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## Sri chakra meditation pdf

Show All Results...Sri Chakra Dhyanam: Music for Meditation and Healing (2006)Sri Ganapati Sachchidananda Swamiji/Sri Chakra Dhyanam Music for Meditation and Healing (2006) Devotional & Spiritual · 2006 PREV|NEXT Sri Yantra for Meditation painted is a photograph by Raimond Klavins which was uploaded on September 10th, 2013. The Sri Yantra is a 12,000 year old symbol and is considered the mother of all Yantras. Yantras are geometrical designs based on the principles of sacred geometry and are used for meditation. Each yantra design contains a centre point or "dot" from which geometric shapes and designs radiate. Traditionally, such symbols are used to balance the left and right aspects of the brain, focus our minds or to focus on spiritual concepts to obtain spiritual benefit. It is even rumoured that Nikola Tesla, with his fractal mind, would see the Sri Yantra in blinding flashes! 'Yantra meditation helps us clear the content of our consciousness so it can become a pure mirror, reflecting without interpreting. All That Is exists infinitely in this emptiness, this no-thing-ness. When the mirror of our consciousness is left without any content, this is enlightenment' -Ivan Rados The Sri 'yantra is considered to be the tool for obtaining and fulfilling all worldly desires and for material manifestation. I like to think that this is through increasing our focus and by clearing our minds so that we may see our goals clearly. My personal experience of it, whilst meditating upon the symbol, my life became a story playing out in front of me and I felt a sense of clarity. It was an effective way of 'spring cleaning' my brain and re-focusing it! The Sri Yantra is a mathematically precise design and based upon Golden Proportion or Phi ratio. Everything that exists in nature, is constructed in a proportionately precise manner and this proportion is called the Golden/Phi ratio. It is a simple mathematical relationship found naturally and in many great works of art (Leonardo Di Vinci's Vitruvian man and The Mona Lisa) and even architecture such as the positioning of the Pyramids of Giza. The beauty of someone's face is also based upon these Golden Proportions, and even the shape and position of their front teeth (felt obliged to throw that one in being a Dentist!). Apple use Golden Proportion when designing their products to make them more appealing to the customers eyes. Our bodies are also roughly based on this Golden Proportion (which, for the mathematicians is 1.618 and based on the Fibonacci sequence). In simple terms, the Golden Ratio suggests that everything, starting from the tiniest speck, expands and grows in proportions of 1.618, from a microscopic level to a macroscopic level for increased stability and beauty. Famous mathematicians, such as Pythagorus, also commented on the Golden Ratio and it being the blueprint applied to all of creation. Source: IFLS The image above shows how the Fibonacci sequence/Golden ratio plays a role in nature. Even sound and our hearing follows this same ratio. The image below shows our auditory system. Notice how the shape of the auditory canal follows the Golden Proportion. The finest music known to man is also based on Golden Proportion. (Find out more about this HERE) Source: Divine Consciousness in Everything Do some more homework on Phi/Fibonacci ratios if you wish! Spirit Science have a great video explaining a bit more about Golden Proportions HERE The Sri Yantra means "holy instrument" and can also be known as the Sri Chakra or "holy wheel". It contains all form of sacred geometry/golden ratio, is mathematically precise and can also represent the union of the Divine Masculine and Feminine (The upward triangles meeting the downward triangles). This unity of Masculine (or left brain) and Feminine (or right brain) is also seen in other symbols such as the Star of David. This unity, or synchronicity, is achievable through meditation (see article on how meditation creates left/right brain synchronisation HERE). Listen to PowerThoughts 432Hz music created for hemisphere synchronisation here: Video 1 -> video 2. The Sri Yantra also looks strikingly similar to the Star of David or a star tetrahedron. Check out the image below: Source This yantra is seen to have nine triangles that can be interlaced in such a way as to form 43 smaller triangles like a web; this web can be symbolic of the entire cosmos. It is closely associated with the Flower of Life which is also the blueprint for the creation of matter, sound and consciousness. Effectively everything is formed from this blueprint. Below is an example of how the Flower of Life plays a role in the formation of human beings at an embryonic stage, this pattern is repeated throughout nature: Source Below you can see how the Flower of Life translates to the Sri Yantra: Source The PINEAL gland and the Sri Yantra: Staring at the central dot or 'bindu' of the Sri Yantra is