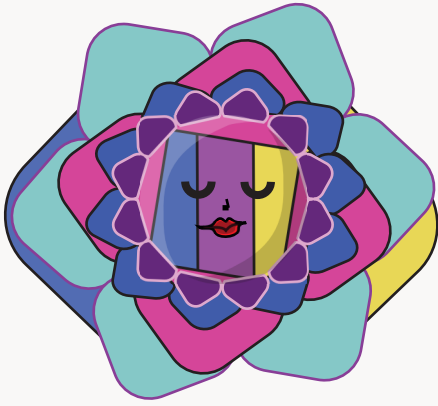


# MY JOURNEY WITH THE CHAKRAS

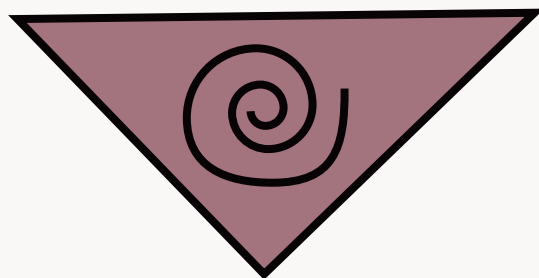


To Shri Mataji Nirmala Devi

There's a motherly energy hidden inside you.  
She has known you all your life.  
With patience, she stops  
at each chakra to give them energy.

Her name is Mother Kundalini.  
She lives in the triangular bone  
at the base of the spine.

She follows the inner path  
and ends up flying above your head,  
like a white 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.

## Mooladhara Chakra

Element  
Earth

Colour  
Red Orange

Planet  
Mars

Number of Petals  
Four





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

Number of Petals  
Six



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. 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 attitude: to be as respectful and faithful as a dog and as dignified as a master.

## Nabhi Chakra

Element  
Water

Colour  
Green

Planet  
Jupiter

Number of Petals  
Ten





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

Number of Petals  
Sixteen



Between the donkey  
and the ox 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.

