

The 14 Chakras

Subtle Body System

On the 14th Sahasrara Day in 1983, in Her discourse before puja, Her Holiness Shri Mataji Nirmala Devi enumerated fourteen chakras,

namely the seven chakras (Mooladhara, Swadisthana, Nabhi, Heart, Vishuddhi, Agnya, Sahasrara)

and three sub-chakras (Lalita, Sri, Humsa) associated with the physical body;

and the four chakras beyond the physical body, described in the following terms:

After coming to Sahaja Yoga and after your Sahasrara has opened, you have to pass through these four chakras: Ardha-Bindu, Bindu, Valaya and Pradakshina.

After passing through these four chakras only, can you say that you have become a Sahaja Yogi.

On 9th Day of Navaratri 1988, Pune H.H.Shri Mataji commented:

Within us, as you know, there are seven chakras for your ascent and two above it. So all these nine chakras are to be crossed in this life time. That should be your destiny.

Pradakshina (all pervading)

Valaya (ParaBrahma non-dual)

9 - Bindhu (SadaShiva)

8 - Ardha Bindhu (Adi Shakti)

7 - Sahasrara

Left Brain/Ego, Right/Superego

6 - Agnya (Humsa)

5 - Vishuddhi

(Shri Chakra - Lalita Chakra)

4 - Heart Anahat (Spirit - Left Heart)

Bhavasagra Void

3 - Nabhi

2 - Swadhistan Kundalini (Mother)

1 - Mooladhara

