

SAHAJ CHILDRENS

COLOURING BOOK

BY SARITAKEETLEY

Please Note ~ small \$5 honorarium may be paid to the artist/author for each copy printed of this book by you for your children - contact - saritakeetley@gmail.com

THIS BOOK
BELONGS TO



Al
Shri
M
Magi

With heart felt love
and surrender
to
our Holy Mother

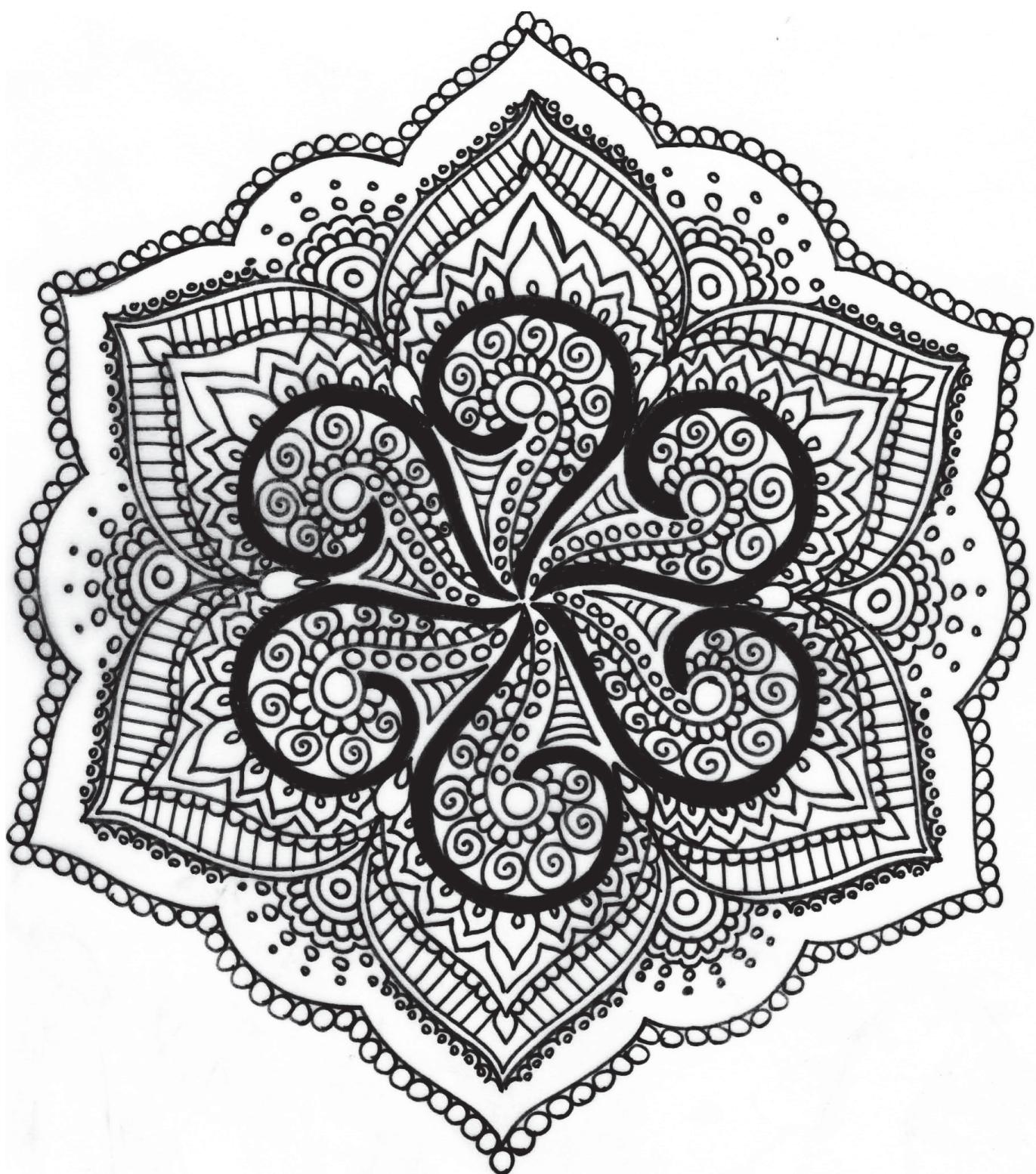
Shri Mataji Nirmala Devi

You are the Teacher of all the
teachers,
the source of universal knowledge,
divine wisdom,
and truth.

We dedicate this book to You.



DEDICATION





Art & Knowledge



“The quality we have at Swadhisthan is the Creativity, which is very beautiful, which is very deep, which is absolutely spiritual.

Just see it and enjoy the joy of the Artist, without thinking about it. Then the Truth which is really poetry comes out the inner beauty just starts penetrating your vision.

How do you make out that this art is beautiful or not? Only Vibrations will tell you. It appeals to your Spirit, That is Universally appreciated.”

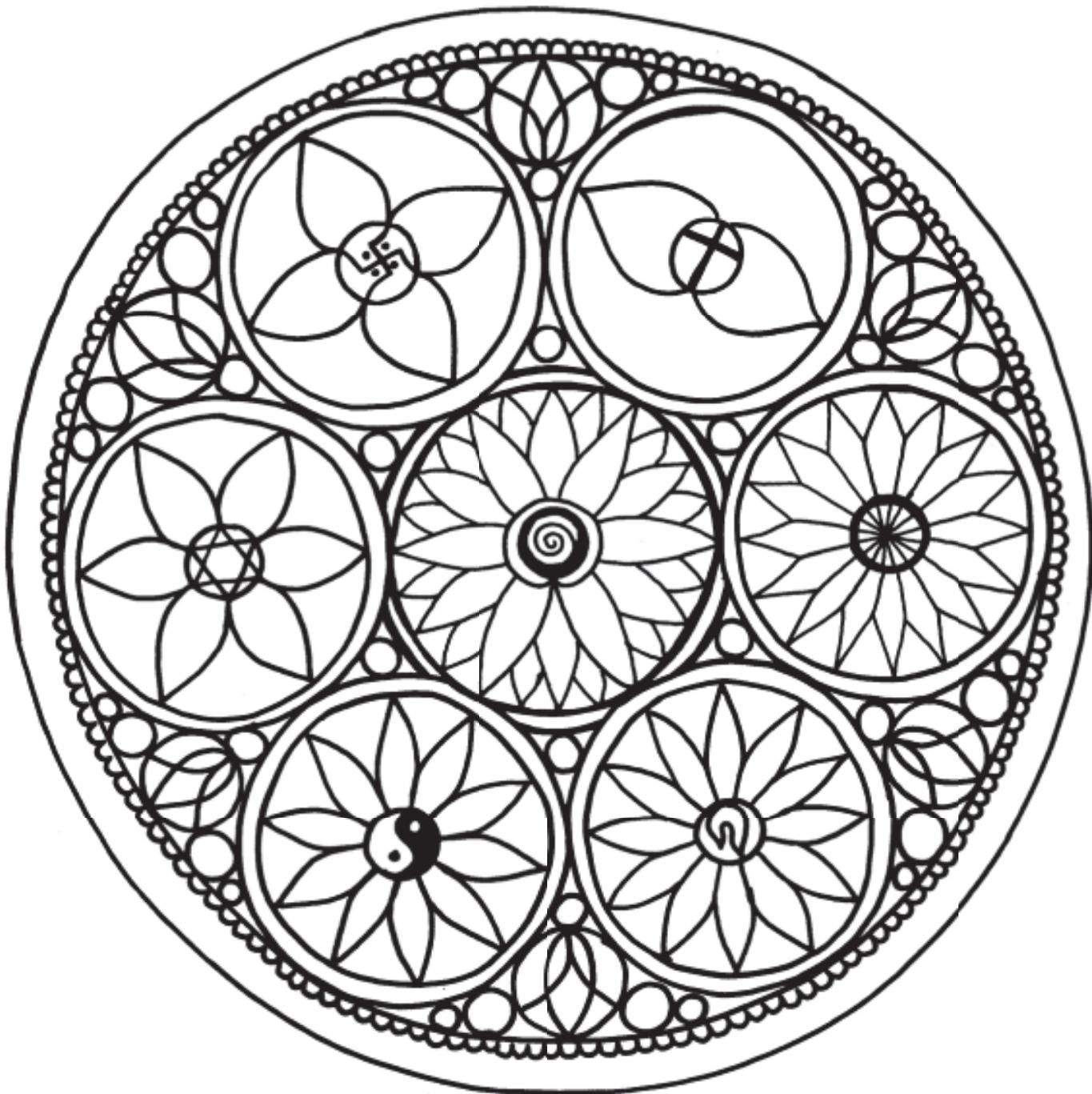
-H.H. Shri Mataji



1 Skin 2 Pink 3 Yellow 4 Green 5 lightgreen 6 Blue 7 Brown

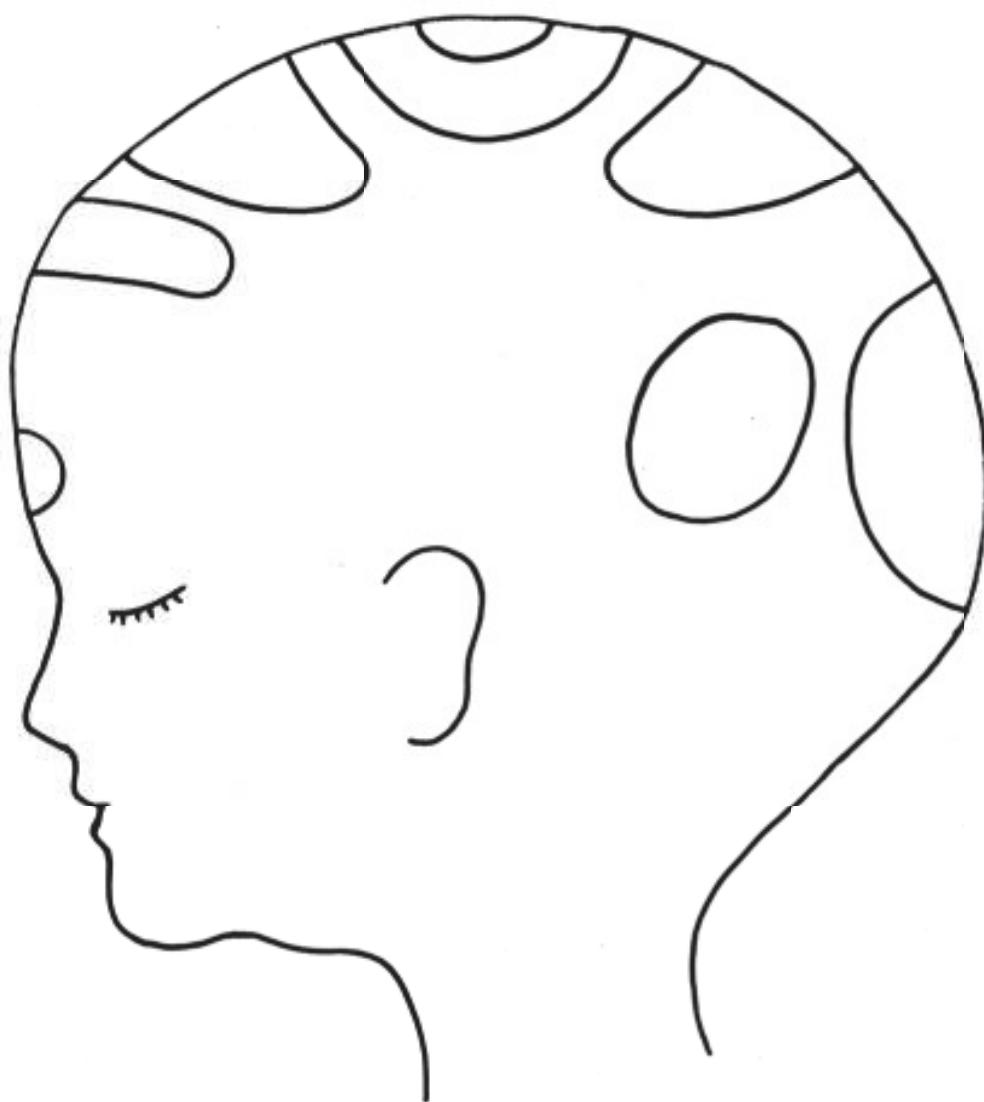


CHAKRAS

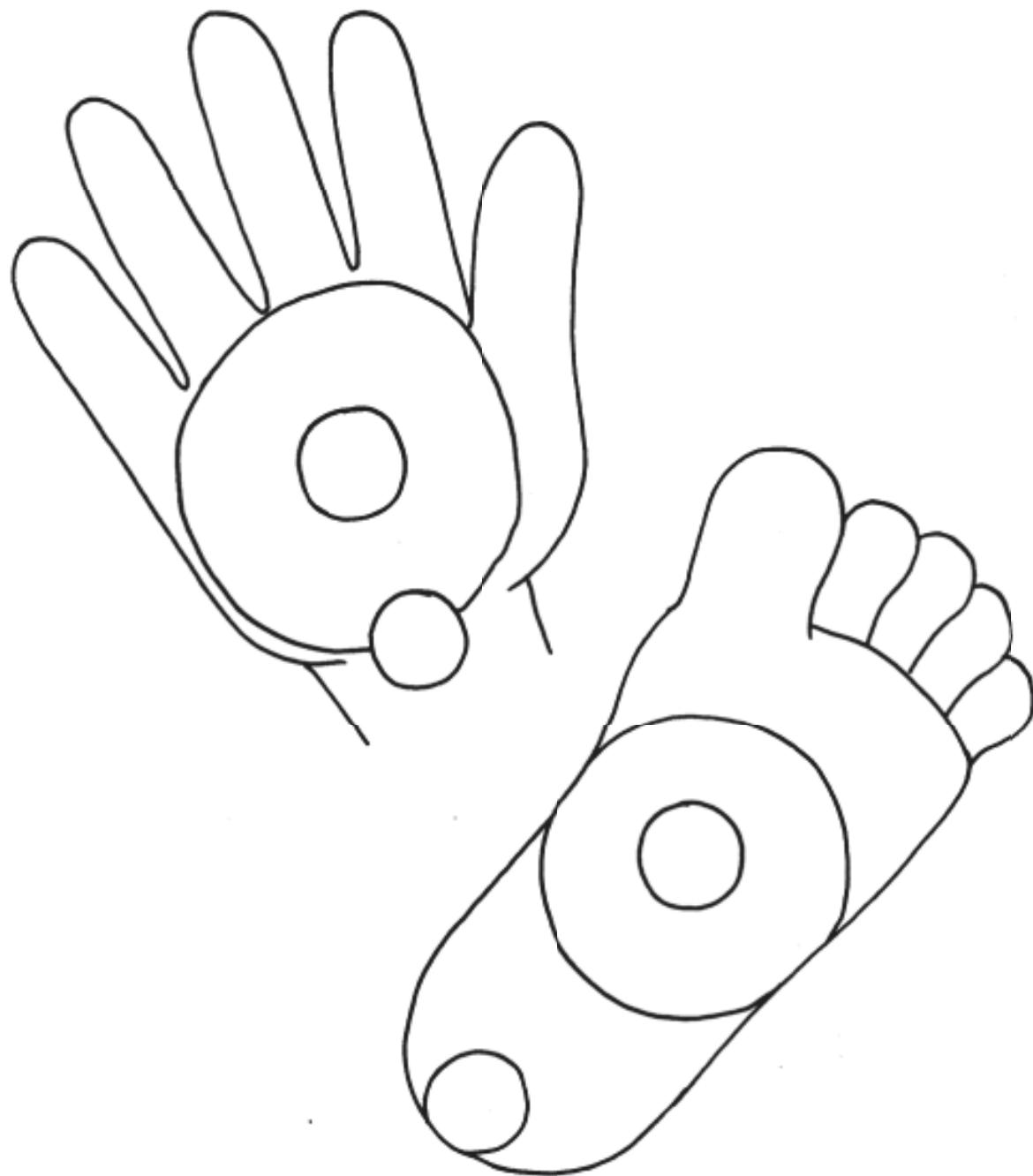


MANDALA

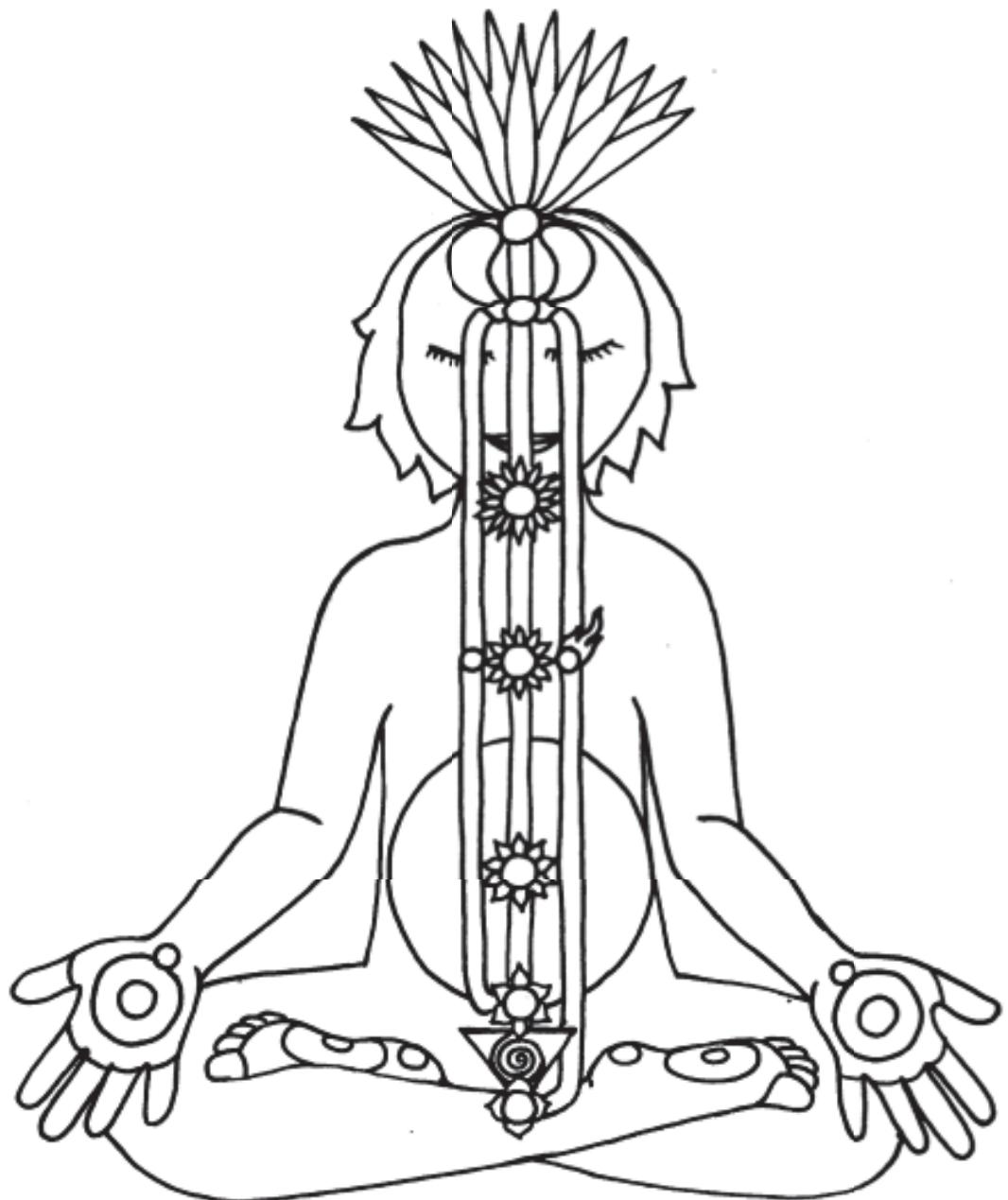
COLOUR THE CORRECT CHAKRAS



COLOUR THE CORRECT CHAKRAS



THE SUBTLE SYSTEM



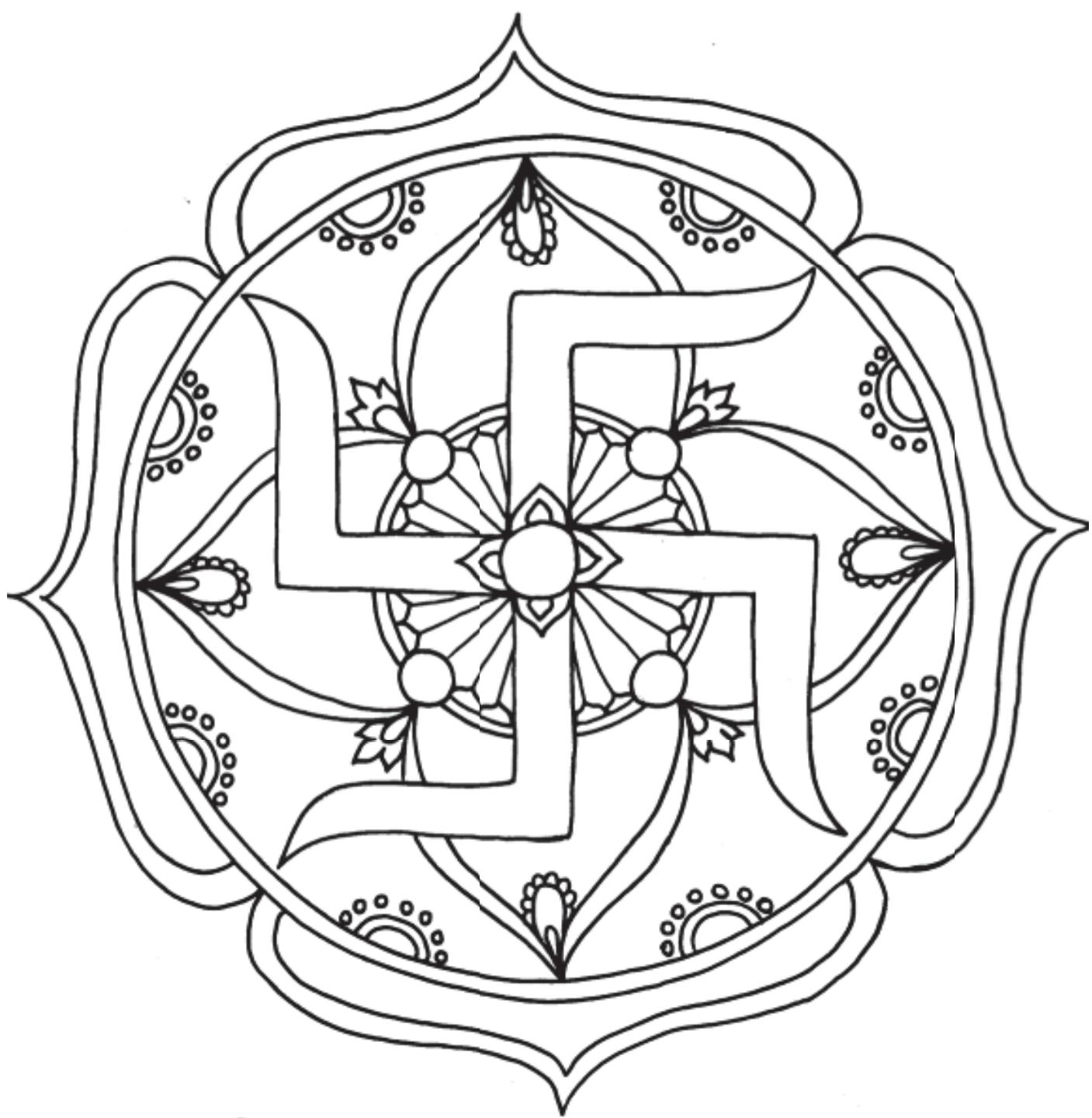
REALISED



SOUL



MOOLADHARA



MANDALA

MATCH THE CHAKRAS

TO THE CORRECT ELEMENT

SAHASRARA



AGNYA



VISHUDDHI



HEART



NABHI



SWADHISTHAN



MOOLADHARA



GANESHA



RACE AROUND THE WORLD

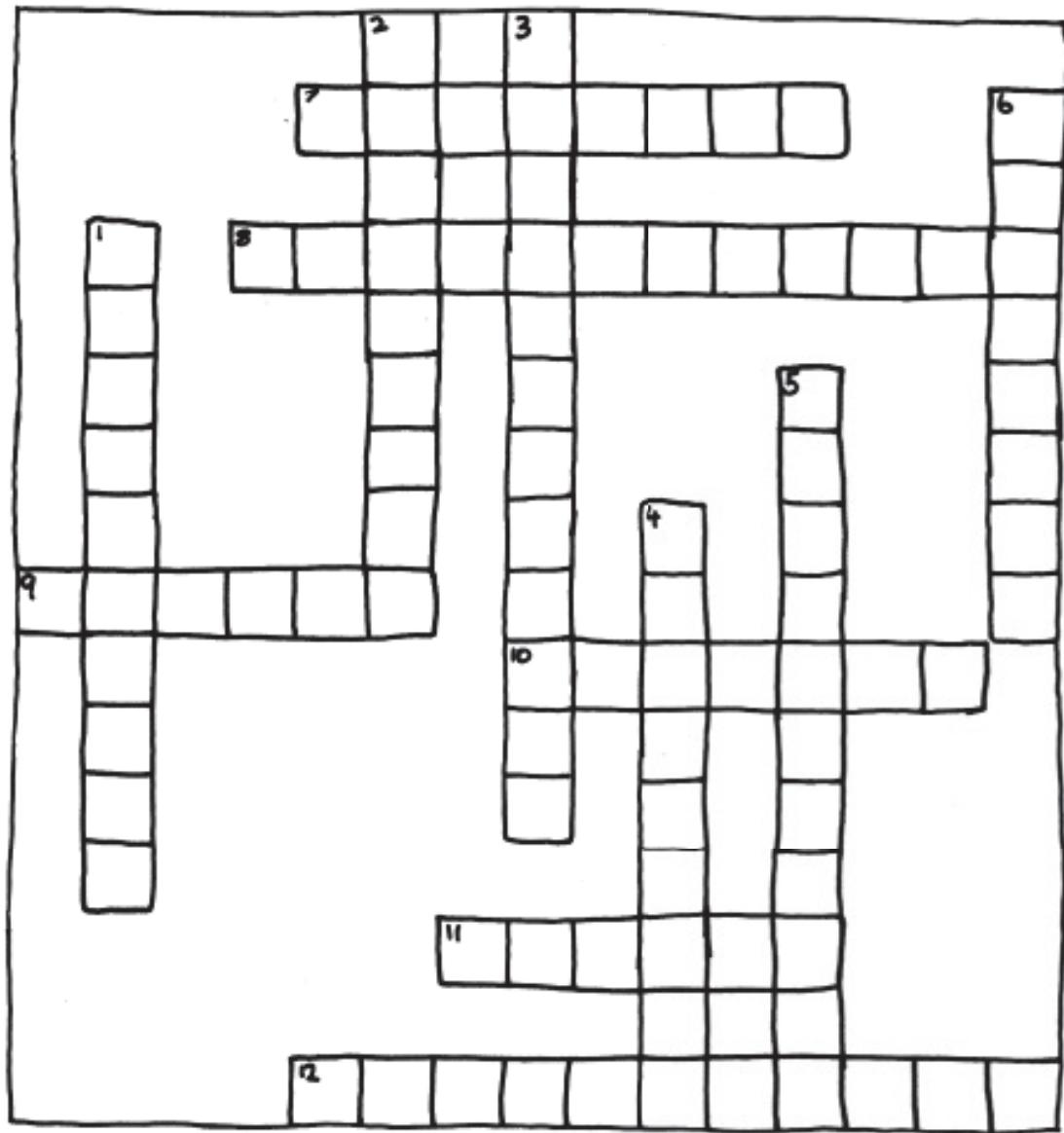




WHAT IS GANESHA WRITING?



