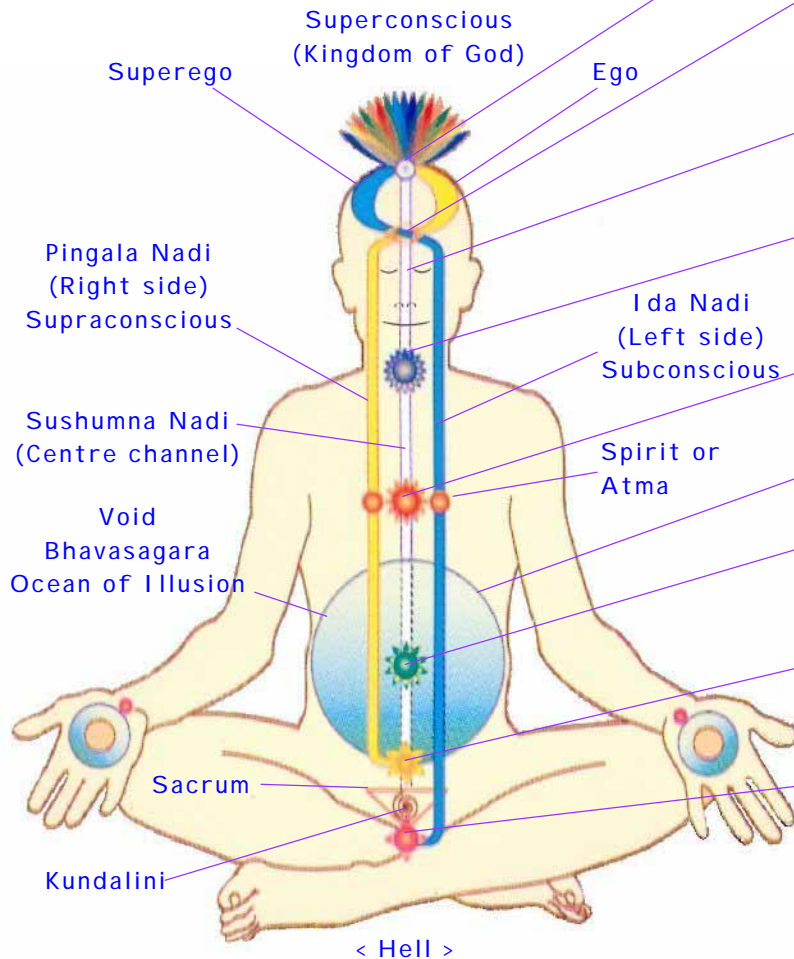


Sahaja Yoga Chakra Chart

The Chakra AFFIRMATIONS and MANTRAS

B



Sahastrara:	Mother, please give me my Realisation - Mother are you the Holy Ghost <u>Also:</u> Listen to Shri Mataji's talks, & absorb. Recognition. Surrender. (1000 petals)
Agnya:	I forgive everyone(R/F) - If I have made mistakes, please forgive me(B) - Buddha(R), Mary Jesus(C), Mahavira(L), Mahaganesha(L/B), Mahabhairava(L/B), Mahatahankara(R), & Nirvichara mantras - Lord's Prayer - I do nothing... you do everything(R) - Hum(L) Kshum(R) - 'Not this, not this' - <u>Also:</u> Shoebeat - Surrender ego, superego (2 petals)
Hamsa:	Hamsa Chakra Swamini(C), Ida Nadi Swamini(L), Pingala Nadi Swamini(R), Pranava, Omkara mantras - <u>Also:</u> Look at ground(L) - Avoid sour food - Ghee/oil in nose Avoid sudden Hot/Cold changes - Avoid very hot foods & drinks - Use inhalers
Vishuddhi:	I am <u>not</u> guilty(L) - I am part and parcel of the whole(L) - Vishnumaya(L), Vitthala(R), Radha Krishna(C) mantras - Allah ho Akbar - <u>Also:</u> Use butter/ghee/olive oil, for throat, neck, nose, ears - Salt water gargle - Ajwain dhuni(R) - Mona(R) (16 petals)
Heart:	I am the Spirit(L) - Mother, please come in my heart Shiva Parvati(L), Jagadamba(C), Sita Rama(R) mantras - <u>Also:</u> Inhale, hold breath... then exhale, 3 times, repeating Jagadamba(C) (12 petals)
Void:	I am my own Guru(L) - Mother you are my Guru(R) - Adi Guru Dattatreya mantra <u>Also:</u> Take salt(L) or sugar(R)
Nabhi:	I am my own Master/Guru(L) Lakshmi Vishnu, Gruhalakshmi(L), Rajalakshmi(R), Shesha Lakshmana(R) mantras <u>Also:</u> Take vibrated salt(L) or sugar(R) (10 petals)
Swadisthan:	Please give me the Pure Knowledge(L) - Nirmala Vidya(L), Shuddha Vidya(L), Saraswati Brahmadeva(R), Sarva Asura Mardini & Sarva Asatya Guru Mardini mantras. <u>Also:</u> Use candle on L side - Shoebeat False Guru - Give beautiful flowers to Mother (6 petals)
Mooladhara:	Ganesh mantra - Atharvasheersha <u>Also:</u> Sit on ground, L hand to Sun or photo, R hand on Mother Earth Dedicate to Mother - Give fragrant flowers to Mother (4 petals)
Left Side (Ida Nadi)	Mahakali, Mahabhairava, Mahavira, Ida Nadi Swamini & Surya mantra. St. Michael. <u>Also:</u> Get into action - Raise R side - Eat proteins - Use candle/fire, L hand to candle or photo, and R hand on ground - Take vibrated salt
Right Side (Pingala Nadi)	Mahasaraswati, Hanumana, Buddha & also Chandrama mantras. St. Gabriel. <u>Also:</u> Witness - Raise L side - Use water or ice - Sit on Earth, R hand to photo, L hand to sky - Eat less proteins - Allow time to pass - Take vibrated sugar
Central Channel (Sushumna Nadi)	Mahalakshmi mantra - Raise the Kundalini - Meditation Raise L or R side, as needed - Keep in balance - Put attention on Mother's Kundalini

Details are derived from research into a wide selection of tape recordings of Shri Mataji's very many talks over the years - any suggestions for future inclusion, please send with full reference details of the audio or videotape via: www.sahajvidya.org/jmsy