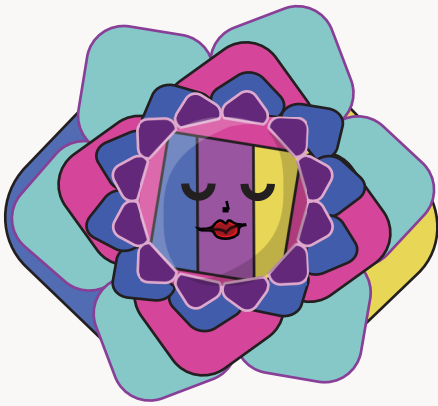


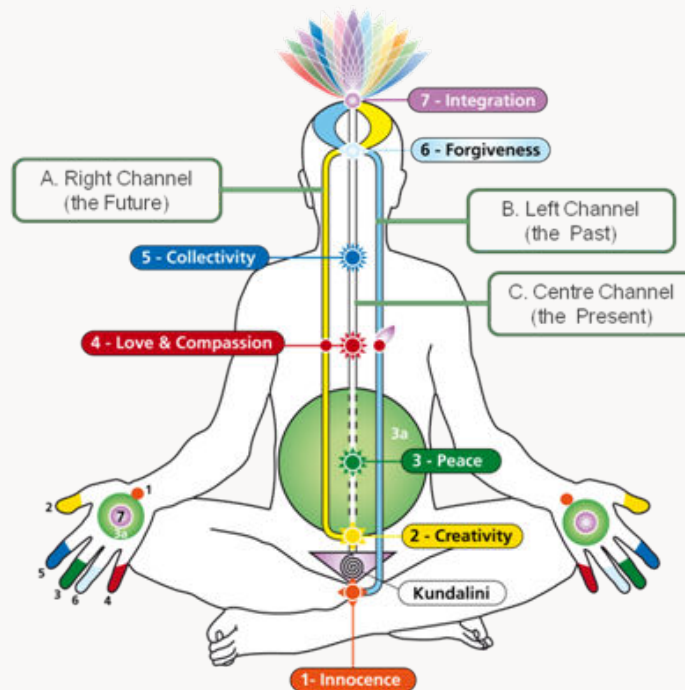
MY JOURNEY WITH THE CHAKRAS



Planets closest to the Sun --- Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto
(9 Planets)

Five elements (Panchabhootas) - Earth, Fire, Water, Air, Ether

To Shri Mataji Nirmala Devi



There's a motherly energy hidden inside you.

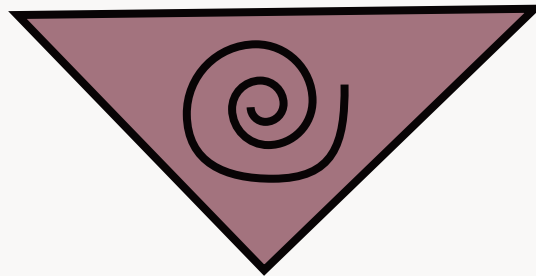
She has known you all your life.

With ^{ఓర్పు, సహనము, calmness} **patience**, she stops
at each chakra to give them energy.

Her name is Mother Kundalini.

She lives in the triangular bone
at the ^{bottom} **base** of the **spine**. ^{వీచినముక}

She follows the inner path
and ends up flying above your head,
like a white ^{వసురం} **dove**.



Below her lies Ganesha,
the elephant-headed boy.
He is placed below her
to support her. He is
the guardian who
protects us from danger,
and is our greatest friend
on our journey.
With him begins the path
of **emotions**.
He takes care of our
purity and innocence
and gives us **wisdom**.

వేవేకము, తేలేవే, the ability to tell
right and wrong

Mooladhara Chakra

Element
Earth

Colour
Red Orange

Planet
Mars మంగళ గౌరహం

Number of Petals
Four

Tuesday, మంగళ వారం





It means right channel (pingala nadi) starts from Swadhisthana; Left channel (Ida nadi starts from Mooladhara.