12 Names of Shri Ganesha



DOWN

1. Grey bannered
2. Leader of Ganas
3. Chief of Ganas
4. Big bellied
5. Having elephants ears
6. Having one tusk

ACROSS

7. Elephant faced
8. Moon on forehead
9. Eternal
10. Having a good face
11. Huge
12. Destroyer of obstacles



FILL IN THE HANDS



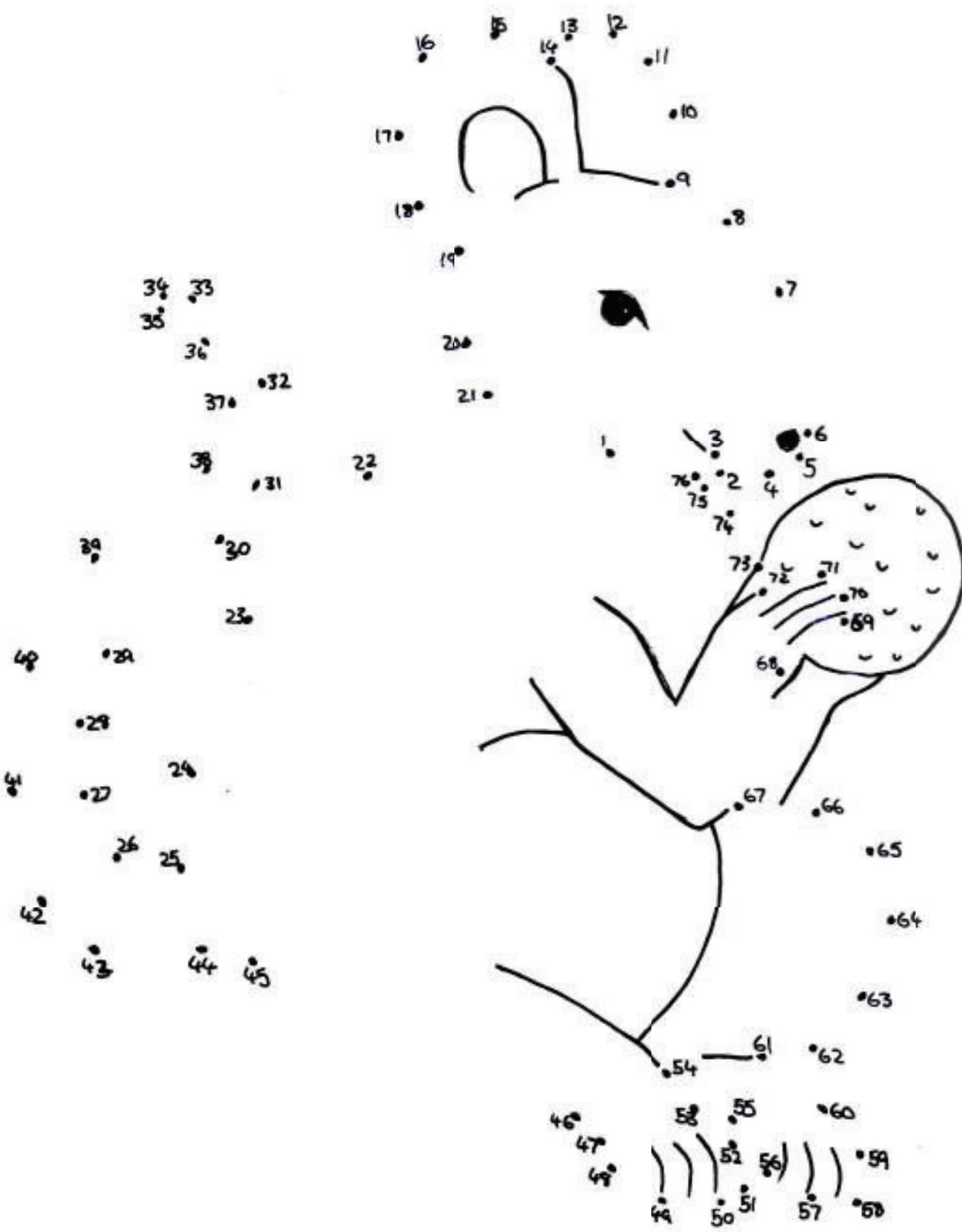
WHICH TWO ARE SAME



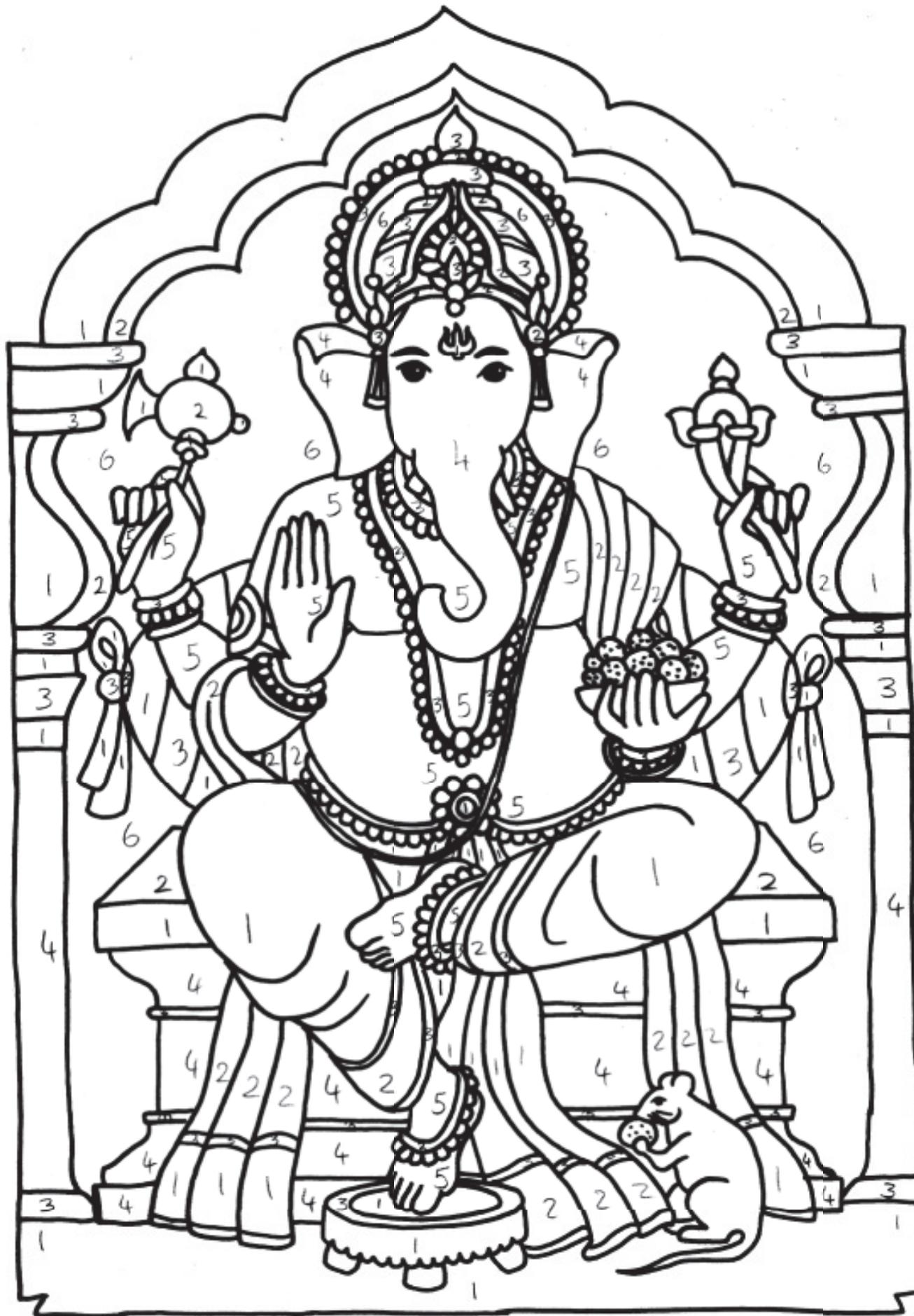
DRAW YOUR OWN GANESHA



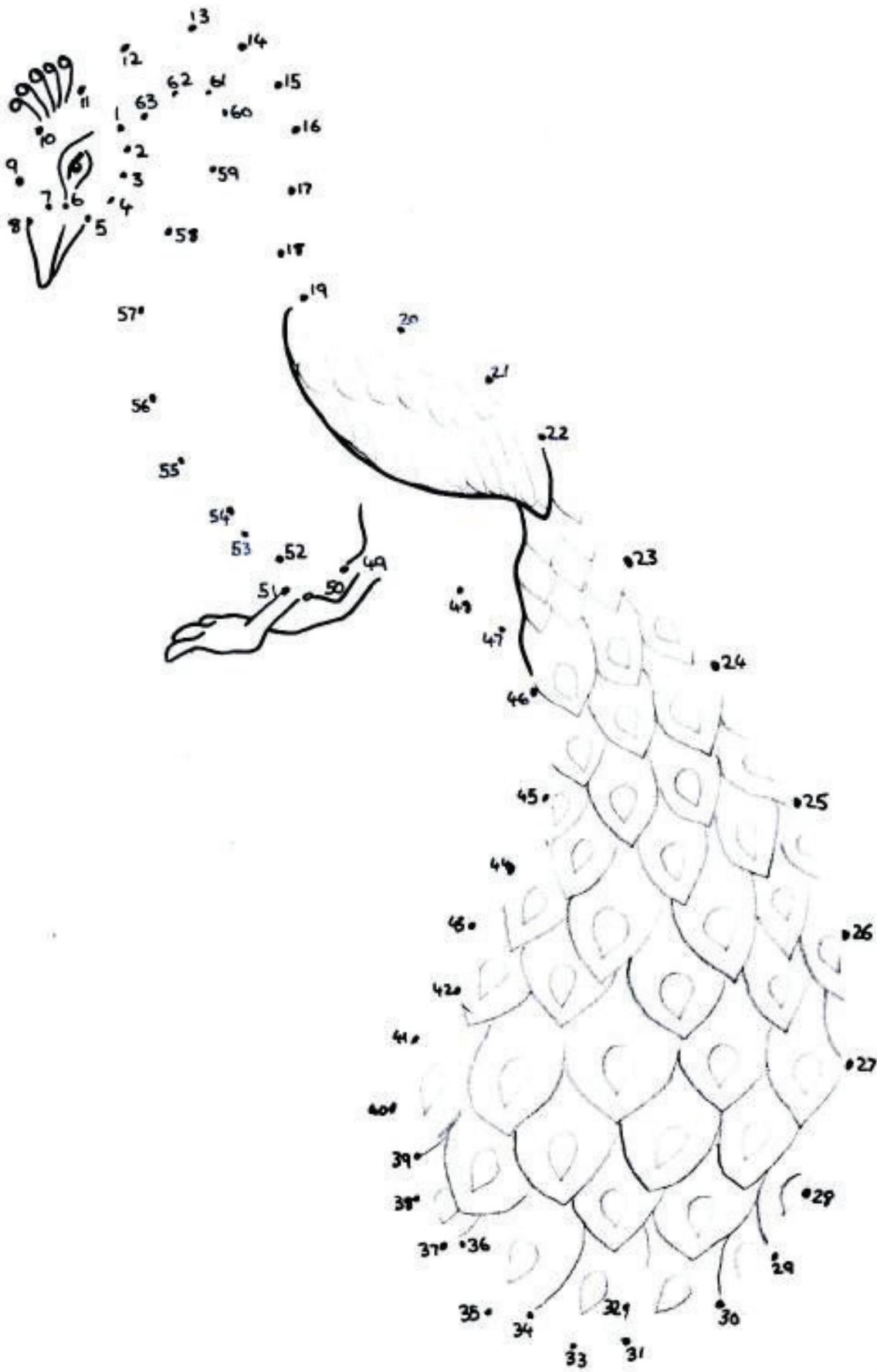
WHOSE VAHANA



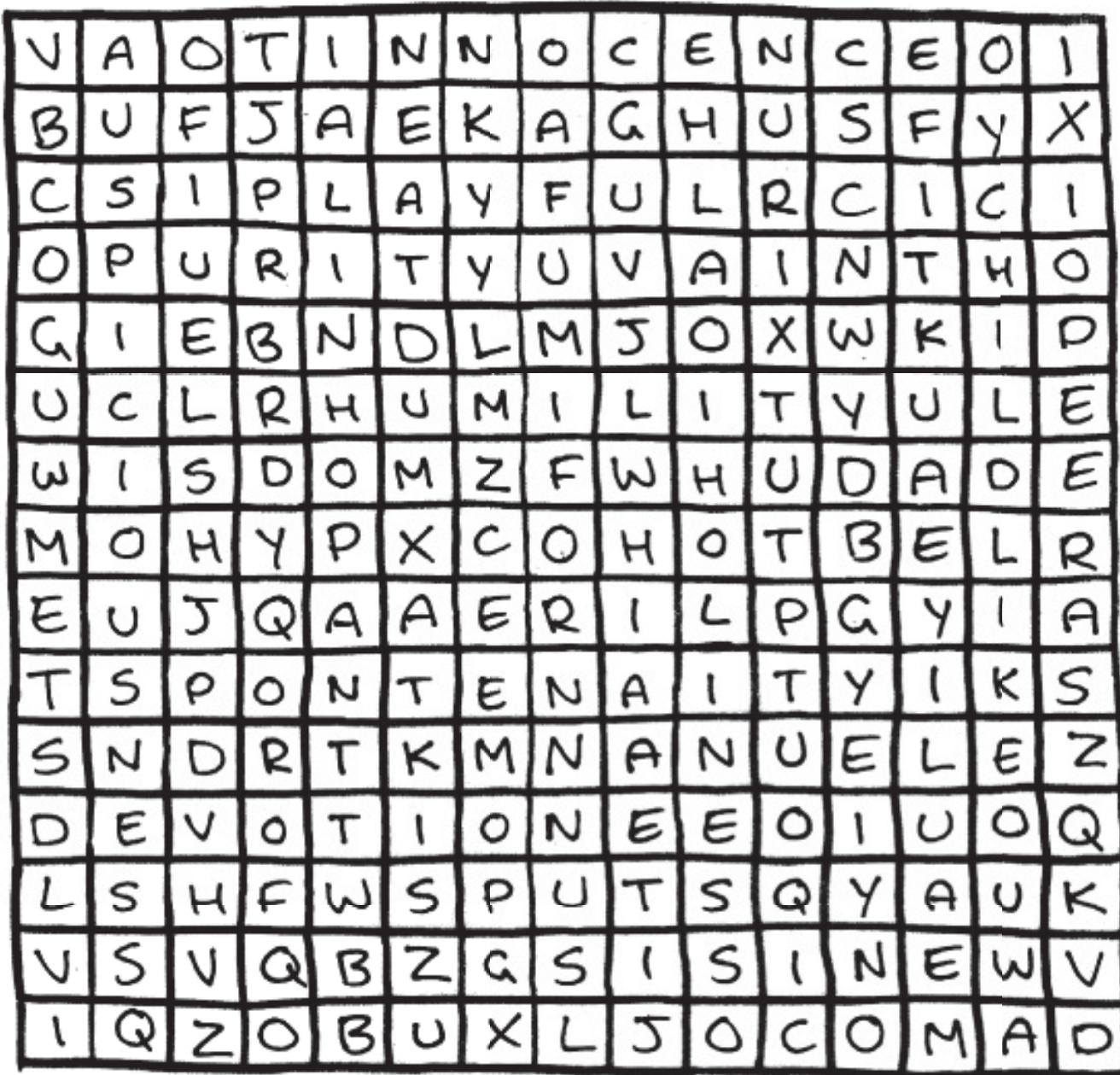
1 red 2 orange 3 yellow 4 grey 5 skin 6 light blue



WHOSE VAHANA



FIND THE QUALITIES



WISDOM

DEVOTION

SPONTENAITY

AUSPICIOUSNESS

PURITY

PLAYFUL

INNOCENCE

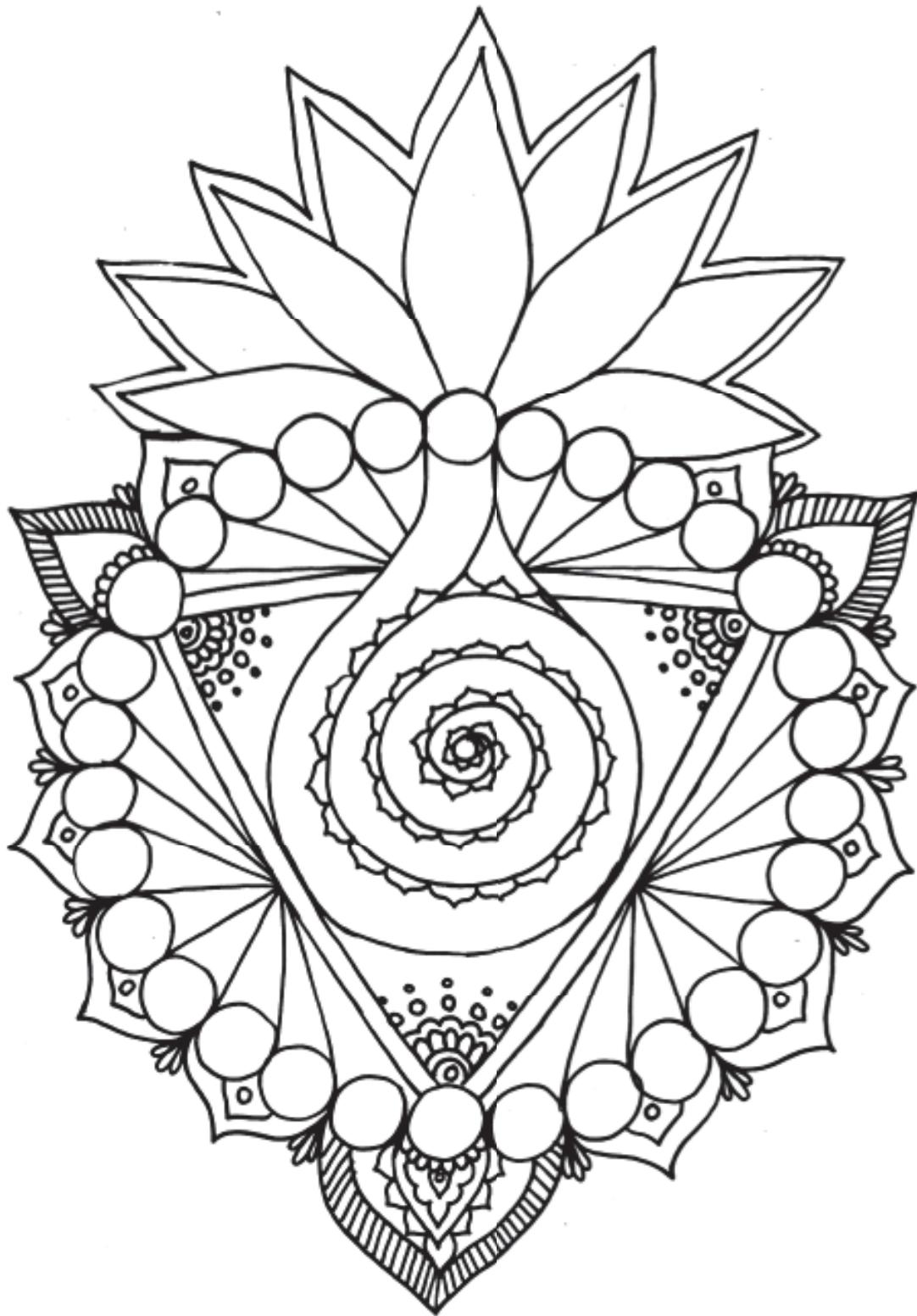
HUMILITY

CHILDLIKE

HOLINESS



KUNDALINI



MANDALA

DRAGON

KUNDALINI

PHEONIX

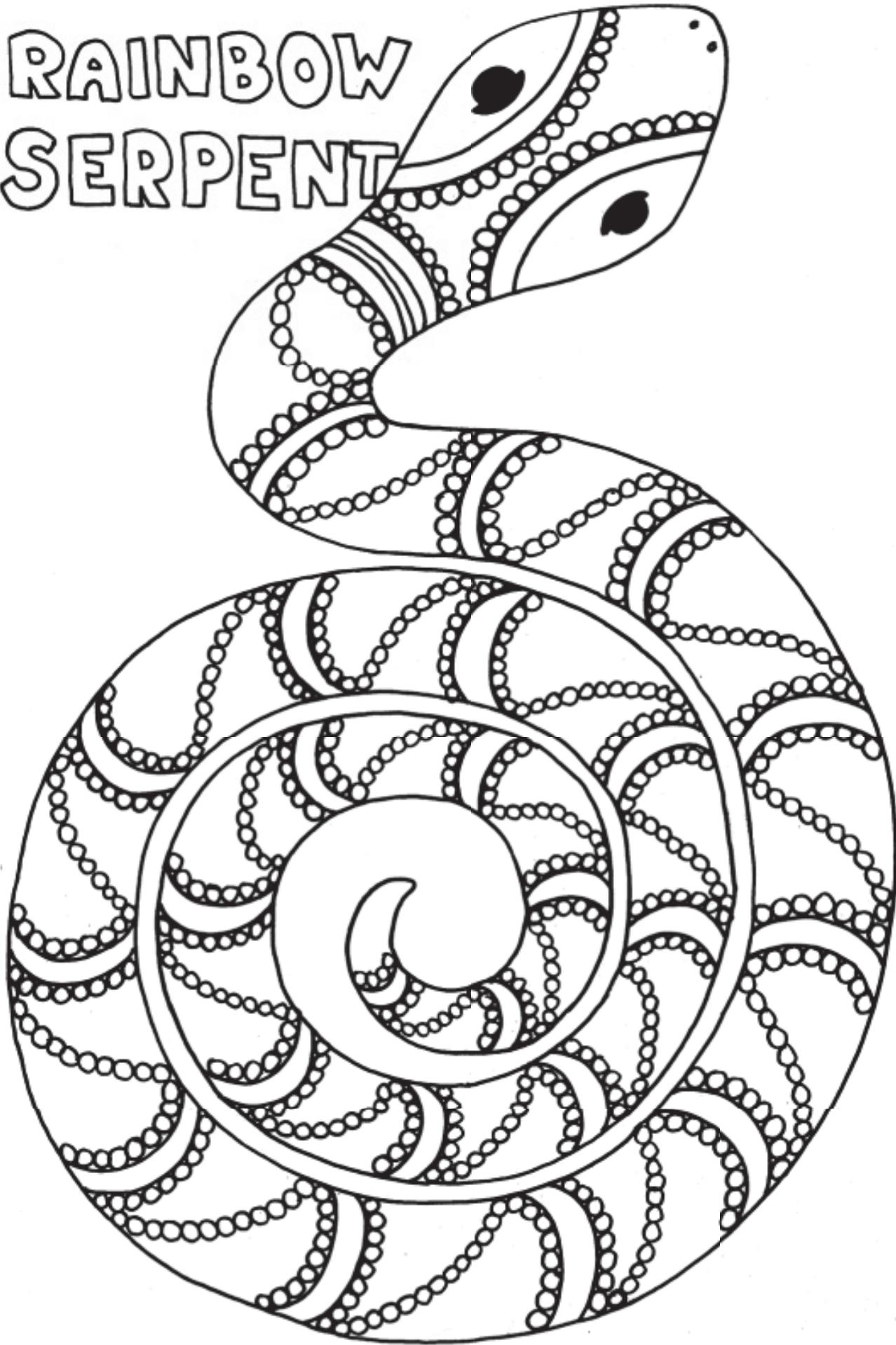
SPIRIT





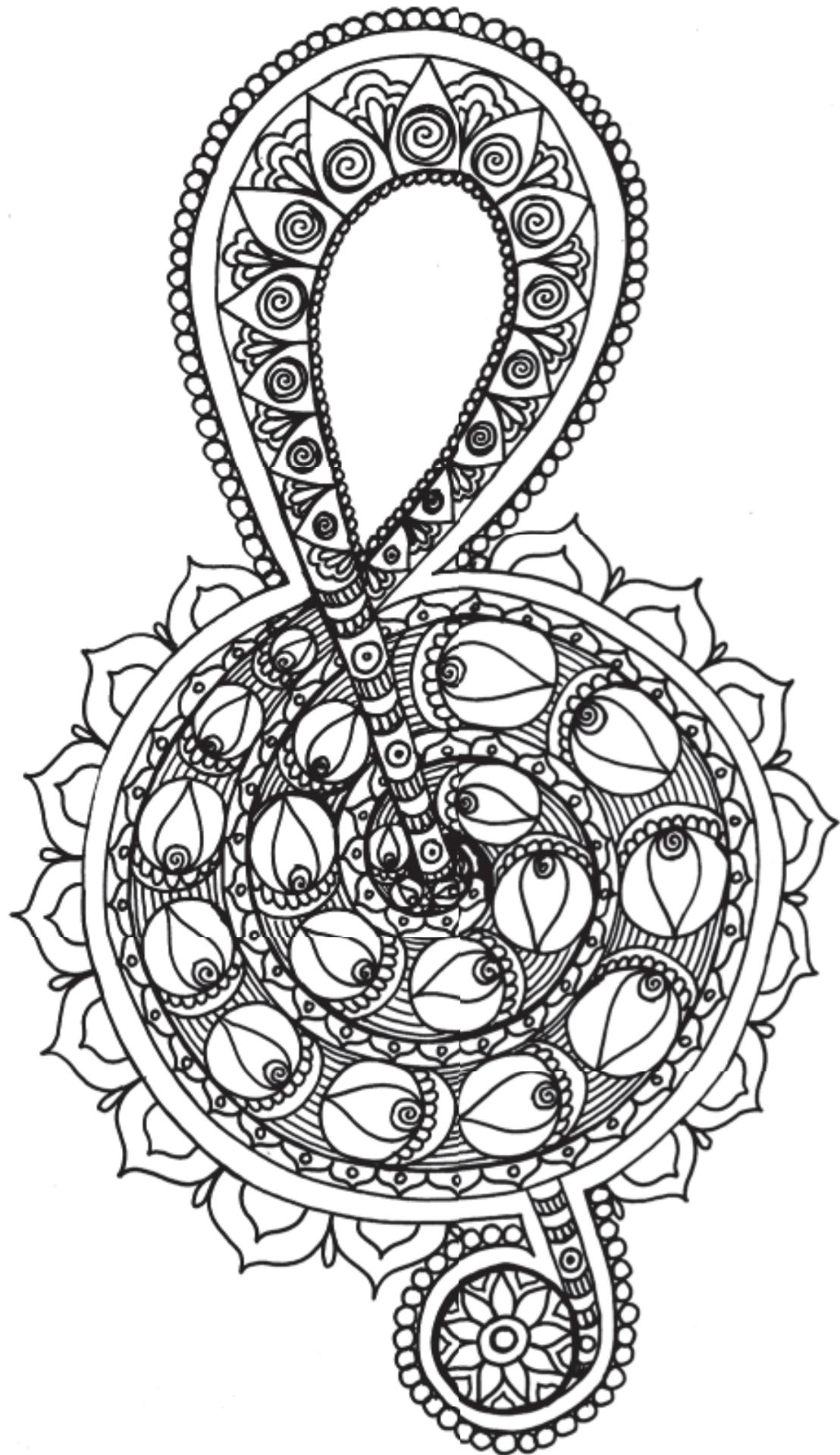
TREE OF LIFE

RAINBOW SERPENT

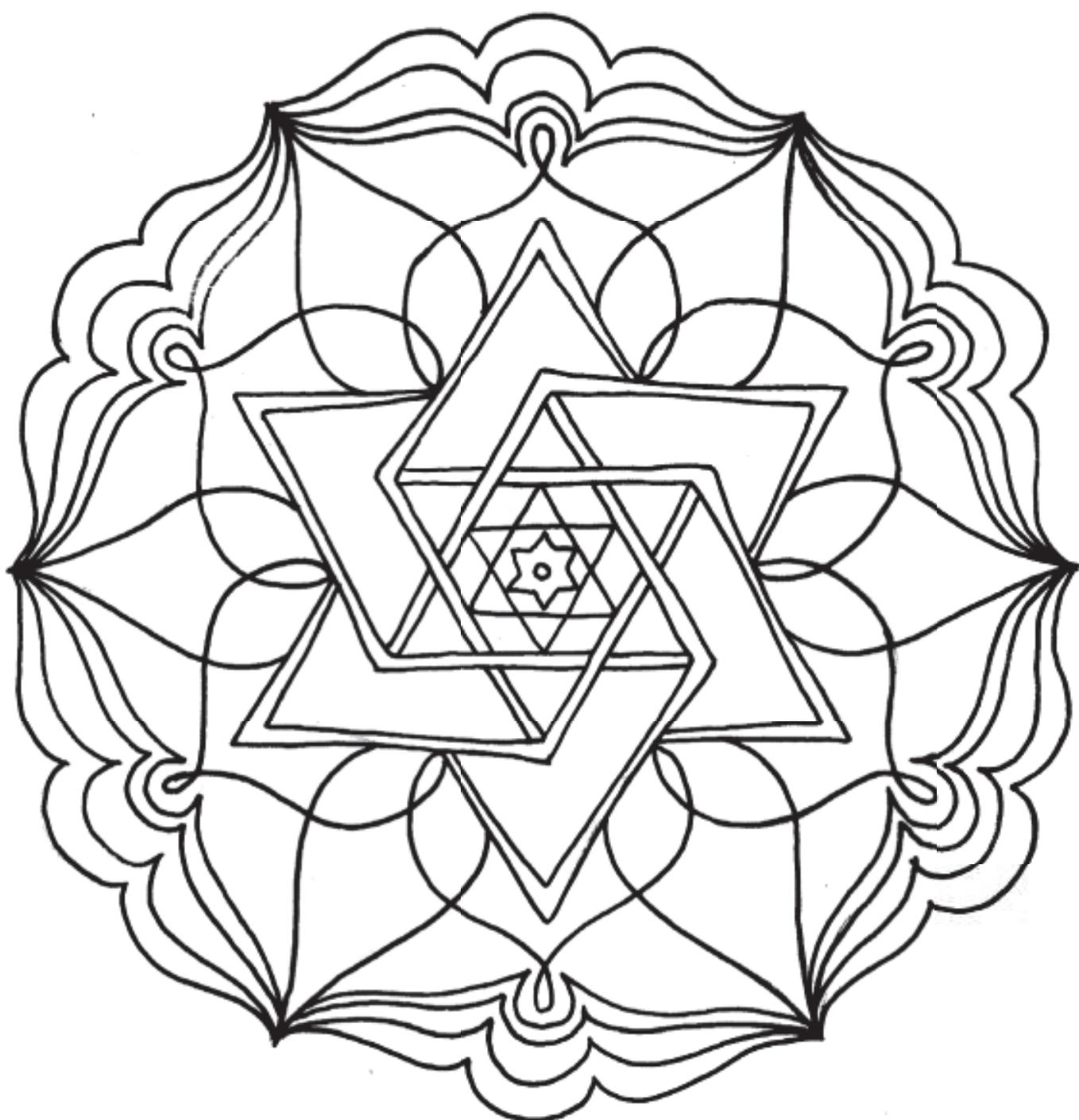


EVOLUTION





SWADHISTHAN



MANDALA

MATCH THE CHAKRAS

TO THE CORRECT INSTRUMENT

MOOLADHARA



BANSURI

SITAR

SWADHISTHAN



SHENAI

SANTOOR

NABHI

HEART

VISHUDDHI

AGNYA

SAHASRARA



VEENA

SAROD

BRAHMADEVA SARASWATI



FIND YOUR CENTRE



DRAW YOUR OWN SUBTLE SYSTEM



21 Names of Shri BrahmaDeva Saraswati

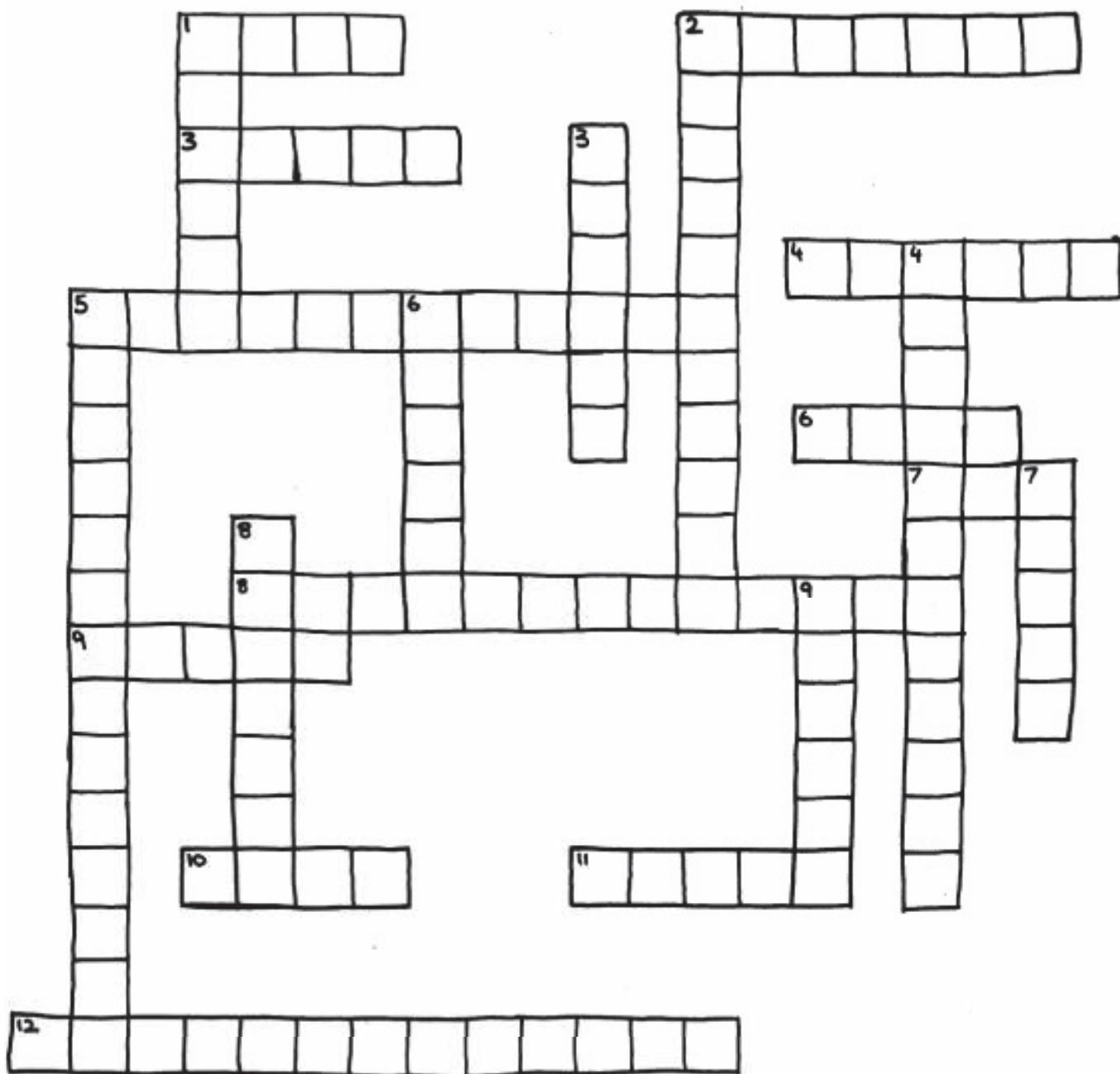
ACROSS

1. Shri _____ tattwa swamini - Principle of Wind
2. Shri _____ tattwa swamini - Principle of Earth
3. Shri _____ - The Sun
4. Shri Akasha _____ swamini - Principle of Ether
5. Shri _____ - Essence of Intelligence
6. Shri _____ tattw'ishwari - Goddess of the fire element
7. Shri _____ tattwa swamini - Principle of Water
8. Shri _____ - The Golden Cosmic Egg
9. Shri _____ tattwa swamini - Principle of Fire
10. Shri _____ tattw'ishwari - Goddess of the Water element
11. Shri _____ tattw'ishwari - Goddess of the Earth element
12. Shri _____ - The Divine Ego

DOWN

1. Shri _____ - The Universe
2. Shri _____ - The Five Gross Elements
3. Shri _____ - The Fourth state of Meditation
4. Shri _____ - Essence of Life Energy
5. Shri _____ - The Five Subtle Elements
6. Shri _____ tattw'ishwari - Goddess of the Ether element
7. Shri _____ tattw'ishwari - Goddess of the air element
8. Shri _____ - The Moon
9. Shri _____ - Divine Intelligence

