

The *Sahasrara chakra* – integration



- Why is self-realisation in Sahaja Yoga so easy to achieve?
- Where does vibrational awareness originate?
- What gives us the power to clear our own centres?
- Why do we need to meditate? Isn't clearing enough?
- What does it mean that the seven chakras are located on the head?
- Why do we place our attention at the top of our head?

The Seventh Chakra

Sahasrara is the chakra which integrates all the chakras with their respective qualities. It is the last milestone of the evolution of human awareness. Nowadays, we are at a level which corresponds to this chakra, and our consciousness is able to easily enter into this new realm of perception, which is beyond our limited mind and concepts, and which becomes absolute at the level of the Sahasrara. It is the direct, absolute perception of Reality on our central nervous system

Only when our Kundalini reaches this centre do we enter into the state of Yoga, which is the union between our individual soul and the universal Spirit.

At Sahasrara, one reaches thoughtless awareness and the reality is perceived on our central nervous system. The Sahasrara chakra is our spiritual destination.

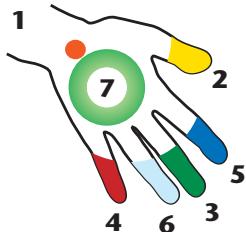
On the physical side, the Sahasrara corresponds to the limbic area of the brain and the fontanelle bone. This area means "small fountain," and is located on the top of the head. This chakra, which is symbolized by the one thousand petals of the lotus, corresponds to the thousand terminal nerves which are spread out on the top of the skull, in the upper part of the central nervous system. The Sahasrara is felt on the palms of the hands and on the soles of the feet. With the Yoga, the human awareness becomes connected to the Divine.

The thousand petalled lotus

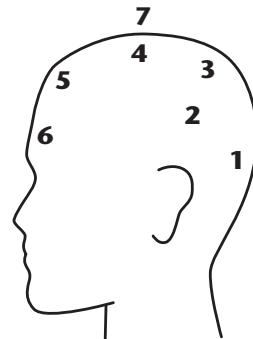
"Lastly, the seventh centre, the most important centre is the Sahasrara which has got, according to Sahaja Yoga, a thousand petals. Actually there are a thousand nerves and if you cut the transverse section of the brain you can see that all these petal-like structures of the brain are forming a lotus of the thousand petals. This centre of a thousand petals covers the limbic area of the brain before Realization like the closed bud of a lotus. Above this covering is the balloon-like structure of ego and superego. As the brain is covered completely when these two institutions join and calcification takes place on top of the head; that is how we become a closed personality. At the time of our awakening, of our second birth, this egg-like personality breaks at the top of the head.

If your Sahasrara is all right, all your chakras will be all right because as you know that the Pithas of the controlling centres of all these chakras are in the brain around the limbic area."

– Shri Mataji Nirmala Devi



- 7 Sahasrara
- 6 Agnya
- 5 Vishuddhi
- 4 Anahata
- 3 Nabhi
- 2 Swadisthana
- 1 Mooladhara



The seven chakras at Sahasrara

"A very important point.....one has to understand that all the seven chakras have their peethas ('seats') in the Sahasrara; all the seven chakras. They are nicely settled down in the midriff of your brain and they act, through that area wherever they are, on the chakras and work it out. Now, all these seven chakras become one, I should say, or go into unison, complete integration takes place in these centres, because these are governed by these seven main chakras, we can call them, we can call them by any name and they govern all the other chakras. And because they are in unison, completely integrated, that's why all your chakras are integrated. It's the peethas which are enlightened, I should say, by Kundalini, also blessed by the Divine Power, immediately become Integrated, like Pearls in One String."

– Shri Mataji Nirmala Devi

Qualities

Symbol: Lotus

Colour: All colours

Stone: Pearl

Planet: Pluto

Day: Monday

Number
of petals: One thousand

Spiritual
representation: Shri Kalki



"At the level of Sahasrara, you know the Truth. So all kinds of illusions, all kinds of misunderstandings, all kinds of self-imposed ignorance, they all have to disappear, because what you know is the Truth. The Truth is not sharp, it's not harsh, it is not something which is difficult to assimilate."

"Without this happening there could not have been a possibility to give mass Realization to people. One could have done it on one or two persons here and there, but to give such a mass awakening could not have been possible."

– Shri Mataji Nirmala Devi



May 5, 1970 – a momentous event

"For all of us, the seekers, the last work of the Divine, of opening the last centre in the Great Primordial Being was done on the 5th of May, 1970. It is the greatest event of all the spiritual happenings of the Universe. It was done with great care and great attachment. It is not in the limits of human understanding how things are worked in the heavens. It is your fortune and God's Love that has worked this one.



As soon as the Sahasrara was opened the whole atmosphere was filled with tremendous Chaitanya. And there was tremendous Light in the sky. And the whole thing came on the Earth – as if a torrential rain or a waterfall – with such tremendous force, as if I was unaware and got stupefied. The happening was so tremendous and so unexpected that I was stunned and totally silent at the grandeur.

I saw the Primordial Kundalini rising like a big furnace, and the furnace was very silent but a burning appearance it had, as if you heat up metal, and it had many colours. In the same way, the Kundalini showed up as a furnace, like a tunnel, as you see these plants you have here for coal burning that create electricity. And it stretched like a telescope and came out one after another, Shoo! Shoo! Shoo! Just like that.