known and proven to create changes within the brain and the stimulation of the Pineal gland by focussing our attention on the '3rd eye' area. The Pineal gland is a small endocrine gland in the brain. It produces melatonin, a serotonin derived hormone, which affects the modulation of sleep patterns in both seasonal and circadian rhythms. Its shape resembles a tiny pine cone (hence its name), and it is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join. René Descartes believed the pineal gland to be the "principal seat of the soul" and viewed it as the third eye. Check out the emphasis on the Pine cone in various architecture from around the world. Coincidence? I think not!: IMAGES FROM TOP LEFT: Egyptian Pyramids, The Vatican, Lambeth Bridge London, Egyptian Solar God Osiris, Buddha, Caduceus Whitehall Building New York City, Angkor Wat Cambodia, Assyrian Dieties, Bacchus Roman God. Interesting Facts about the Pineal Gland: \* The pineal gland is formed at 49 days within the human embryo: the same time that Tibetans believe it takes for a soul to reincarnate. And the same amount of days that the human embryo becomes either male or female. \* In the ancient Vedic energy system of the chakras, the pineal gland is referred to as the 'Ajna' or '3rd Eye' chakra. Modern studies reveal that the gland contains rods and cones - just like those found in the retina of your eyes! This is why when you visualize something strongly enough, you can literally see it "in your mind's eye." \*Your pineal gland receives more blood flow per cubic area than any other gland in your body. In other words, compared to all your other organs - including your lungs, your heart and your brain - this tiny little gland gets the highest concentration of energy. Hmm... \* Studies show your pineal gland secretes a substance called Dimethyltryptamine (DMT). The interesting thing about DMT is that it causes experiences which can take you well beyond common states of awareness. This is perhaps why the pineal gland is known in many cultures as the 'Seat of the Soul', the 'Gateway to the Universe', the 'Mind's Eye' and the 'Doorway to Higher Realms'. \* Your pineal gland is also important to your physical and mental health, and its wellbeing has been linked to memory, creativity, intuition and critical thinking skills. It is also sensitive to light and plays an important role in your sleep and waking cycles. When light strikes the retina of your eyes, it travels through a tiny nerve system and into the gland. When the lights go off, it sends a signal to the pineal gland to begin secreting melatonin, which activates your nervous system to go into sleep mode. The Sri Yantra is considered to be a symbol of immense power partly because when you meditate for prolonged periods on it, you focus your attention on the area between you eyebrows which stimulates the pineal gland. This then increases the alpha brain wave activity (this fact is based on controlled EEG studies at Moscow University!). The Sri Yantra (amongst other forms of Pineal gland stimuli) and the Pineal gland complement and serve each other, and harnessing them in tandem could be the most important thing you ever do for your superhuman self! How do I meditate on a Yantra? It is thought that prior to being incarnated into this dense, third dimensional level, on a higher dimensional level, we had to become masters of manifestation. It is also thought that as little as 5 minutes of meditation on this symbol a day, can help us to reach that goal. Check out Project Yourself to find out how Anish Shah, a multi millionaire, did it! (Please note - Manifestation should only be carried out to achieve the HIGHEST GOOD in all cases) 1. Position the yantra so its centre is at eye level and a comfortable distance away. Sit with your spine straight. Breathe in and out slowly until your breath flows naturally. Begin with your eyes open, simply gazing at the yantra. Look at the center or 'dot' which represents the unity that underlies all the diversity of the physical world. The key is to maintain a receptive, alert frame of mind, without drawing any conclusions, and free of concepts or thoughts. As you feel yourself gathering consciousness, allow yourself to flow with the momentum of this consciousness. 2. Now allow your eyes to see the triangle that encloses the bindu. The downward pointing triangle represents the feminine creative power, while the upward facing triangle represents male energy. 3. Allow your vision to expand to include the circles outside of the triangles. They represent the cycles of cosmic rhythms. The image of the circle embodies the notion that time has no beginning and no end. 4. Bring your awareness to lotus petals outside the circle. Notice that they are pointing outwards, as if opening. They illustrate the unfolding of our understanding. 