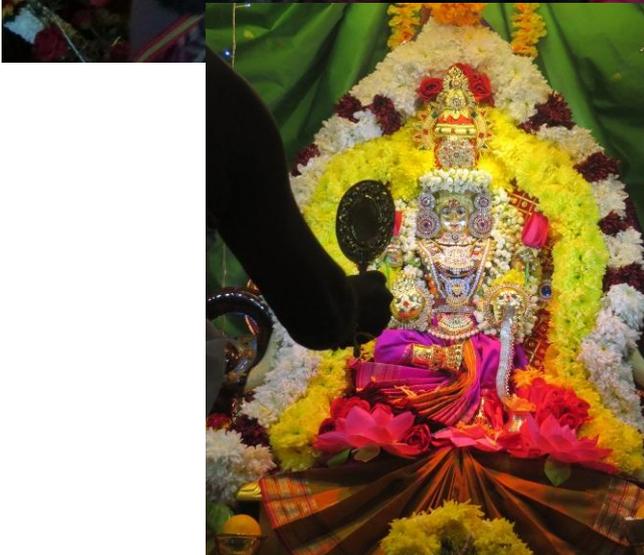
### Day 1– 3





The next 3-day celebration was dedicated to the Goddess Mahalakshmi, who represents Prosperity.

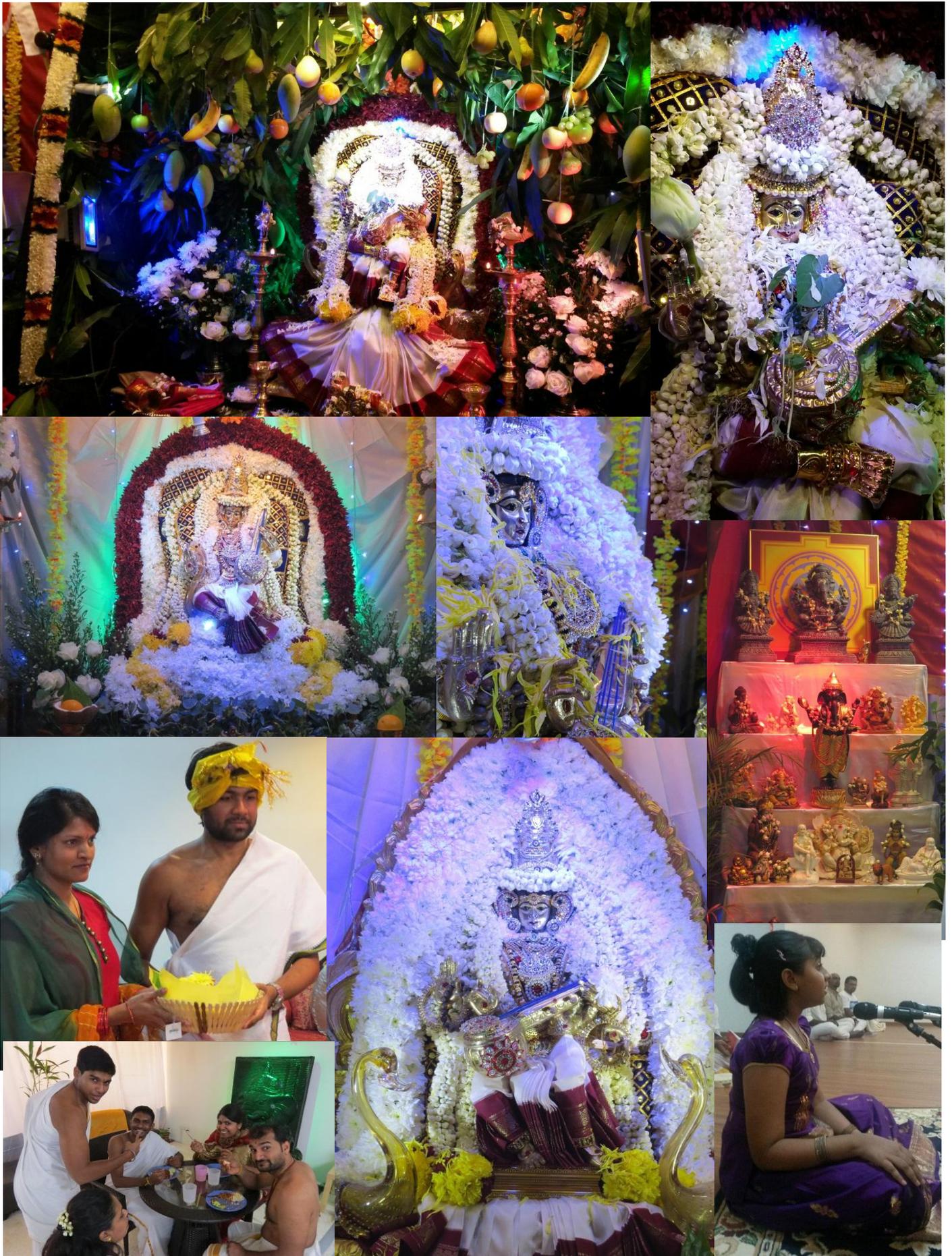
Day 4-6





The last 3 days of the celebration was dedicated to Wisdom, depicted by Amma Saraswathi. Here are some of the amazing moments:

Day 7-9



## Day 10

The last day of the celebrations started off with the Mahisasuramardhini Pooja. This was followed by the Killing of the Demon Mahishasuran. This demon depicts all the negative aspects of the human life. Amma in form of Mahisasuramardhini is seen killing this demon, taking away all negativity from the human life.

This event was followed by the Pychitha Abishegam and the Sri Lalitha Shasranama Archana. This whole day celebration ended with a scrumptious dinner.



## Words of Wisdom

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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 the quotes throughout this edition of the newsletter are also quotes from Guruji, unless stated otherwise.

" We are all children of Divine Mother. She showers and embraces us with Her immense love and compassion. We seek many times to see Her and be with Her without realizing that She is always with us in the form of THAT love and compassion. Embrace Her throughout that form. Share the love and compassion every moment, so you are aware of Her being in you always".

" Love and embrace all for just love and for who they are, and not for who you expect them to be. Always remember that all this is never meant to be permanent".

Life is simple when you are able to allow God to manage it for you. God never fails, as such you too will never fail as you are a creation of God.

