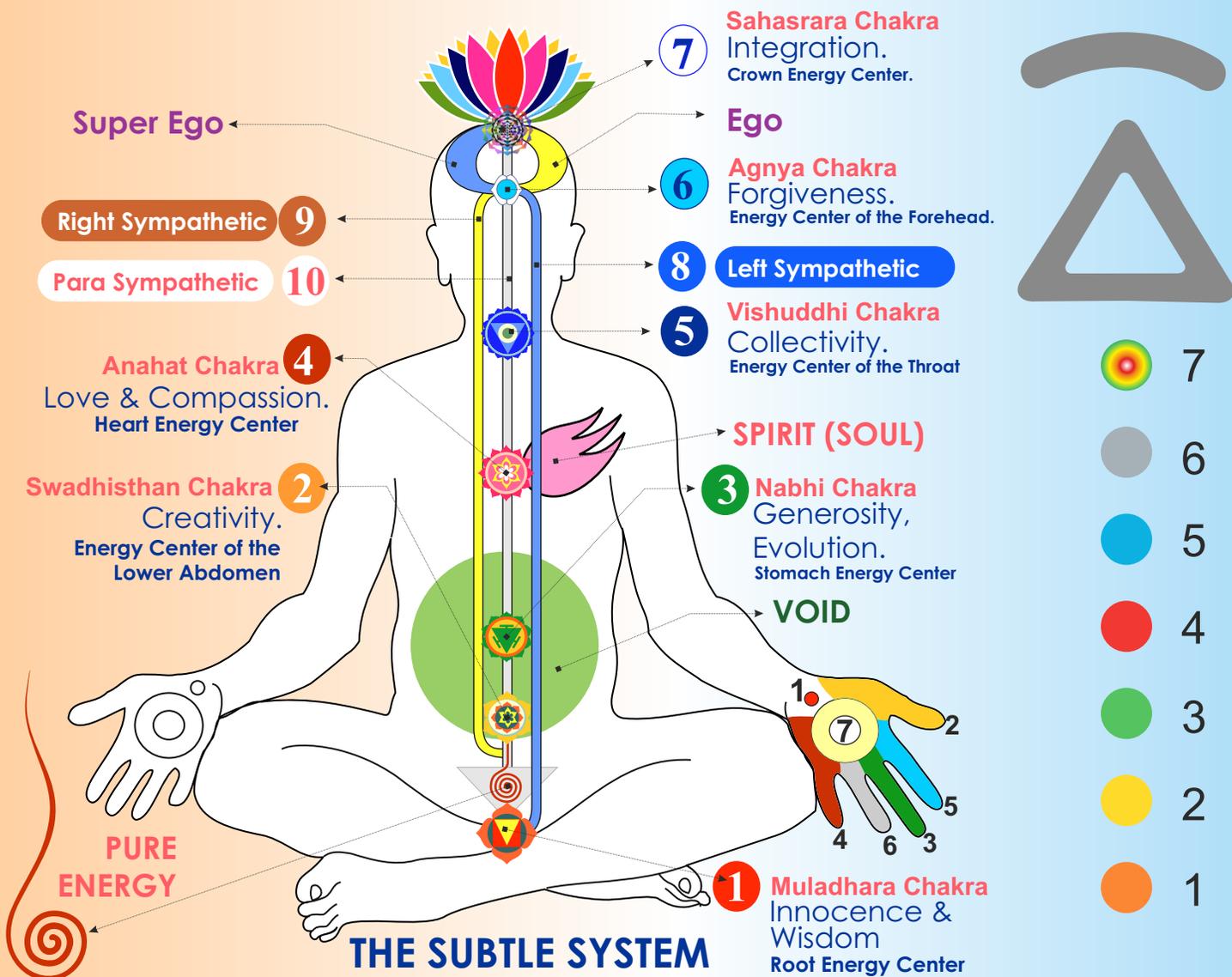




CHAKRA / PLEXUS KNOWLEDGE

SAHAJA YOGA MEDITATION

Feel The Energy Within



SAHAJA YOGA

CHAKRA / PLEXUS KNOWLEDGE

“Many illnesses are caused by a catch in the Mooladhara Chakra. Innocence in us can never be destroyed, but can be covered by our ego and conditionings, as the sun can be covered by clouds. We must respect our innocence.” **Shri Mataji Nirmala Devi**



Mooladhara Chakra

Pelvic Plexus

“MOOL” = Root
“ADHAR.” = Support
Located at the base of our spine

Characteristics

- 4 Petals
- Element: **Earth**
- Color: **Coral Red**
- Physical Plexus: **Pelvic Plexus**
- Planet: **Mars**
- Place on hand: **Base of the palm**

Mooladhara Knowledge

The divine aspect of purity and innocence is the foundation of the entire subtle system.

