

Sahaja Yoga - The Final Destination



Coloring Book for Children

Learn, Color & Practice

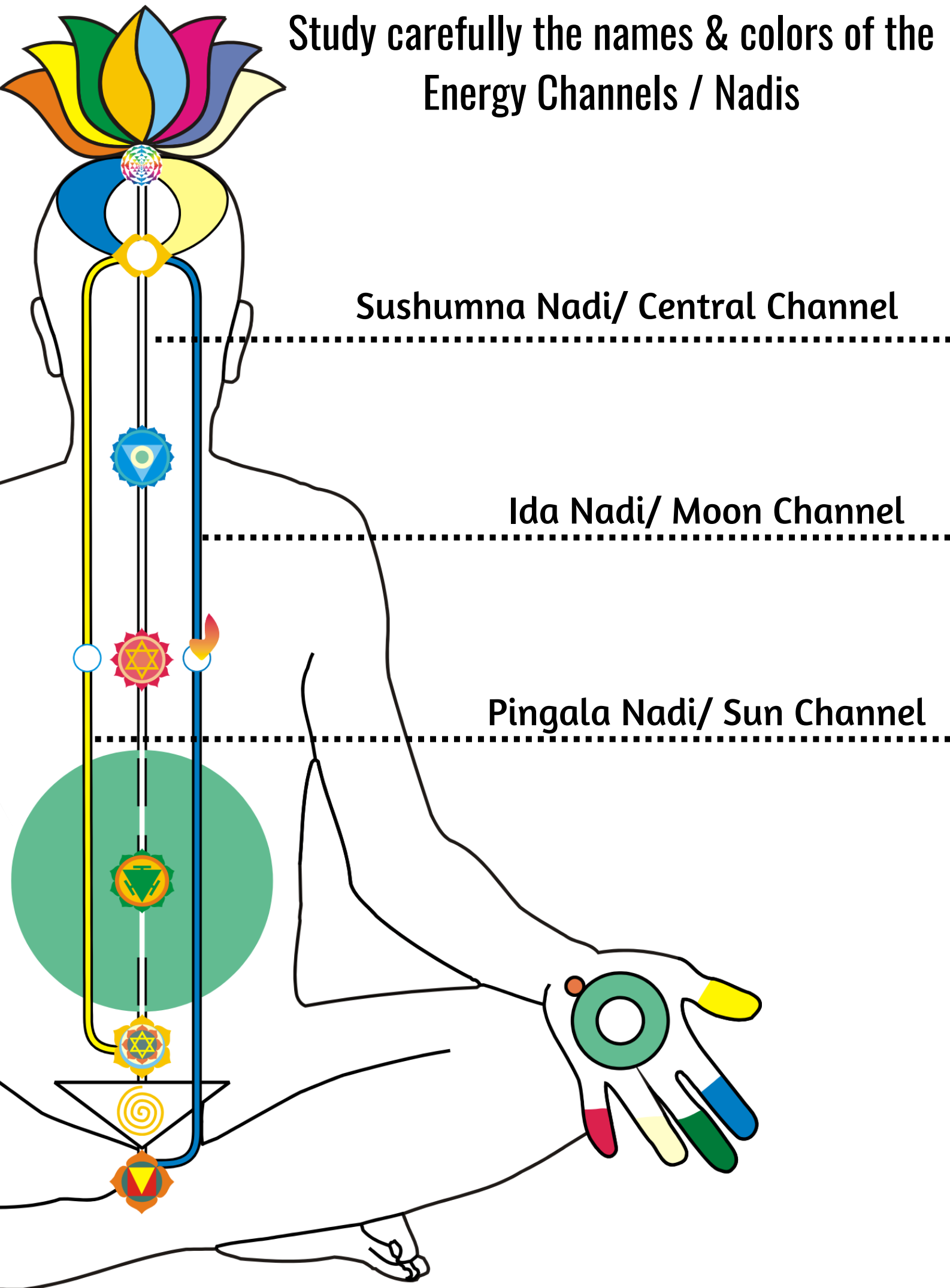


Age Group - 8 to 12 years