You are already a perfect being. Allow GOD to continuously perfect you, only then will you be able to see the Glow in you". -

Guruji -

"Be positive. Do not allow others to pour cold water on your positive attitude. Use your positive energy to pour cold water on their negativity".

"Reminder to all: that God is with you this moment, remember to offer your gratitude and most importantly to live this moment".

"Be yourself, and the world will align itself to you because it will know how to".

" A relationship established with a purpose will not have love. A friendship established for a purpose, is not a friendship at all".

# Ajna (3rd Eye Chakra)

The sixth chakra in our chakra system is the Ajna chakra. This chakra is located in the mid-forehead, between the eyebrows.

Ajna (A= not; jna= knowledge)

In philosophical terms, the Ajna chakra is where we perceive ourselves as being separate from the rest of the world; hence “not knowledge”. It is where we separate ourselves from the rest of the world, away from the common “knowledge”.

What is the Ajna chakra?

Located at the center of the forehead, between the eyes, the 3rd eye chakra represents:

- ◆ Your sixth sense which manages the five physical senses
- ◆ The ability to control your thoughts
- ◆ The ability to direct and focus your thoughts
- ◆ The ability to empathize with others
- ◆ Your intuition, concentration and memory



The symbolism of the 2 petals

Electrical or telepathic energy is the element of the Ajna chakra. The Ajna chakra governs the brain. It's energies are related to the functioning of the mind. It is directly related to the senses of hearing and sight.