Mooladhara Benefits

- Strong sense of right and wrong
- No bias, because of innocence
- Nobody can cheat you or “take you for a ride”
- Stable eyes
- Strong attention
- It helps us remain in harmony with nature and to keep away from unnatural lifestyles.
- Gives us the ability and authority to raise our own Kundalini and that of other seekers.

Mooladhara Balance

- Helps us keep emotional balance.
- Helps us keep mental balance.
- Keeps us from getting too much towards the left side.
- Keeps us from depression, lethargy.
- Keeps us from getting too much to the right side.
- Keeps us from thinking too much, aggressive behavior,
- over-planning and over-indulgence.
- Soothes our attention and the subtle system by allowing the Kundalini to rise.

Qualities

- Balance
- Innocence
- Purity
- Wisdom
- Joy

Manifestation

- Sexuality
- Reproduction
- Excretion
- Memory
- Emotional Balance

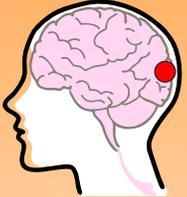
Problems & diseases

- Diarrhea
- Constipation
- Misuse of sexuality
- Perverted attention
- False gurus
- Unauthorized attempt to raise Kundalini

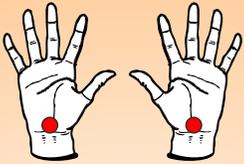
How to balance Mooladhara

- Daily Meditation, morning & evening
- Sitting on Mother Earth
- Daily foot soak
- Give vibrations to the chakra.
- Maintain purity of eyes and thoughts.
- Be honest with yourself.
- No impurity in thoughts and words.

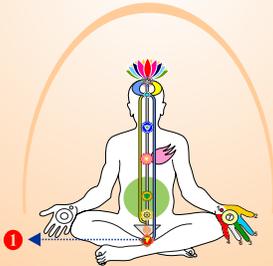
POSITION IN HEAD



POSITION ON HANDS



POSITION ON FEET



Pelvic Plexus



Mooladhara Affirmations:

“Mother, please make me innocent like a child ”.
“Mother, make wise & chaste personality”.



SAHAJA YOGA

CHAKRA / PLEXUS KNOWLEDGE

2



Swadisthan Chakra Aortic Plexus

Located above the Sacrum Bone

Characteristics

- 6 Petals
- Element: **Fire**
- Color: **Golden Yellow**
- Physical Plexus: **Aortic Plexus**
- Planet: Mercury
- Place on hand: **Thumb**

Qualities

- Spiritual Knowledge
- Creativity
- Attention
- Inspiration
- Art / Music / Poetry
- Aesthetics
- Dynamism
- Work

Swadisthan Chakra Experience

- Strong, stable attention
- Peaceful mind
- Creative attention
- Inspiration
- Dynamism in actions

Physical functions regulate

- Liver
- Pancreas
- Spleen
- Uterus
- Ovaries
- Intestines
- Metabolism

Swadisthan Benefits

- Brings inner peace
- Worries and doubts disappear
- Pure knowledge enhances spiritual ascent
- Prevents diseases like, Diabetes, Blood Cancer, Allergies, Insomnia etc.
- Brings out artistic talent