21 Names of Shri BrahmaDevaSaraswati



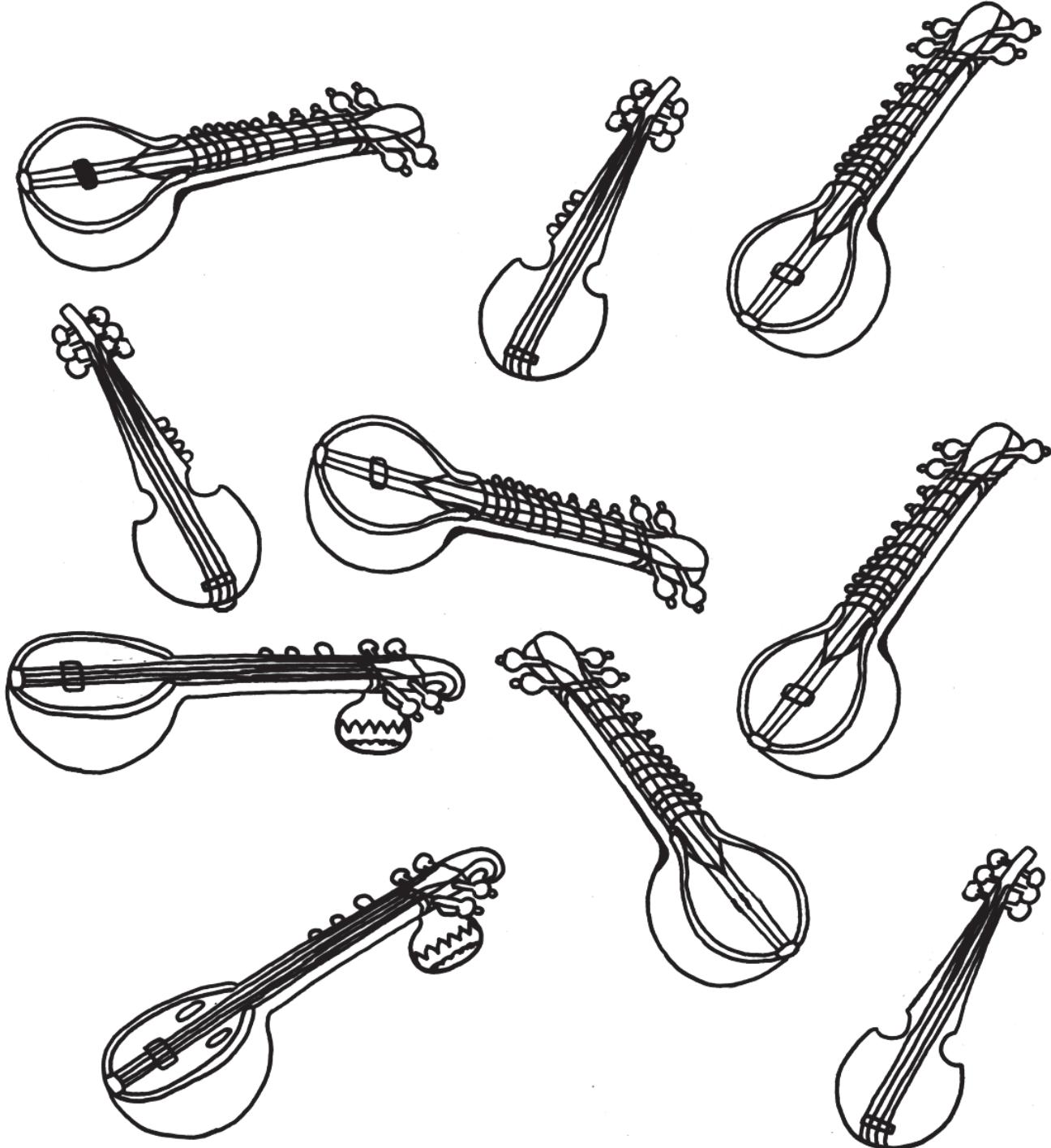
FILL IN THE HANDS



FILL IN THE HANDS

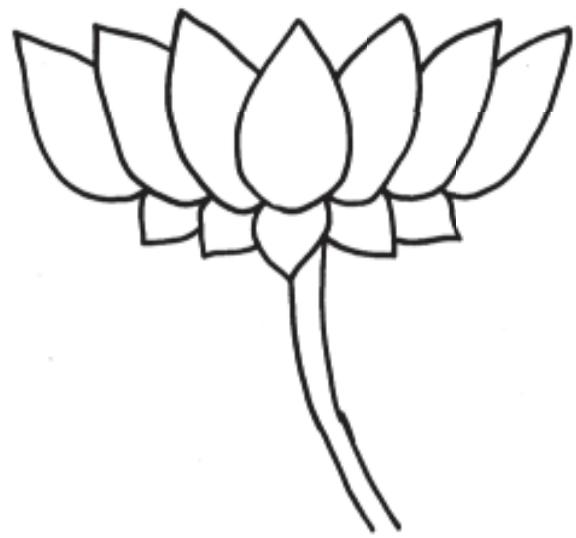


WHICH TWO ARE SAME





DRAW YOUR OWN BRAHMA



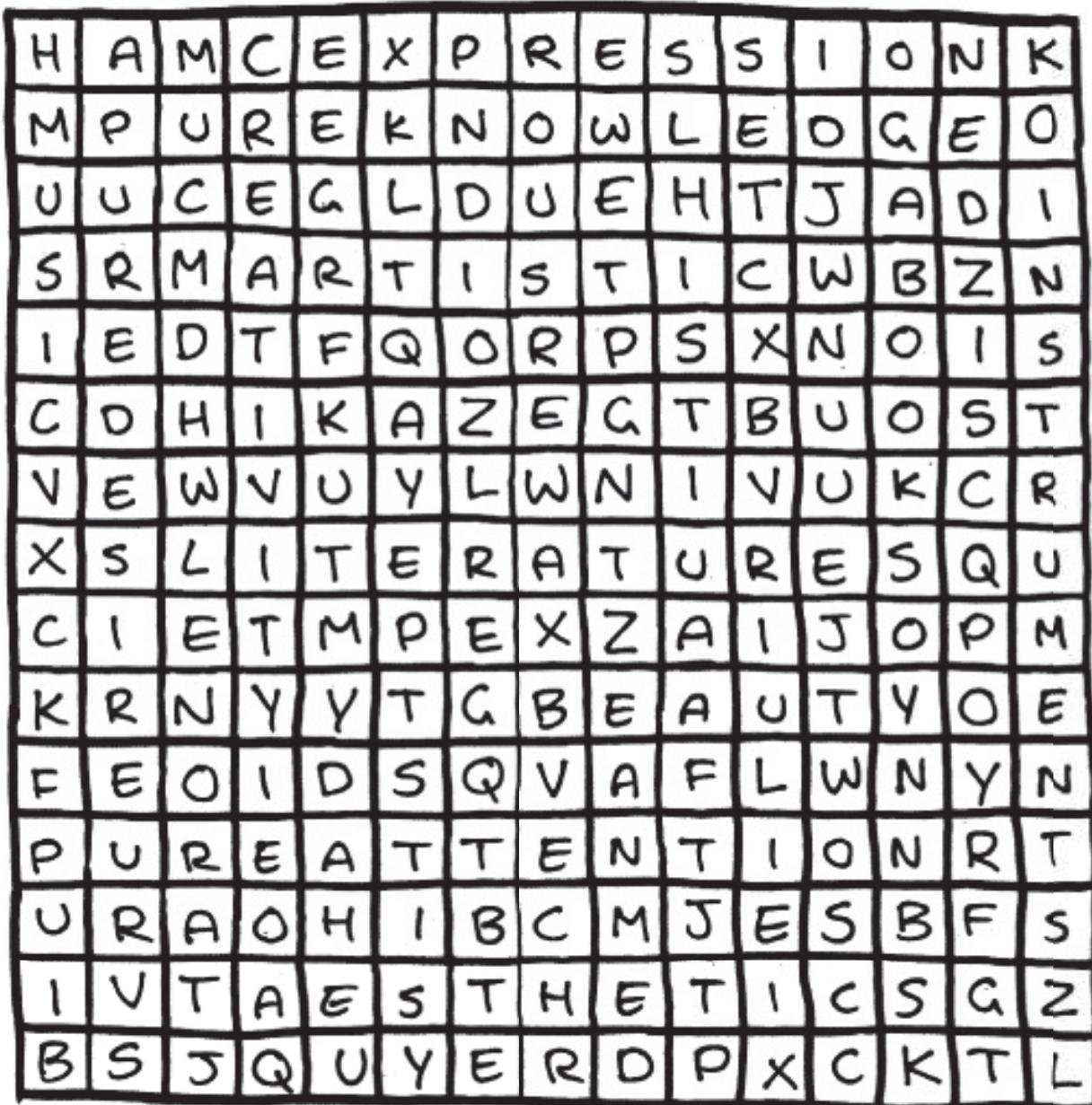
1 skin 2 yellow 3 light green 4 green 5 brown 6 blue



WHOSE VAHANA



FIND THE QUALITIES



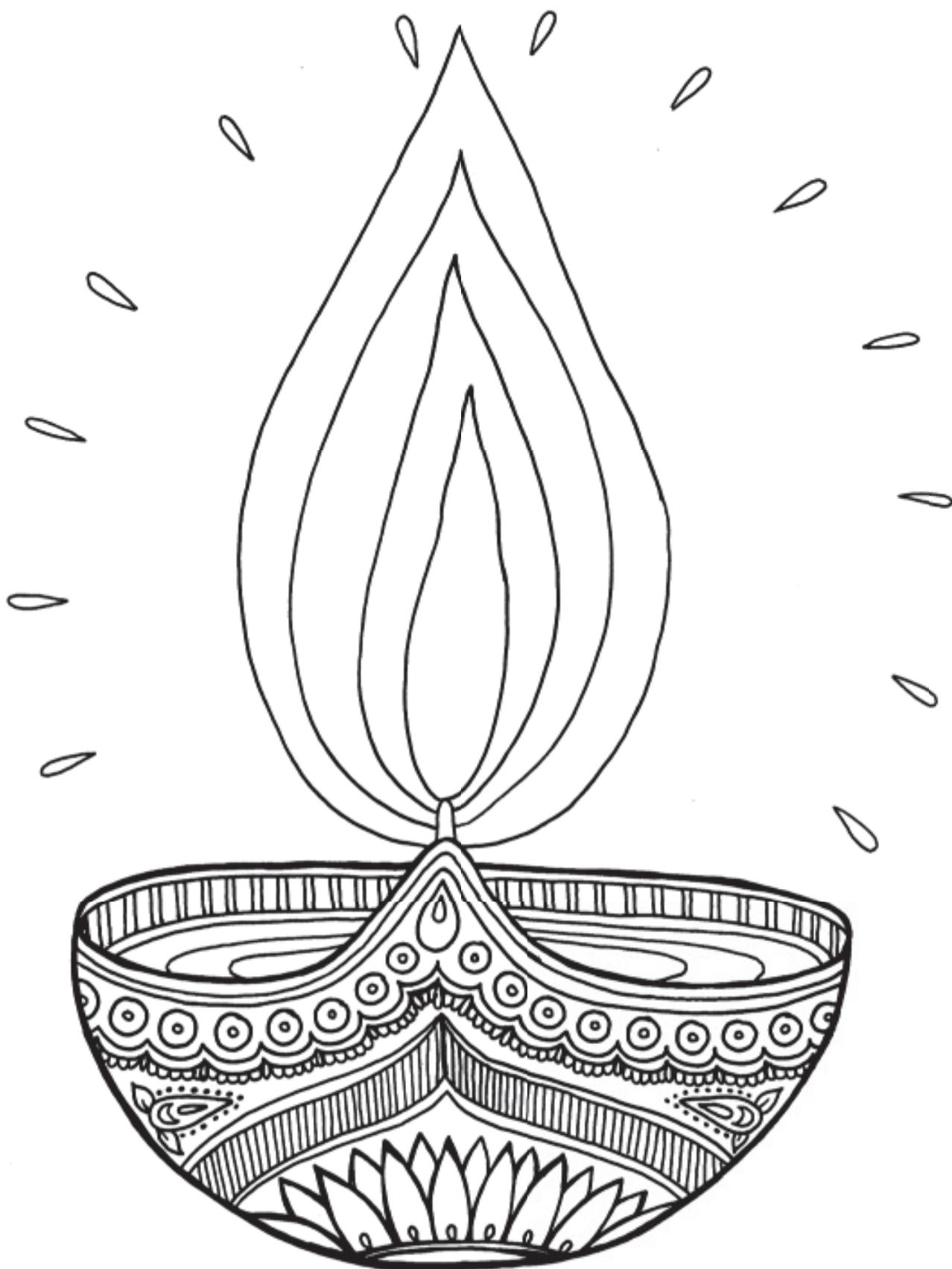
PURE KNOWLEDGE MUSIC

ARTISTIC CREATIVITY

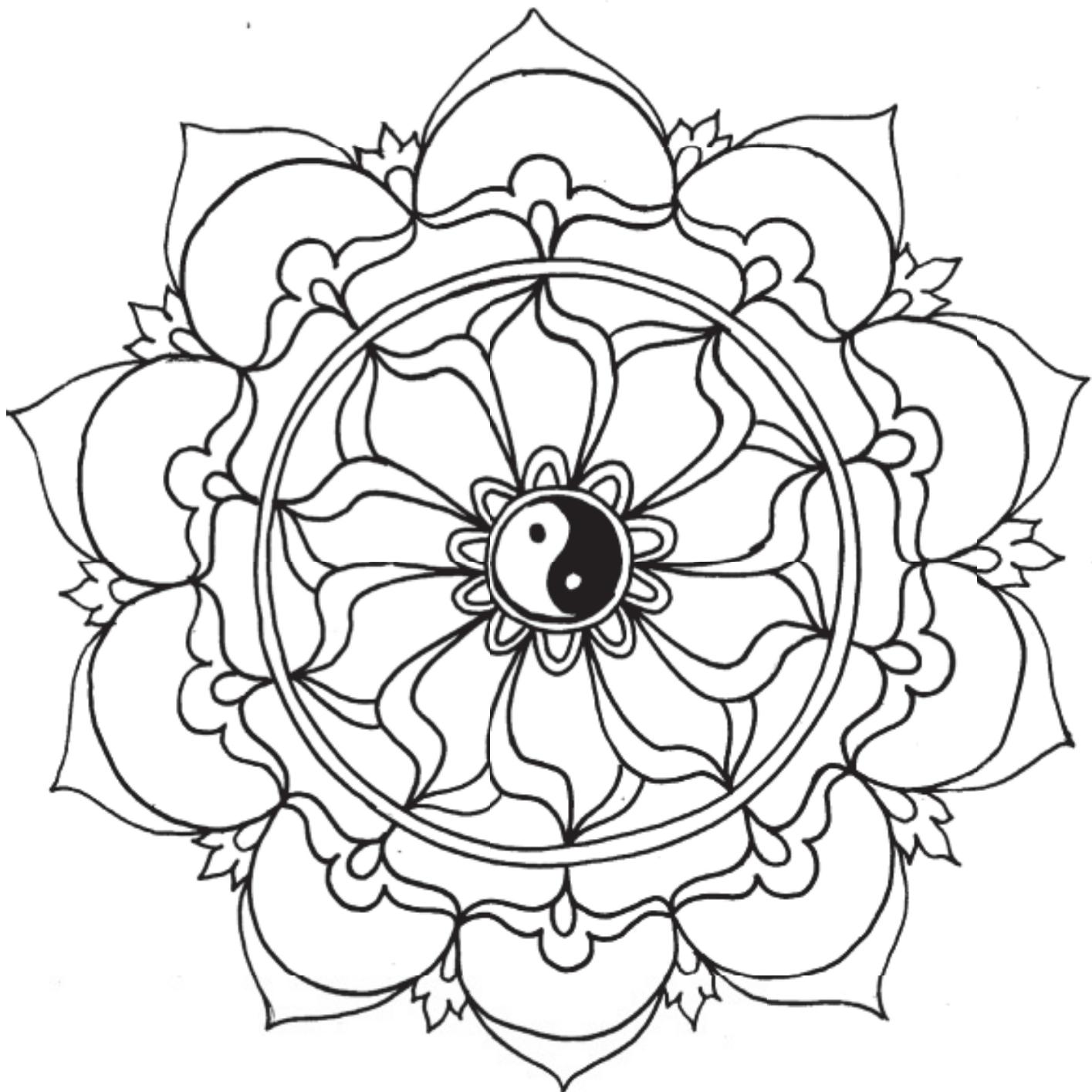
PURE ATTENTION EXPRESSION

AESTHETICS PURE DESIRE

LITERATURE INSTRUMENTS



NABHI



MANDALA

MATCH THE CHAKRAS

TO THE CORRECT GEM

SAHASRARA



PEARL

AGNYA



DIAMOND

VISHUDDHI



AMYTHYST

HEART



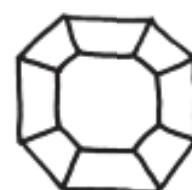
CORAL

NABHI



RUBY

SWADHISTHAN



SAPHIRE

MOOLADHARA

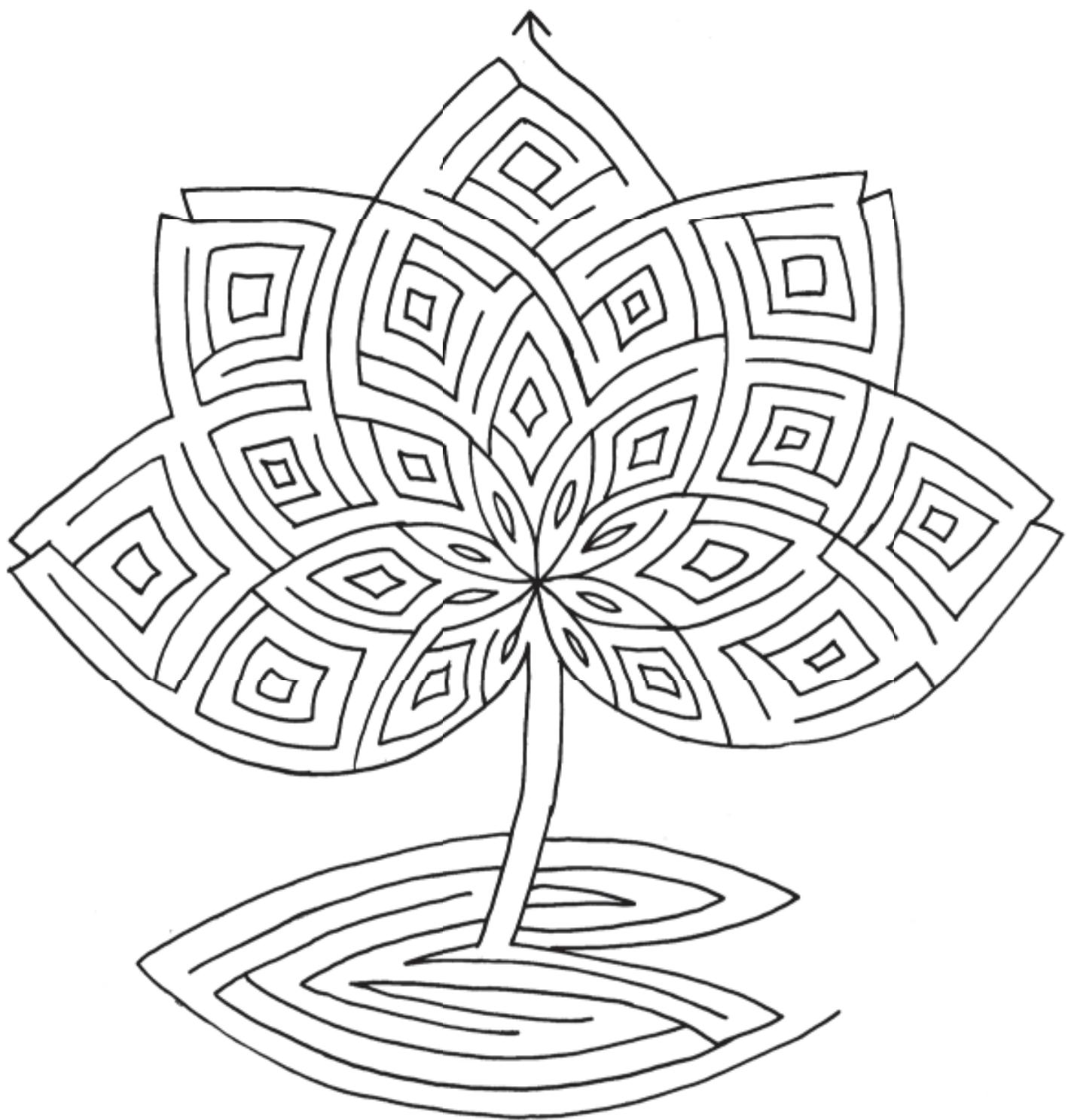


EMERALD

VISHNU LAKSHMI



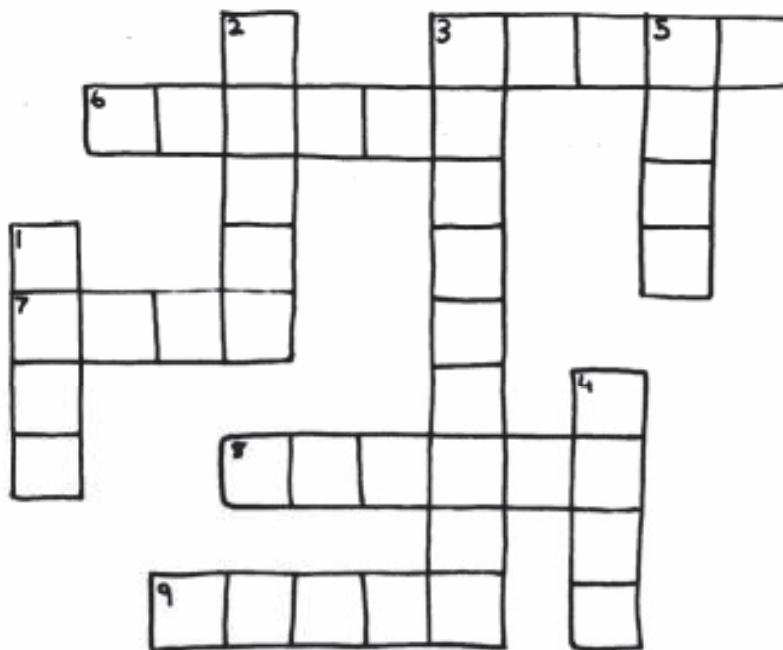
A'MAZE'ING



ATHENA



10 Names of Shri Lakshmi



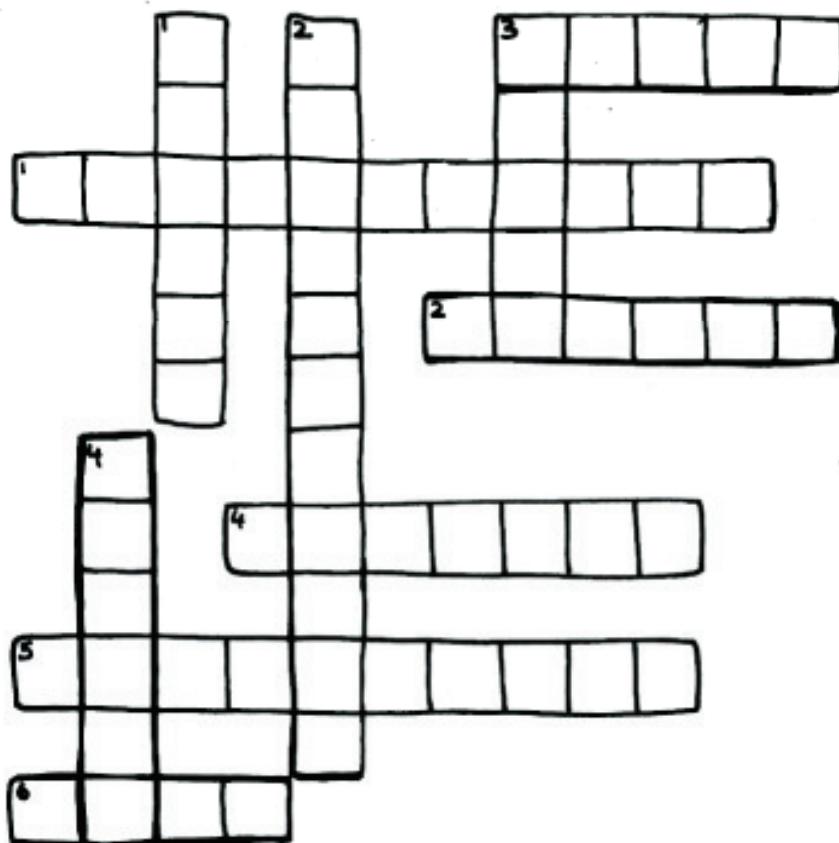
DOWN

1. _____ lakshmi - The power of Evolution and Ascent
2. _____ lakshmi - The ideal Housewife
3. _____ lakshmi - Auspicious good fortune
4. _____ lakshmi - The welfare and prosperity of a kingdom
5. _____ lakshmi - The spiritual richness of Yoga

ACROSS

3. _____ lakshmi - Truth
6. _____ lakshmi - The Ever-flowing divine nectar
7. _____ lakshmi - The primordial lakshmi power
8. _____ lakshmi - The one who enjoys wealth
9. _____ lakshmi - The wealth of knowledge

10 Incarnations of Shri Vishnu

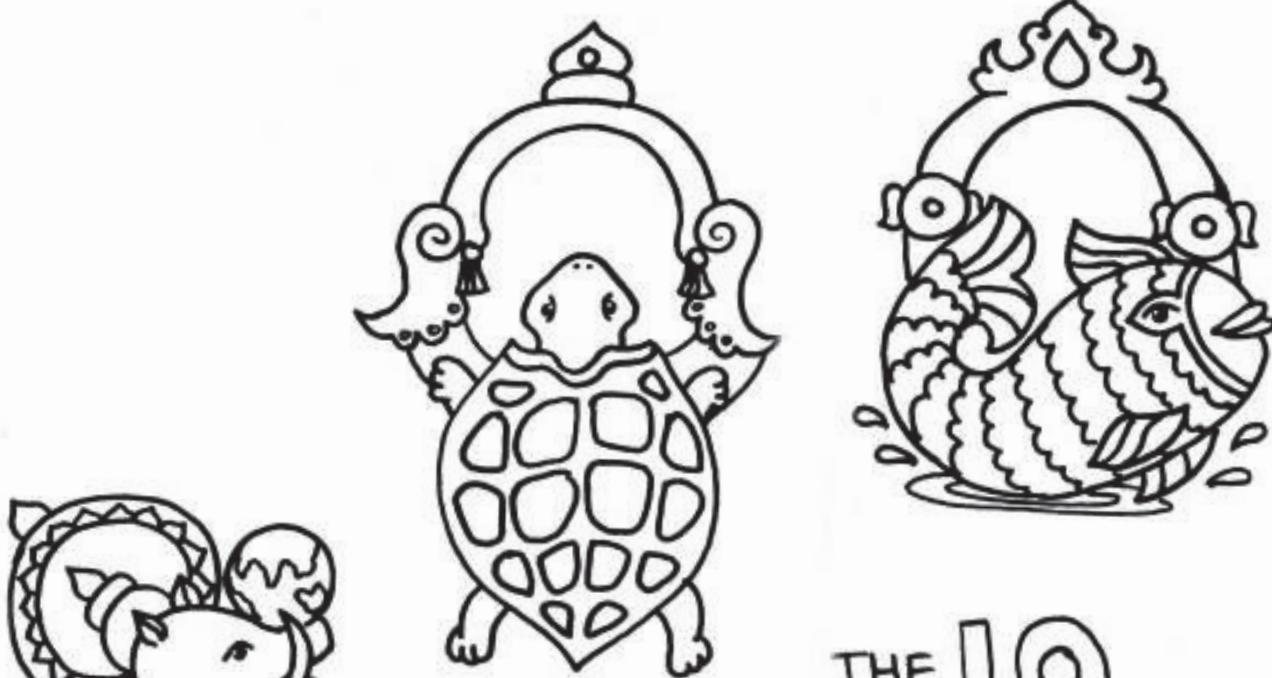


DOWN

1. The Boar who retrieved the Earth
2. Incarnated as the Son of Mary
3. The Tortoise who assisted the churning of the ocean
4. The Short man who measured the heavens with 3 steps

ACROSS

1. Incarnated as a Warrior Brahmin
2. The Fish who saved humanity from the great flood
3. The Rider of the White Horse
4. Incarnated as the young cowherd who became King.
5. The Man Lion who destroyed Hiranyakashipu
6. Incarnated to kill Ravana