It is the seat of understanding how we see the world we live in and how we make sense of what is being perceived.

The Ajna chakra symbol is a lotus with 2 petals representing the Moon ( Ida nadi, left petal) and the Sun (Pingala nadi, right petal). The petals have the Sanskrit words of Ham (moon, left petal) and Ksham (representing the Sun, right petal) written on them. The perfect round circle in the center, between the petals represent a state completely devoid of the ego. There is also an inverted triangle in the middle with the mantra Om in the middle. The inverted triangle represents wisdom.



## Affirmation

This chakra is all about seeing the "bigger picture". It is about how you perceive and understand what is going around you. Seeing clearly, both physically and psychically. Some of the affirmations that can be repeated are:

- "I see and understand the "bigger picture.""
- "My intellect is a powerful tool for good."
- "I envision and create beauty and goodness."
- "My imagination is vivid and powerful."
- "I am open to the wisdom within me."
- "I am open to greater and greater spiritual awareness."

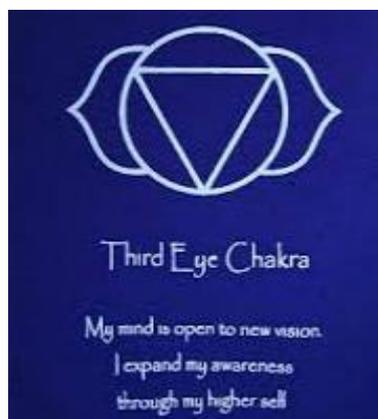
## Mantra

AUM

## Mudra/ hand gesture



Put your hands before the lower part of your breast. The middle fingers are straight and touch the tops, pointing forward. The other fingers are bent and touch at the upper two phalanges. The thumbs point towards you and touch at the tops. Concentrate on the Third Eye chakra slightly above the point between the eyebrows.



## Clearer insight

The Ajna chakra is the highest expression of human polarity. This energy enhances your intuition and helps you get a clearer insight of your purpose in this life.

The 3rd eye chakra helps us to:

- ◆ Cultivate creativity
- ◆ Be able to think symbolically as well as literally
- ◆ Welcome new ways of looking at the world without fear of changing you opinions and viewpoints

## Organs related to the 3rd eye chakra

The 3rd eye chakra governs the pineal, pituitary, brain eyes, ears and nose

## Element

The element for Ajna chakra is Electrical or Telepathic energy

## Astrological Sign

The sign associated with this chakra is Sagittarius and Pisces.

## Color

Indigo/ Purple

## Scents

Hyacinth, violet, rose, geranium, lemon and pine

## Gems/ stones

Amethyst, Fluorite, Azurite



## How to activate the chakra

The Ajna chakra helps us understand the bigger picture of life. Meditation, guided visualizations and yoga help us activate this chakra. Even walking under the Sun is a very good exercise to activate the 3rd eye chakra. Accept new thoughts without judgment. Eating foods which are purple or blue in color, especially berries are also beneficial for this chakra. So do stock up blueberries, blackberries and purple grapes whenever you can!



# Food For Your Soul

Today, we bring you a simple yet scrumptious recipe to compliment your Ajna 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 was taken from an online vegetarian site: Rak's Kitchen.

## Eggless Blueberry Muffins

### Ingredients:

1. 1 1/2 cups (minus 3 tbsp) All purpose flour
2. 1 cup Blueberries
3. 3 tbsp Corn flour
4. 1 cup Plain yogurt/ curd
5. 1/2 cup Oil
6. 3/4 cup Sugar
7. 1 tsp Baking powder
8. 1/2 tsp Baking soda
9. 1 tsp Vanilla essence