Problems and their causes

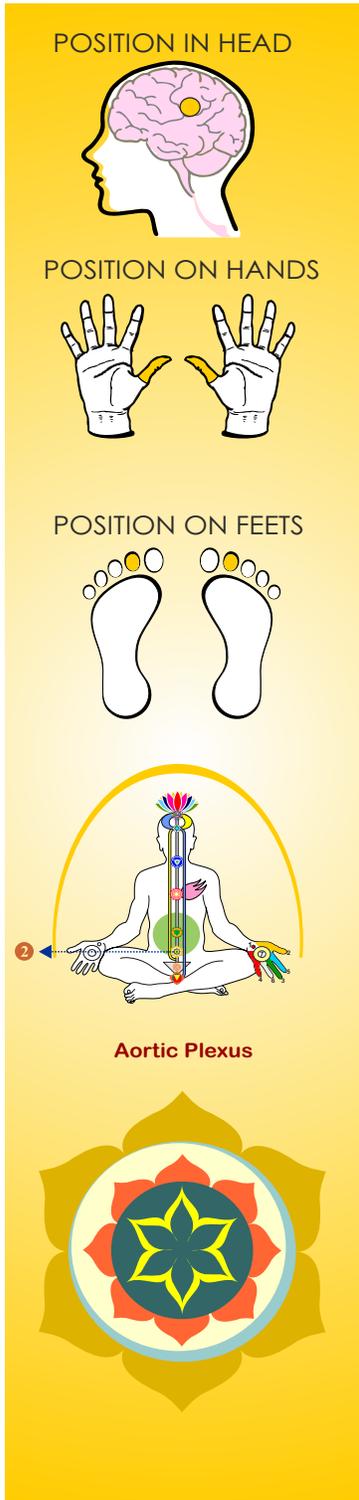
- Too much thinking
- Too much planning
- Overuse of artistic talent
- Follow false gurus
- Possession

Swadisthan Balance

Balanced thinking
Confusion recedes
Prevents overactive thinking
We loose interest in impure knowledge

Swadisthan Affirmations:

- “Mother, please take away all my thoughts and doubts and give me inner peace”.
- “Mother, You are the doer and You are the enjoyer, I do nothing at all”.
- “Mother, please give me pure knowledge”.



SAHAJA YOGA

CHAKRA / PLEXUS KNOWLEDGE

3



Nabhi Chakra Solar Plexus

Located at the level of the navel
Satisfaction, balance and generosity
are the aspects of the divine
governing of the Nabhi chakra

Characteristics

- 10 Petals
- Element: Water
- Color: Green
- Physical Plexus: Solar Plexus
- Planet: Jupiter
- Place on Hand: Middle Finger

Nabhi Chakra Experience

- Satisfaction
- Spiritual satisfaction
- Peace and joy
- Sense of dignity
- Enjoying your own generosity
- Evolution (including goals in life)

Nabhi Chakra Benefits

- Brings balance and peace into family life
- Prevents worries about daily life
- Prevents jealousy and greed
- Establishes righteousness
- Gives joy of sharing

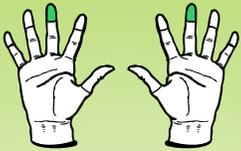
Nabhi Chakra How to Balance

- Meditation morning and evening
- Use of affirmations
- Use of hands (bandhans)
- Vibrate food before eating
- **Left:** Use candle or flame
- Foot soak with warm water
- **Right:** Ice pack on liver
- Foot soak with cold water

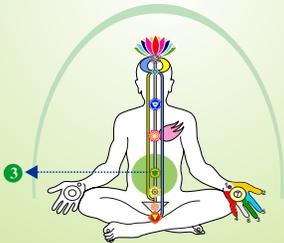
POSITION IN HEAD



POSITION ON HANDS



POSITION ON FEET



Solar Plexus



Nabhi Affirmations:

Left - "Mother, please make me a generous and peaceful person".

Center - "Mother, I am a satisfied person".

Right - "Mother, you solve all my money and family worries and take care of my well being."

Qualities

- **Left:** Good host, Good wife, Generosity
- **Center:** Satisfaction, Contentment, Peace, Right conduct (Dharma), Honesty, Evolution
- **Right:** Sense of dignity, Pure attention

Physical functions regulate

- Left: Pancreas, Spleen
- Center: Stomach, Intestines
- Right: Liver, Gall Bladder

Problems and their causes

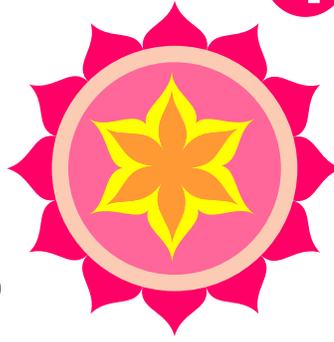
- **Left:** Family and/or household problems, Dominating husband or wife
- **Center:** Excess eating or fasting, alcohol, drugs, Untidiness, Fanaticism
- **Right:** Worries, Stinginess, Unhealthy diet



SAHAJA YOGA

CHAKRA / PLEXUS KNOWLEDGE

4



Anahat Chakra or Heart Chakra Cardiac Plexus

Located at the level of the sternum bone

The quality of the Heart Chakra

- Pure love which enlightens all.
- Home of the Self, the Spirit,
- Strong immune system.

