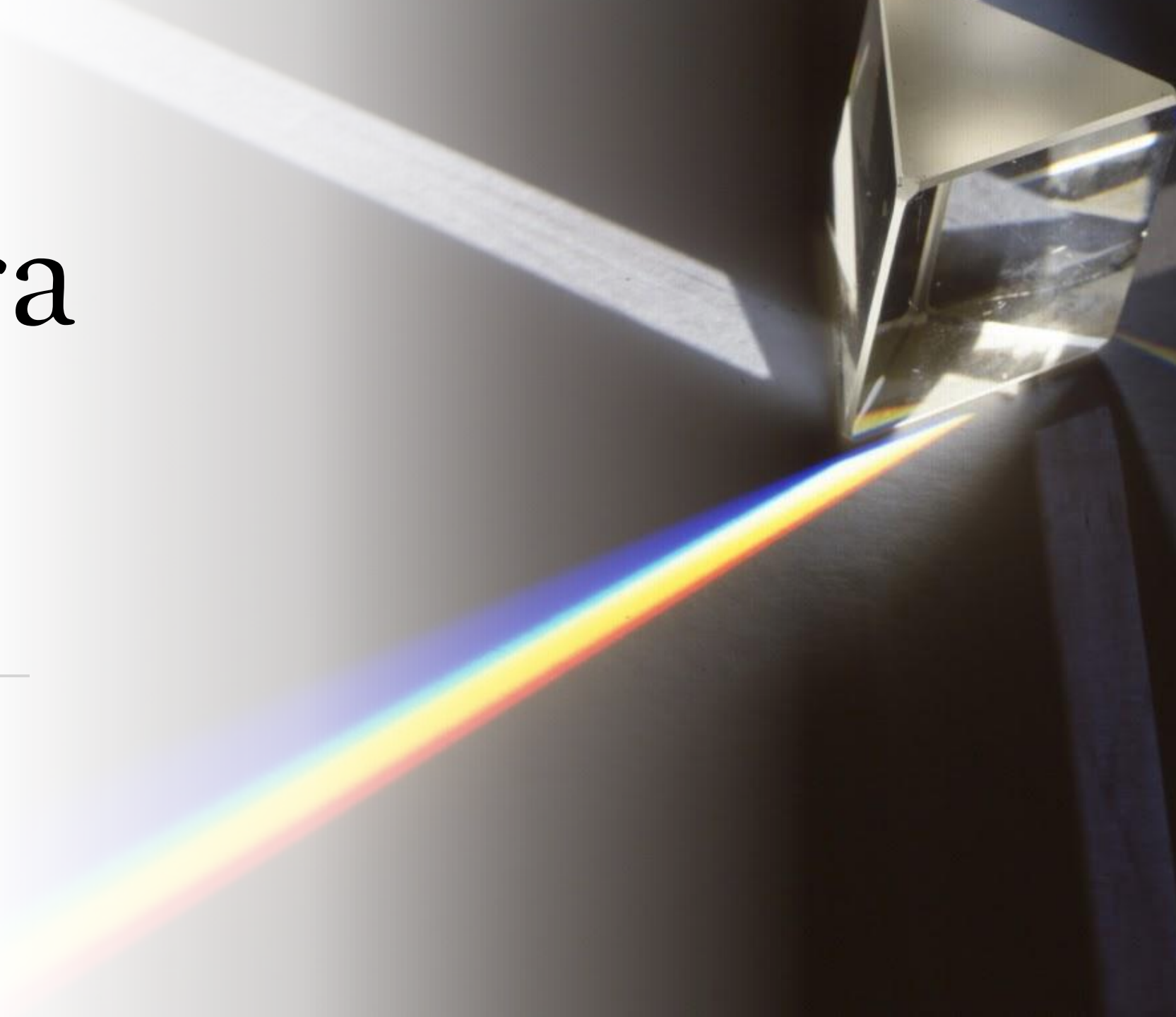




# Sahasrara Chakra

*Silence & Stillness*

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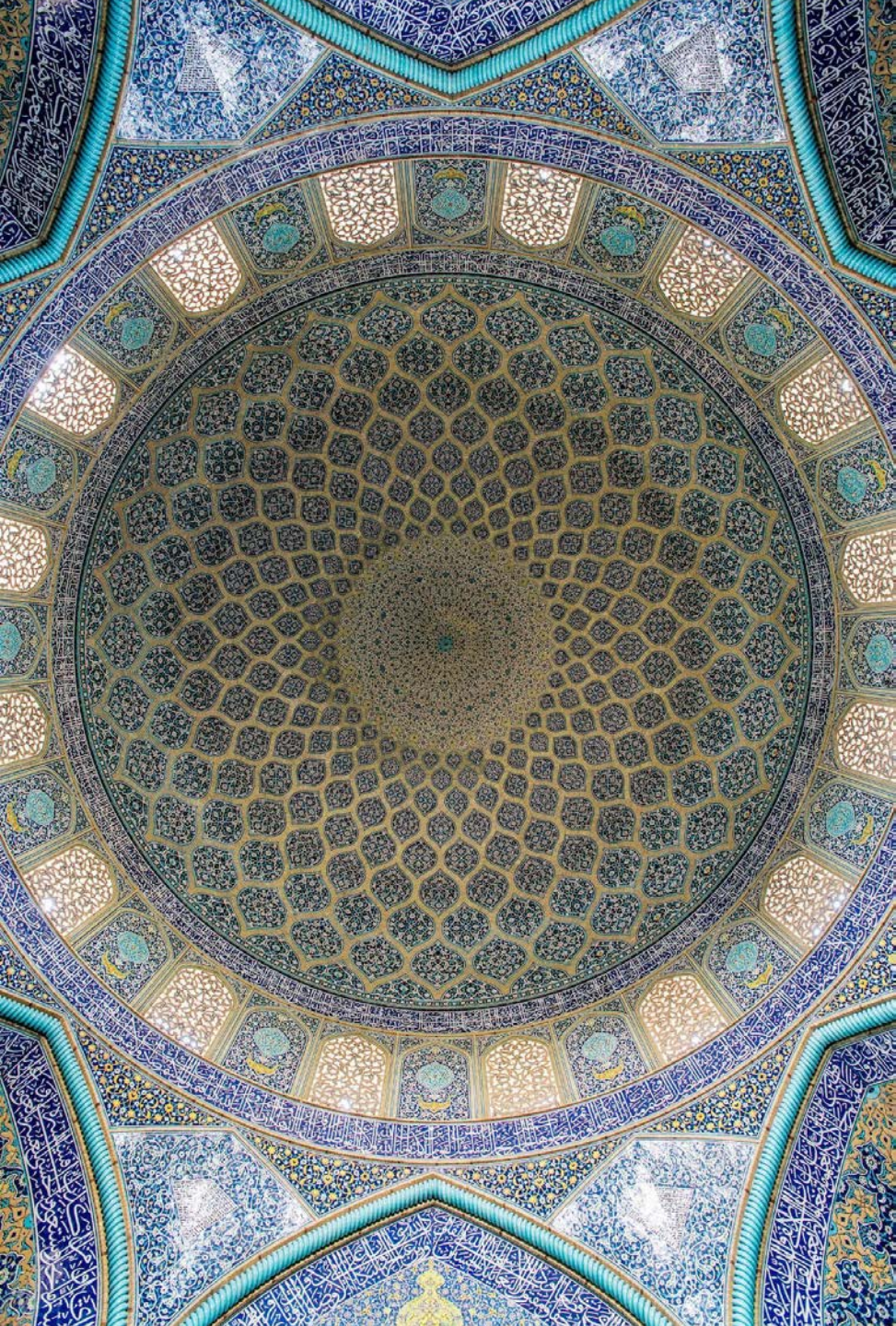




# Opening of the Sahasrara Chakra

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- In 1970 Shri Mataji opened the Sahasrara Chakra
- Only a very few were able to attain their Self-realisation before this event
- Kundalini was dormant or stuck at Agnya



# What happens when the Sahasrara Chakra is opened?

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- **ONLY** after your Self-realisation:
  - you get connected with your Self / the Spirit : with pure detached Love
  - you can feel this Love as the Self or the Spirit inside your heart
  - you get connected with the All-Pervading Divine Power



# Awareness is the Key

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- ONLY after your Self-realisation you become AWARE
- In all religions people talk about God, or Love, which is Truth. But the followers do not establish awareness
- In all meditations people talk about silence. But the people cannot get into the state of thoughtless awareness, because their Sahasrara chakra is not open



# Growth of Awareness

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- Thoughtless awareness
- Vibratory awareness
- Collective consciousness
- Awareness of All Pervading Divine Power
- Awareness of your own divinity
- It will all come if.....