Here begins the path of action where the monkey Hanuman runs faster than the wind. He can be very fast but also very slow, and gives us calm attention. In this way we can see the beauty of the world and create fine things filled with joy for art exists all around us and in us.

Swadhisthana Chakra

Element
Fire

Colour
Yellow

Planet
Mercury బుధ గ్రహం

Number of Petals
Six

Wednesday బుధ వారం



A long time ago, the first big fish that came out of the ocean to walk on the earth, began our evolution to human beings.

^{In Nabhi,}
Here we feel the well-being of our families and homes and we are satisfied.

To preserve this peace, we have to have the right ^{behavior}
attitude: to be as respectful and faithful as a dog and ^{trust: నమ్మడం}
as **dignified** as a master.

^{well behaved}

Nabhi Chakra

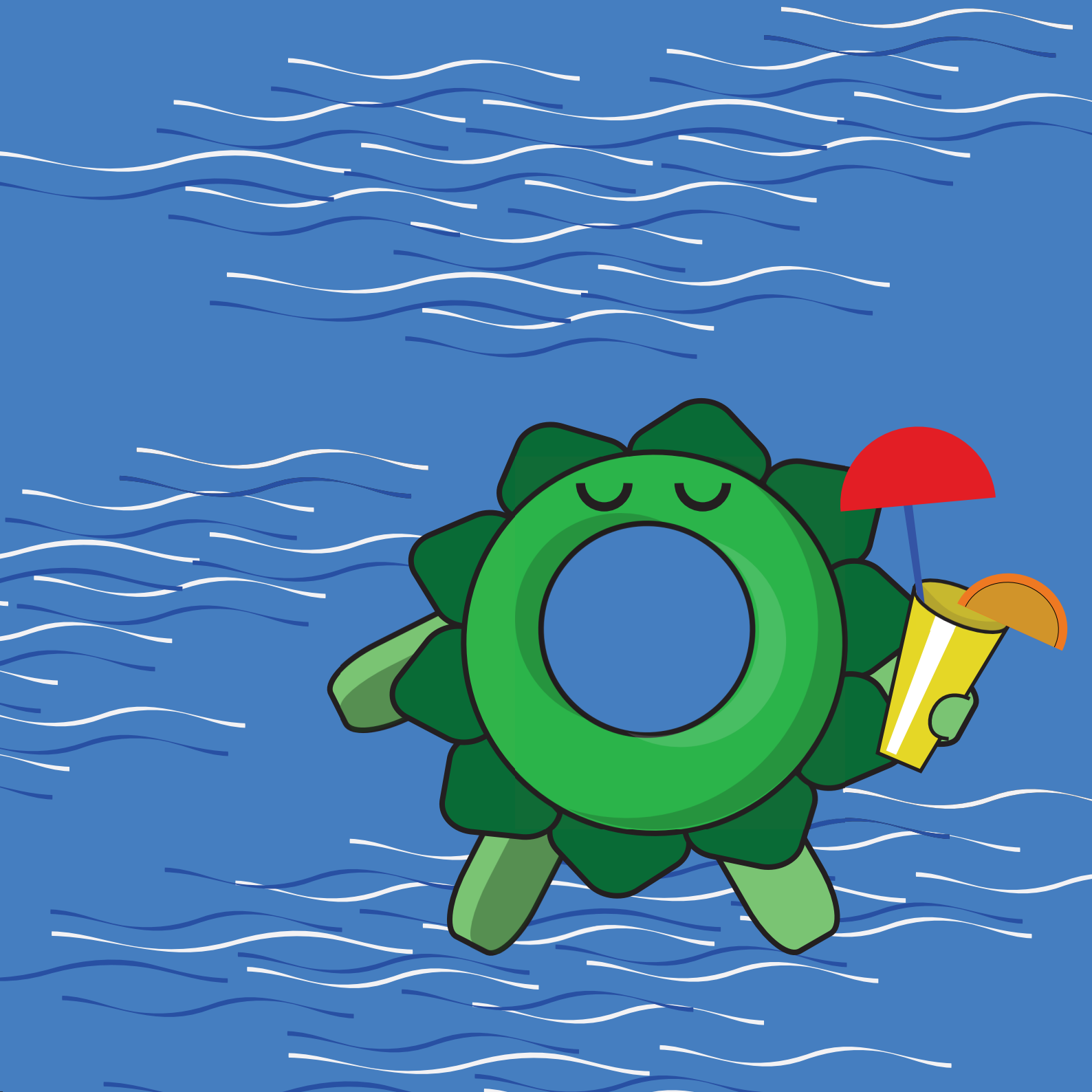
Element
Water

Colour
Green

Planet
Jupiter గురు గ్రహం

Number of Petals
Ten

Thursday గురు వారం



In our heart, with the love
for our parents and
friends, lies the eternal
spirit, sleeping.

The Kundalini awakens
the spirit and takes
it with her.

In the past there was
a king, who was a perfect
son, brother and husband.
He had the confidence
and bravery of a lion.

All these qualities are also
in us, at our service.





If we speak gently,
our voices will be like
the sweet melody
of the flute. We will create
friendship all around us.
How good it is to have
friends and to know how
to play well.
When we watch a game,
we see the players'
mistakes, even if they are
very good. We all make
mistakes. So, don't feel
guilty. Be as active as the
player and as smart
as the viewer.

Vishuddhi Chakra

Element
Ether

Colour
Blue

Planet
Saturn

Saturday శనివారం
Number of Petals
Sixteen



Between the donkey^(left side)
and the ox^(right side) is the baby
Jesus. The Kundalini will
follow neither
the donkey nor the ox
because it is the child
Jesus who will open
the door for her,
allowing us to pass
through the door.
Forgiveness will free
our head from bad
thoughts. We can again
feel joy and lightness.