Qualities

- **Left:** Truth (*sat*), Attention (*chit*)
Joy (*ananda*), Satchitananda
Physical mother
- **Center:** Universal Mother,
Protection & security,
Creation & nourishment of
antibodies
- **Right:** Dutiful life as a father,
husband, brother,
Gracious behavior,
Auspicious boundaries,
Physical father

Physical functions regulate

- Heart
- Lungs
- Breasts
- Thymus gland

Problems and their causes

- **Left:** Extreme physical/mental activity
Bad relationships (especially mother's)
Superficiality, Drugs, Not seeking
Anti-God activities
- **Center:** Insecurity
Problems with or as the mother
Fear, Possession, Childhood in an
unhappy family
- **Right:** Father or fatherhood problems,
Emotional aggression,
Arrogant inconsiderate behaviors,
Unlawful domination,
Economical and political suppression,
unhappy family

Characteristics

- Element: **Air**
- Number: **12**
- Color: **Pink or purple**
- Physical Place: **Center of the chest**
- Place on Hand: **Little fingers**
- Planet: **Venus**

Heart Chakra Knowledge

The Heart Chakra is located behind the sternum bone. In the gland behind the sternum bone the antibodies are produced up to the age of 12, which protect us against diseases and any form of negativity.

Heart Chakra Benefits

- Maintain Auspicious boundaries
- Brings confidence
- Truthfulness & joyous person
- you become loveable personality
- Protection and security

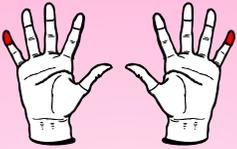
Heart Chakra How to Balance

- Meditation morning and evening
- Give vibrations to the front & back of the heart.
- Breathe in through your nose, keep the breath, breath out through your mouth, repeat 3 times.
- Right hand on heart say affirmations
- Ask for forgiveness for any mistake done against the spirit without feeling guilty.

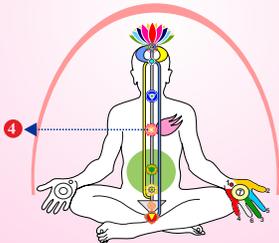
POSITION IN HEAD



POSITION ON HANDS



POSITION ON FEET



Cardiac Plexus



Heart Chakra Affirmations:

- “Mother, please make me fearless.”
- “Mother, you are my protection”.
- “Mother, I am the Spirit”.
- “Mother, I am not responsible”.

SAHAJA YOGA

CHAKRA / PLEXUS KNOWLEDGE

5

Vishuddhi Chakra Cervical Plexus

This Energy Centre Looks after the functioning of Neck, arms, mouth, tongue, teeth, nose, face, speech, inner & outer part of ears, movement of the eyes & Thyroid Glands



Located at the level of the throat

Characteristics

- 16 Petals
- Element: Ether
- Color: Light blue
- Physical plexus: Cervical plexus
- Planet: Saturn
- Place on hand: Index finger

Vishuddhi Chakra Knowledge

The Vishuddhi embodies the qualities which governs our communication with others. As it awakens we discover greater self-respect (left Vishuddhi) and greater respect for others (right Vishuddhi). Our ego is not bloated by praise and we are not upset by aggression or criticism. The Vishuddhi is also the chakra that manifests the power of witnessing. By daily practice of Sahaja Meditation, we become identified with our spirit. In this state of union with our spirit, we become witness of our body, our mind, our thoughts, our emotions, and ultimately the detached witness of the drama of our lives.

