



Sahaja Yoga Course

SAHASRARA CHAKRA

07

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***“You cannot know the
meaning of your life
until you are connected
to the power that
created you.”***

Shri Mataji Nirmala Devi

SAHASRARA CHAKRA

NUMBER OF PETALS:

Thousand (1000)

DAY:

Monday

COLOUR:

All

COUNTRY:

Himalayas



ELEMENT:

All

GEM:

All

SYMBOL:

Bandhan

PLANET:

Pluto

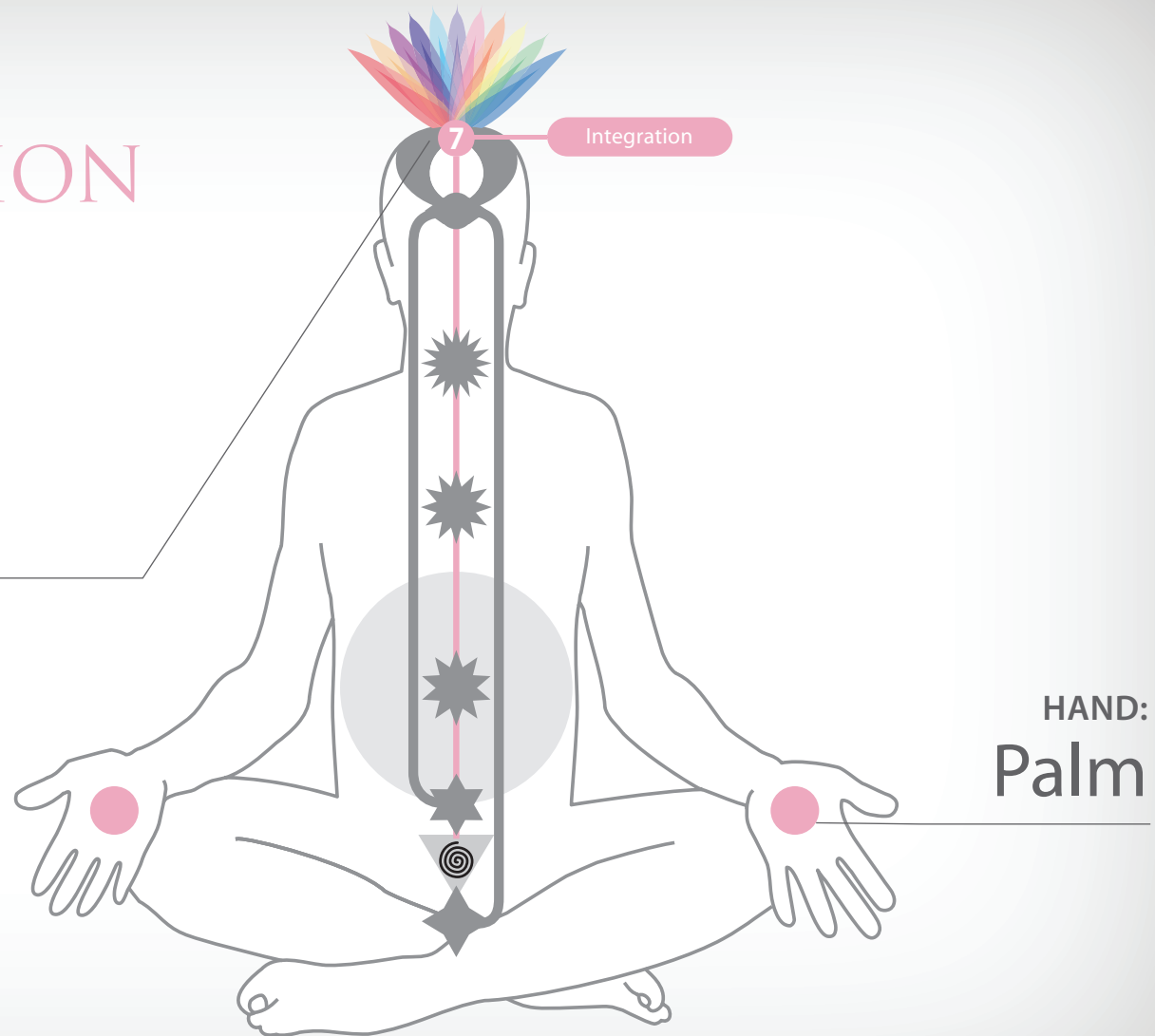
PHYSICAL MANIFESTATION

CONTROLS:

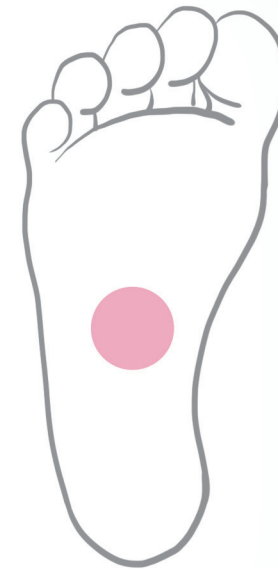
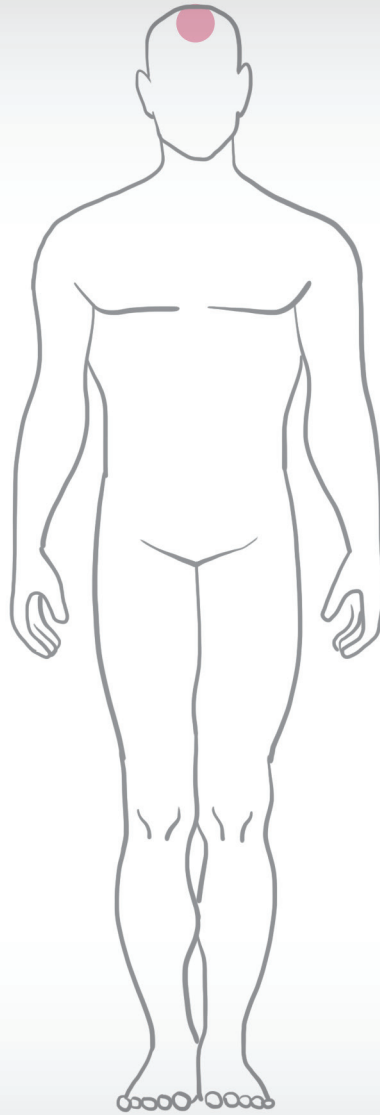
Brain, Nervous
System