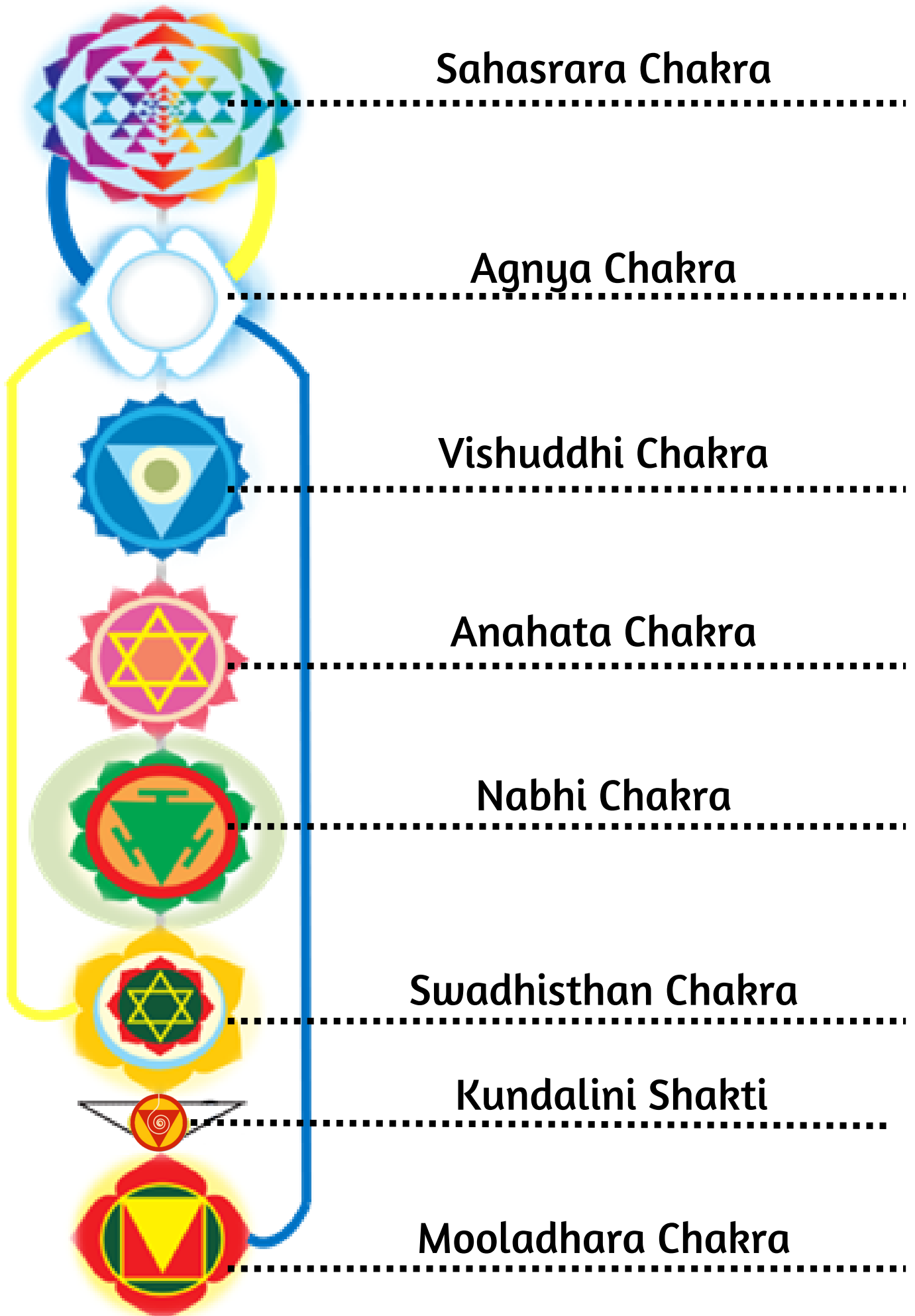
Know Thyself

www.sahajayoga.org.in

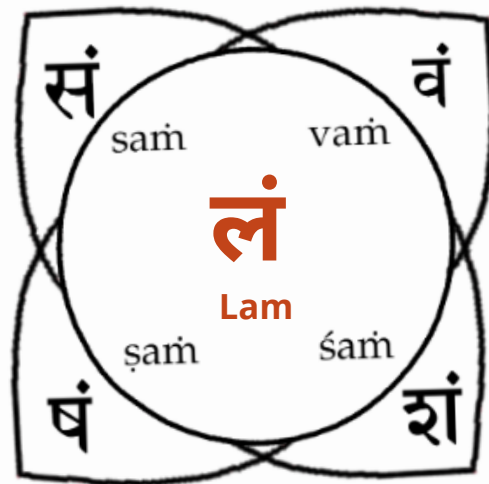
Study carefully the names & colors of the
Energy Channels / Nadis