Vishuddhi Chakra Benefits

- Allows us to communicate
- Charming personality
- Enables the five senses
- Controls the Hamsa chakra
- Experience of Oneness
- Detachment

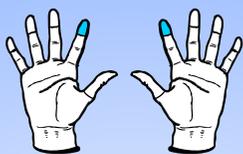
Causes & Problems of Vishuddhi

- Lack of collectivity
- Lack of witnessing
- Lack of self respect
- Feeling guilty
- Catching cold
- Smoking
- Alcohol
- Swearing, harsh talking
- Sinus problems
- Too much talking

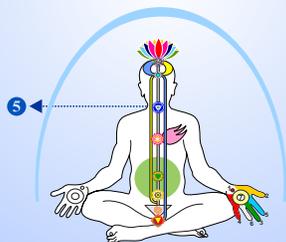
POSITION IN HEAD



POSITION ON HANDS



POSITION ON FEET



Cervical Plexus



Qualities

- Communication (ENT)
- Collective consciousness
- detachment
- Sense of fun and humour
- Teamwork,
- Diplomacy,
- Tactfulness &
- Dignity

Physical functions regulate

Neck, arms, mouth, tongue, teeth, nose, face, speech, inner and outer part of ears, movement of the eyes

Diseases Caused

- Flu
- Loss of voice
- Throat problems
- Depression
- Cervical cancer
- Problems with the five senses

HOW TO CURE THIS CHAKRA

- **Left:** Stop feeling guilty. Develop the quality of purity in brother & sister relations. Do not be sarcastic or cynical. Do not allow yourself to remain in a bad mood. Do not speak excessively about yourself.
- **Center:** Give vibrations to the Vishuddhi chakra Gargle with salt-water night and morning. Use Tulsi or Ajwan tea., Burn Ajwan seeds and inhale to clear nasal passages, sinuses, and bronchi. Brush your teeth twice a day and use dental floss. Clean surface of your tongue.
- **Right:** Speak less, and if you do, try to avoid to dominate others by your voice. Develop the quality of speaking sweetly to others. Pay less attention to the taste of food. Forgive everyone and dissolve your anger. Don't argue with people or spend a lot of time convincing people of your point of view.

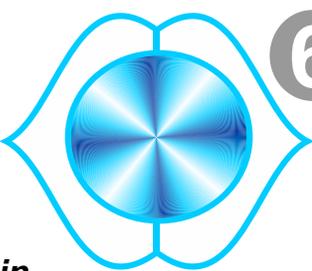
Vishuddhi Chakra Affirmations:

- “Mother, make me the detached witness, please make me part and parcel of the whole.”
- “Mother, I am not guilty at all.”
- “Mother, please take away all my aggression and dominance.”
- “Mother, give me a sweet voice, & make me a sweet collective person.”

SAHAJA YOGA

CHAKRA / PLEXUS KNOWLEDGE

6



Agnya Chakra

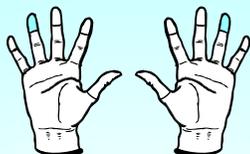
Crossing of optic thalamus

This Energy Centre Looks after the functioning of Neck, arms, mouth, tongue, teeth, nose, face, speech, inner & outer part of ears, movement of the eyes & Thyroid Glands

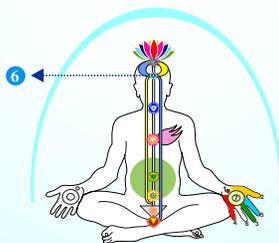
POSITION IN HEAD



POSITION ON HANDS



POSITION ON FEET



Crossing of optic thalamus

Located at the base of the brain (at the level of the fore head)

Characteristics

- 2 Petals
- Element: Light
- Color: Silver
- Physical plexus: Crossing of optic thalamus (pineal and pituitary glands)
- Planet: Sun
- Place on hand: Ring finger

Agnya Chakra Knowledge

The Agnya is the narrow gate which, when open, allows our kundalini to ascend to the limbic area of the brain. It is the chakra of forgiveness, humility and compassion. Forgiveness is the power to let go of anger, hatred and resentment and to discover, in humility, the nobility and generosity of the spirit. Once we start to see that by not forgiving others we are actually doing no harm to anyone other than ourselves, we start to realize that it is not only wise and generous to forgive but also very practical and pragmatic. By forgiving, we start to feel a tremendous sense of peace and relief. Forgiveness melts away all our ego and conditionings, our false ideas of racism and nationalism and our misidentifications.