### Method:

1. Pre heat oven to 180C. Sieve All-purpose flour with corn flour twice to ensure even mixing. Mix curd and sugar in a bowl well. Add the baking powder and baking soda and let it rest for 2 – 3 minutes.
  2. You can see the mixture now becoming slightly frothy. Now mix oil and vanilla well to it. Add the flour one tablespoon at a time and mix well.
  3. Wash the blueberries, pat dry it using kitchen towel/ tissue. Dust it with 1 or 2 tsp of flour (maida) and add it to the mixed batter and mix evenly.
  4. Line the muffin tray with liners and spoon 3/4th of the liner with the batter. Bake for 18-20 minutes or until a toothpick inserted comes out clean.
- Cool over a wire rack. Yummy muffins with a slight hint of tangy blue berries here and there are ready to enjoy!



# Life Coaching

FAILURE is a word almost all of us fear of. What is failure? Why do we fear it? Many of us do not realize the teachings behind a “failure”. We categorize events that did not happen according to what we want as failure, thus fearing it. With today’s Life Coaching article, Guruji helps us understand the importance of accepting failure as part of life. We hope that this article will help us change a major perspective in life.

## Fear of failure

All of us have a lot of struggles in Life. We go through a lifetime trying to find answers in Life. The answers in Life that we seek are based on our own expectations. We tend to disregard other answers if it is not according to our own expectations or plans.

We also have a lot of goals in life that we want to achieve. Sadly, we have a lot of hurdles that stop us from achieving our goals. The hurdles that we encounter are the people around us telling us what we can and cannot do. What we can and cannot do comes from their perspective of what they have done and could not do. Based on their perspectives, we stop ourselves from trying to do the same things. Why is this so?

It is because of one simple thing: we have fear in ourselves. We want to be successful and do a lot of things in Life to attain that success. But yet we let this fear of failing stop us from even trying. As we all know, fear of any kind is the foundation of any failure.

We try our best to remove that fear. What we fail to realize is that as human beings we are free. We are free to make choices in our lives. We have the absolute freedom to live life the way we want. We have the freedom, but we choose to listen to somebody else’s definition of the limitations of our freedom.

And yet here we are, wanting freedom from that responsibility, from the social definition of the perspective of life. Wanting freedom from everything, wanting peace. And in peace, we believe we can find success. Hence, peace becomes a stepping stone for future successes. But does having this “peace” mean that we have given up fear?

Now let me tell you a secret about this fear that we have. All of us have every single freedom, including the freedom to fail. We are free to fail. Yes, we CAN FAIL. Since we have the freedom to fail, we should not fear failure. It is this fear of failure that stops us from doing anything.

Unfortunately for the majority of us, the foundation of every new path we start is founded by this fear of failure.

Now let me tell you that freedom to fail is a great endorsement to yourself. Shift the paradigm. Accept failure and feel free to fail. Do not put failure as something fearful, something negative. Freedom to fail is your right. Like a teacher marking our homework and telling us to correct our homework. Do we sit down and cry because the teacher told us to do corrections? No. When we do homework, all we know is to complete the homework and submit it. We do not complete the homework thinking that we are going to make a mistake. We never had that fear when doing homework. So remember, this freedom to fail is something you can use, something you still have and yet have forgotten. You have put in the fear of failure as a greater thing in life.

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## .....continuation of Life Coaching

When we were young, we didn't care. "Anything I do, if it is wrong, tell me and I will correct it". After correcting it, it did not stay on our mind and we moved on. Did we cry in University because the teacher marked our paper wrongly when we were in Standard 1? Are we still crying? And yet we do so about yesterday's incident, about last week's incident. We still fear it. We're still regretting it. Why?

It is because we had freedom to fail previously, but now we do not want to give the freedom to failure. We have removed the freedom to fail from our life. And then we scream for freedom. Who took away the freedom from you? YOU.

When you take away this freedom to fail away from your life, you will fear everything. You will fear society, fear failure, and success, everything. You will think you do not have enough to get it right. Remember that you are already the absolute perfect being. So now when you put back the freedom to fail in your life, you automatically remove all kinds of fears from your foundation. And that is how simple it is.