And the Deities came and sat on their seats, golden seats, and then they lifted the whole of the head like a big dome and opened it, and then this torrential rain complete drenched Me. I started seeing all that and got lost in the Joy. It was like an artist seeing his own creation, and I felt the Joy of great fulfillment.

After coming out of this beautiful experience I looked around and saw human beings so blind and I became absolutely silent, and desired that I should get the cups to fill the Nectar."

– Shri Mataji Nirmala Devi, Sahasrara Puja, Paris, France – May 5, 1982



Nargol Beach, India, site of the opening of the Sahasrara Chakra, 5 May 1970.

Representations of the Sahasrara Chakra

Halos

These are a circle of light above or surrounding the head of a holy person.



Standing Buddha with a halo,
1st-2nd century AD (or earlier),
Greco-Buddhist art of Gandhara
(Afghanistan).



Byzantine mosaic in Hagia Sophia
in Istanbul.



The colossus of Rhodes, 3rd century BC
(one of the Seven Ancient Wonders) had a fiery halo.

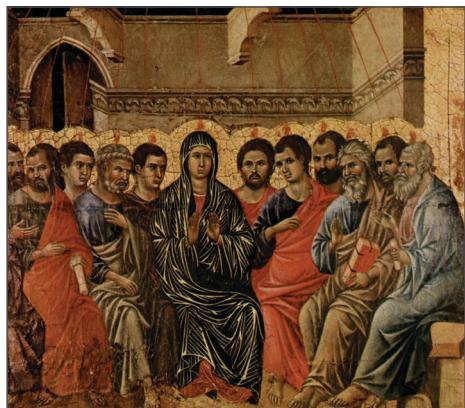


This was the inspiration for
the 'Statue of Liberty'



More halos (Leonardo da Vinci)

Those identified with the Pentecost often show flames rising from the heads, depicting the awakening of the Holy Spirit.



Duccio 1308



El Greco 1610

Crowns

Symbolic headgear that is worn by monarch. A crown represents power, glory, immortality, royalty and sovereignty. Coronation represent the bestowing of semi-divine powers upon the wearer.



From the recent 'Hidden Treasures of Afghanistan' exhibition a crown from the Tillya Tepe tomb (1st century BCE)

Native American Headresses

'Perhaps there is meaning then as to why we usually picture the chief wearing one. It is a little known fact that Native American headdresses were not made completely in one sitting. In fact, each time the chief, warrior, or other important tribe member committed a brave act, a feather was added. Therefore, the more feathers in the headdress, the braver and sometimes much more ominous the wearer was. In certain tribes, the brave act itself was not enough. The warrior would have to provide himself by fasting for several days and meditating the entire time to show his steadfastness. This fact alone makes the significance of the Native American headdress very important.'

– <http://www.indians.org/articles/native-american-headdress.html>



theguardian.com

Quetzal Dancers Cuetzalan The quetzal dancers dance in front of the church in Cuetzalan, Puebla, Mexico (1996)

The headdresses represent the extravagant colors of the quetzal bird, a sacred bird of the Maya. The resplendent quetzal, as it is called by ornithologists, sports long green tail plumes that grow up to four feet (1.2 meters) in length. These feathers were highly prized by many ancient peoples, especially the Aztecs of central Mexico, who demanded quetzal feathers from some villages as part of their tribute payments.



Chinese culture

Illustrations from 'The secret of the Golden Flower' a Taoist text about meditation.



Dragons chasing a flaming pearl

'The mystical flaming pearl, rendered as a small red or white sphere ringed by a fiery blaze, is often viewed as a metaphor for wisdom, enlightenment and spiritual essence. Dragons are depicted in seeming pursuit, reaching out to clutch at the elusive object; swirling through mists and shadows, mouth open and eyes bulging in anticipation of achieving the prize afforded by clutching the pearl, often identified as ball lightning, the sun, the moon or rolling thunder.'



<http://honolulumuseum.org/art/exhibitions/5196-flamingpearl>

'Reality is so subtle that the ancient immortals called this reality a tiny pearl. In reality it has no such shape; they call it thus because there is a point of conscious energy hidden in the center, and because that point of awareness contains the whole cosmos, space, and the universe.'

– Liu Yiming (Taoist scholar 1734-1821)

'The Chinese dragon does not breathe fire and kidnap maidens. The Chinese dragon is a benevolent creature that saved mankind from drought by making it rain. The dragon also has the power to calm waters, so when a river floods, a dragon is called upon to dispel the waters.'

– Marilyn Shea, 2009, University of Maine

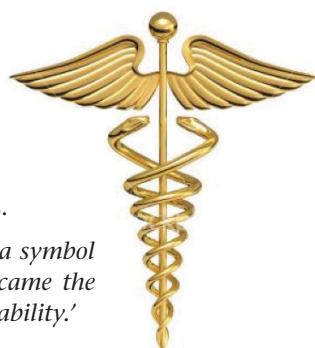
This makes them closer in nature to the 'Rainbow Serpent, revered by many tribes in Australia:



Walangari Karntawarra
'Colours of the Rainbow Serpents'
<http://becuo.com/rainbow-serpent>

'When the rainbow is seen in the sky, it is said to be the Rainbow Serpent moving from one waterhole to another, and the divine concept explained why some waterholes never dried up when drought struck.'

– A.R. Radcliffe-Brown



A pearl shape can also be seen at the top of the Caduceus.

'This was carried by the messenger Hermes (Mercury) as a symbol of peace. Among the ancient Greeks and Romans it became the badge of heralds and ambassadors, signifying their inviolability.'

– Encyclopedia Britannica