Agnya Chakra

Element
Light

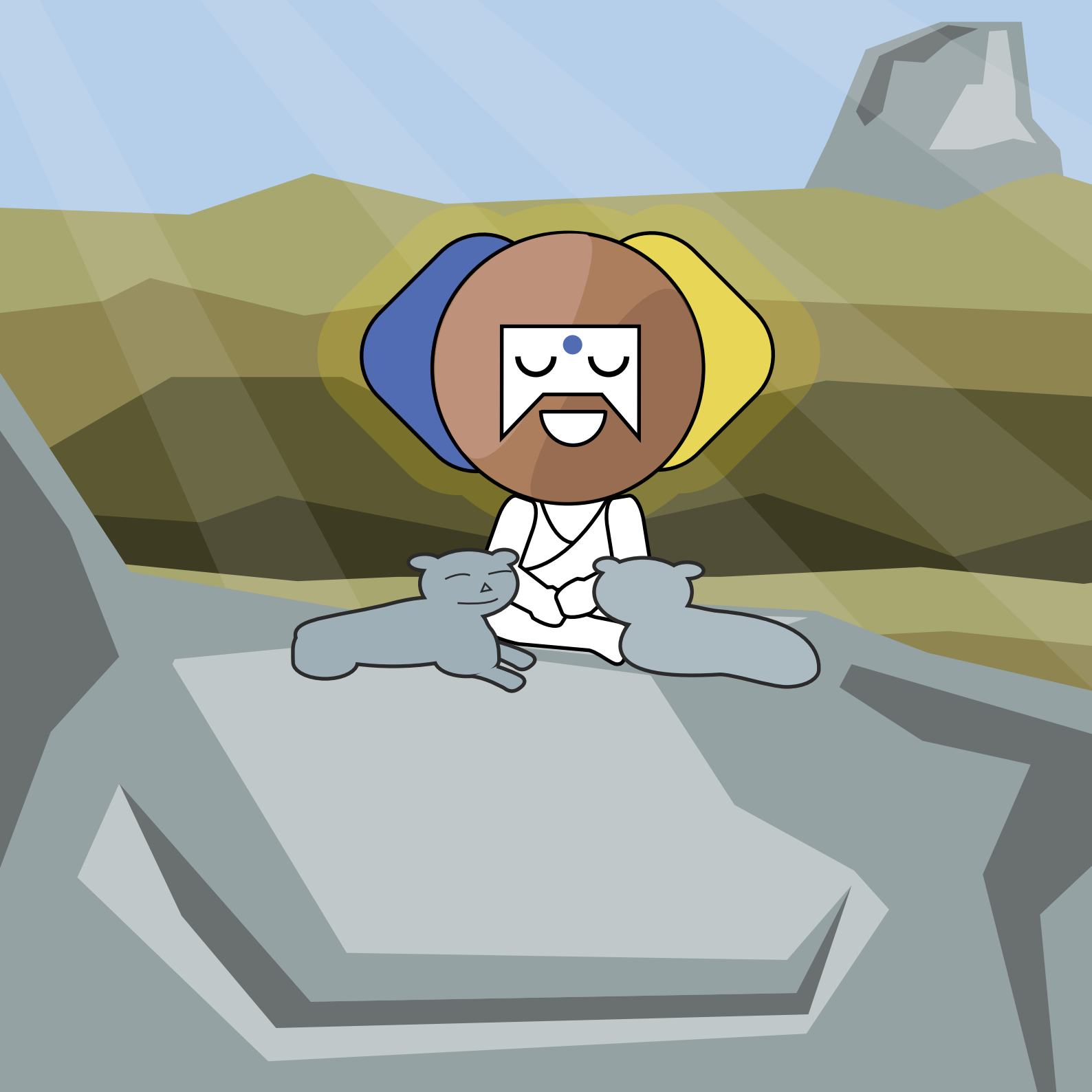
Colour
Gold

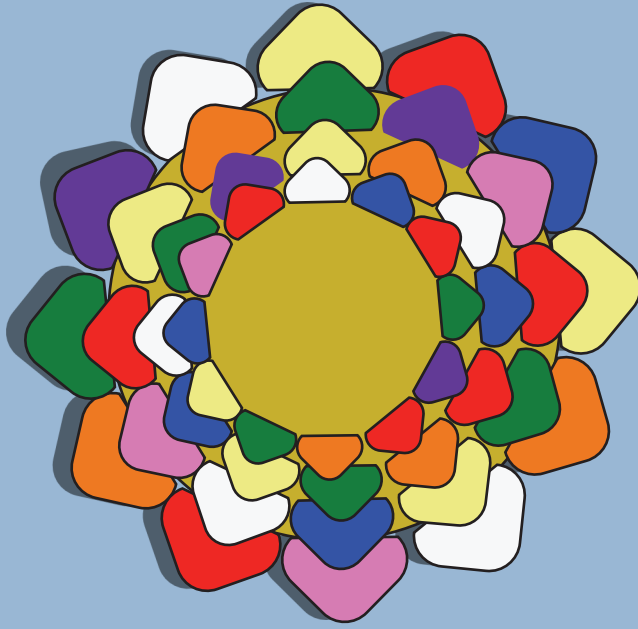
Planet
Sun ఆదిత్య, రవి

Number of Petals
Two

Sunday

ఆదివారం, రవి వారం





Sahasrara Chakra

Element
All Elements (Vibrations)

Colour
White (All Colours)