THE 10
AVATARS OF
VISHNU

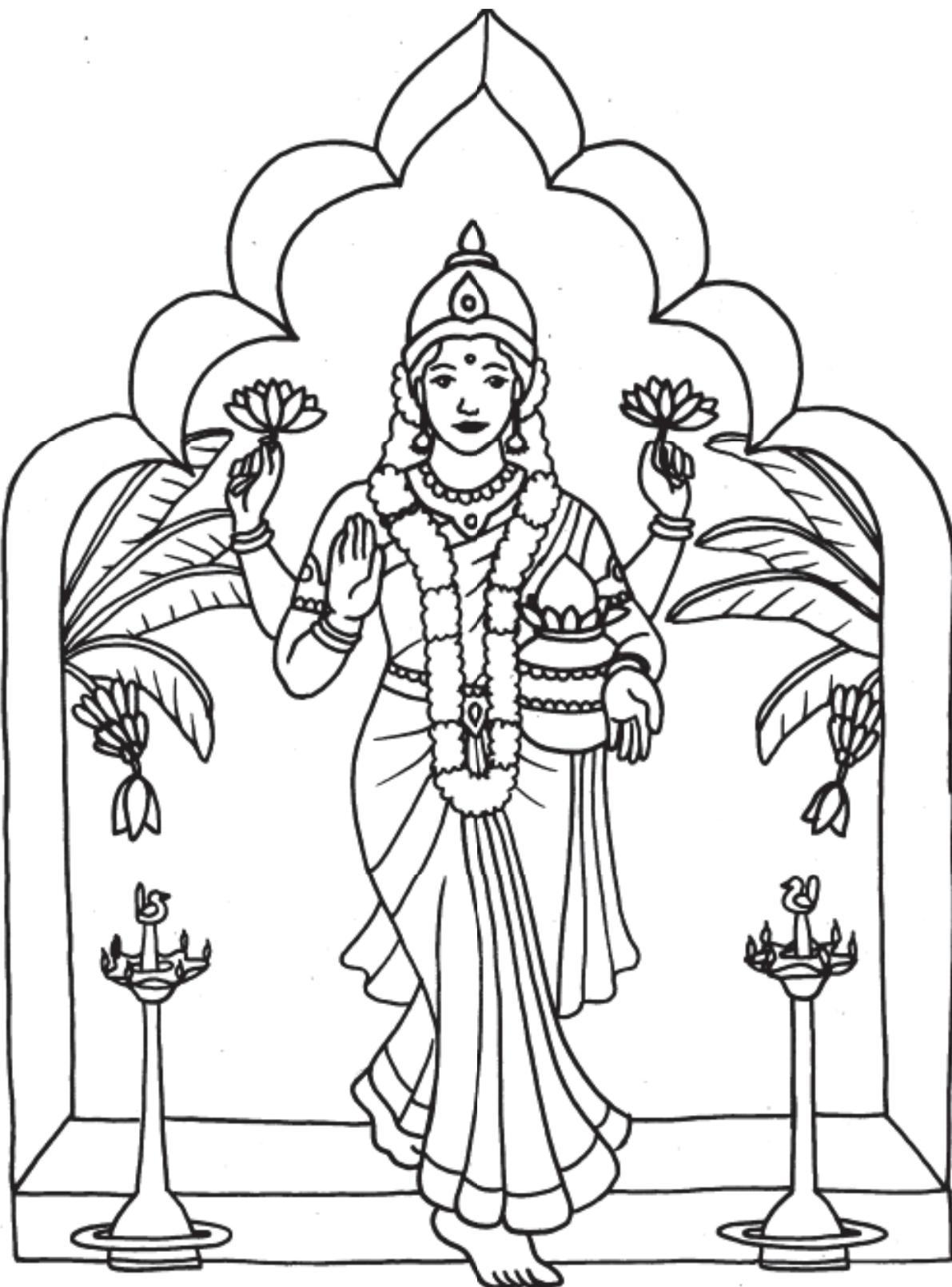




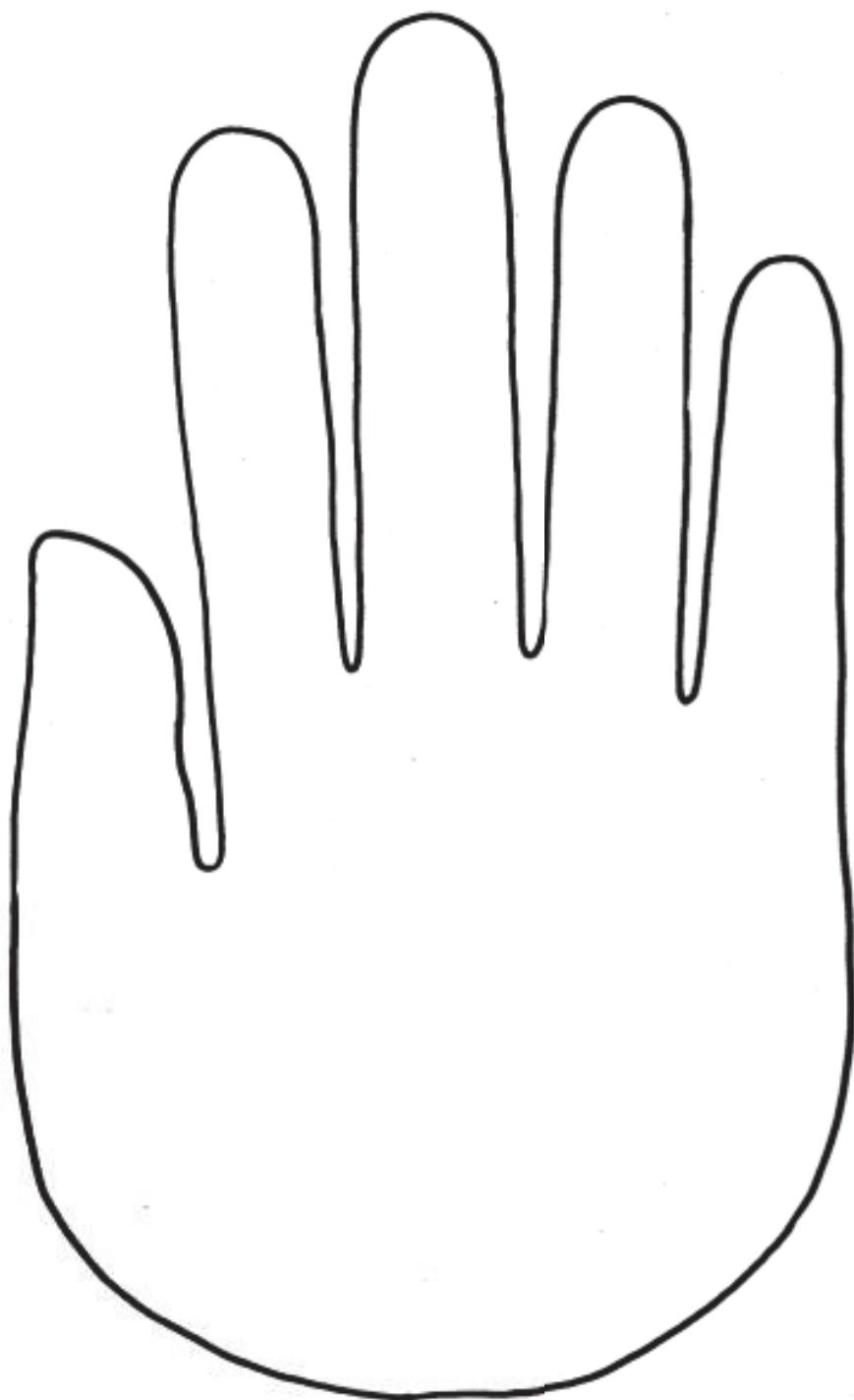
RAJA LAKSHMI



GRUHA LAKSHMI



DRAW YOUR OWN
MEHNDI



THE HAND OF
FATIMA



FILL IN THE HANDS



FILL IN THE HANDS



WHICH **WEAPONS** BELONG

TO SHIVA ,VISHNU, BRAHMA



DRAW YOUR OWN LAKSHMI



QUAN-YIN



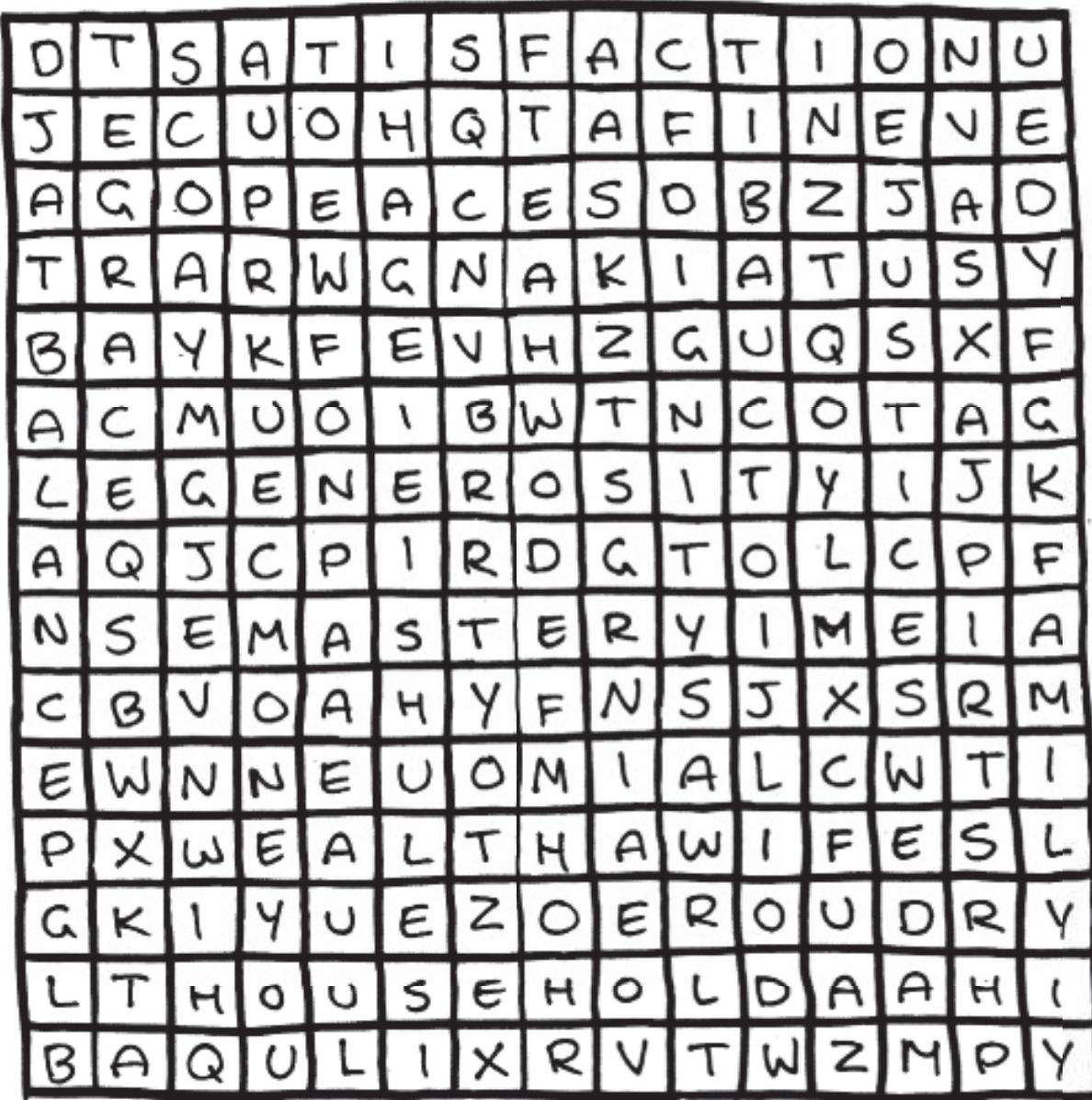
1 Skin 2 yellow 3 green 4 pink 5 grey 6 blue



WHOSE VAHANA



FIND THE QUALITIES



PEACE

GRACE

BALANCE

SATISFACTION

GENEROSITY

MASTERY

DIGNITY

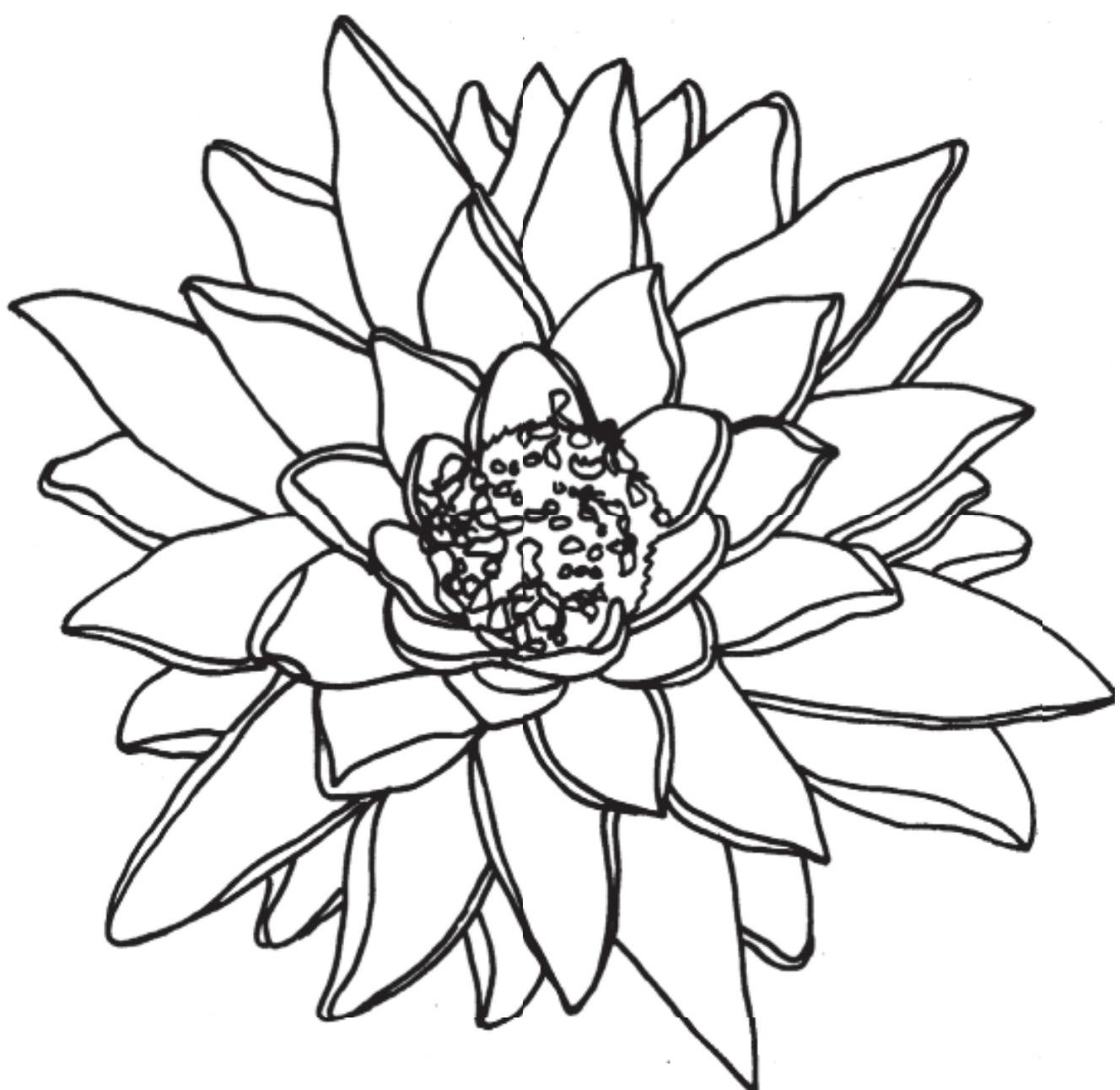
JUSTICE

FAMILY

WIFE

WEALTH

HOUSEHOLD

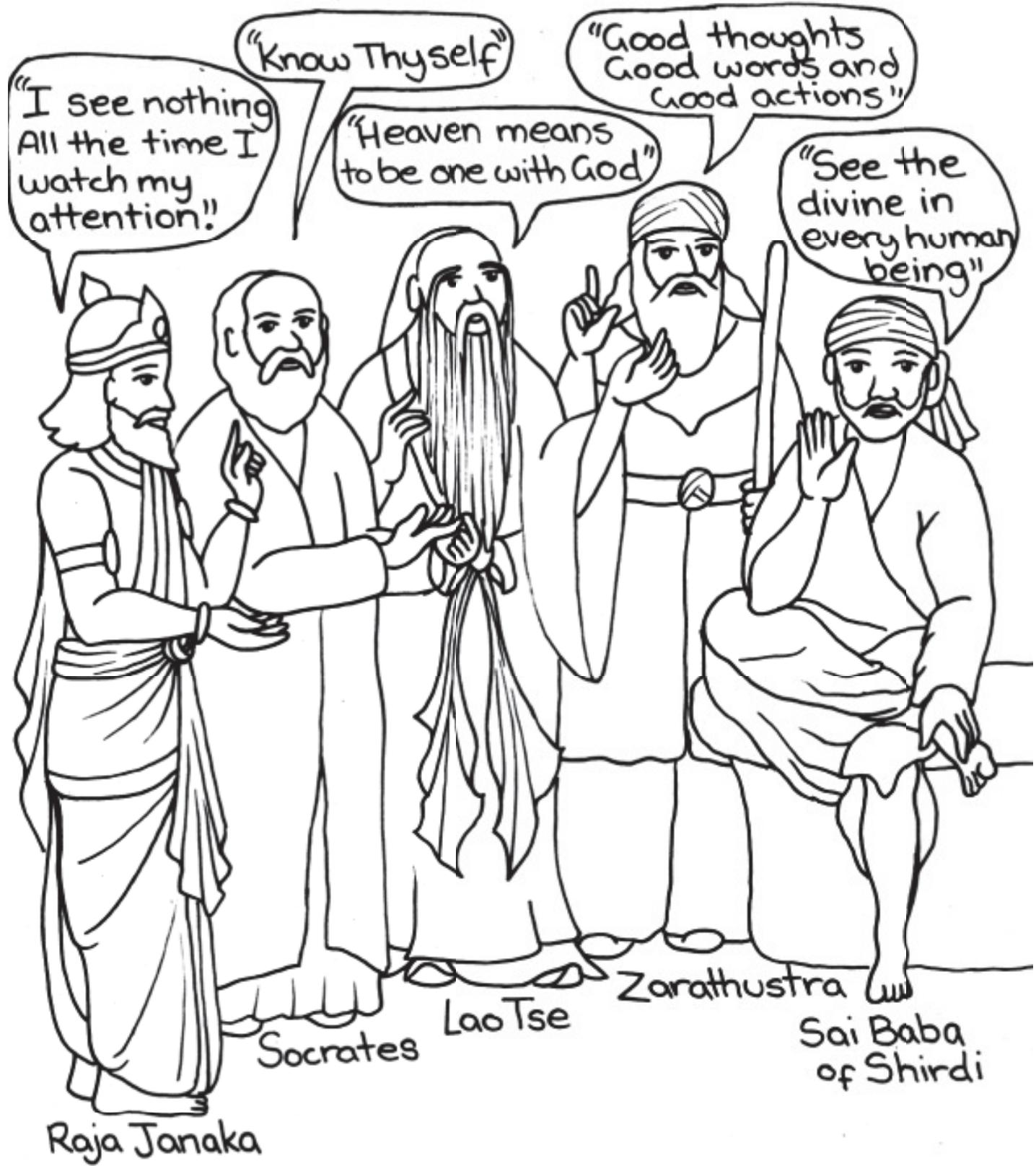


VOID



MANDALA

10 ADI



GURUS



MATCH NAMES TO SYMBOL



Zarathustra



Guru Nanak



Lao Tse



Mohammed



Moses



Abraham

Confucius



Raja Janaka



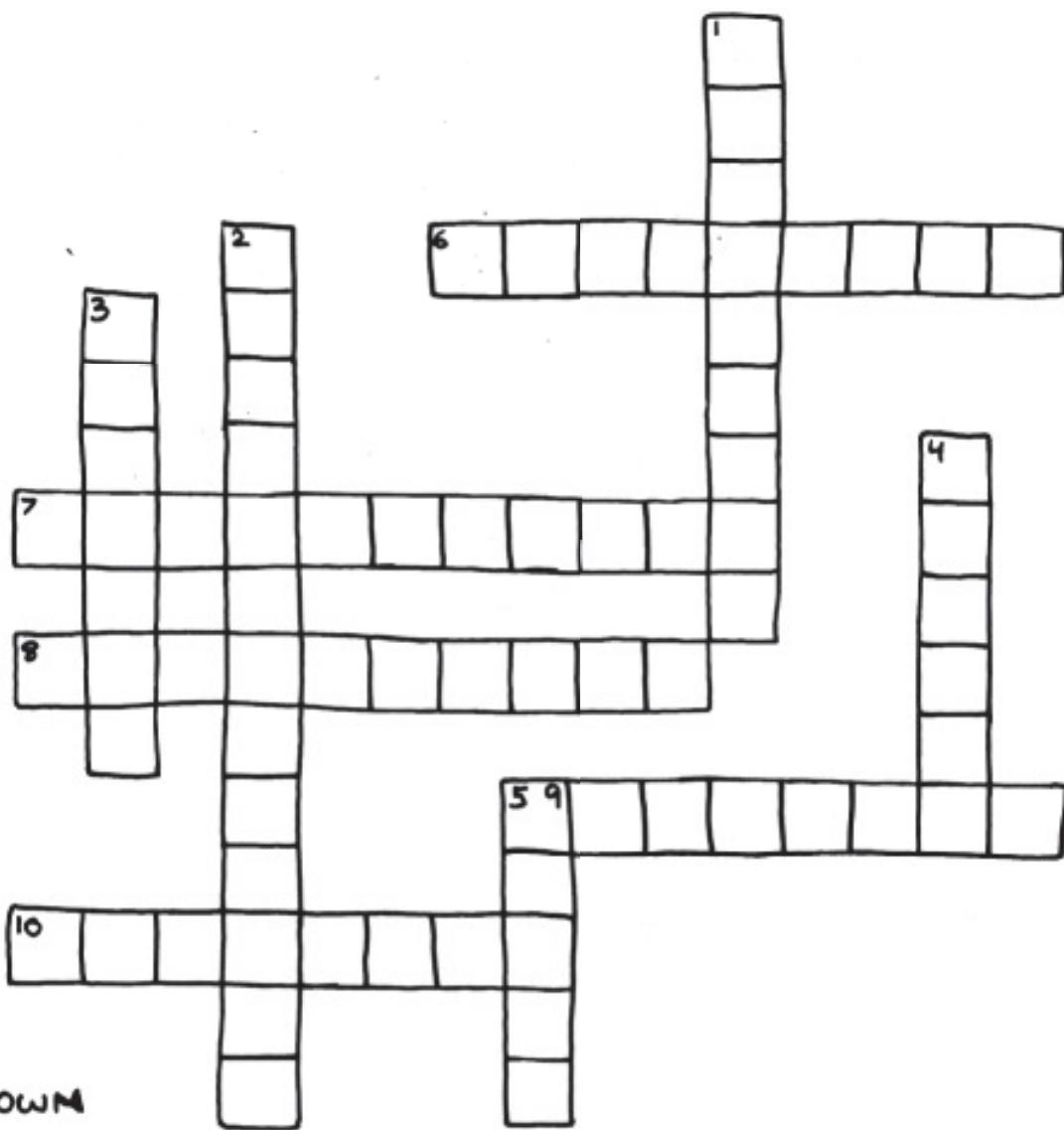
Sai Baba of Shirdi



Socrates

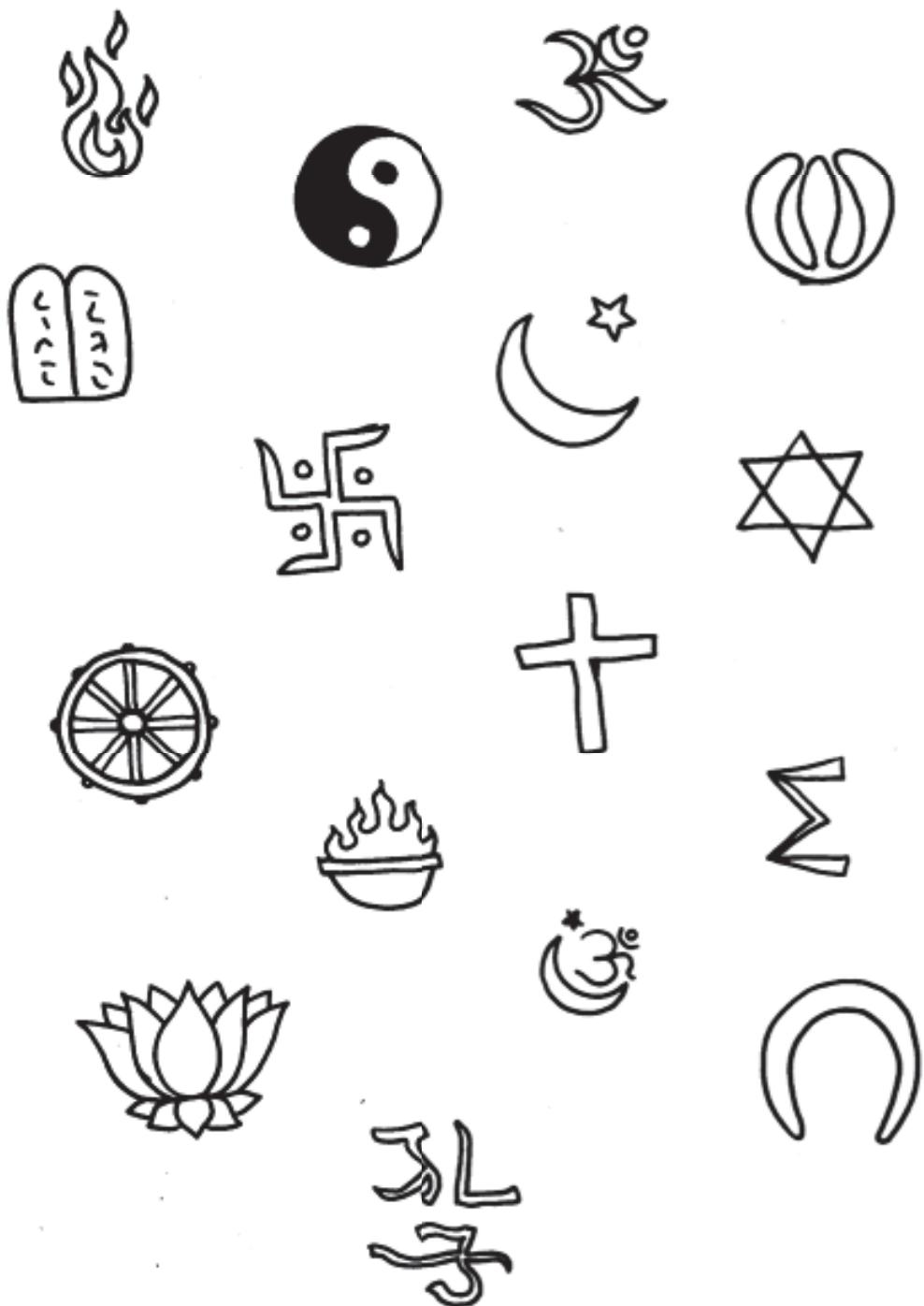


10 GURUS

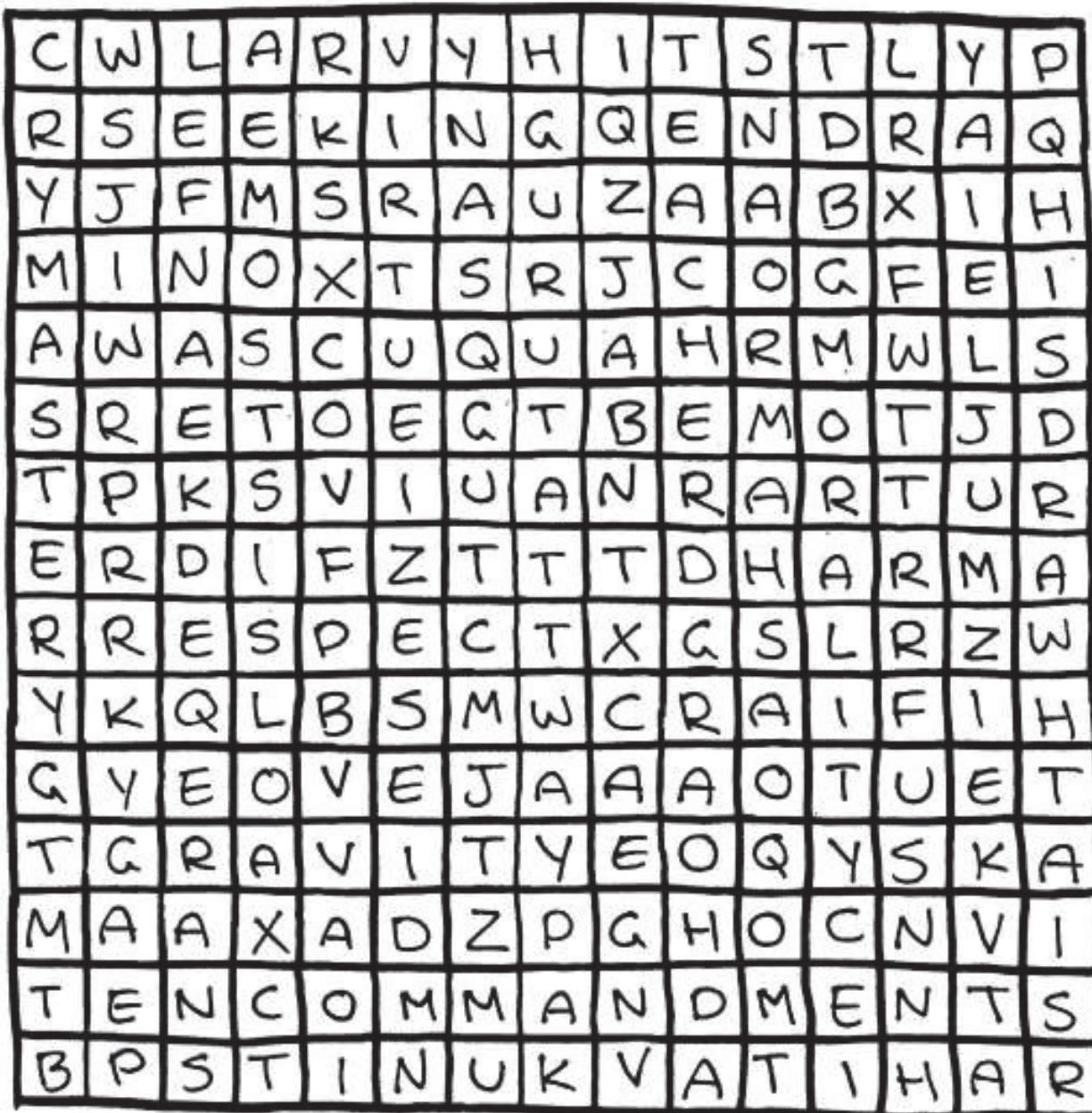


1. Incarnated in India and started the Sikh religion
2. -----af----- tried to unite Hindus and Muslims
3. The first prophet of the Jewish religion
4. Chinese Philosopher and founder of Taoism
5. He received the 10 commandments on mount Sinai
6. Chinese Philosopher who emphasised morality
7. Ancient Persian prophet and religious poet
8. The King of Mithila and father of Shri Sita
9. Born in Mecca and founded the religion of Islam
10. Classical Greek Philosopher and father of logic

