

Position in Head



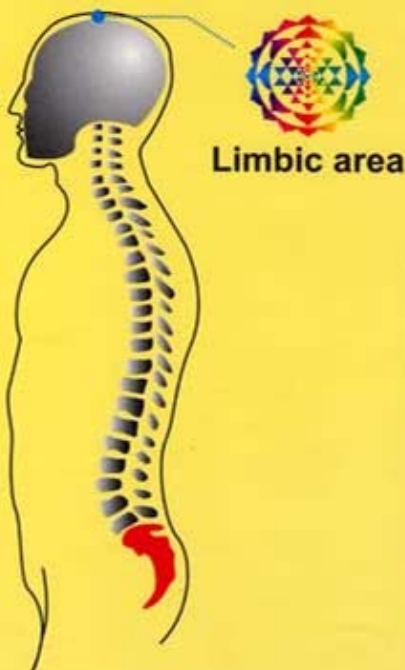
In Hands



In Feet

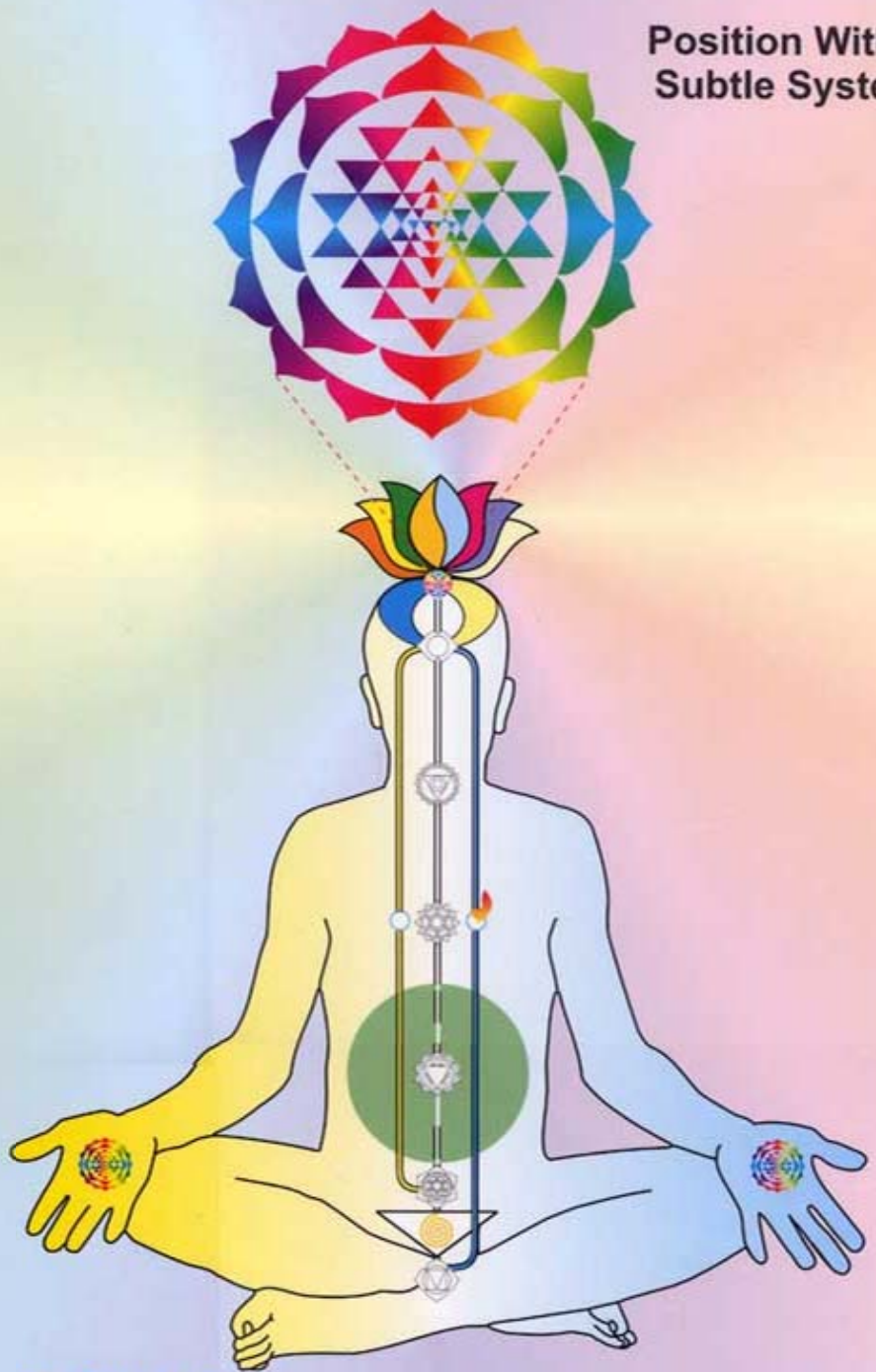


Gross Expression in Vertebral Coloumn



Limbic area

Position Within Subtle System



7° CHAKRA

SAHASTRARA

integration

This thousand petalled centre known as Sahastrara is the most important centre situated in the brain or limbic area. Actually there are thousand nerves, and if you take transverse section of the brain, you can see all these nerves beautifully arranged in a petal like structure to form lotus of thousand petals. This centre covers the limbic area of the brain, before realization, like a closed bud of lotus. Above this is covering of two balloon like structures of Ego and Super Ego.

When Kundalini rises and pierces this centre, it awakens all the nerves thus enlightening every nerve centre and we say that the person is enlightened soul. Kundalini further pierces the fontanelle area and opens a gateway into the cosmos and we experience this as cool breeze on the head. This is actualization of the Union (Self-Realization) with the all pervading Power of Divine.

Correspondences

Colour	All
Element	All
Planet	Pluto
Day	Monday
Stone	Pearl
Symbol	Bandhan
Quality	Integration Self realization
Organs controlled	Limbic Area

Chakra No. 7: The Sahasrara

The Sahasrara (Sa-has-ra-ra) Chakra encompasses the crown of the head. It is here that all the chakras and all the channels of the subtle system come together and are integrated into a whole. When the Kundalini passes through the top of the head, at the fontanelle area, your realization is manifested. When your attention is on the Sahasrara you are in touch with your whole Self, which is the Spirit. The goal of Sahaja Yoga is to become the Spirit... a spiritual being... no longer directed by the back and forth play between the ego and the super-ego. Our Spirit introduces us at last to ABSOLUTE FREEDOM. Sahasrara is the promised land where this freedom is granted.