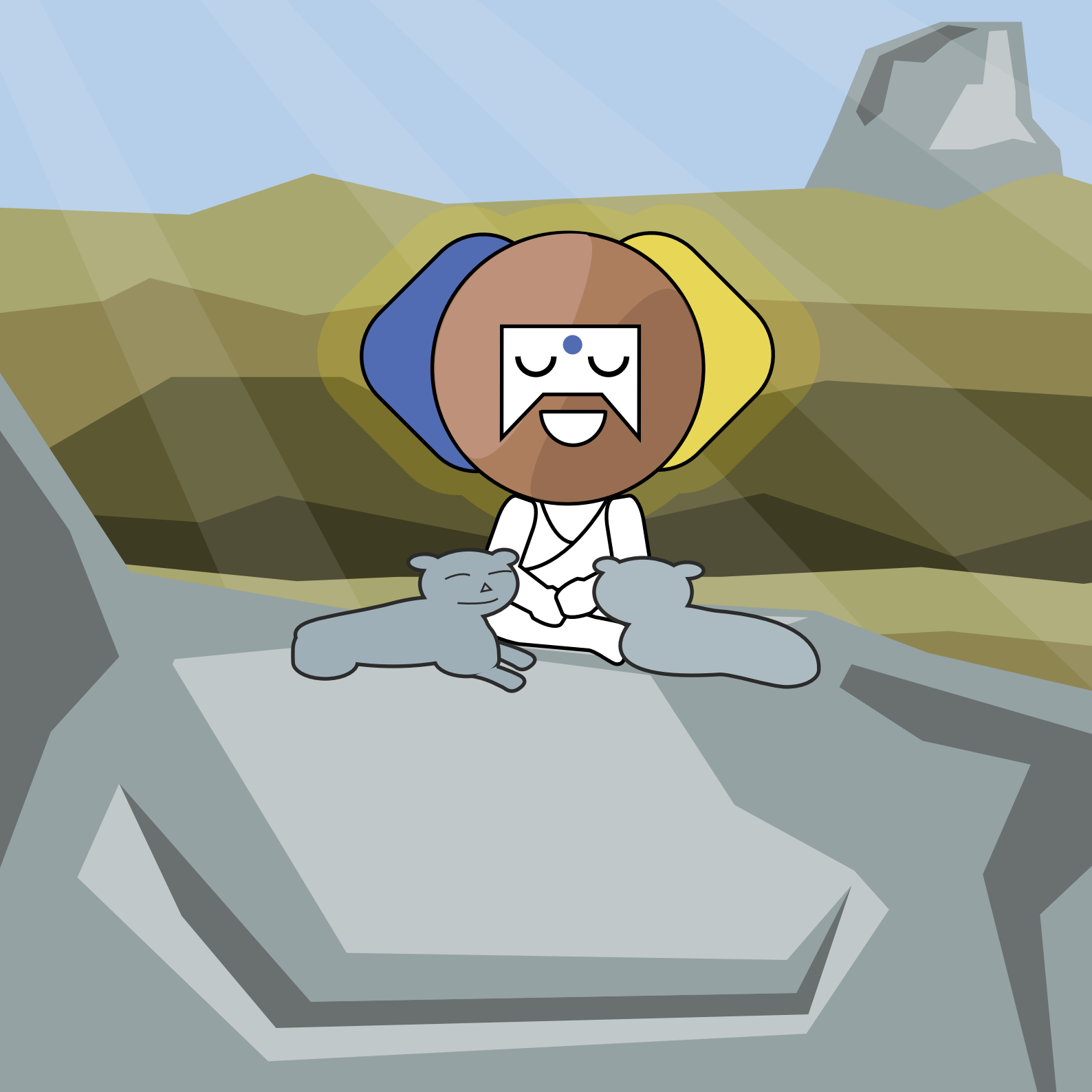
### Agnya Chakra

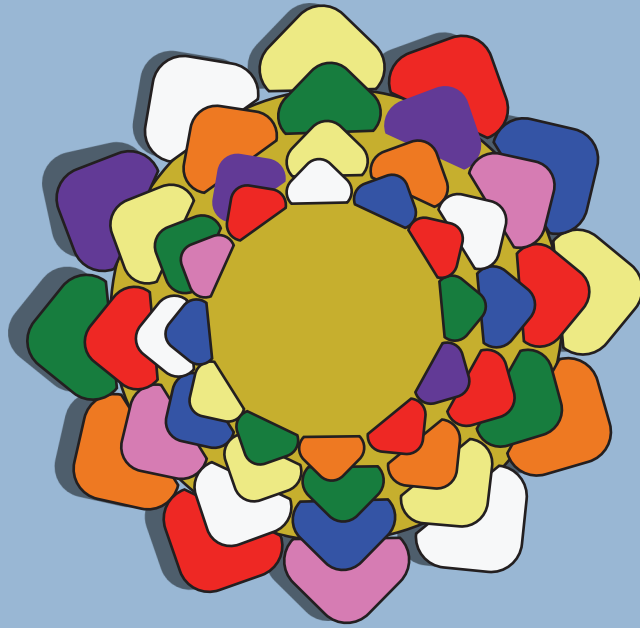
Element  
Light

Colour  
Gold

Planet  
Sun

Number of Petals  
Two





## Sahasrara Chakra

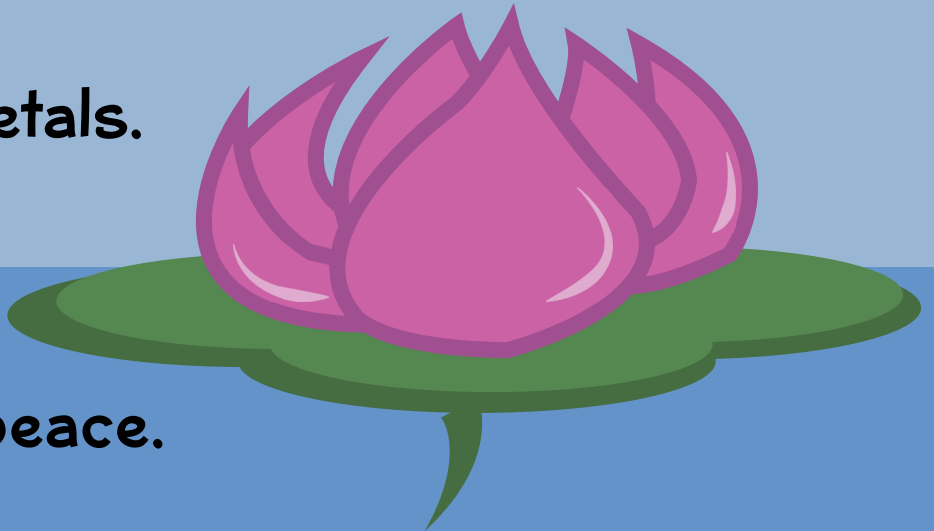
Element  
All Elements (Vibrations)