The Seven Chakras & The Kundalini Shakti



Mooladhara Chakra



Beej Mantra (Lam) & Beej Akshar

Color - Red (Brick Red)

Number of petals - 4

Element - Earth

Day - Tuesday

Planet - Mars

Gem -Coral

Symbol - Swastik

Musical Note - Sa (सा) (shadja;षड्ज)

Musical Instrument - Shehnai

Raga - Shyam Kalyan | Bilawal

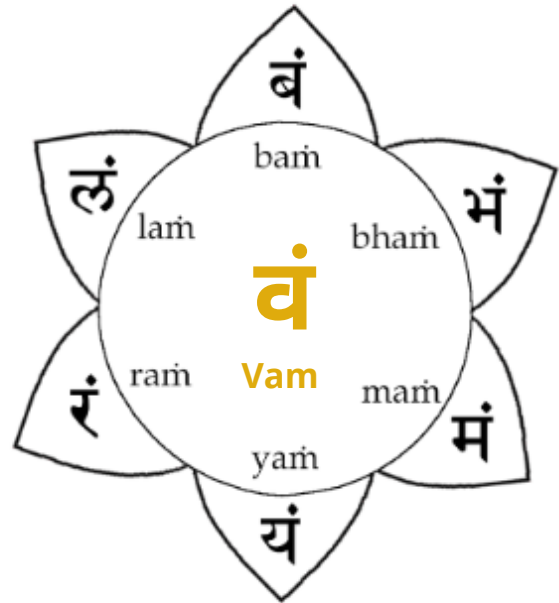
Plexus - Pelvic Plexus

Sense - Smell

Gland (Endocrine) - Gonads (Reproductive Glands)



Swadhisthan Chakra



Beej Mantra (Vam) & Beej Akshar

Color - Yellow

Number of petals - 6

Element - Fire



Day - Wednesday

Planet - Mercury

Gem - Amethyst



Symbol - Star Of David



Musical Note - Re (रे) (rishabha; ऋषभ)

Musical Instrument - Veena

Raga -Yaman | Todi

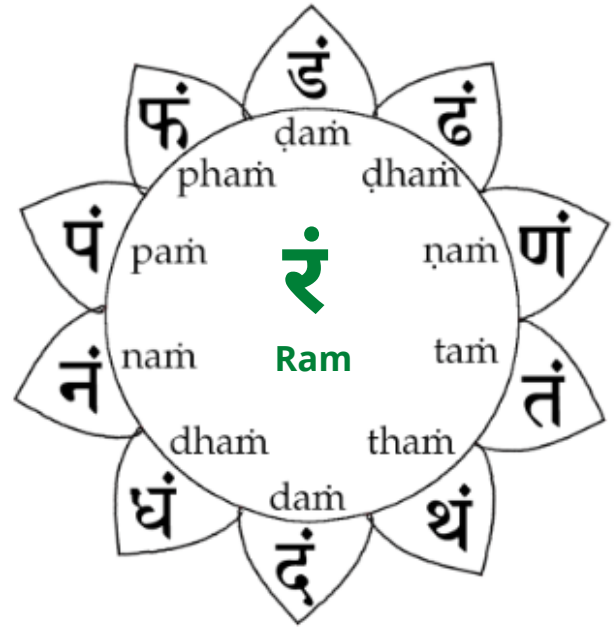


Plexus - Aortic Plexus

Sense - Taste

Gland (Endocrine) - Adrenal Gland

Nahi Chakra



Beej Mantra (Ram) & Beej Akshar

Color - Green

Number of petals - 10

Element - Water



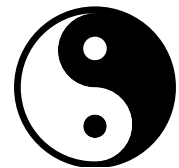
Day - Thursday

Planet - Jupiter

Gem - Emerald



Symbol - Yin-Yang



Musical Note - Ga (गा) (Gandhara; गान्धार)