PHYSICAL COUNTERPART:

Limbic area of
the brain



PHYSICAL MANIFESTATION



QUALITIES



Thoughtless awareness

Silence

Collective Consciousness

Joy

Absolute freedom

Self realisation

Integration with the whole

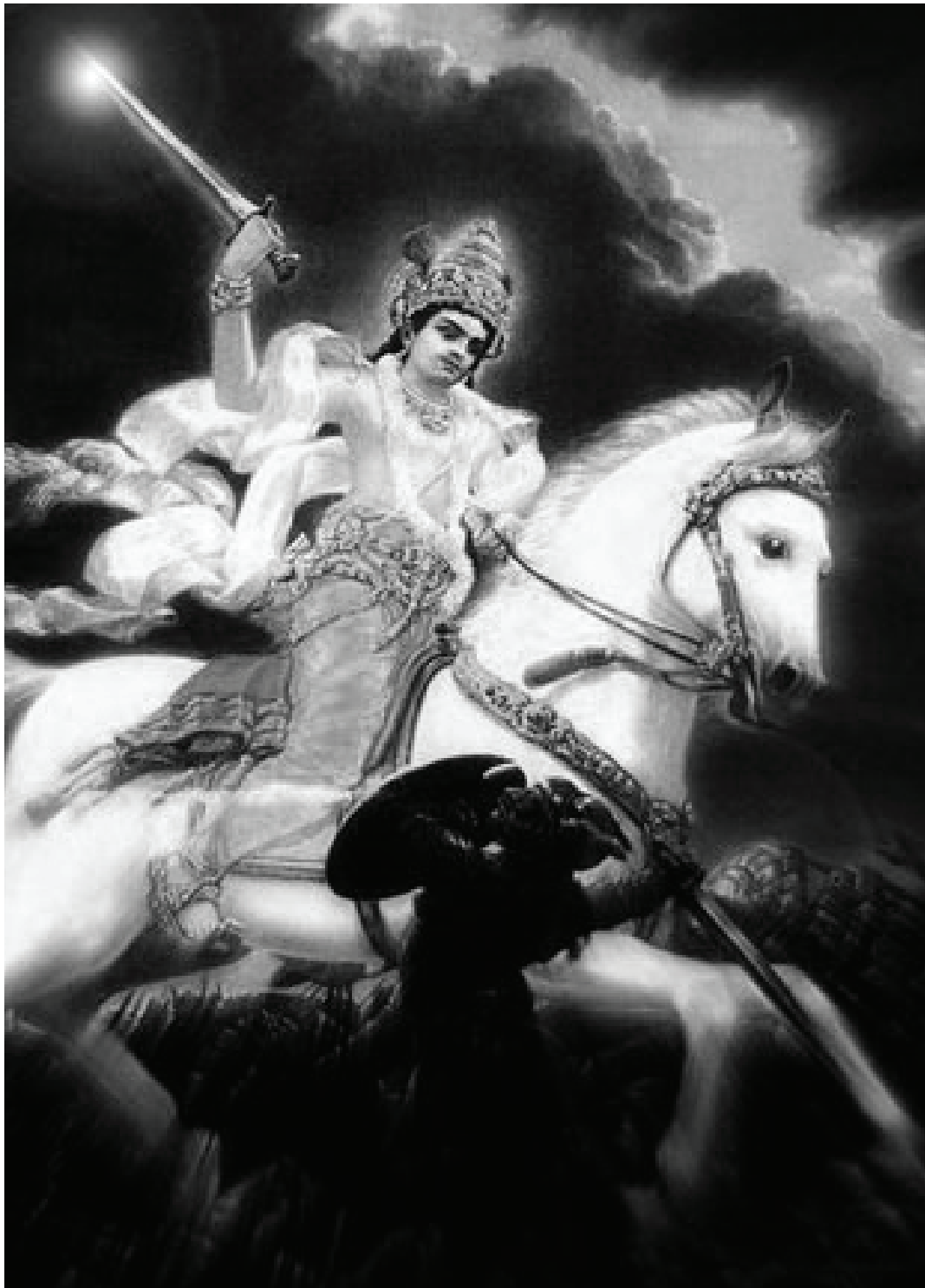
CAUSES OF PROBLEMS

Doubting one's own
ascent and the power
to become the Spirit



HOW TO CLEANSE THE SAHASRARA

- Meditate regularly, give vibrations to the chakra
- Mantra “Mother, please establish my Self Realisation”
- Protect the Sahasrara from excessive heat or cold
- Massage the scalp regularly with oil
- Avoid others touching it
- Keep attention above the head



DEITY SAHASRARA

Shri Kalki

THANK YOU!