Planet
Pluto

Moon, సోమ
(చంద్రుడు) is on
Shiva's head

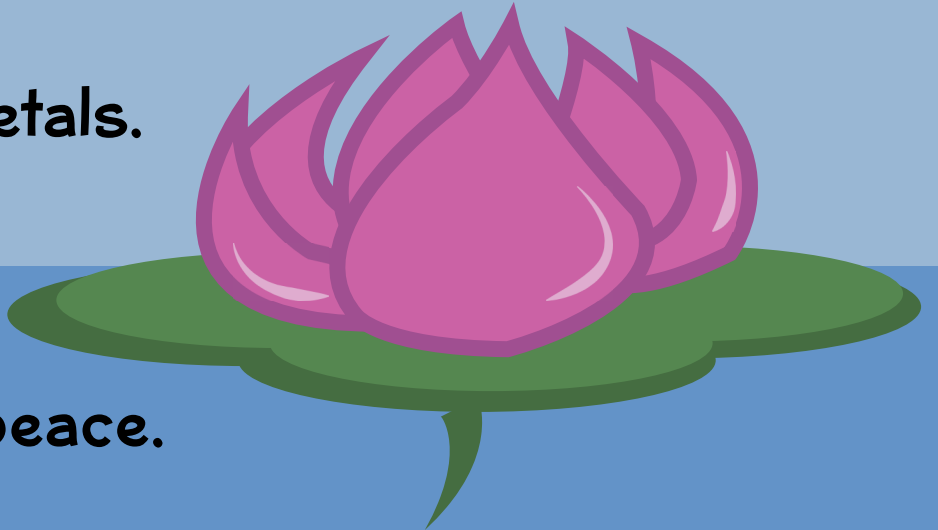
Number of Petals
A Thousand

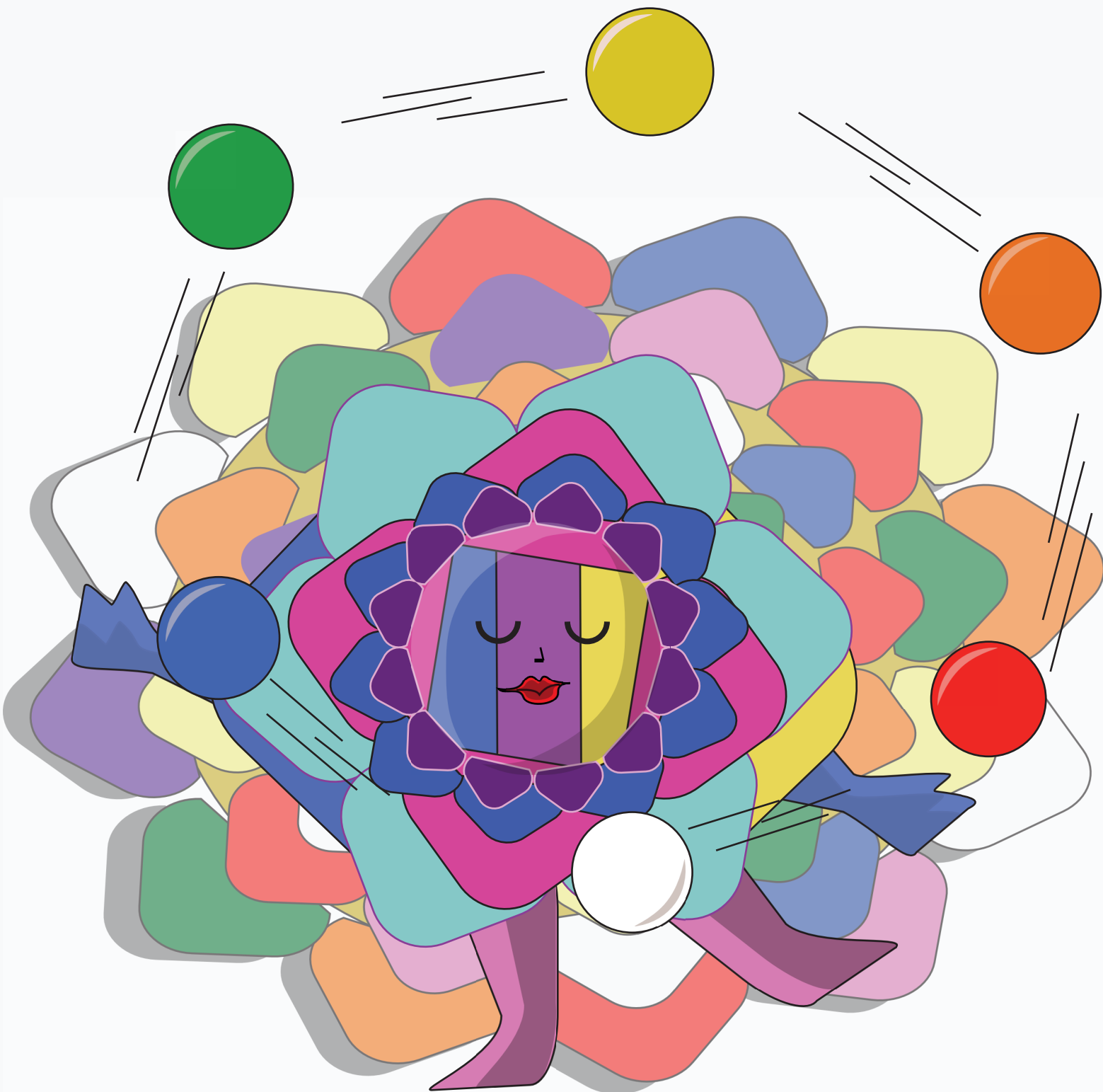
Monday

సోమవారం

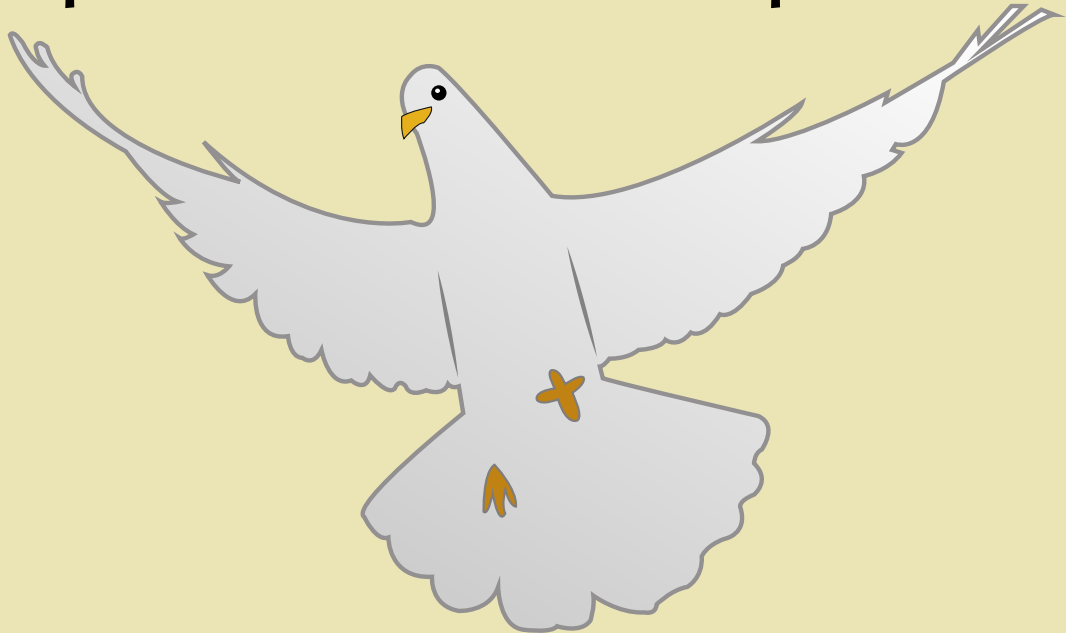
At the top of the head lives
a beautiful flower
with a thousand petals.
They come
in all colours.
There, in silence,
we feel our inner peace.

And union (connection) with GOD!!





**Then, like a dove, the Kundalini opens
its wings and a rain of freshness,
with drops full of love, falls upon us.**



**We feel soft and fresh
vibrations that
can be shared with
everyone because
everyone is part
of the great human family.**