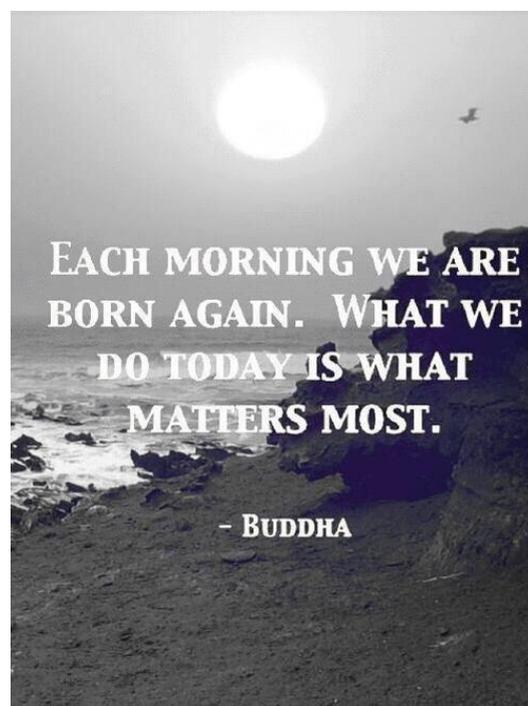
When you do something, look failure in the eye and say "It's ok. I can learn something from this". The minute you say that, it will never haunt you again. When it never haunts you, even the smell of fear will not exist in any projects you start. Fear will not exist in that intention for success. It will not exist in that goal setting. So what will exist? Only the success rate. Only the goal. Only the intent that you will be successful. Will you now be successful? Yes, of course you will.

This is how powerful the freedom to fail is. So today I am giving you back the freedom that you threw away. It's not the freedom to succeed in Life, but the freedom to fail. Once you have that freedom, all fears will be removed from your life. Allow yourself to fail. When you allow yourself to fail, you will never fail. When you are afraid of failure, you will always fail.

That's how simple life is. How many of us were told that fire would burn us when we touch it, and yet touched it? It was all about the lesson. We chose not to listen to other people's perspective, we didn't listen to the truth of the word, we didn't care about those things. We wanted to do it by ourselves. We tried it. Once we tried it, we said "Fire, get out of my life. I know how to use you when need to". Isn't that a powerful lesson? "I know how to use you when I need you.. when I don't need you, stay away". And that is how fear is when you attack it face to face.

As perfect beings, remember that you are in control of your destiny, in control of your life. The clarity of mind that you seek to gain through meditation is to give you the continuous awareness of this truth, not to give you the knowledge that is new to you. It is to ensure that you have the awareness of that knowledge when you are busy doing something silly. I hope you enjoy your newfound freedom again.

Life is Simple, enjoy it.



# 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 some testimonials from our dear family members.

*" I joined 7Chakram back in June 2014. As a new member to the 7C family , I am truly blessed and grateful to be able to share my experience.*

*Joy, self-respect and inner happiness, this was the life changing experience 7 Chakram has given me. The cycles of having a stressed life is now a time of excitement, passion and enthusiasm.*

*The three days retreat in Janda Baik was a first experience for me. The natural deep green surroundings of the villa was truly rejuvenating and energising. The life coaching and meditation sessions held during this retreat has helped me remove my deep rooted emotional traumas, stress and balanced my energy centres in my body. Now I have a sense of greater joy and enthusiasm for life and a much better health.*

*The short duration of attending and participating in all self- realization activities and life coaching discourses at 7C, has given me the awareness of reaping my true potential and with the ability to focus on my dreams. I now have leaps of confidence to overcome the obstacles in my life.*