Agnya Chakra Benefits

- The power to forgive
- Humility
- Makes is peaceful
- Makes us compassionate
- Mental silence

Causes & Problems of Agnya

- Uncontrolled thinking
- Fanaticism
- Worries
- Sexual fantasies
- Flirting, pornography
- Unforgiving nature
- Self-pity
- Can't forgive yourself
- Living in the past
- Aggressive attitude
- Egoism
- Futurism

Agnya Chakra Affirmations:

- “Mother, make me a forgiving and sacrificing person.”
- “Mother, by your grace, please forgive me.”
- “Mother, I forgive everyone, including myself”.
- “Mother, please forgive me any mistakes against my spirit, made either knowingly or unknowingly”.

Qualities

- Forgiveness
- Thoughtless awareness
- Resurrection
- Humility and compassion

Physical functions regulate

- Sight
- Hearing
- Thinking

Diseases Caused

- Too much ego
- Too much super-ego
- Diseases of the mind
- Diseases of the brain

HOW TO CURE THIS CHAKRA

- **Left:** Give vibrations to the back of the head. Without feeling guilty ask for forgiveness. Avoid all impure use of the eyes. Do not live in the past. Break any useless conditionings and habits. Tapping on the back of your head (back Agnya)
- **Center:** Give vibrations to the Agnya chakra. Know that when the Kundalini rises to your Agnya chakra, All your past sins are forgiven, & your Karma is dissolved. Forget the past, the future does not exist, just be in the present. Develop the state of thoughtless awareness - alert but not thinking. “Nirvichara Samadhi”. Use this state to dissolve your tendency to think too much.
- **Right:** Give vibrations to the forehead also left top of head, Forgive eve. yone. Don't allow people to touch your Agnya or your eyes. Where there is excessive heat in the front and left side or top of your head put an ice bag. Stop all meditative practices which involve the Agnya. Do not use concentration or visualisation techniques and abandon “mind control” methods, clairvoyance, hypnosis and other “Siddhis”, they are possessions and must be removed.

SAHAJA YOGA

CHAKRA / PLEXUS KNOWLEDGE



Sahasrara Chakra

Limbic area of the brain

Located at the crown of the head

The divine aspect of the Sahasrara chakra is the connection with the absolute.

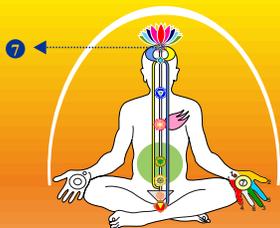
POSITION IN HEAD



POSITION ON HANDS



POSITION ON FEET



Limbic area



The Sahasrara Chakra is the lotus of a thousand petals whose physical expression is the thousand nerves distributed under the surface of the skull. It is the integration of all the lower chakras and their powers. Here take place the integration and synthesis of all the worlds' religions. It is our spiritual destination.

The Sahasrara is the tabernacle of the higher synthesis between our consciousness and divinity. To express the glory of this dimension, words (as do thoughts) fail.

Characteristics

- 1000 Petals
- Element: Integration of all other chakras
- Color: Rainbow (all colors)
- Physical expression: Limbic area of brain
- Planet: Pluto
- Place on hand: Center of palm

Sahasrara Chakra Benefits

- Enlightenment
- Integration
- Yoga (connection)
- Oneness

How to Balance Sahasrara

- Meditation morning and evening
- Use of affirmations
- Strengthen your connection with the all pervading power, by stabilizing your Kundalini at the Sahasrara chakra.

Qualities

- Complete Peace
- Integration with oneself
- Silence & Peace
- Absolute Joy
- Thoughtlessness

"When the Kundalini reaches the Sahasrara, the lotus petals open and enlightenment takes place (Samadhi). You may feel a powerful pulsation in the crown of the head, followed by a melting sensation and a flow of cool vibrations from the fontanel area."

- Shri Mataji Nirmala Devi

Causes of Catch

- Doubt in God,
- Atheism,
- Anti-God activity

Sahasrara Chakra Affirmations:

"Mother, by your grace, I am protected from all the challenges"

"Mother, by your grace, I am fortunate to be in your attention"

"Mother, make me part and parcel of all pervading power".