Colour  
White (All Colours)

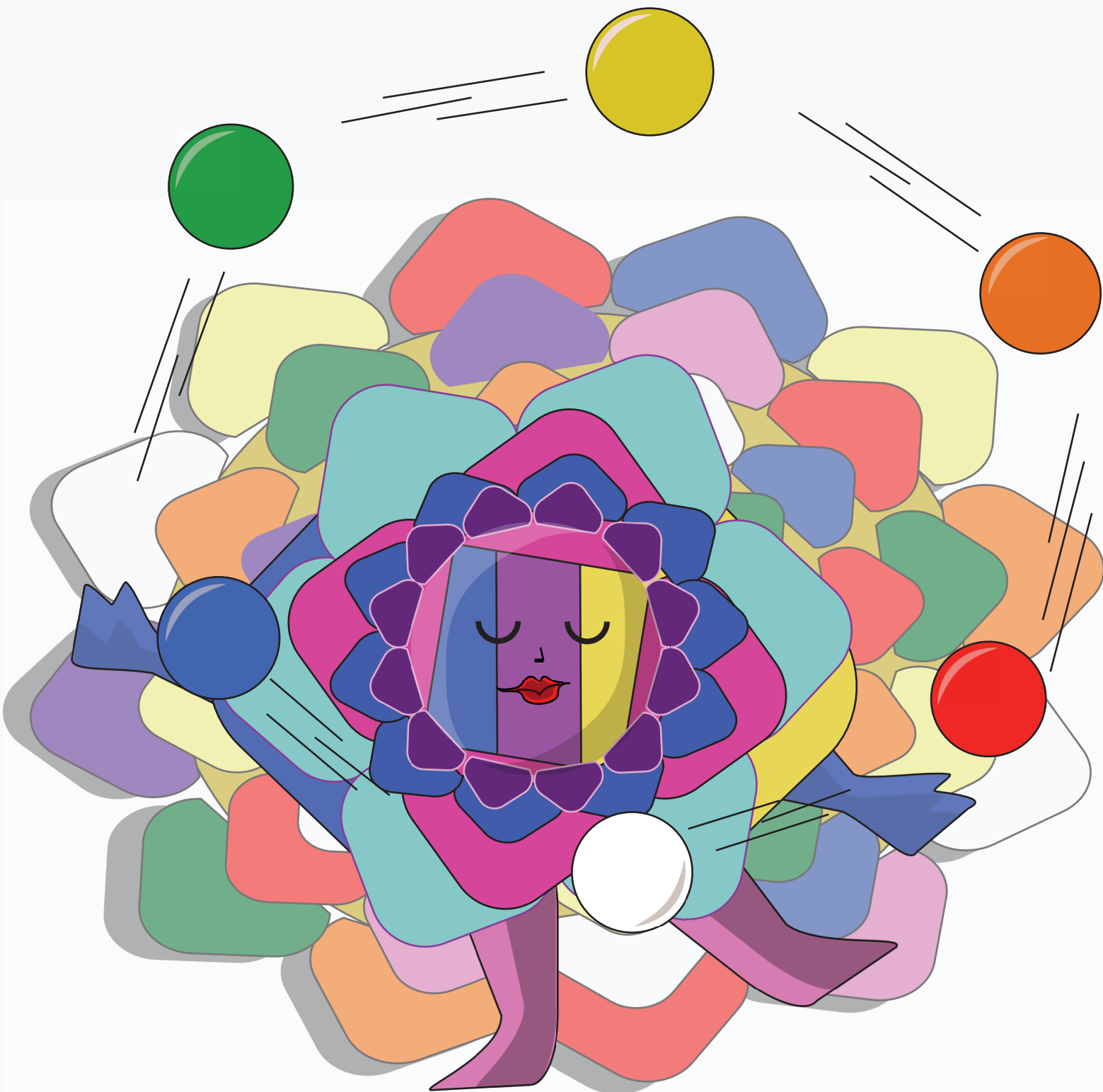
Planet  
Pluto

Number of Petals  
A Thousand

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.







**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.**