Musical Instrument - Santoor

Raga -Lalit | Gunkali



Plexus - Coeliac/ Solar Plexus

Sense - Sight

Gland (Endocrine) - Pancreas

Bhausagar - The Void (Ocean of Illusion)



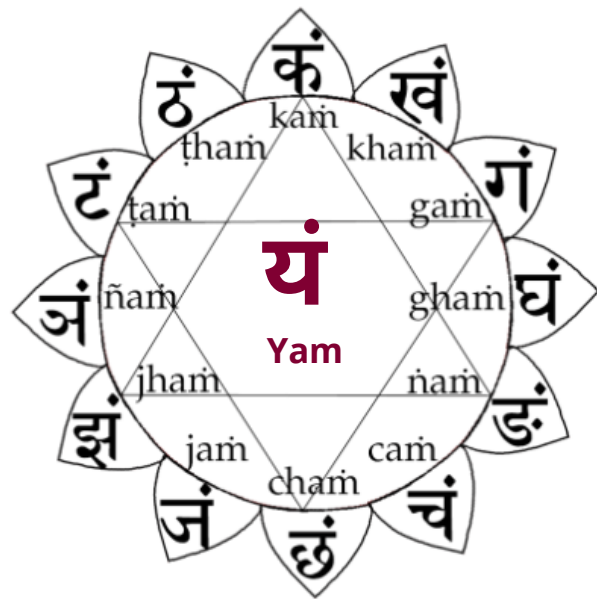
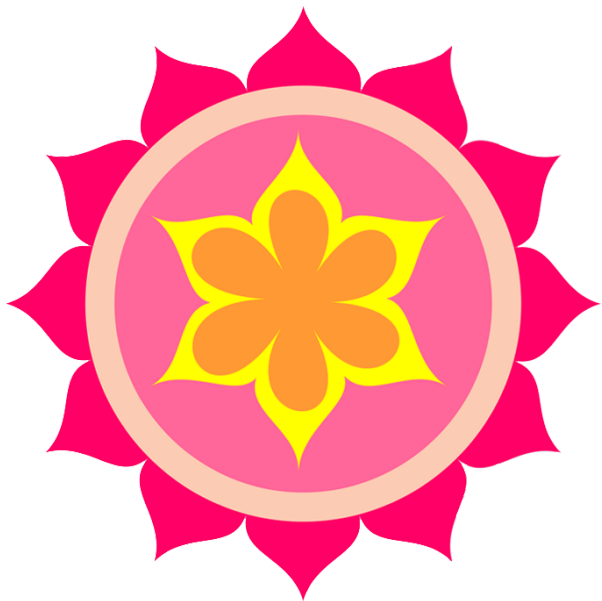
The 10 Primordial Masters

1. Raja Janaka, 10,000-16,000 B.C., India
2. Abraham, 2,000 B.C., Mesopotamia
3. Moses, 1300 B.C., Egypt
4. Zaratustra, 1,000 B.C., Persia
5. Lao Tse, 604 B.C., China
6. Confucius, 551 B.C., China
7. Socrates, 469 B.C., Greece
8. Prophet Muhammed, 570 A.D, Mecca
9. Nanaka, 1469 A.D., India
10. Shirdi Sai Nath, 1856 A.D., India

Void qualities include:

- Balance
- Righteousness (or dharma)
- Sense of personal dignity
- Self-discipline
- Self-guidance
- Decisiveness
- Patience
- Thirst for truth and knowledge
- The guru principle (or the ability to guide yourself and others in spiritual evolution)

Anahata / Heart Chakra



Beej Mantra (Yam) & Beej Akshar

Color - Maroon

Number of petals - 12

Element - Air

Day - Friday

Planet - Venus

Gem - Ruby

Symbol - Flame

Musical Note - Ma (मा) (Madhyam; मध्यम)

