

# THE SAHASRARA

## CONNECTION AND INTEGRATION

### MAY 5, 1970

The collective opening of the Sahasrara Chakra was a momentous event in the spiritual evolution of mankind. Shri Mataji, the founder of Sahaja Yoga, opened the Sahasrara on May 5, 1970.

### THE SAHASRARA AND THE PRESENT

When the awareness is established at the Sahasrara Chakra, it is above our ego and conditionings. Consciousness is not tied to the past or the future. Our attention is not at the mercy of the sympathetic nervous system (the part of our nervous system that reacts to external stimuli). We are in the continuous present, in the presence of our own reality, and in the presence of God.

### COLLECTIVE CONSCIOUSNESS

At this level, we are able to feel “vibrations.” We can detect the state of wellness of our own chakras and the chakras of any other person, anywhere in the world. Our compassion is strengthened and enlightened by a new level of perception and awareness.

### THE CHAKRA OF INTEGRATION

All of the chakras have their seats at various points on the head. The opening of the Sahasrara takes place at the center of the skull, at the fontanelle, corresponding to the limbic area of the brain. Here the heart chakra has its seat.

At the time of self realization, the Sahasrara is like a flower that begins to open. In a completely clear human being, brought up without any traumas or stresses, the Sahasrara opens completely. For most of us, however, we must remove blockages in our subtle system to help the Sahasrara open completely. We must meditate every day and clear our chakras. And in order to fully open the Sahasrara, we must shrink the ego and superego.

As we grow in Sahaja Yoga, the Sahasrara Chakra widens to incorporate the seats of the

other chakras. Our lives become more coherent. We become free of the contradictions between desires of the heart and our thoughts and behavior.

### NIRVICHARA

With the attention located at Sahasrara and the Spirit joined with Kundalini and bathed in vibrations, we enjoy the state of thoughtless awareness, or Nirvichara. In order to reach this state, we must enter the state of meditation.

### CONNECTION WITH THE DIVINE LOVE

When we are in touch with the Omnipresent Power of God—when we are feeling the cool vibrations—we are connected with the very origin of creation and evolution. There is nothing else, no past and no future. Everything is integrated in this dimension where we touch absolute Divine Love.

### “SPIRIT” MEANS BREATH OR WIND

In Latin, “spirit” means breath or wind. It is feminine in gender, as is the “Ruach,” the Hebrew word for Spirit. “Holy Spirit” translates as a perceptible holy wind or breeze. In the Bible, Christ describes the Spirit of God as a cool breeze perceivable by prophets and saints only.

In Sahaja Yoga, through feeling the flow of cool vibrations at the top of the head, we come to realize that Sahasrara is the abode of the Holy Spirit.

In India the Holy Spirit is referred to as the primordial, creative power of God (Adi Shakti) which conceived the whole universe and is the power behind the process of evolution.

The Holy Spirit is the feminine, or creative, aspect of God—the Goddess—who takes care of human beings as they are Her children. With Sahaja Yoga we understand that through the divine feminine power, reflected in us as the kundalini, we have seen the door of the Kingdom of God open. We must purify ourselves, walk through it and remain there.