WHICH **SYMBOLS** BELONG
TO THE 10 ADI GURUS



FIND THE QUALITIES



GURUTATTWA

DHARMA

MORALITY

VIRTUE

RESPECT

SEEKING

GRAVITY

TEN COMMANDMENTS

MASTERY

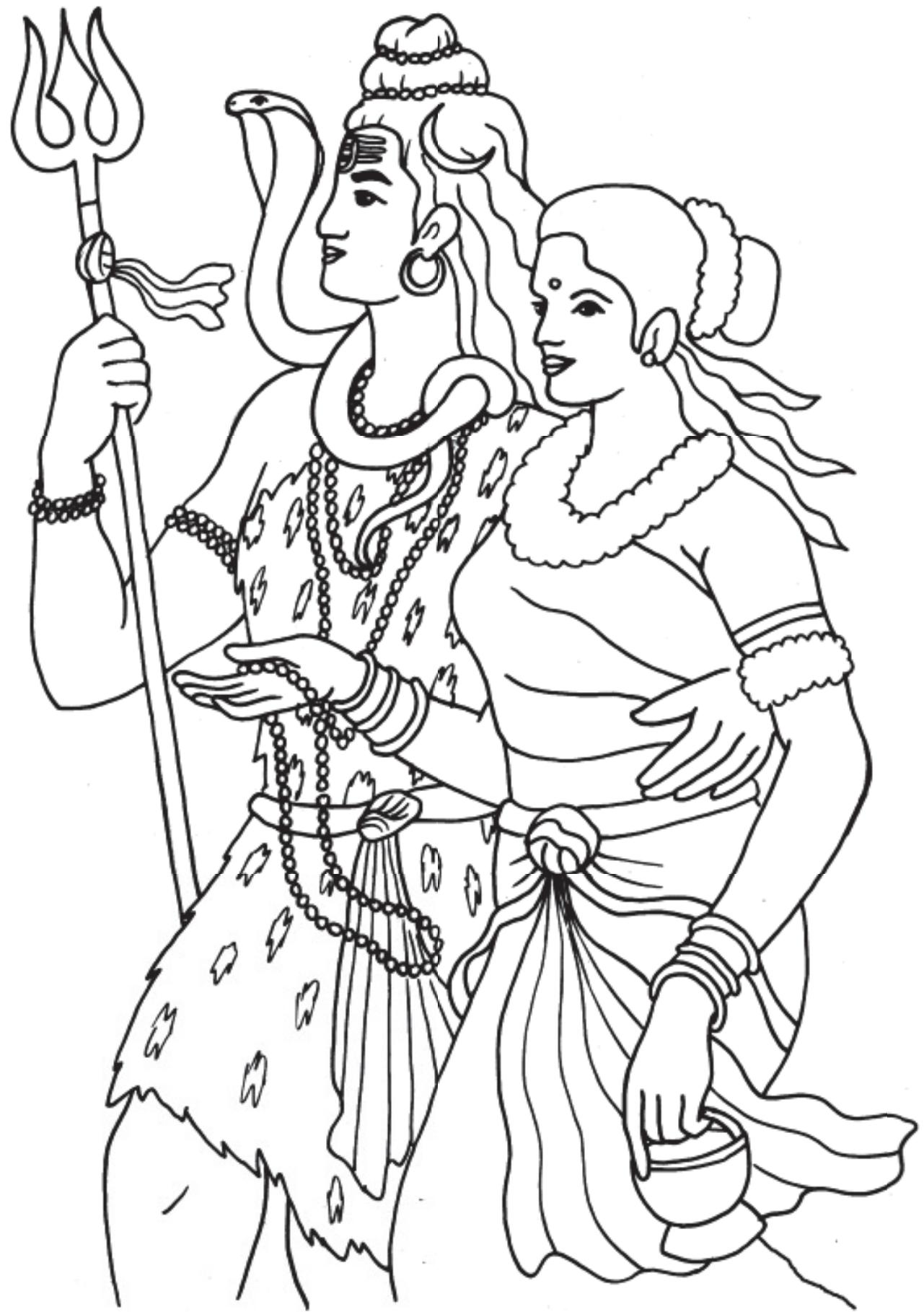
TEACHER



HEART



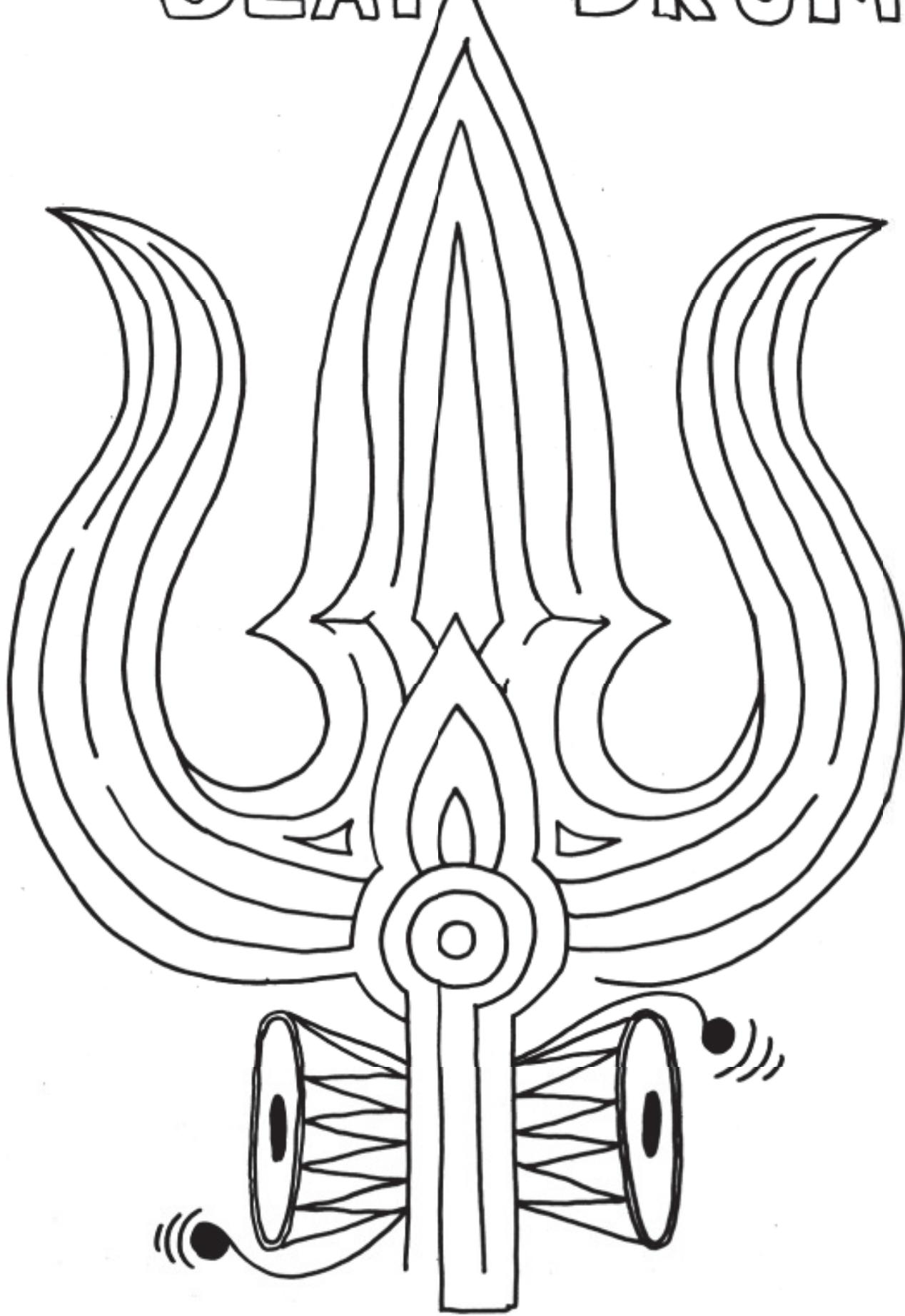
MANDALA



SHIVASHAKTI



THE BEAT OF THE DRUM



GANGA



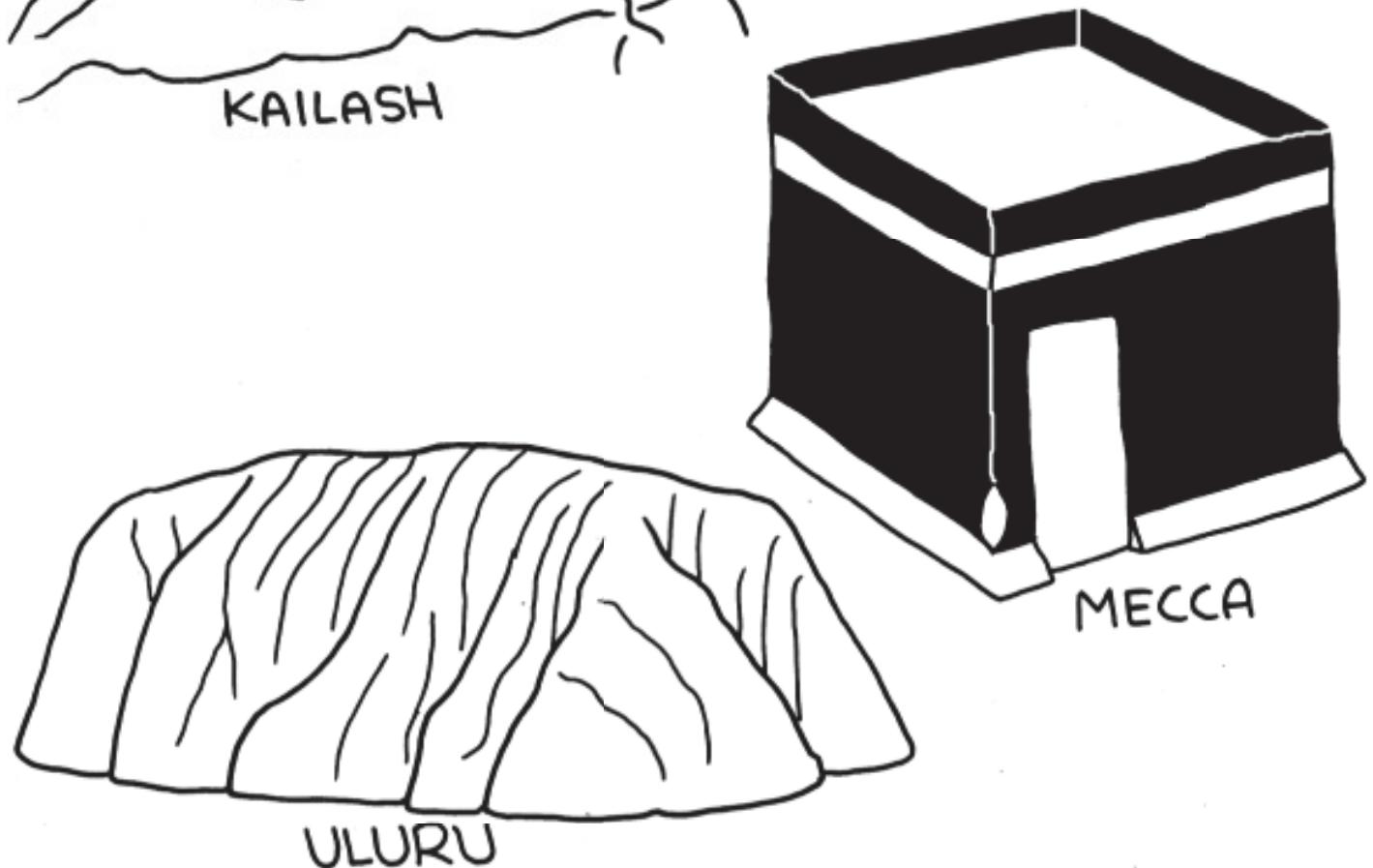
DRAW YOUR OWN SHIVA



NATARAJ



WHICH SWAYAMBHU BELONGS
TO SHIVA OR GANESHA



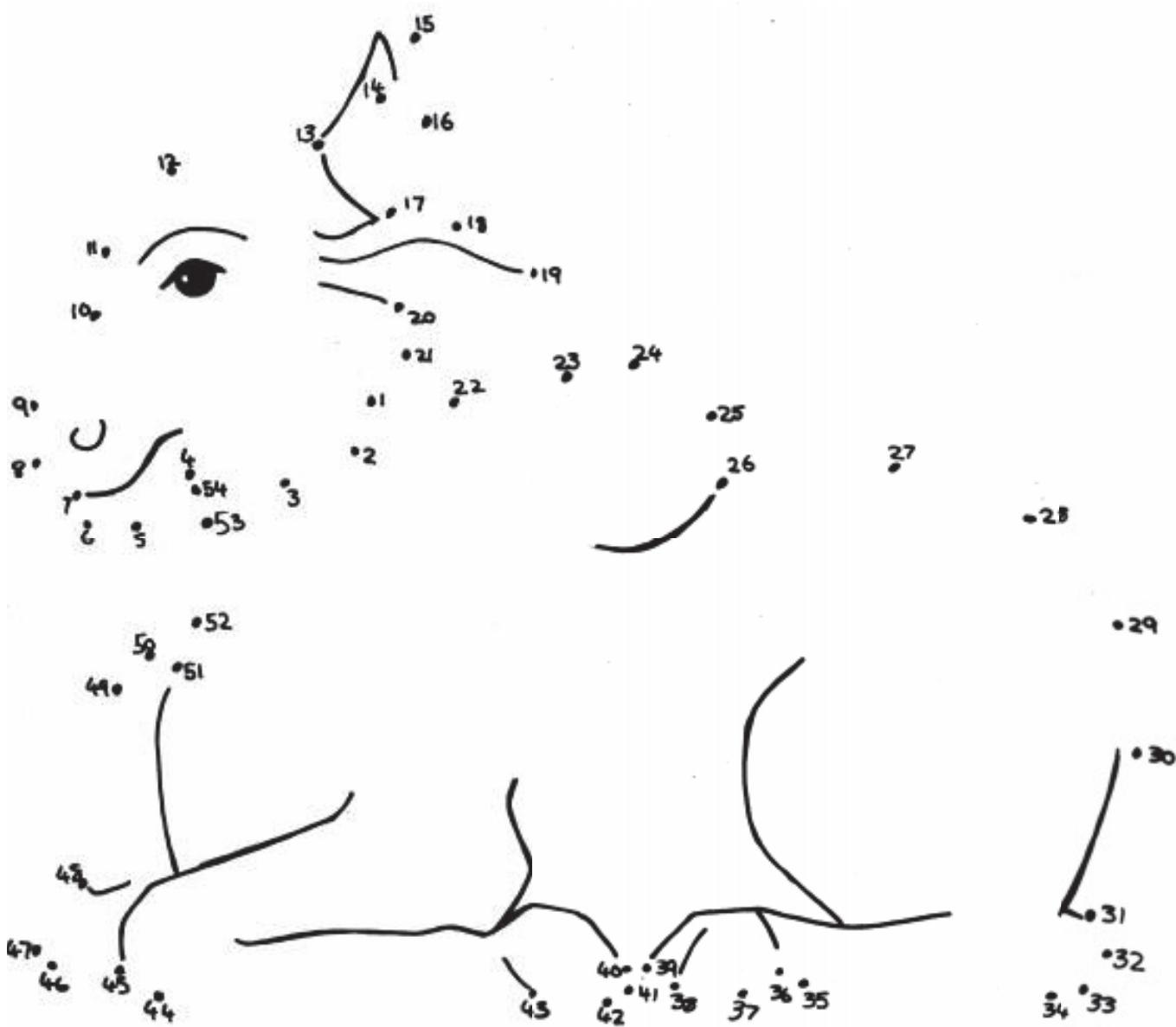
FILL IN THE HANDS



- 1 light grey
- 2 green
- 3 yellow
- 4 Brown
- 5 light blue
- 6 pink



WHOSE VAHANA



MATCH THE CHAKRAS

TO THE CORRECT NUMBER OF PETALS

MOOLADHARA



SWADHISTHAN



NABHI



HEART



VISHUDDHI



AGNYA



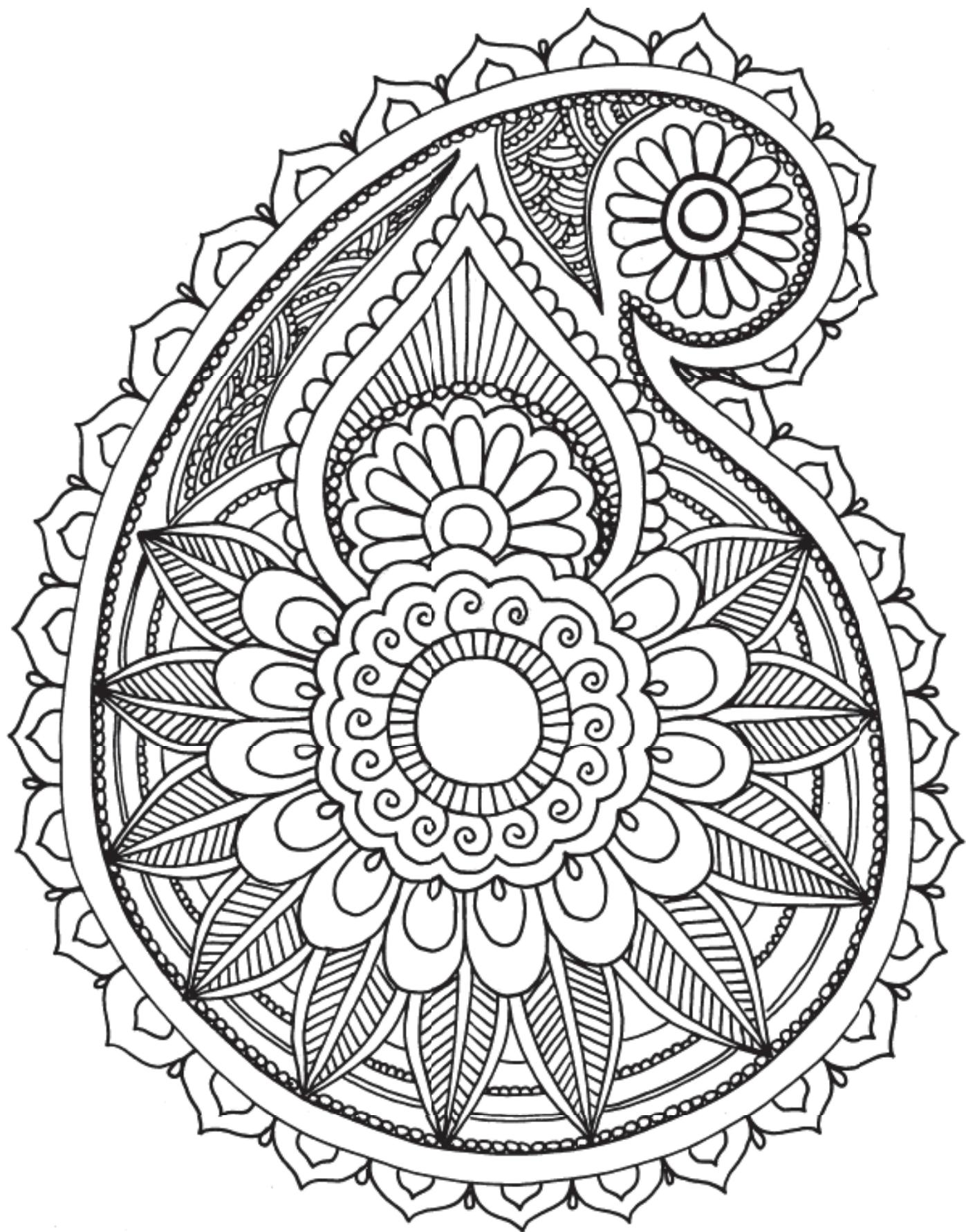
SAHASRARA



JAGADAMBA



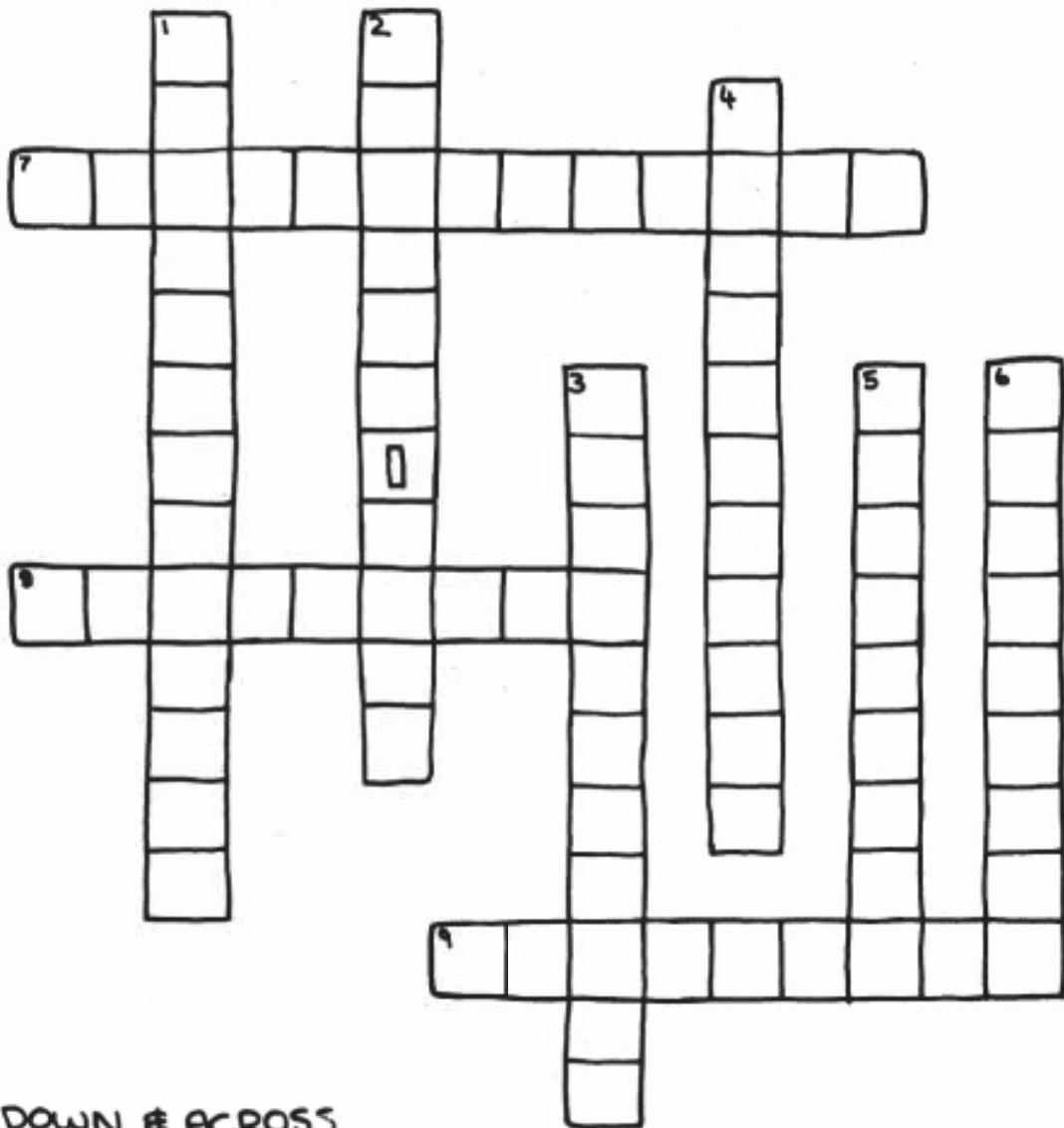




DURGA



9 Names of Shri Durga



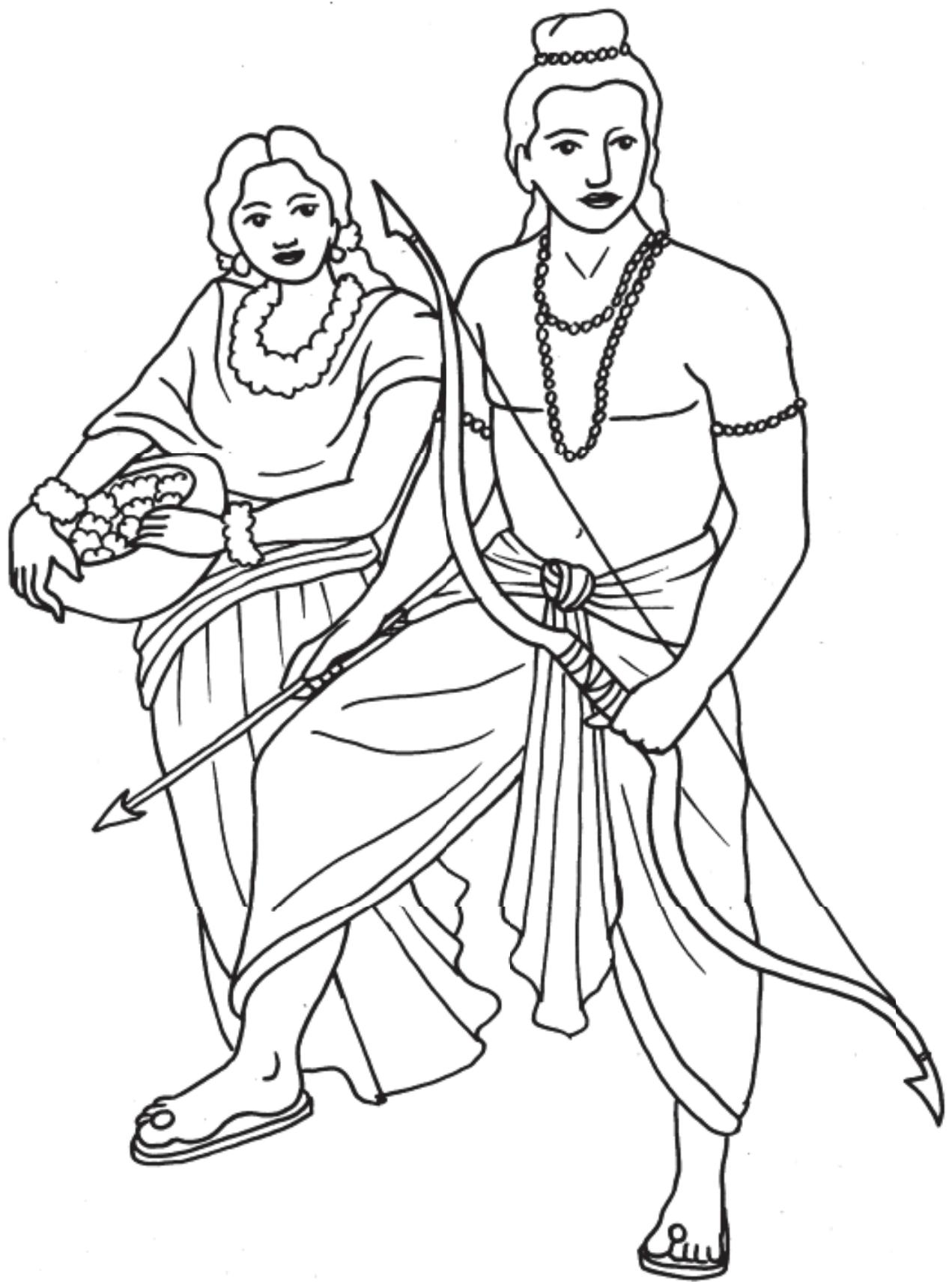
1. Adorned with the moon as your bell
2. The Mother of Shri Kartikeya
3. The daughter of the mountain
4. The bestower of divine power
5. The one whose Void contains the Universe
6. The dark night of dissolution
7. The one who observes the state of celibacy
8. The Adi Kundalini
9. The foster daughter of Sage Katyayana