Musical Instrument - Tabla | Mrudanga | Vocal

Raga - Bhairavi | Durga | Bhairav

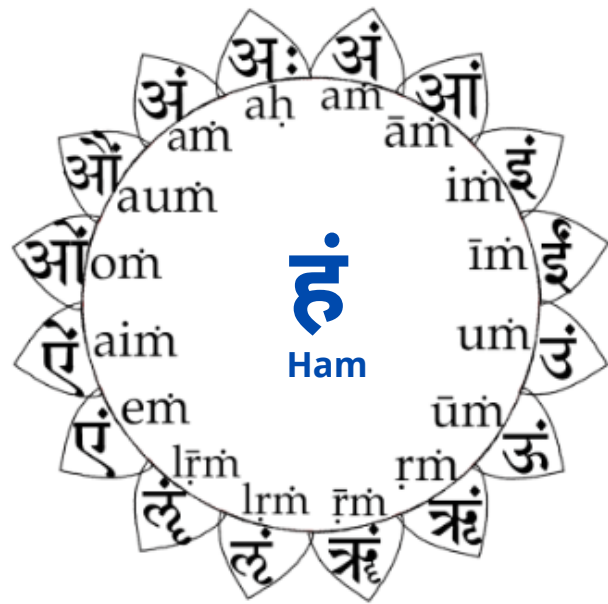
Plexus - Cardiac Plexus

Sense - Touch

Gland (Endocrine) - Thymus Gland



Vishuddhi / Throat Chakra



Beej Mantra (Ham) & Beej Akshar

Color - Blue

Number of petals - 16

Element - Ether

Day - Saturday

Planet - Saturn

Gem - Blue Sapphire

Symbol - Time Wheel

Musical Note - Pa (पा) (Pancham; पंचम)

Musical Instrument - Flute

Raga - Jai Jaywanti

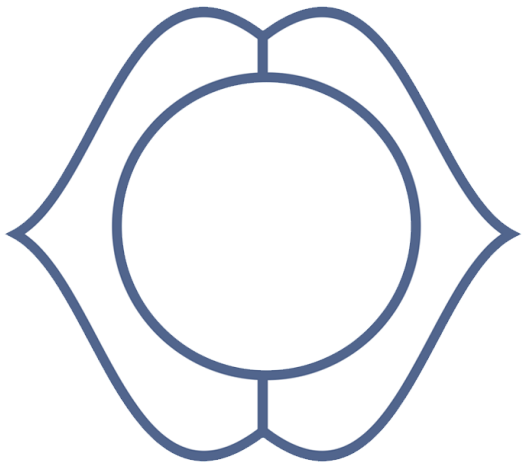
Plexus - Cervical Plexus

Sense - Hearing

Gland (Endocrine) - Thyroid Gland



Agnya/ 3rd Eye Chakra



Beej Mantra (Aum) & Beej Akshar

Color - White

Number of petals - 2

Element - Light

Day - Sunday

Planet - Sun

Gem - Diamond

Symbol - Cross

Musical Note - Dha (धा) (Dhaiyat; धैवत)

Musical Instrument - Sarod

Raga - Bhup | Bageshri

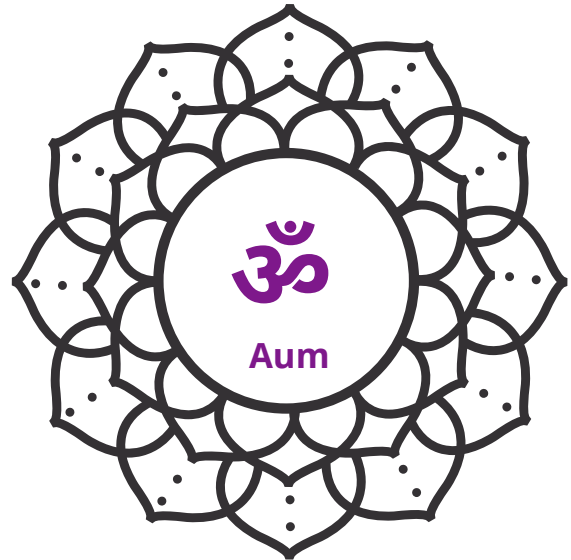
Plexus - Optic Chiasma

Sense - Mind

Gland (Endocrine) - Pituitary Gland



Sahasrara/ Crown Chakra



Beej Mantra (Aum)

Color - All Colors

Number of petals - 1000

Element - Vibrations/ Chaitanya

Day - Monday

Planet - Moon/ Pluto

Gem - Pearl

Symbol - Bandhan

Musical Note - Ni (नि) (Nishad; निषाद)

