

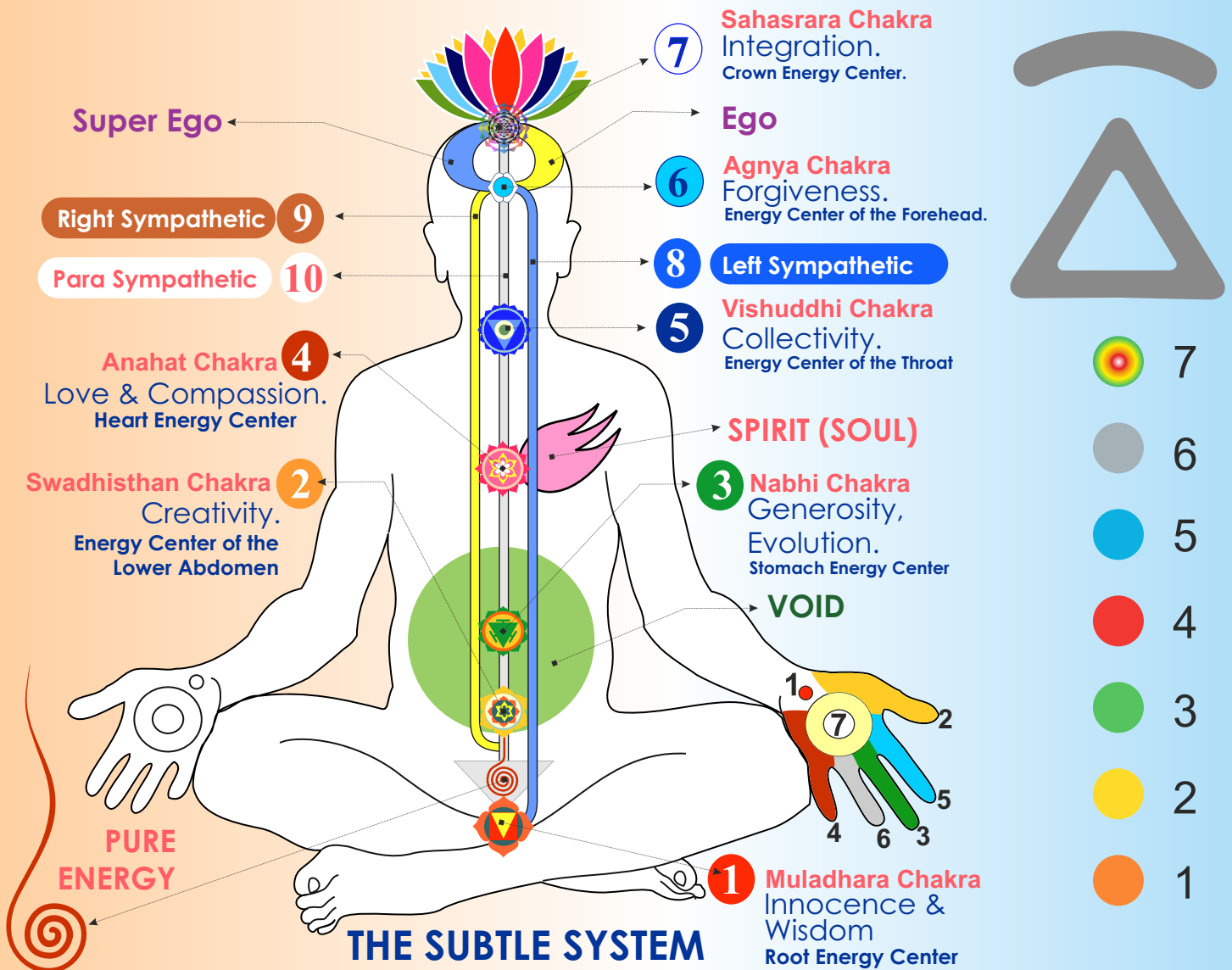


# CHAKRA / PLEXUS KNOWLEDGE

# SAHAJA YOGA MEDITATION

Feel The Energy Within

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# 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

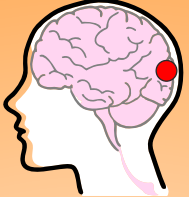
#### Problems & diseases

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

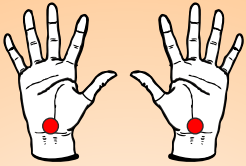
#### How to balance Mooladhara

- 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.

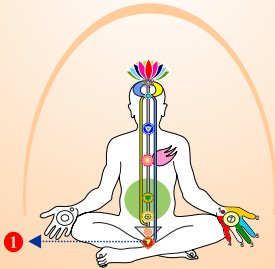
#### POSITION IN HEAD



#### POSITION ON HANDS



#### POSITION ON FEET



Pelvic Plexus



#### Mooladhara Affirmations:

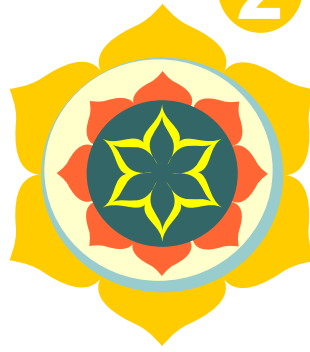
“Mother, please make me innocent like a child ”.  
“Mother, make wise & chaste personality”.