5. The square at the outside of the yantra represents the material world that our senses show us and the illusion of separateness via the well defined edges and boundaries. At the periphery of the figure are four T-shaped portals, or gateways. Notice that they point toward the interior of the yantra, the inner spaces of life. They represent our earthly passage from the external and material to the internal and sacred. 6. When your awareness begins to shift inward, close your eyes. Now watch the yantra imprinted in your mind's eye, allowing it to gradually guide you within. 7. Do nothing, and you will find yourself participating in pure consciousness without the mind defining it. 8. The patterns of creativity represented by these primordial shapes express the fundamental forces of nature. They govern the world and they govern you. When you are ready, you may wish to take a deep breath, begin to move your toes and fingers, open your eyes, and become aware of your surroundings once again. The following two tabs change content below. Have you ever noticed that you tend to touch your belly after a delicious meal that has you blissed out? Or that your eyebrows furrow when you are angry? Do you recall that lump in your throat the last time you cried? Why do we subconsciously associate our emotions with certain parts of our body? This is not a coincidence. It is because we have various 7 chakras in our body! What are 7 chakras in Body? When translated, chakra means 'wheel' or 'circle'. A chakra is nothing but a point of sensation in our body. This point, alternately, gives us pleasure and pain. Many symbols have been used since ancient times to represent chakras, such as a wheel or a flower-like lotus. However, there are no objects present at these points. They are simply points where our prana (life force energy) accumulates within the body. You never knew this There are 109 chakras in our body, out of which 108 are in the physical body and one is in the astral body (what we commonly refer to as aura). To understand a chakra, try this: gently brush the palate i.e. the roof of your mouth, with the tip of your tongue. Did you feel a tingling sensation on your face? This sensation is because you just triggered a chakra present at the top of your mouth! Amazing, isn't it?! The 7 Main Chakras in Body Of the 109 chakras in the body, there are seven main chakras. They are: Muladhara Chakra - at the base of the spine, just above the anus Swadishthana Chakra - behind the genitals Manipura Chakra - in the belly button region Anahata Chakra - in the heart region Vishuddhi Chakra - near the thyroid Ajna Chakra - in the region between the two eyebrows, right in front of the pituitary gland Sahasrara Chakra - at the crown of the head Each of these seven chakras is linked to our emotions intricately. Like a coin, each emotion has two sides - one positive and the negative. Muladhara Chakra is associated with inertia and enthusiasm. Swadishthana Chakra is associated with creation and procreation. When this chakra gets activated, one experiences either a burst of ingenuity and creativity or excessive lust. In the Manipura Chakra, emotions are in the form of joy, generosity, greed, and jealousy. The Anahata Chakra is associated with love and hate. It is no coincidence that when we fall in love, our heart skips a beat; at the same time, when we are rejected in love, we experience a heartbreak. Fear is also associated with the Anahata Chakra. The Vishuddhi Chakra is associated with gratefulness and grief. In the Ajna Chakra, emotions such as anger and awareness arise. In the Sahasrara Chakra, there is only bliss - deep joy! Why Activate the Chakras in Body? You might have noticed that all these seven chakras lie along the spinal cord. When the prana is dormant in these seven chakras, negative emotions tend to come up in us. Activating all the seven chakras can open up a whole new dimension of life. As each of the chakras is capable of throwing up positive as well as negative emotions in us, it is important to activate the chakras so that we evoke positive emotions. Regular spiritual practices such as meditation activate the chakras. Meditation to activate the 7 chakras When we meditate, the mind settles down, and we get in touch with our inner Self from where we can channelize the prana. Meditation can propel the prana, which is lying dormant in the Muladhara Chakra up to the Sahasrara Chakra, with the spinal cord acting as a pipeline. When even a tiny particle of energy reaches the Sahasrara Chakra, we experience bliss and absolute joy. Activating the seven chakras has been the main pursuit of spiritual seekers over the ages. Are you also curious about how to activate the seven chakras? You can also join live meditations with Gurudev Sri Sri Ravi Shankar at 12 pm and 7.30 pm IST on youtube.com/srisri Related Articles- DivyaMantra Sri Chakra Sacred Hindu Geometry Yantram Ancient Vedic Tantra Scriptures Sree Sampurna/Sampoorna Puja Yantra for Pooja, Meditation, Prayer, Temple, Office, Business, Home/Wall Decor Decorative Showpiece - 19.5 cm (Brass, Gold)





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