The beginner of Sahaja Yoga receives Self-realization at the start with the raising of the Kundalini. Usually, only a few strands of Kundalini can rise at first, and the chakras will open only slightly. Meditation and other simple techniques (described in the Reference Section) provide daily opportunity to gradually cleanse and clear the chakras. As they open wider, more strands of Kundalini will rise up. Your ability to feel vibrations will increase. Sometimes they will register on the fingers of the hands, in the form of tingling or numbing sensations. Sometimes you will feel the vibrations inside your body in your chakras. Sometimes you will feel a cool breeze flowing out of the top of your head... sometimes the breeze will be warm when your Kundalini is working on clearing a chakra.

As you continue cleaning your instrument through which your Spirit can work with the Divine, you will become more aware of the vibratory state of life around you. You will become more open and receptive to the beautiful, positive vibrations radiating from nature (trees, mountains, flowers, clouds and sky). You'll be able to determine right decisions on your part with the help of vibrations. You'll be able to feel the condition of others, and know when or how to help them. You'll develop a wise discretion about every aspect of your daily life.

But, of course, there is much more to Sahaja Yoga than all this. Sahasrara is the tabernacle of the higher synthesis between our consciousness and divinity. To express the glory of this dimension words, as did the thoughts, fail.

The opening of the Sahasrara is the very special gift of Shri Mataji to mankind. Through years of selfless and very hard work, She has displayed the most awesome, the most benevolent spiritual power. She is the One who has opened the Sahasrara Chakra, at a collective level, for thousands of seekers. Our relationship to Her is guided by this sense of awe and gratitude.