WHOSE VAHANA

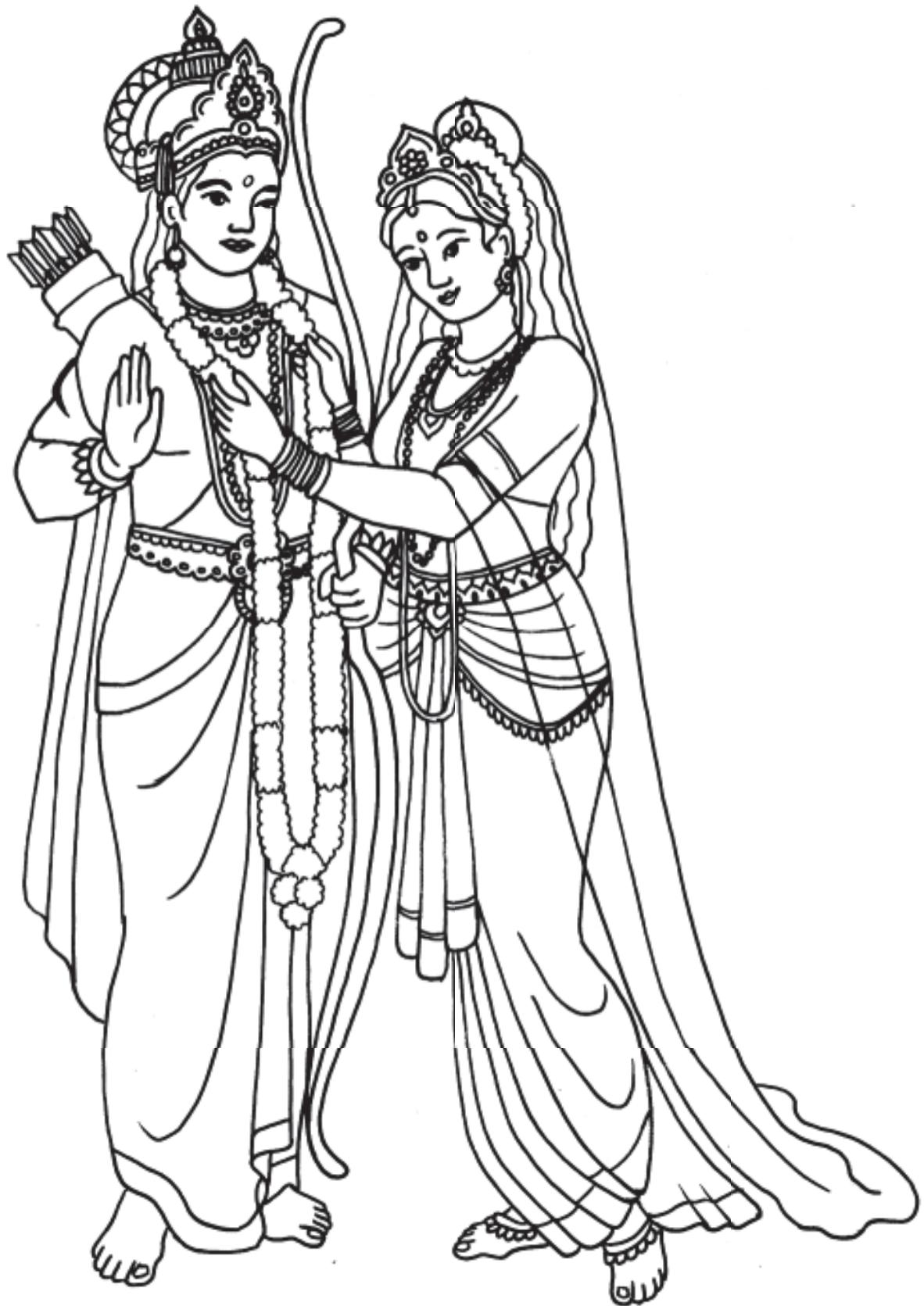


FILL IN THE HANDS





RAMA SITA



SITA

LUV

KUSH



FILL IN THE HANDS

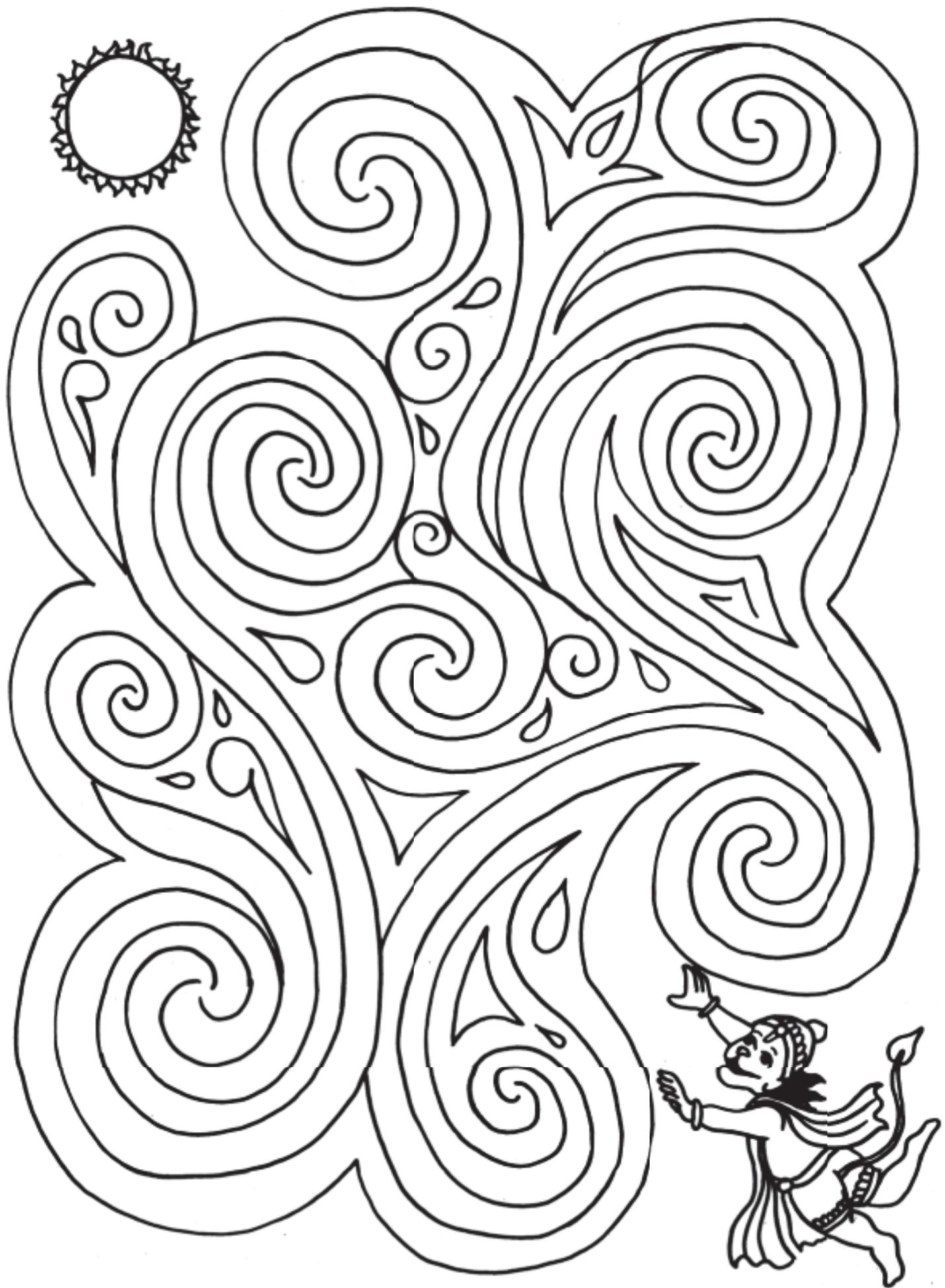


WHICH TWO ARE SAME

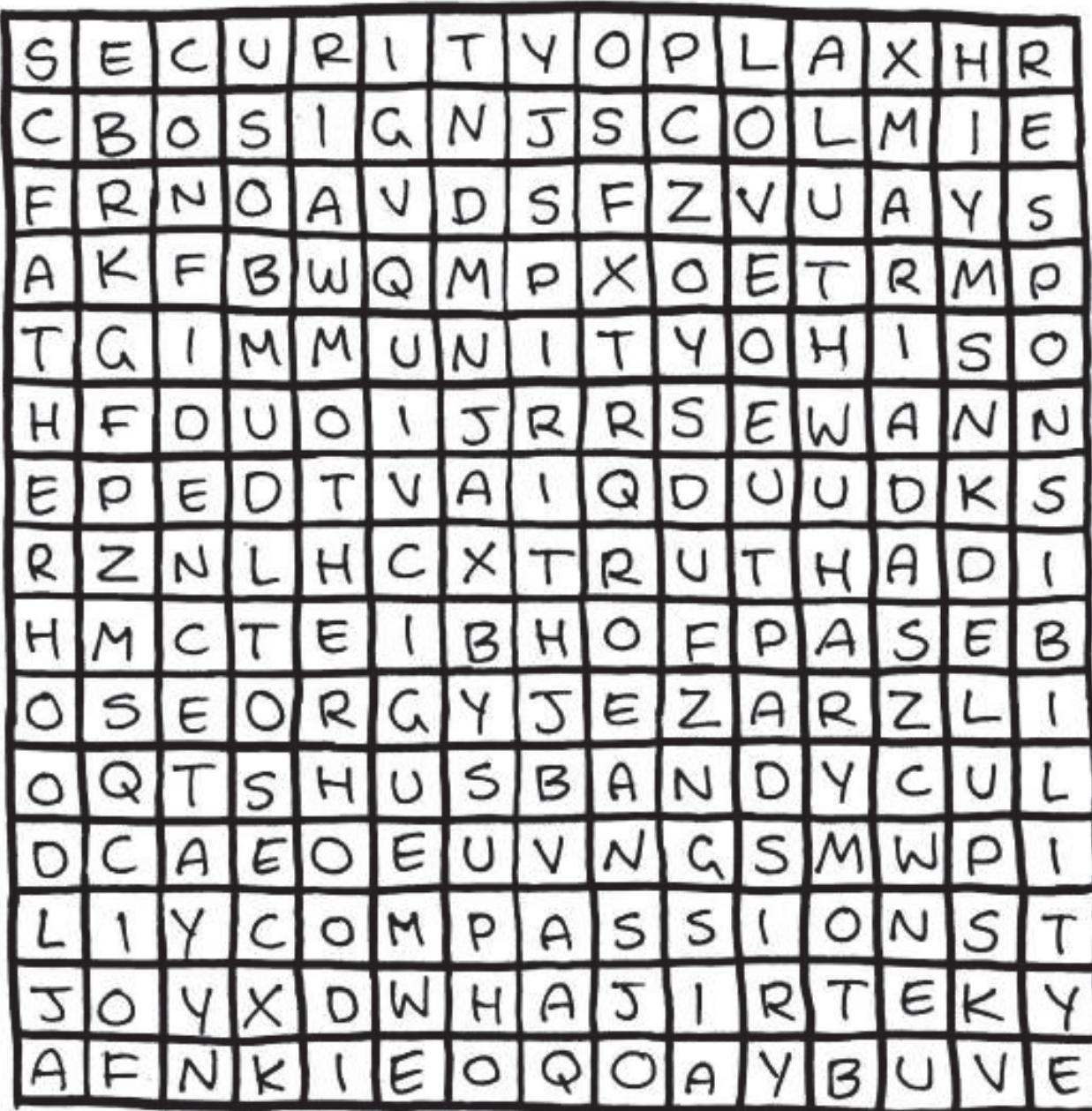


1 Blue 2 yellow 3 Orange 4 pink





FIND THE QUALITIES



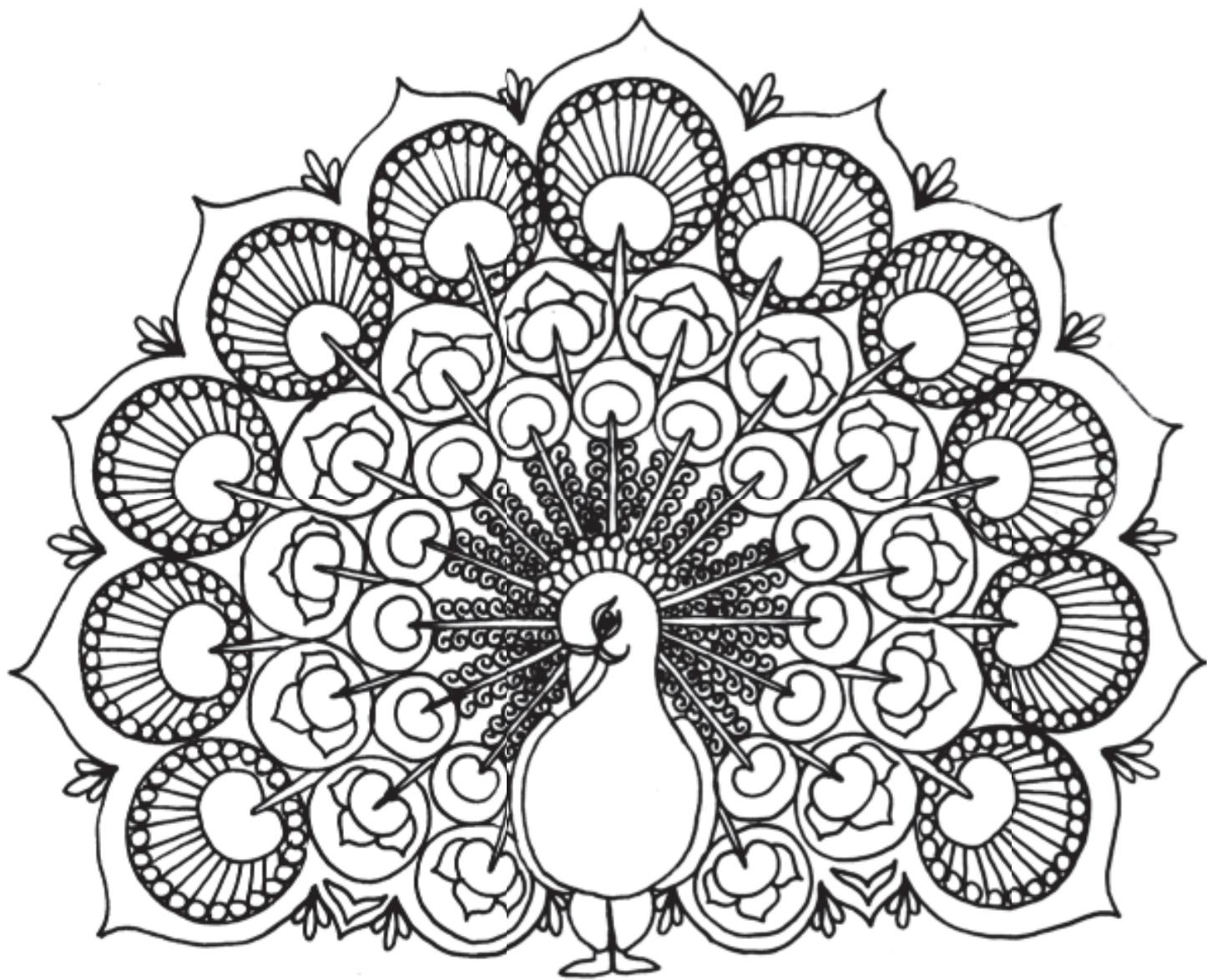
RESPONSIBILITY SECURITY JOY

IMMUNITY CONFIDENCE

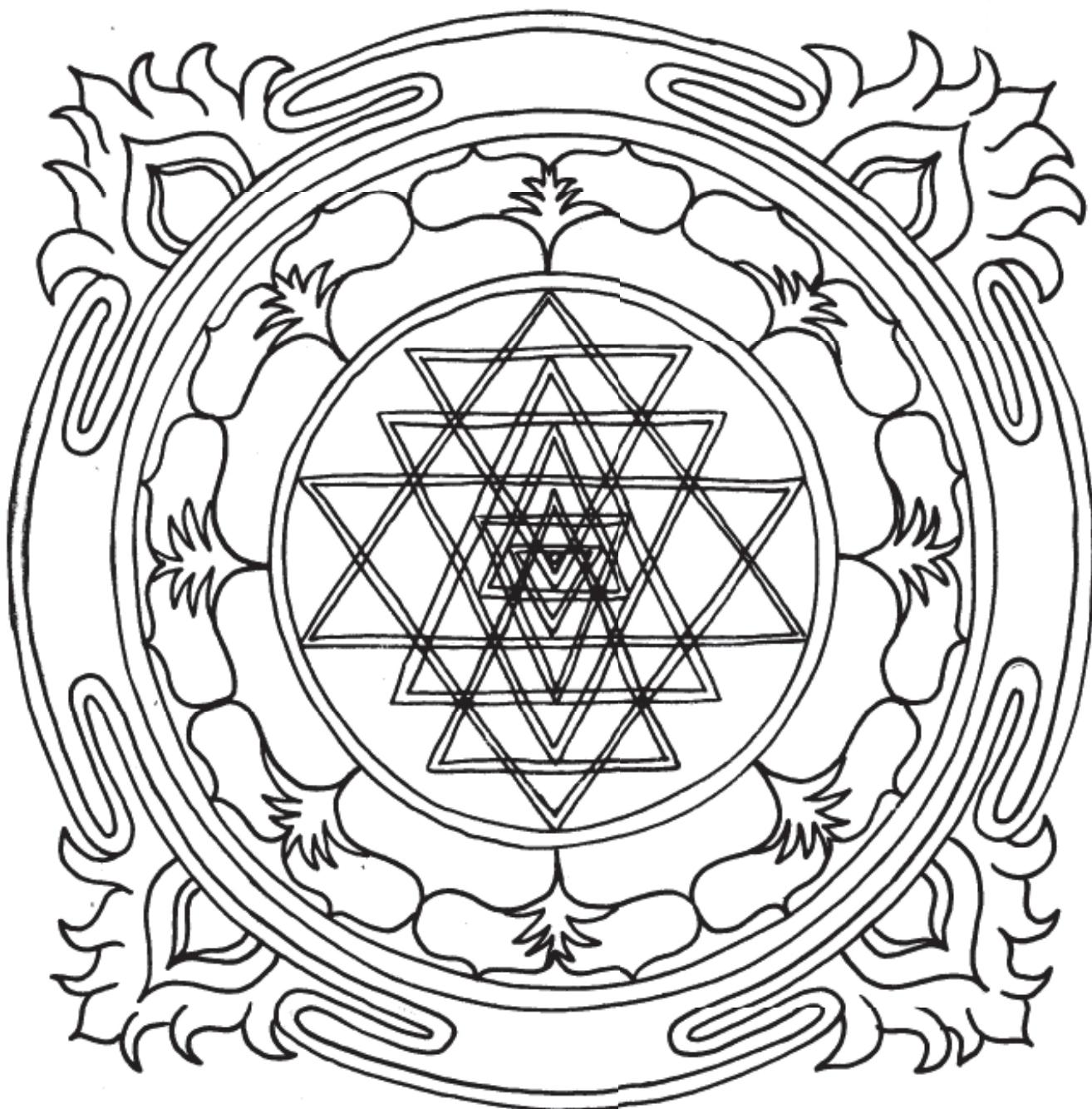
FATHERHOOD MOTHERHOOD

COMPASSION SPIRIT TRUTH

HUSBAND MARIADAS LOVE



VISHUDDHI

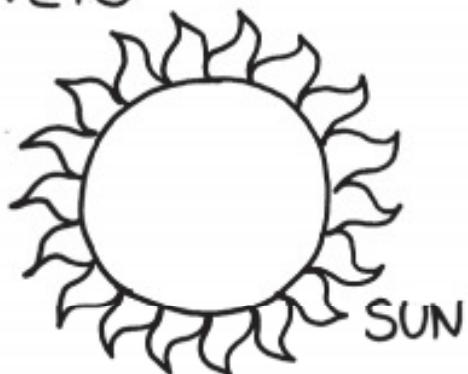


MANDALA

MATCH THE CHAKRAS

TO THE CORRECT PLANETS

SAHASRARA



SUN

AGNYA



MERCURY

VISHUDDHI



VENUS

HEART



MARS

NABHI



JUPITER

SWADHISTHAN



SATURN

MOOLADHARA

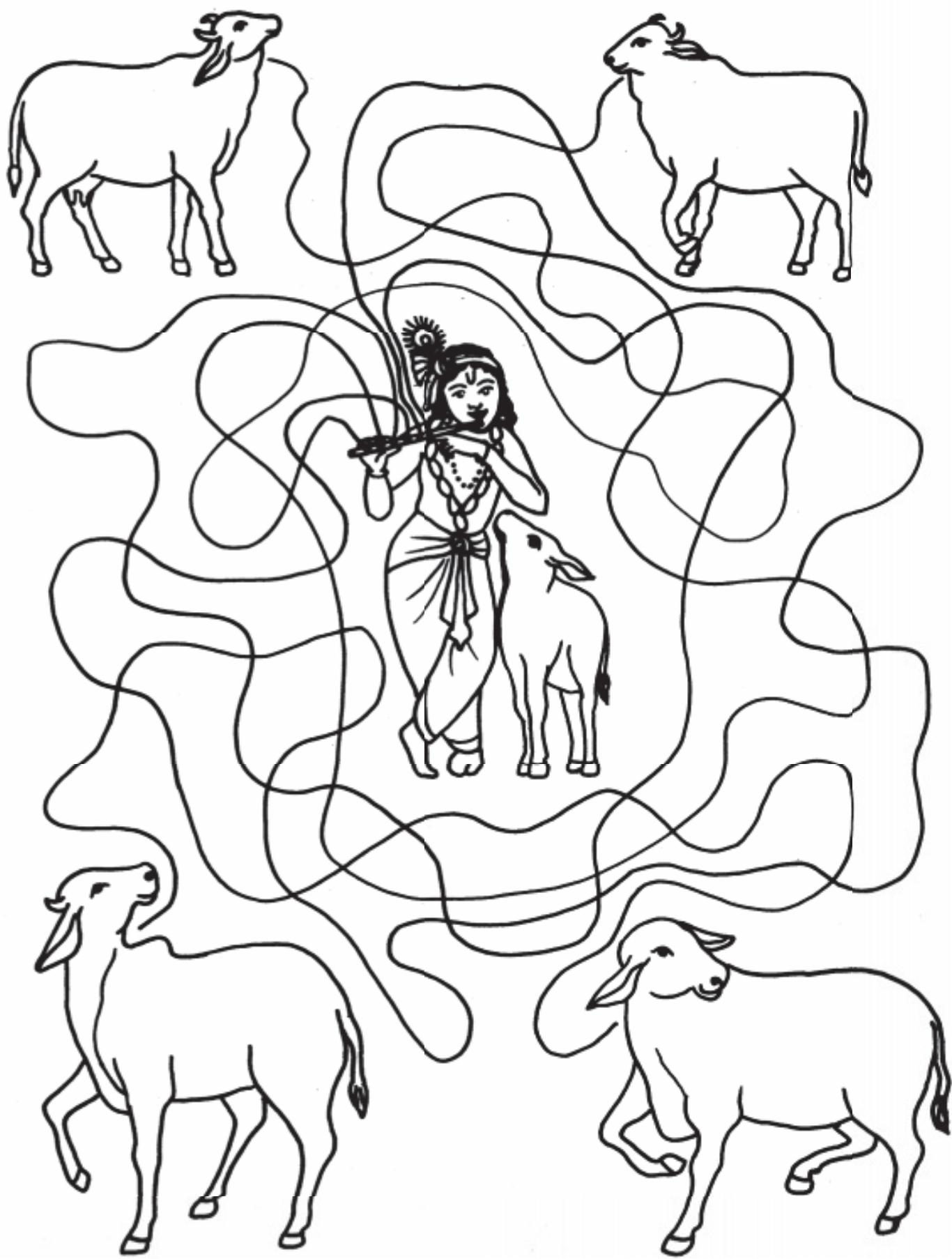


MOON

KRISHNA RADHA



WHICH NOTES BRING THE COWS HOME





16 Names of Shri Radha Krishna

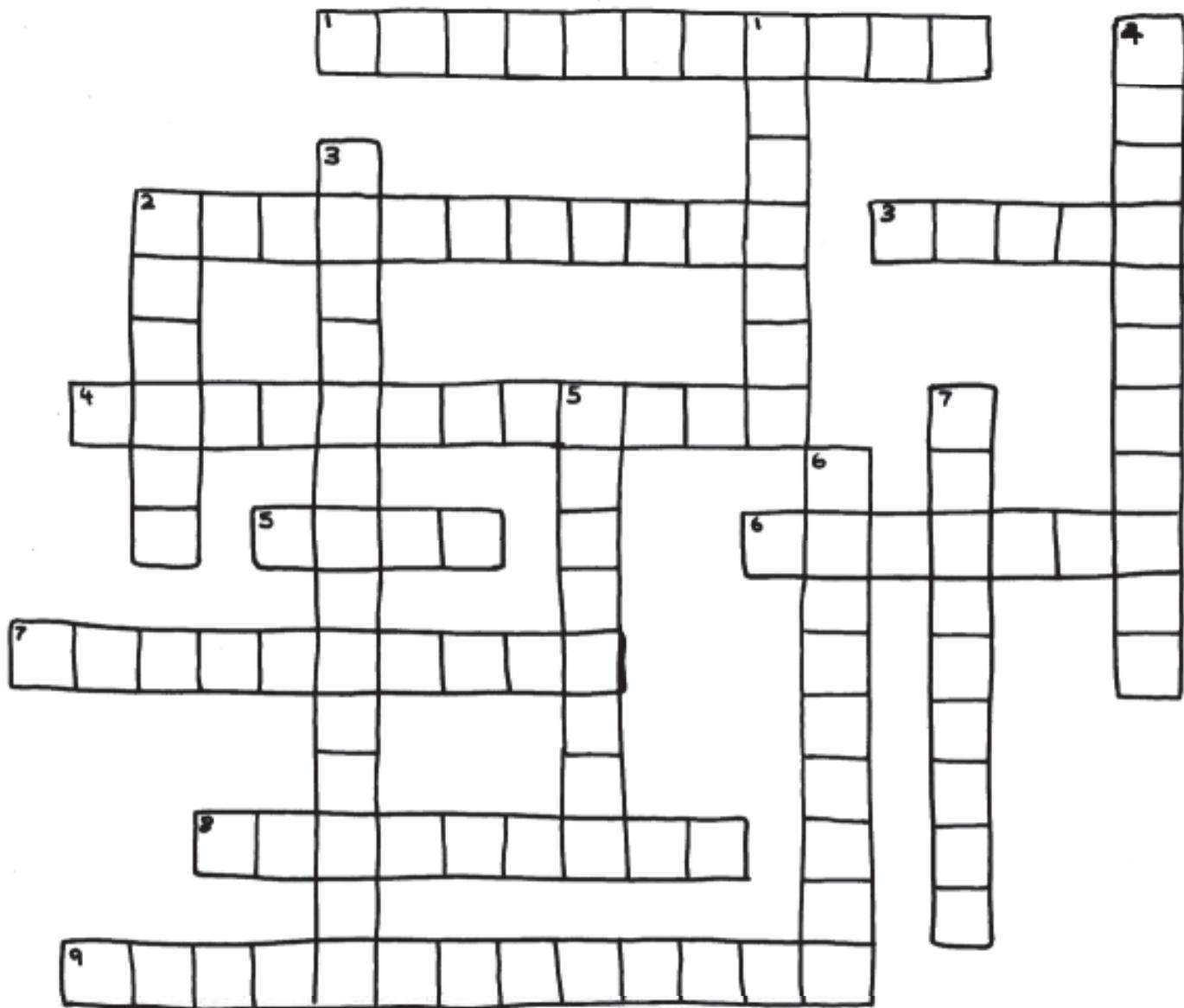
ACROSS

1. ----- Virata - Supreme power of the cosmic being
2. The Supreme Lord who knows pure speech
3. The protector of the World
4. The dark-blue God and the one who sustains that power
5. ----- Krishna - Shri Krishna as a child
6. ----- nandana - Foster son of Shri Yashoda
7. ----- bhrata - Brother of Shri Vishnumaya
8. ----- vama sanada - holder of the melodius Flute
9. The lord of America

DOWN

1. The chief herdsman
2. The Lord of Cows
3. Shri Radha and Shri Krishna as King Vithala and Queen Rukmini
4. The destroyer of Narakasura
5. His head is adorned with a peacock feather
6. The great lake of divine bliss
7. The one who encompasses all