# SAHAJA YOGA

## CHAKRA / PLEXUS KNOWLEDGE

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## 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

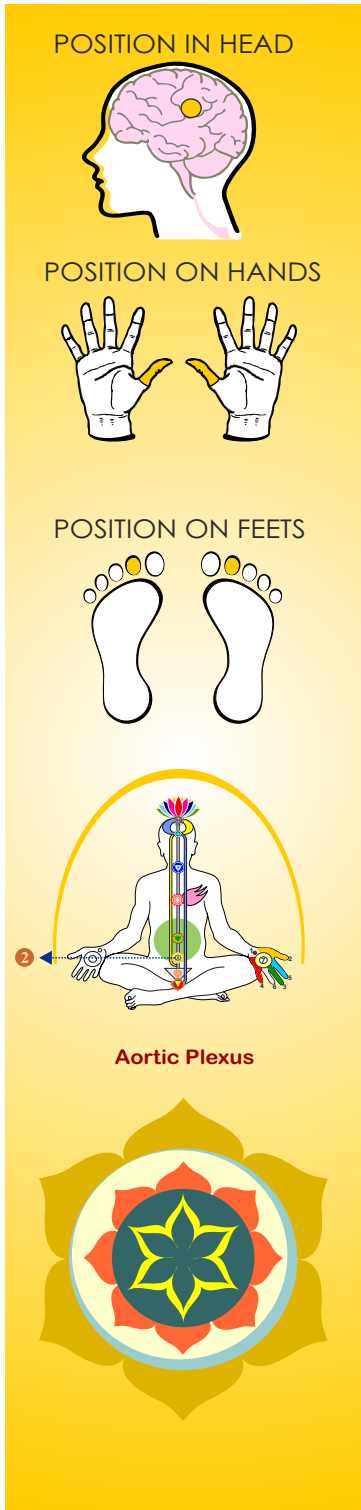
- Too much thinking
- Too much planning
- Overuse of artistic talent
- Follow false gurus
- Possession

### 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

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## 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

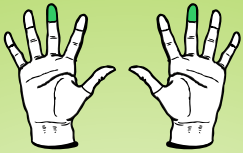
### Nabhi Chakra How to Balance

- 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

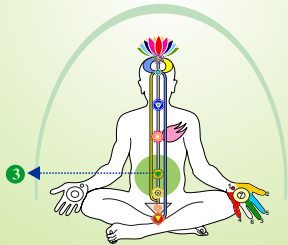
### POSITION IN HEAD



### 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

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## 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.

### 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.

### 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

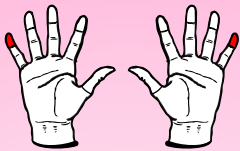
### Problems and their causes

- **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

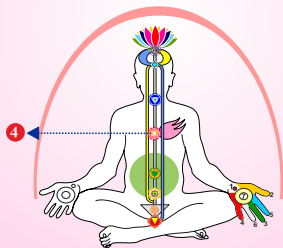
#### POSITION IN HEAD



#### 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

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## 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

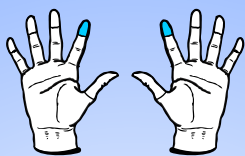
### Causes & Problems of Vishuddhi

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

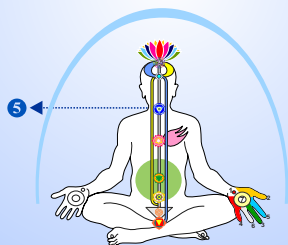
### POSITION IN HEAD



### 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.

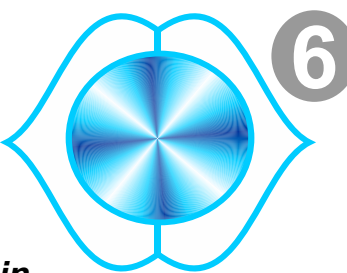
### Vishuddhi Chakra Affirmations:

- “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

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## Agnya Chakra

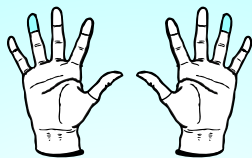
Crossing of optic thalamus

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

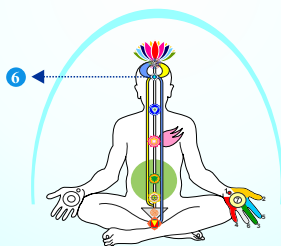
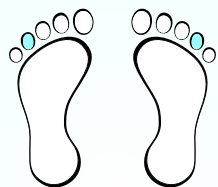
### POSITION IN HEAD



### 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

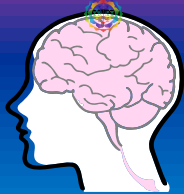


## Sahasrara Chakra

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.

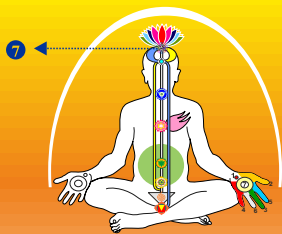
### POSITION IN HEAD



### 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".