# Integration of the subtle system

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- The Sahasrara is a space in which all the chakra's have their representative place
- The Kundalini enlightens them and connects them
- The heart chakra is in the middle / centre. It is the highest seat of the Spirit.



# Powers of the Sahasrara

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- Giving Self-realisation, if person allows
- Giving vibrations
- Silence and bliss
- Detachment
- Surrendering



# Causes of catches

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- Everything that closes the chakra's
- Ego and/or Superego close the way up
- Materialism, the attention gets stuck





# Clearing

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- Clear your heart chakra
- Have faith in your Self, which is the essence of everything: pure Love
- Attention on the Spirit / the Self

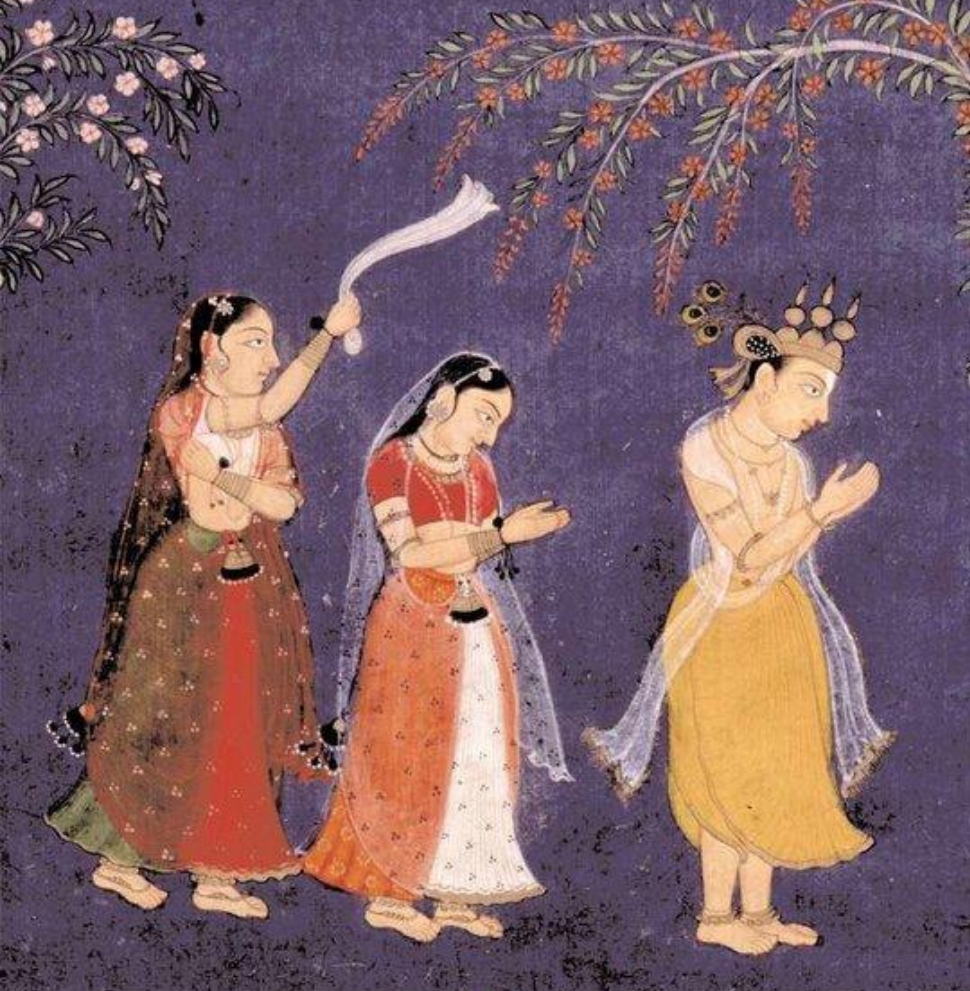


PENGUIN CLASSICS

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# From the Upanishads

TAT TVAM ASI



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*The Upaniṣads*

## More Upanishads

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- Meditation is in truth higher than thought. The earth seems to rest in silent meditation; and the waters and the mountains and the sky and the heavens seem all to be in meditation. Whenever a man attains greatness on this earth, he has his reward according to his meditation.