16 Names of Shri Radha Krishna



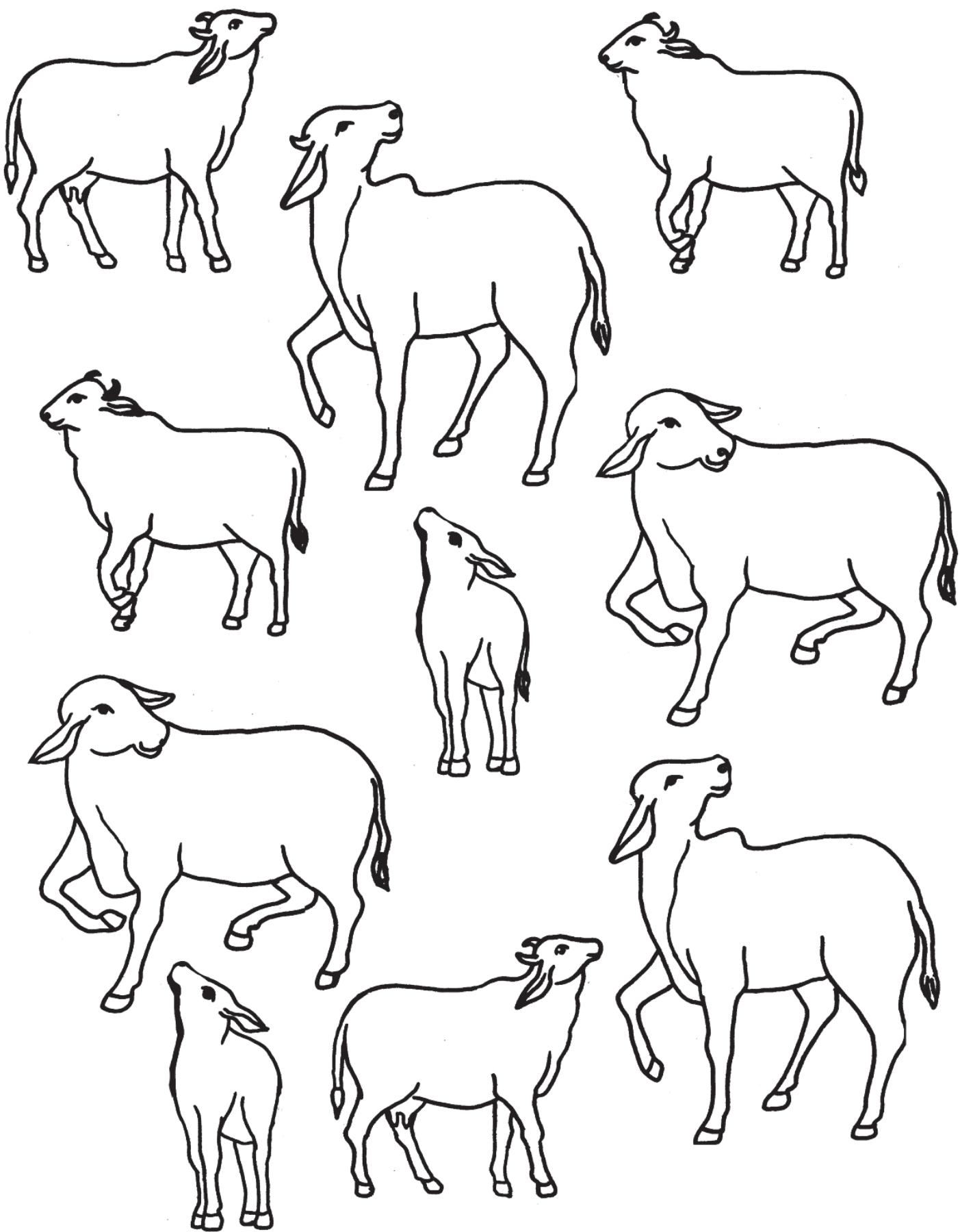
YESHODHA KRISHNA



FILL IN THE HANDS



WHICH TWO ARE SAME



DRAW YOUR OWN KRISHNA





1 Blue 2 Yellow 3 pink 4 red 5 green 6 light blue





FIND THE QUALITIES



TRUTHFULNESS

SELFRESPECT

COMMUNICATION

DIPLOMACY

COLLECTIVITY

CHASTITY

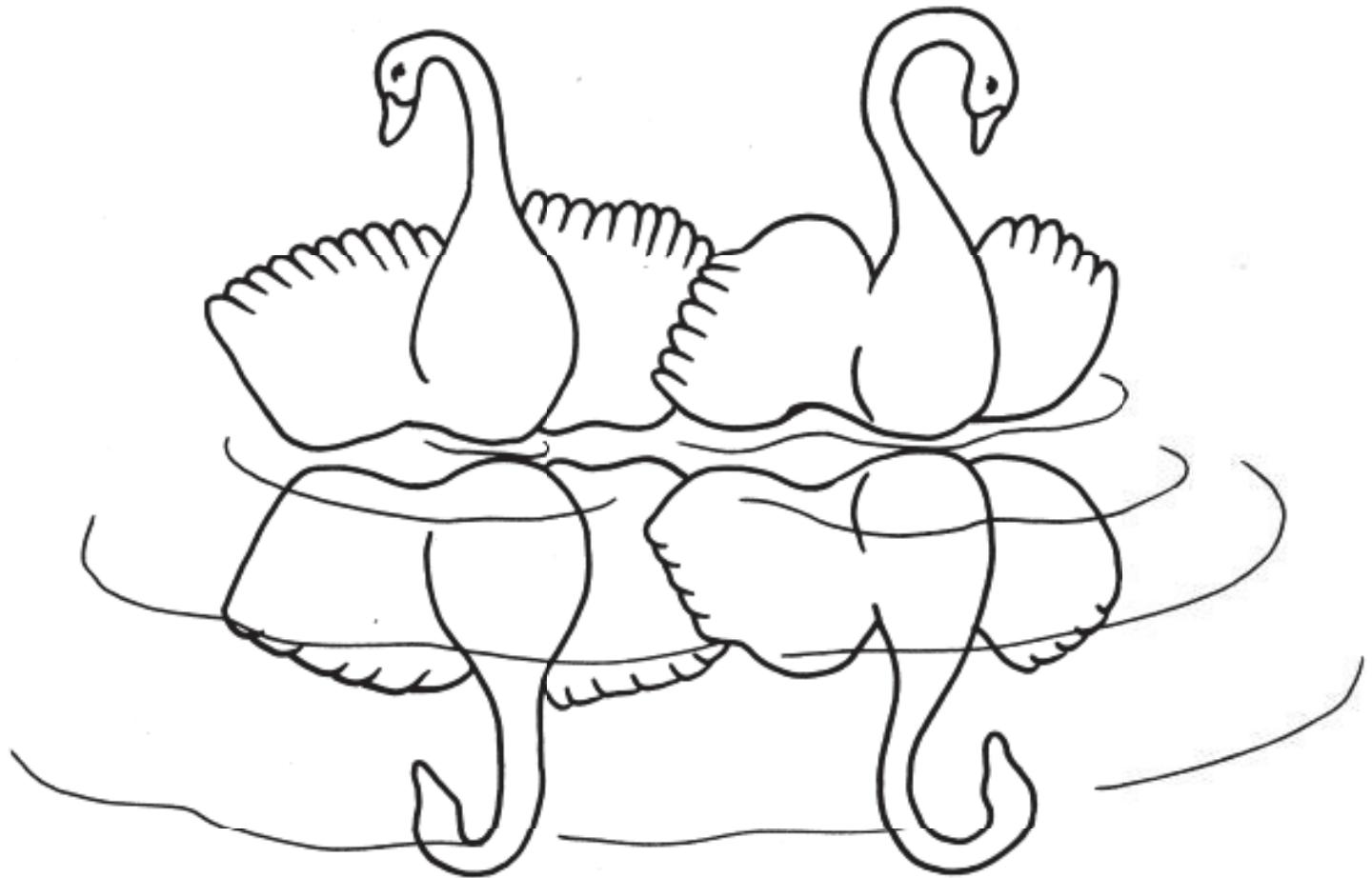
SWEETNESS

DISCRETION

SPEECH

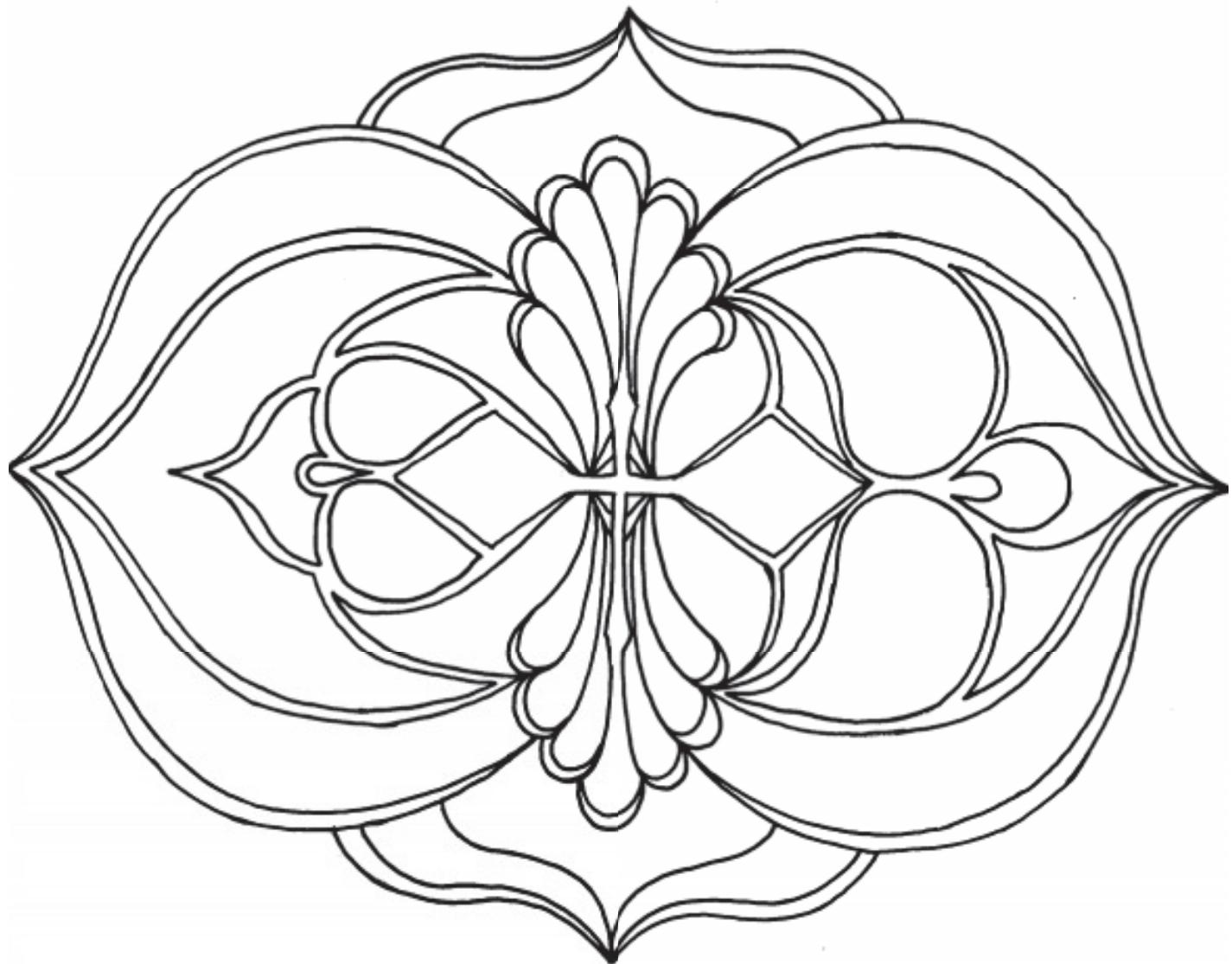
DETATCHMENT

HUMSA



COLOUR THE ELEPHANTS

AGNYA



MANDALA

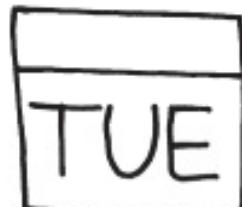
MATCH THE CHAKRAS

TO THE CORRECT DAYS

SAHASRARA



AGNYA



VISHUODHI



HEART



NABHI



SWADHISTHAN

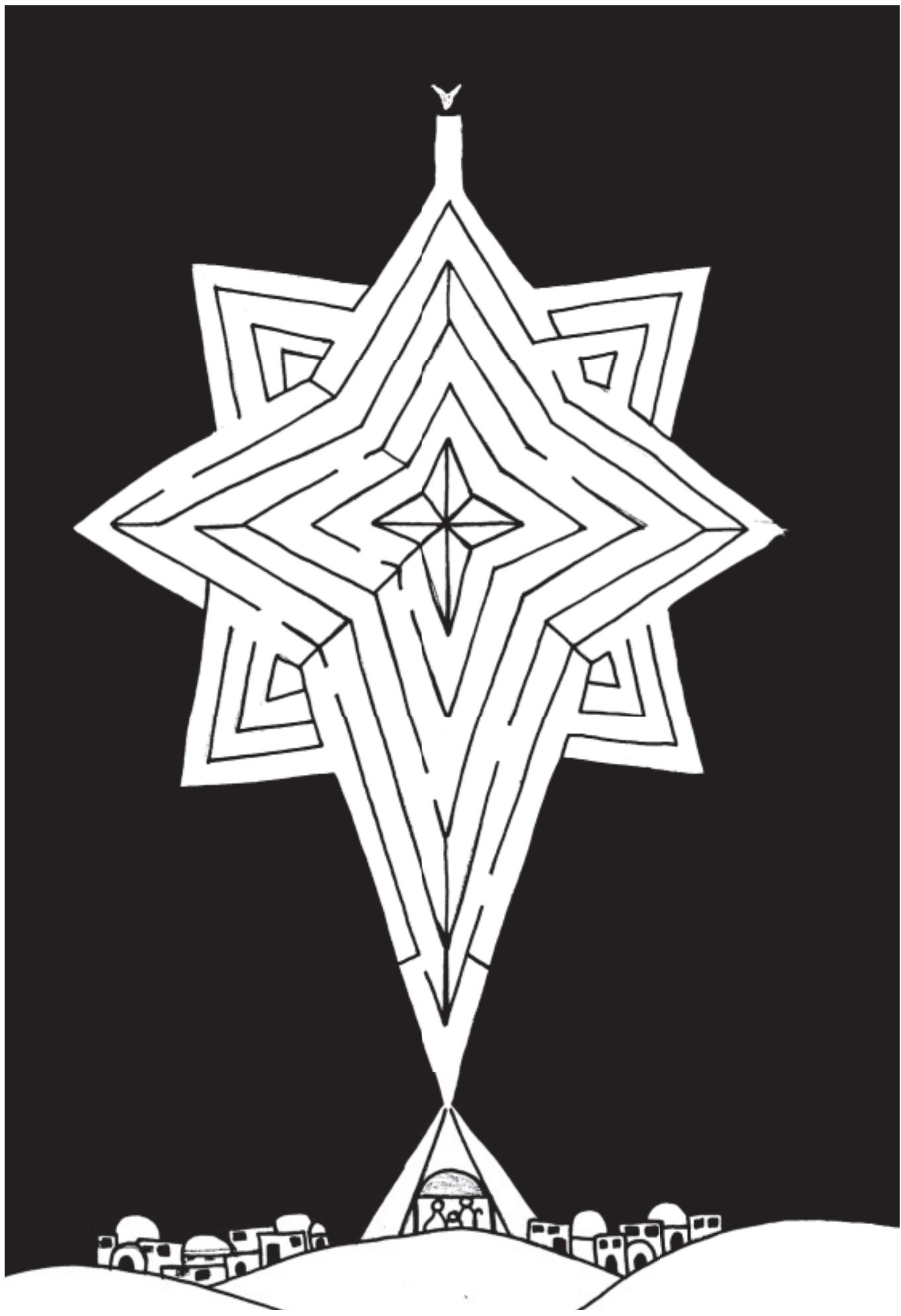


MOOLADHARA



JESUS





JESUS MARY



11 Ekadesharudras

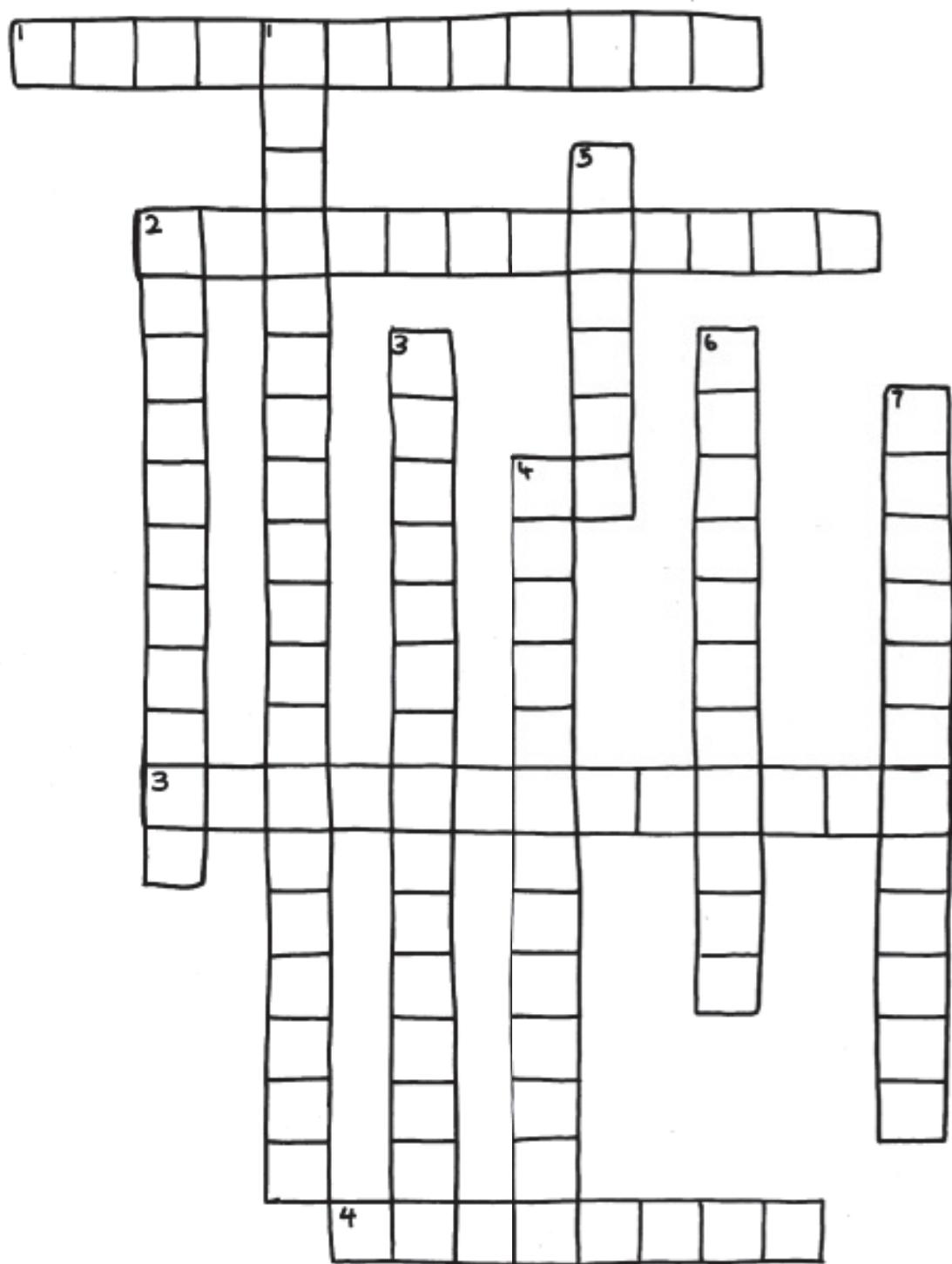
ACROSS

1. The deity of the left side, also archangel Michael
2. The deity of the right side, also archangel Gabriel
3. The golden cosmic egg
4. The deity of Left Agnya

DOWN

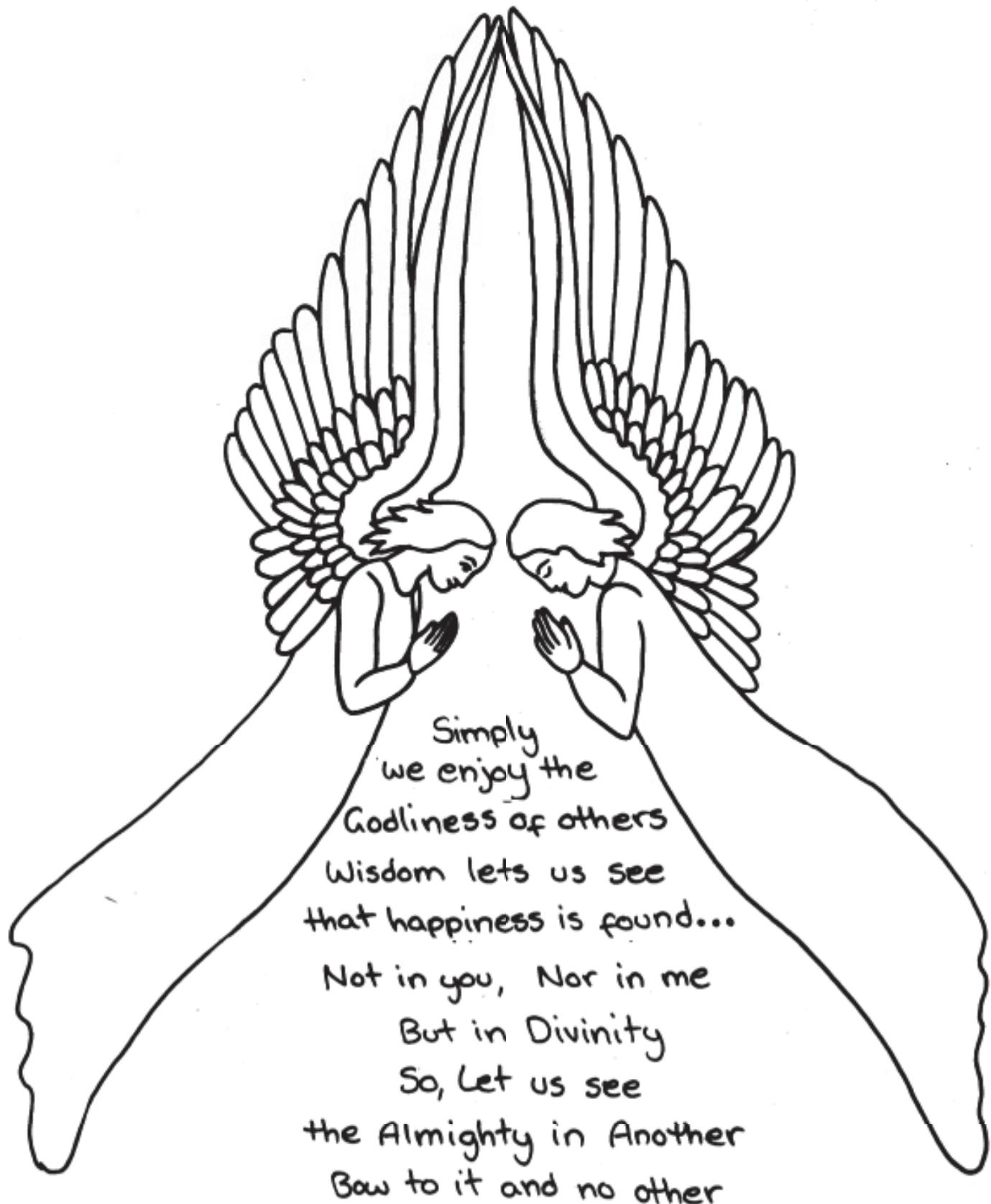
1. The deity of Swadhisthana
2. The deity of Mooladhara in his greatest form
3. The deity of Nabhi, The shelter of beings and his consort
4. The brother of Shri Ganesha in his greatest form
5. The deity of Right Agnya
6. The deity of Agnya
7. The deity of Left Heart

II Ekadesharudras





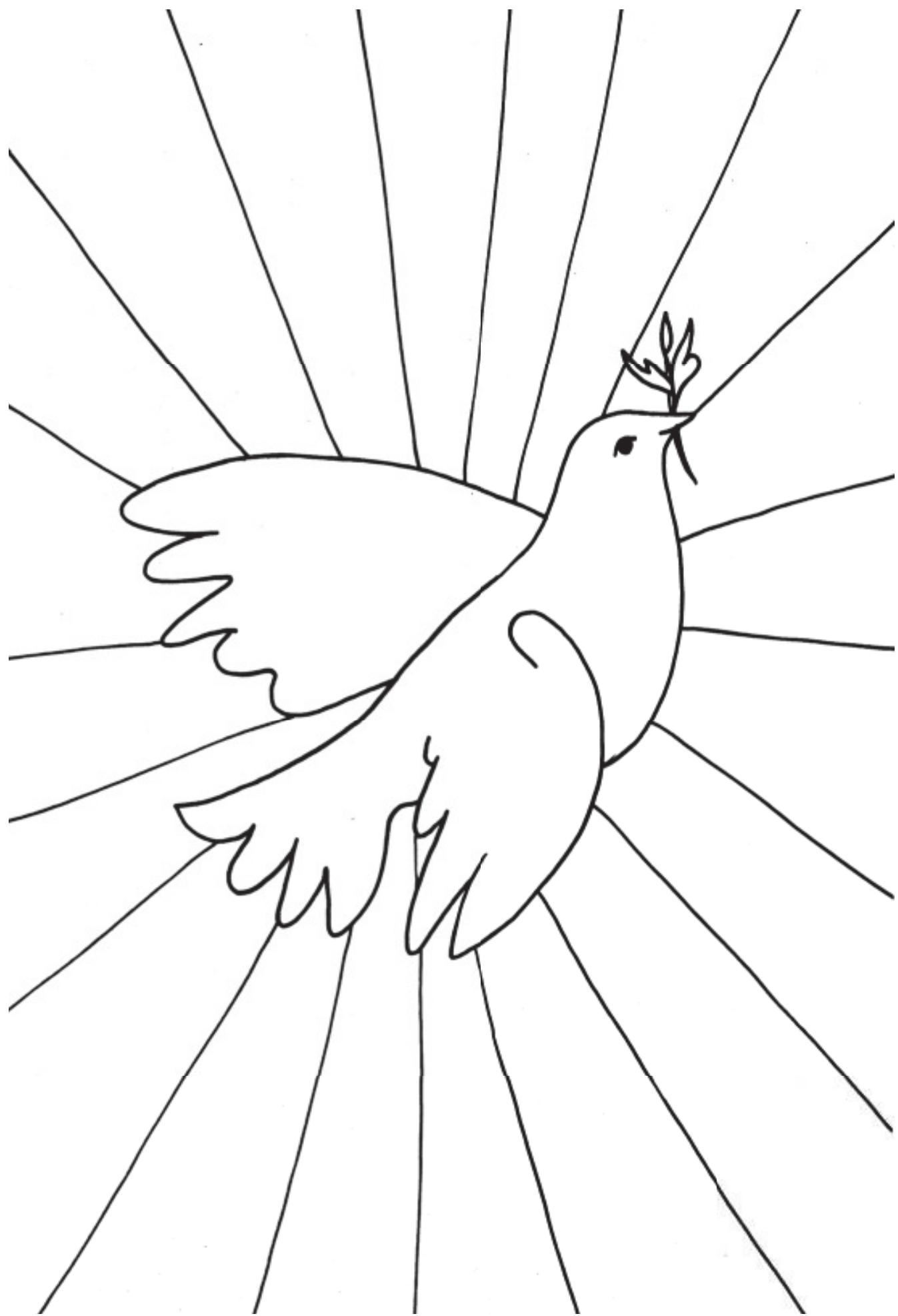
WHAT DID THE 3 WISE MEN BRING



Simply
we enjoy the
Godliness of others
Wisdom lets us see
that happiness is found...
Not in you, Nor in me
But in Divinity
So, Let us see
the Almighty in Another
Bow to it and no other



PENTACOST





DRAW YOUR OWN
JESUS

BUDDHA

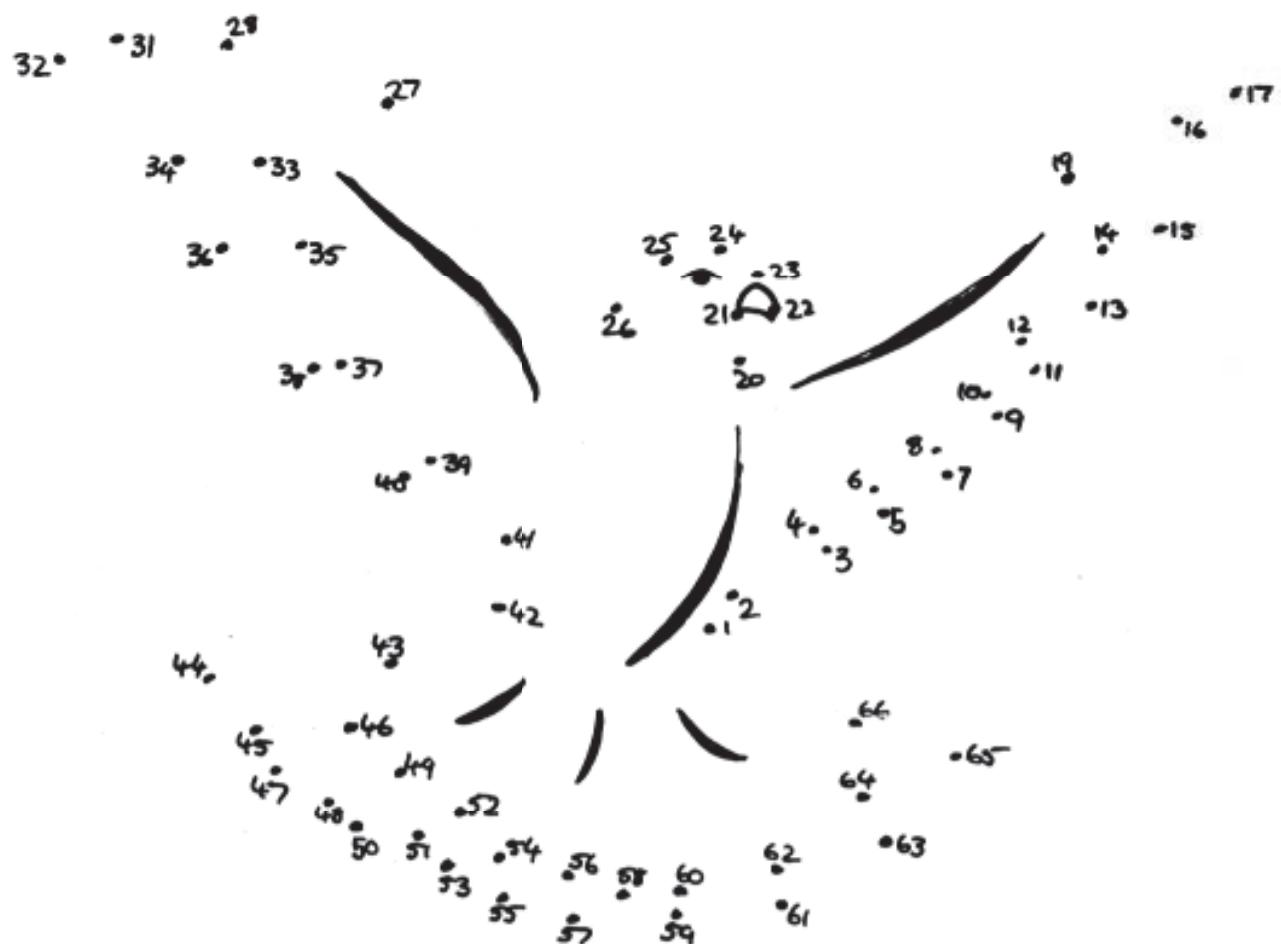


MAHAVIRA

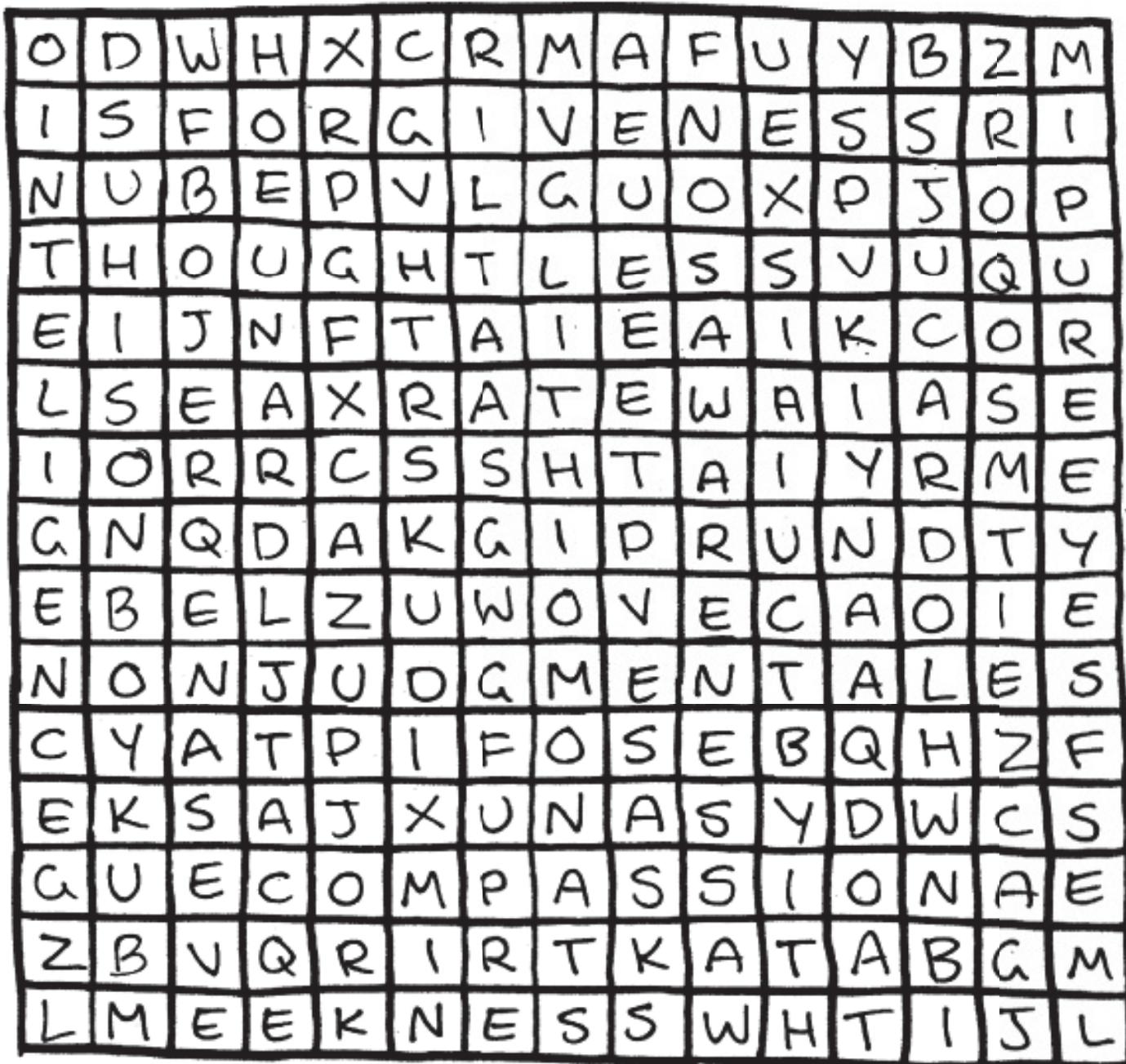


29

30.



