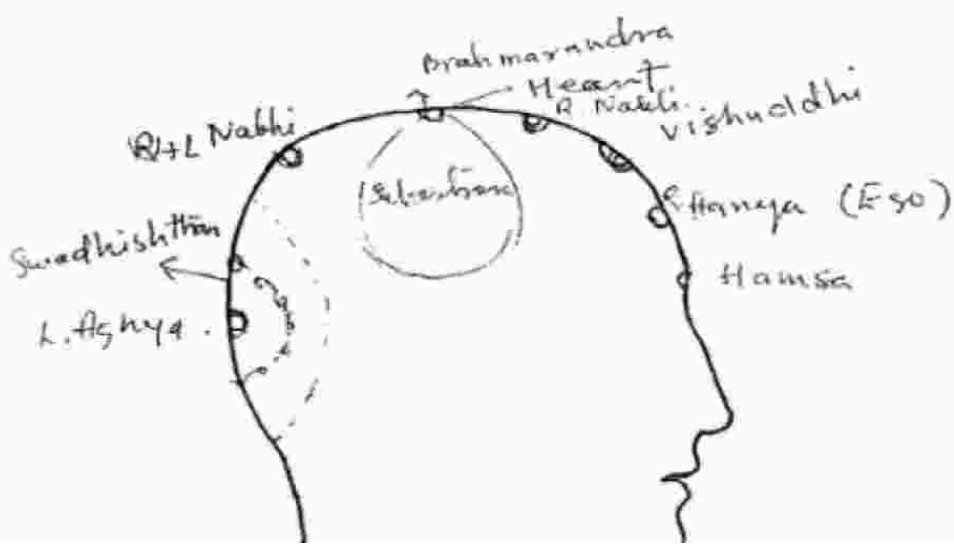
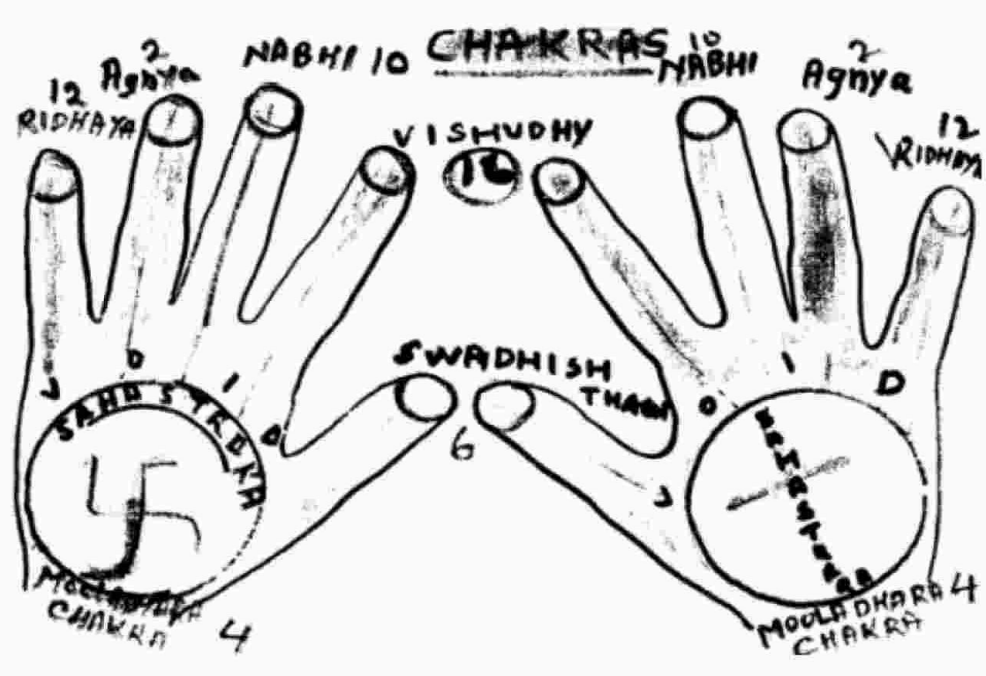
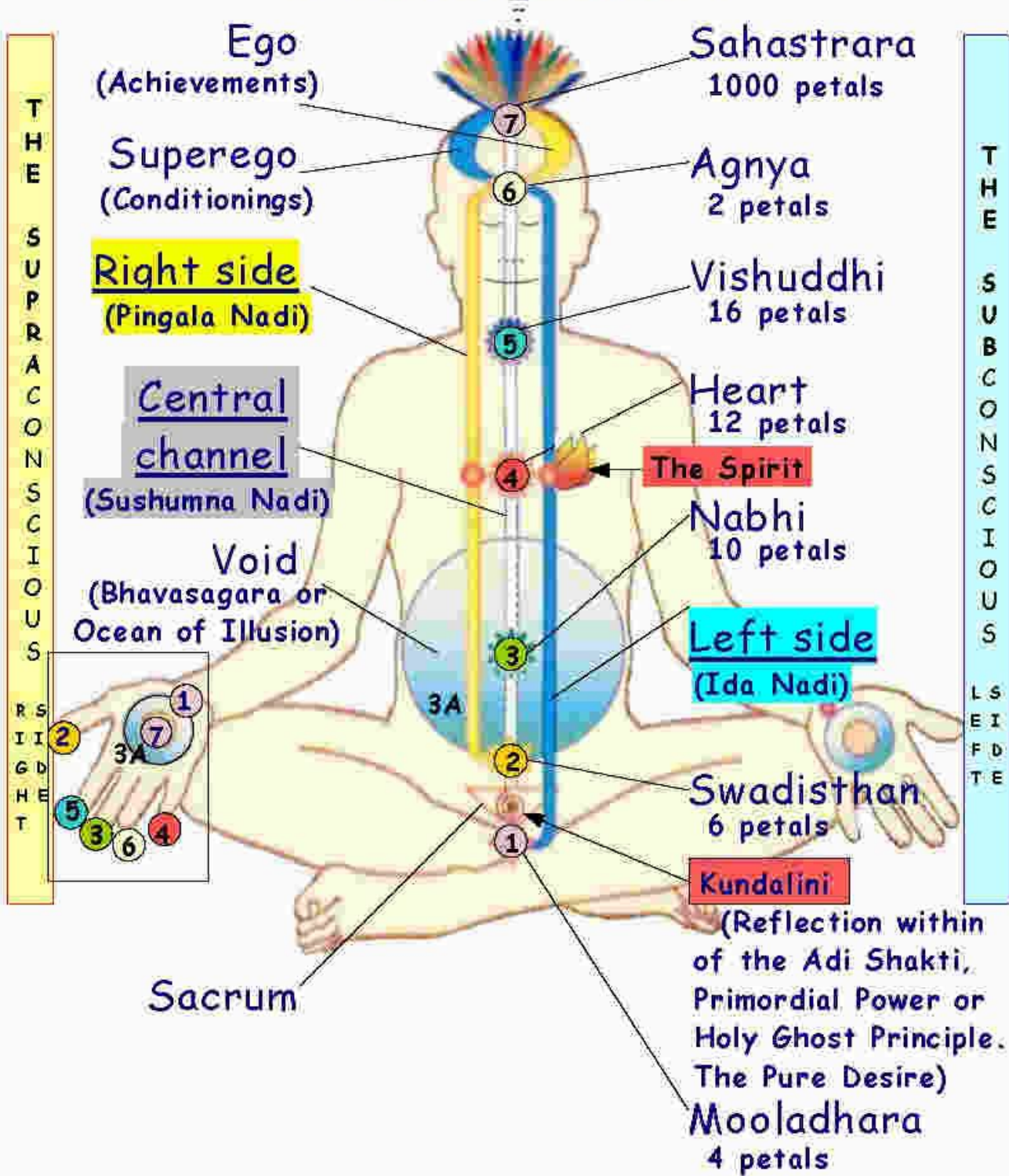


## Sahaja Yoga - Chakra Chart

(((---The Ocean of Forgiveness, of Love & Compassion---)))  
 (((---of Bliss, of Peace & of Joy---)))  
 (( ---Place of our Yoga, of our Meditation--- ))  
 (--THE SUPERCONSCIOUS--)



Any replies or correspondence can be sent to: [nick@sahajavidya.org.uk](mailto:nick@sahajavidya.org.uk)

So we can see from the above, that on occasion, we have an alternative name for the Heart Chakra, which is sometimes used... Hridhaya... or Ridhaya... but most commonly we just say the 'Heart' Chakra. Also it should be noted that the handwriting is all that of our Beloved SHRI MATAJI who created these drawings for our benefit.

We will all need to spend some time studying these charts, as they form an important basis for all that we do in Sahaja Yoga.  
 Much love to all - Jai Shri Mataji