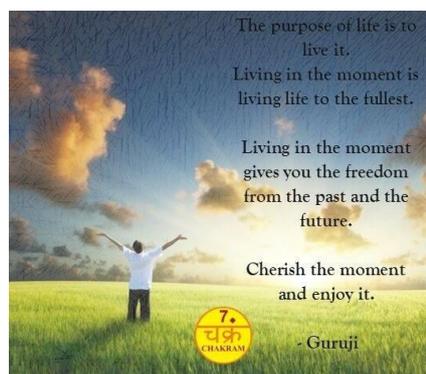
*I would like to thank Guruji and the 7 Chakram family members for this wonderful transformation".*

-Dr Sharmila Surinarayanan-

*"7 Chakram came into my life in January 2013. Since then, I have seen many positive changes in my life. I have learnt so much about myself, and now understand myself better. I am able to accept things as they are and I have learnt to surrender to the Divine. I have learnt to forgive and forget. Letting go was tough in the beginning but it is now easy. I now know the meaning of Surrender.*

*One distinct improvement in my life was on the shoulder pain that has been a burden for many years. It just disappeared. I can now sleep well without depending on any sort of medication.*

*It has taken me more than a year to reach this level. 7Chakram has taught me to learn, understand and practise the power of Belief and Surrender. 7Chakram has taught me to Just Be and to enjoy life. Thank you 7Chakram".*





# Future Event: Adi Rudhra Homa and 2015 Spiritual Exploration

The Adi Rudra Homa is the highest form of worship to Lord Shiva. The Adi Rudra involves the chanting of the Japanga Rudhra, chanted specifically by 121 vedic priests. This Homa will be conducted over 12 days and is dedicated for the peace and prosperity of all beings in the world.

The Spiritual Exploration Tour will start after the Adi Rudra Homa. This tour will take us to sacred places that will give us and our loved ones immense blessings.

Both Homa and the Tour will be graced by the presence of Swami Guru Sri Kriyathasa Sekar.

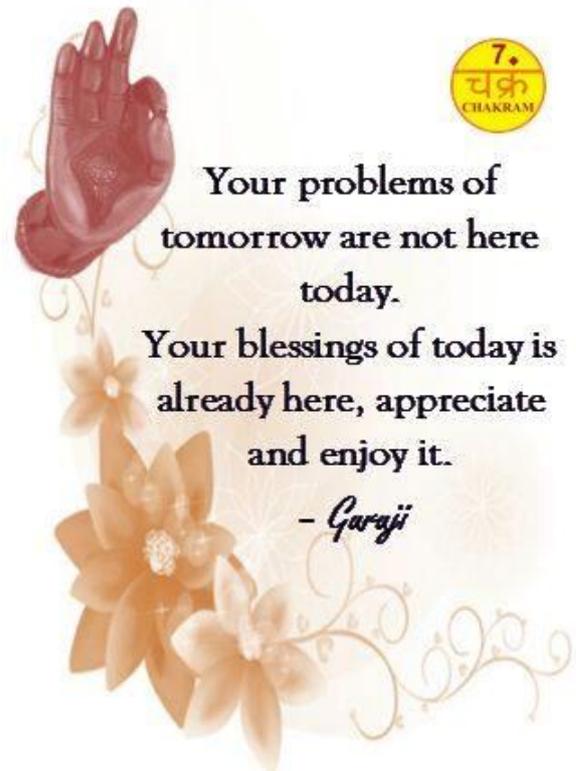
We welcome those who are interested to enquire further with us. We will also post updates on the events in the near future.



# Upcoming Events

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

- \* 2015 Spiritual Exploration
- \* 2015 Adi Rudra Homa
- \* Mini-retreat, Janda Baik (October 11)
- \* Hatha yoga sessions (Every Wednesdays & Saturdays)
- \* Full Moon Gratitude and Expression of Intentions to the Universe, Port Dickson (December 5)
- \* Sri Chakra Pooja ( December 6)
- \* Kriya Babaji's Birthday Celebration
- \* 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

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[www.7chakram.com](http://www.7chakram.com)

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