FIND THE QUALITIES

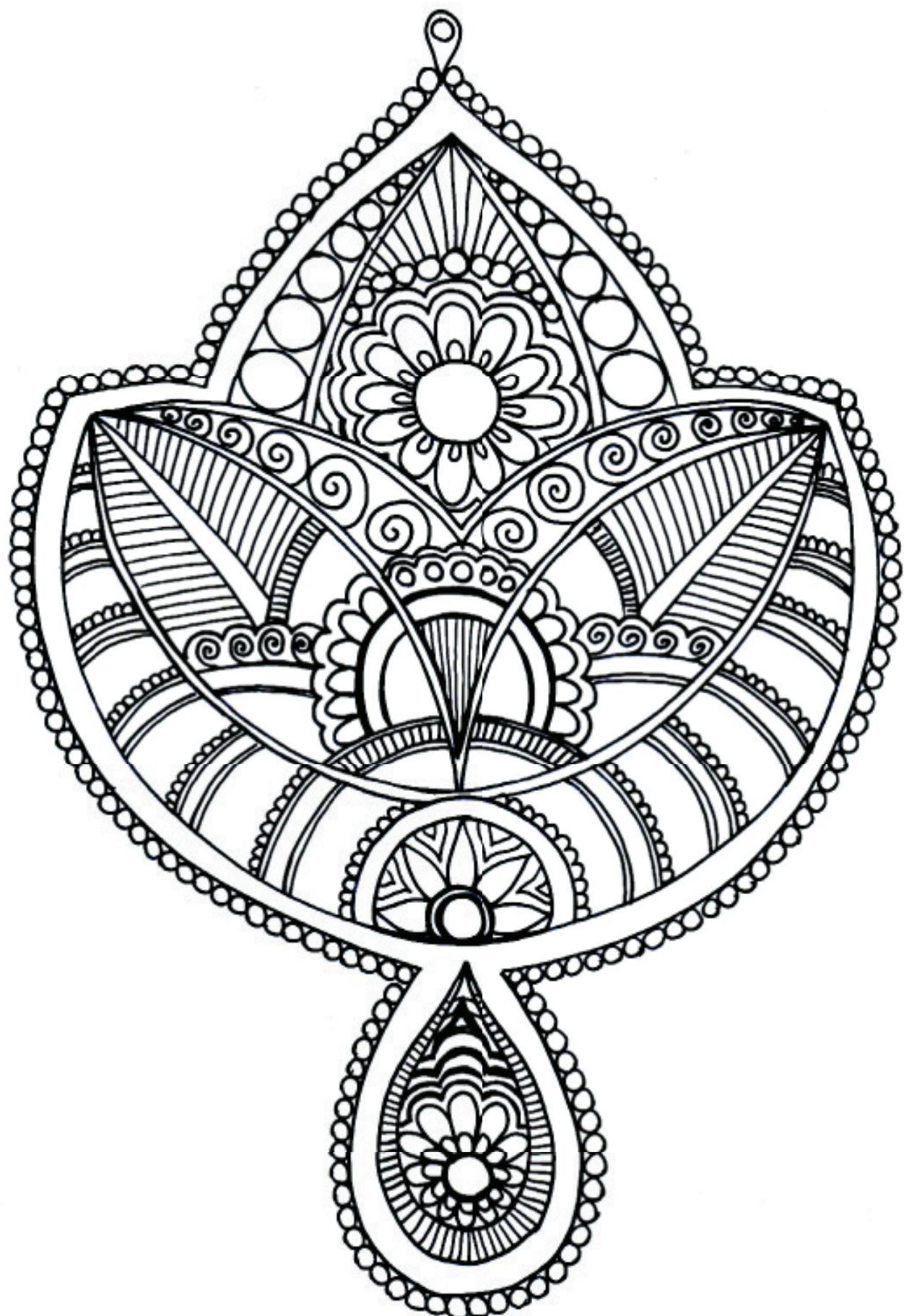


THOUGHTLESS AWARENESS

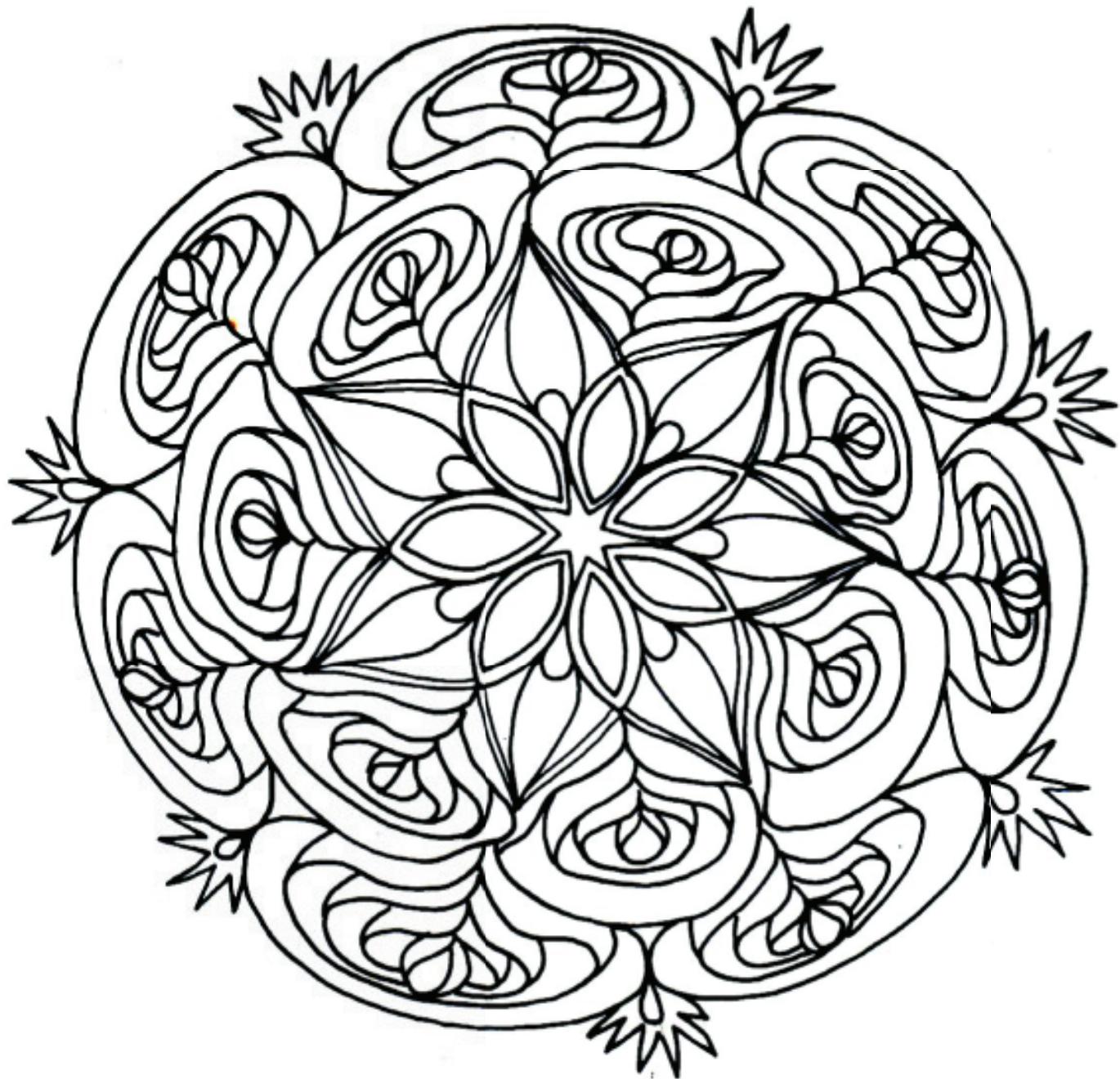
INTELLIGENCE COMPASSION

FORGIVENESS PURE EYES

MEEKNESS NONJUDGMENTAL



SAHASRARA



MANDALA

MATCH THE CHAKRAS

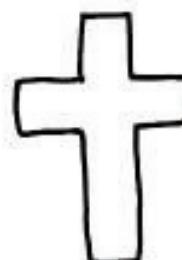
TO THE CORRECT SYMBOL

SAHASRARA

YIN-YANG



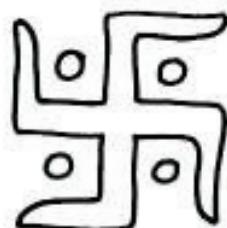
AGNYA



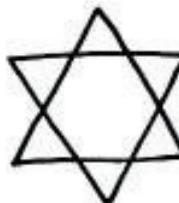
CROSS

VISHUDDHI

SWASTIKA



HEART



STAR
OF DAVID

NABHI

FLAME



SWADHISTHAN



WHEEL
OF TIME

MOOLADHARA

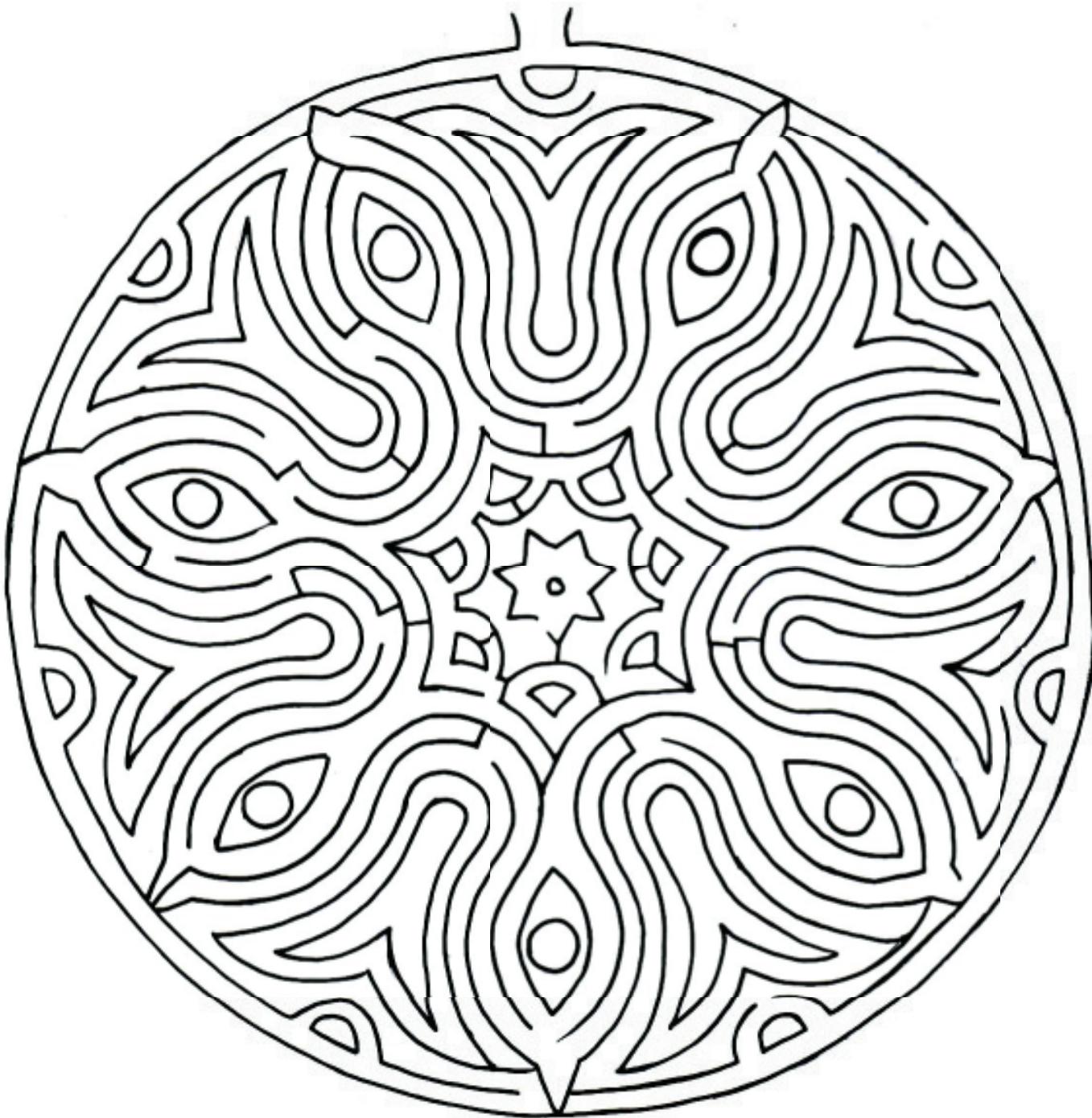
BANDHAN



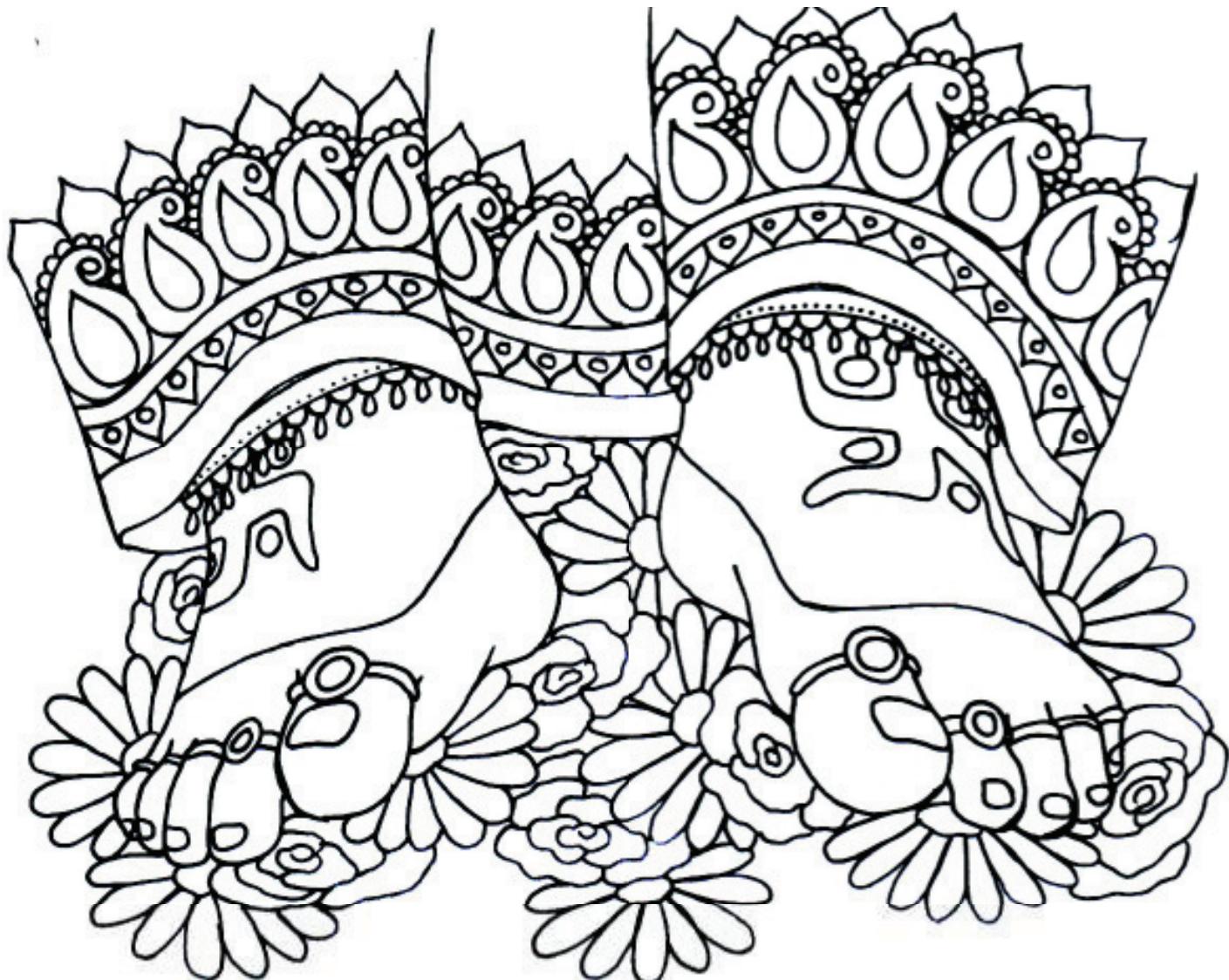
SHRI MATAJI



FIND YOUR CENTRE



Where is a home
when a heart remains uneasy?
Is a house a home
or a land, a place, a country?
How then is my heart uneasy?
Home is where the heart is
but where does a heart belong?
If a plant belongs to the earth
and a raindrop to the ocean
Then a heart must find rest
in its wonderous creation.
Love is where it comes from
and where it must return
At Gods feet alone
Is where the heart will find a Home.



20 Names of Shri Mataji

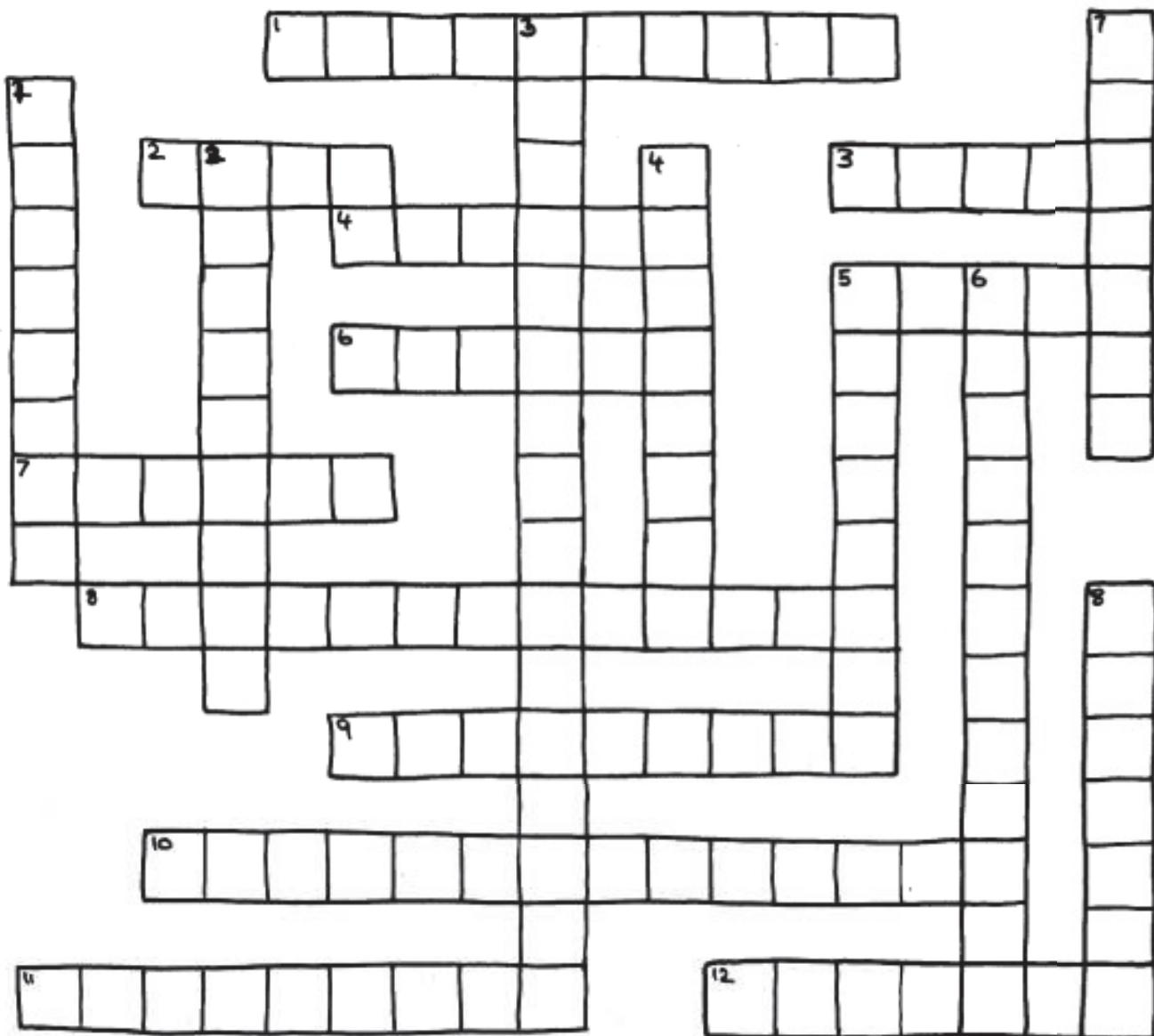
ACROSS

1. The Great Feminine Power
2. The Divine Mother
3. Beyond all limitations
4. The Bestower of Yoga
5. Eternal
6. Victorious
7. Clear and Pure
8. Absolute Truth , awareness and Bliss
9. The eternally auspicious power of God Almighty
10. The supreme enjoyer of the divine Play
11. The Guru
12. Immaculate and Pure

DOWN

1. The Greatest Goddess
2. The Primordial Feminine Power
3. The one who grants spontaneous self realisation
4. The Great illusion
5. Formless
6. The one who assumes the form of the three Gunas
7. The Queen of Brahma, that is Shri Shiva
8. Beyond Gunas

20 Names of Shri Mataji



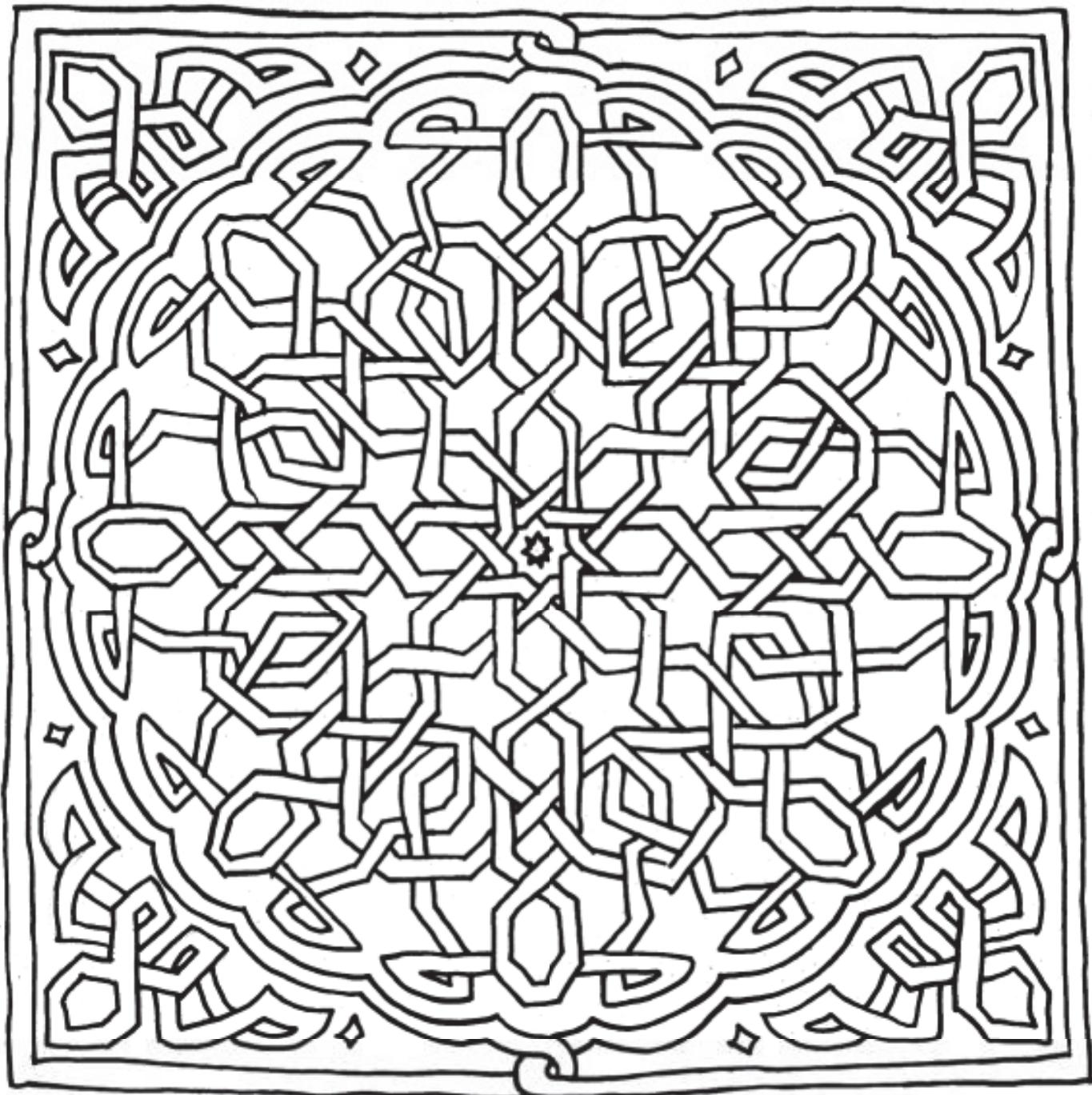
CELTIC

MEDITATION LINES

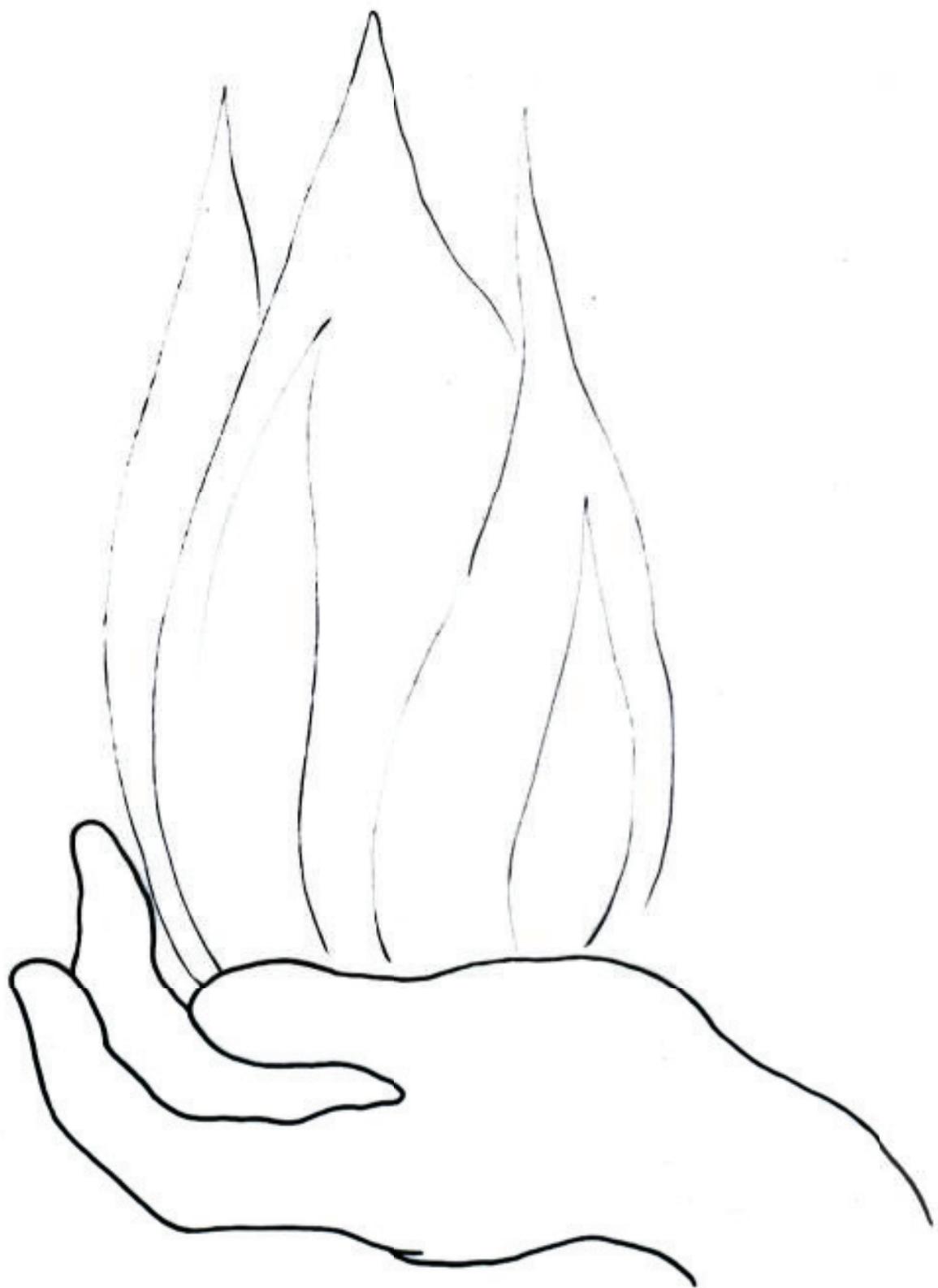


ISLAMIC

MEDITATION LINES





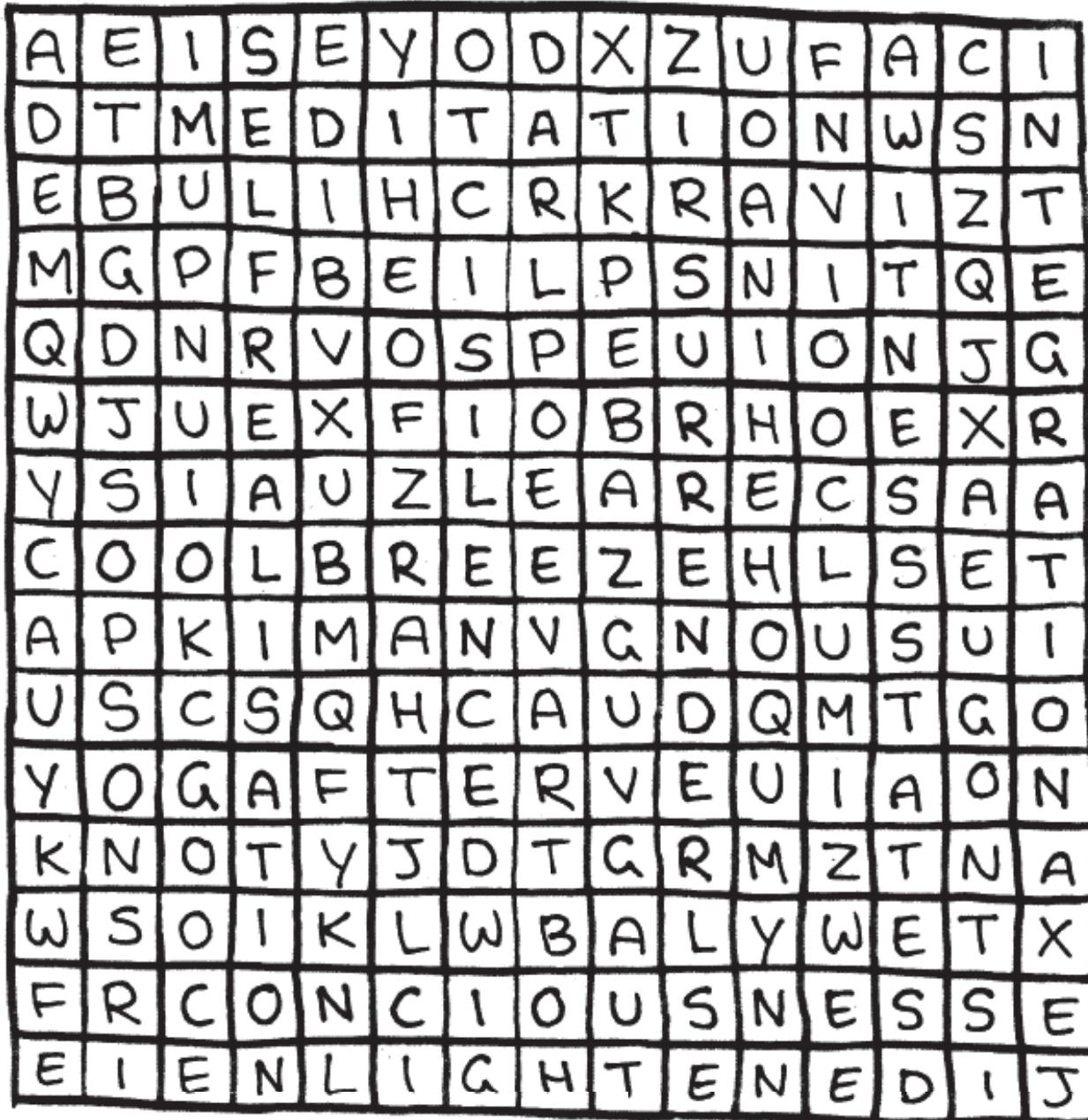


DRAW AND COLOUR
VIBRATIONS

WHOSE VAHANA



FIND THE QUALITIES



WITNESS STATE

ENLIGHTENED

YOGA

CONSCIOUSNESS

COOLBREEZE

INTEGRATION

SELF REALISATION

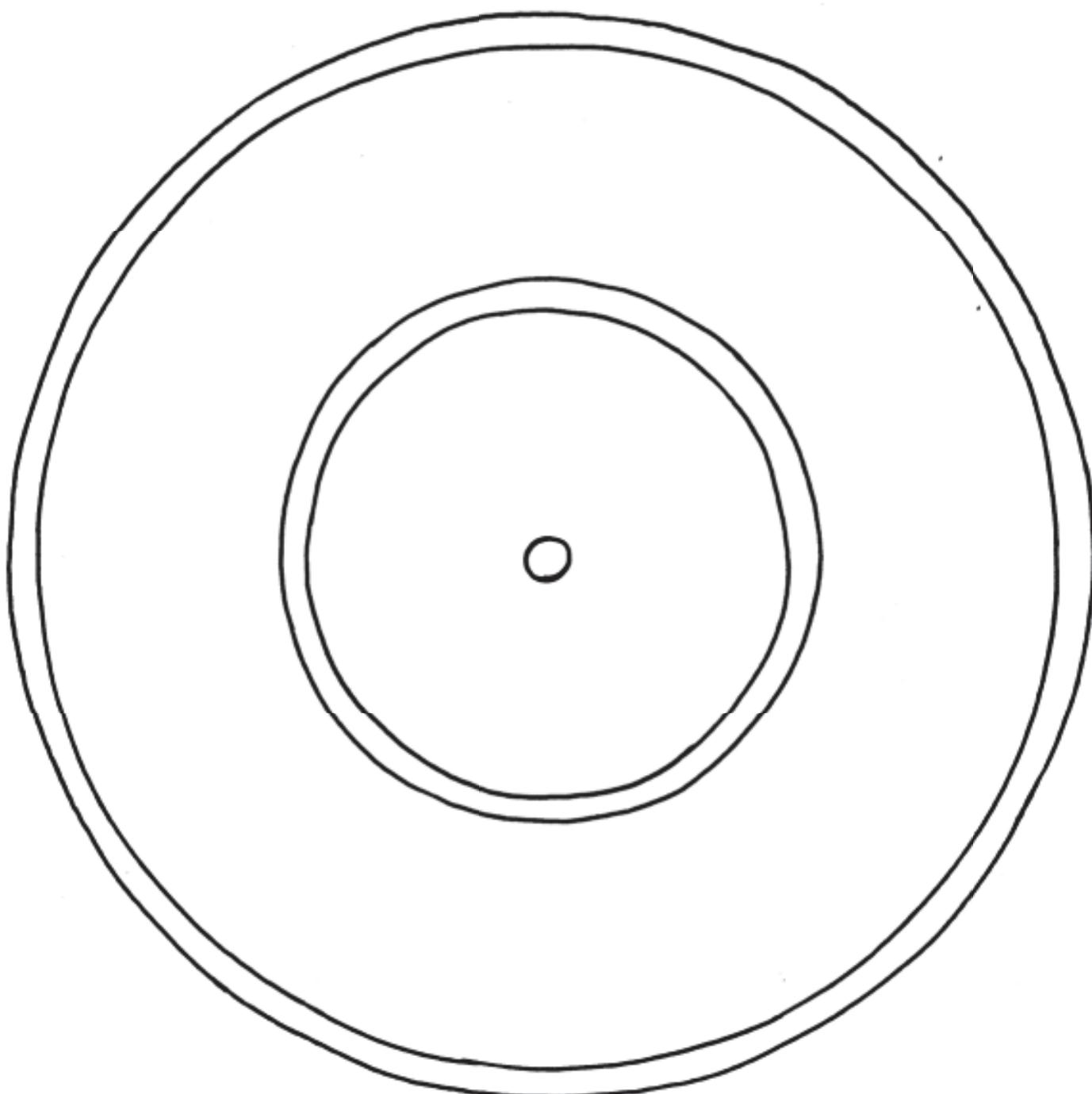
SILENCE

SURRENDER

MEDITATION



DRAW YOUR OWN



MANDALA

LALITA CHAKRA



MANDALA

SHRI CHAKRA



MANDALA

NADIS



MAHA LAKSHMI



KALI



HANUMAN





MOON GODDESS



SUN GOD

MATCH THE CHAKRAS



North America

South America

MOOLADHARA

KUNDALINI

SWADHISTHAN

NABHI

HEART

TO THE COUNTRIES



VISHUDDHI

SUPEREGO

SAHASRARA

AGNYA

EGO

FILL IN THE HANDS



FILL IN THE HANDS



MATCH
THE

INCARNATIONS TO

HANUMAN OR BHAIKU

BUDDHA



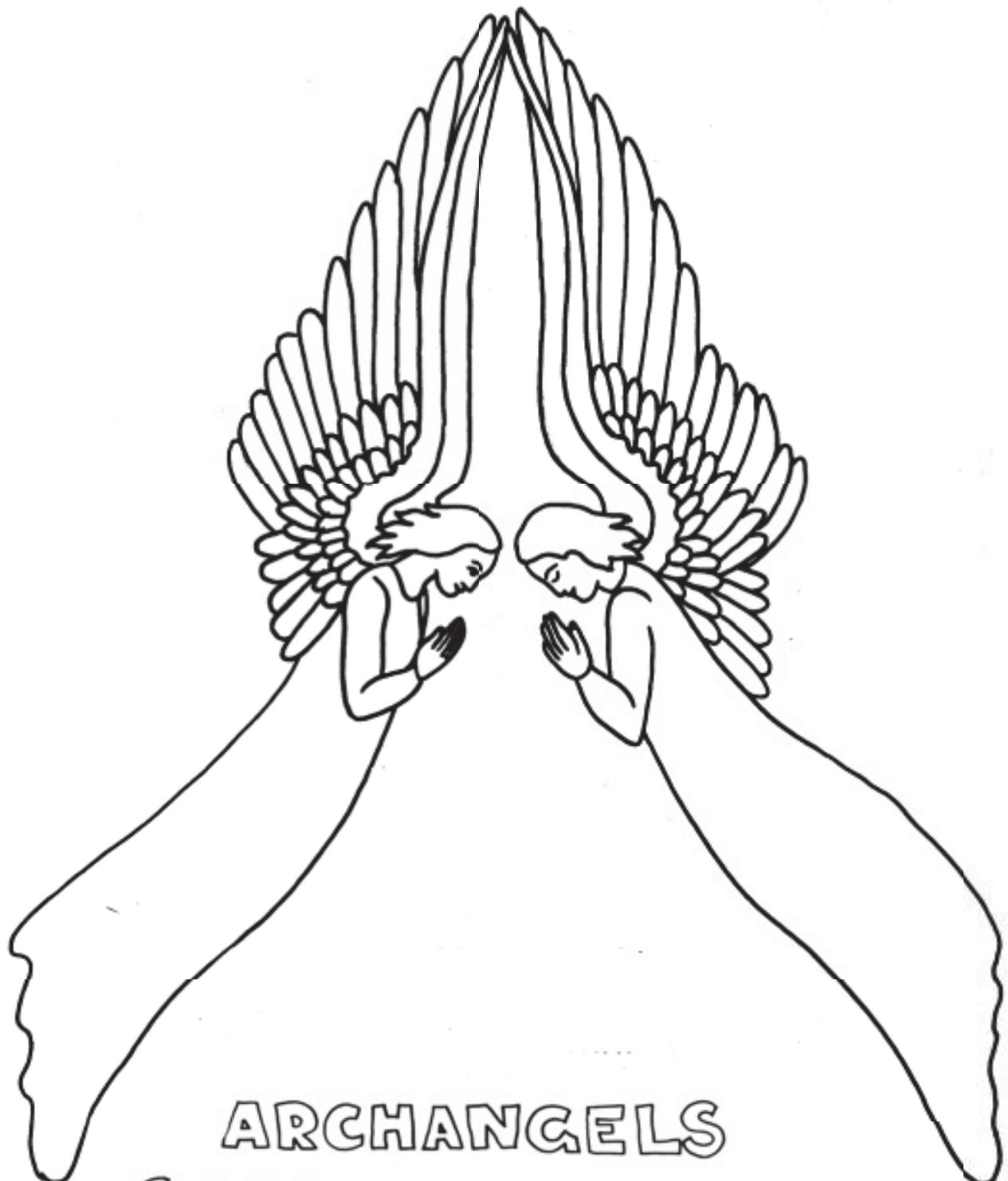
MAHAVIRA



MATCH
THE

INCARNATIONS TO

HANUMAN OR BHAIKIVA



ARCHANGELS
GABRIEL MICHAEL

MATCH
THE

INCARNATIONS TO

HANUMAN OR BHAIKIVA



MATCH
THE

INCARNATIONS TO

HANUMAN OR BHAI RIVA



HASSAN

HUSSAIN



DRAW YOUR OWN HANUMAN



1 light purple 2 yellow 3 orange 4 Red 5 Blue



1 Skin 2 yellow 3 orange 4 purple 5 light blue 6 Brown blue



1 Skin 2 yellow 3 green 4 pink 5 grey 6 blue



WHICH TWO ARE SAME