Musical Instrument - Sitar

Raga - Bhairavi | Darbari

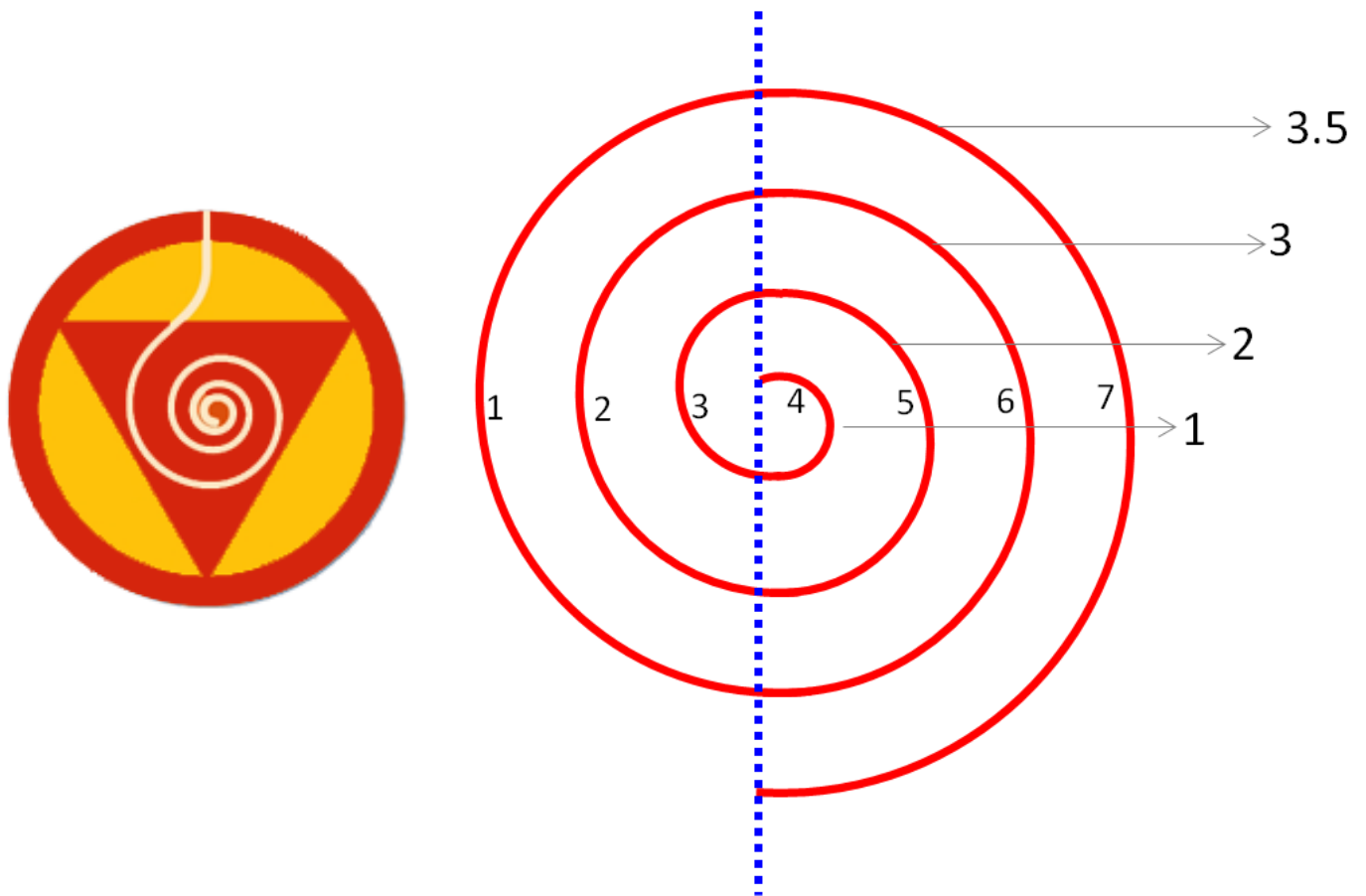
Plexus - Limbic Area

Sense - Total integration of senses

Gland (Endocrine) - Pineal Gland



THE KUNDALINI'S ROLE IN MEDITATION

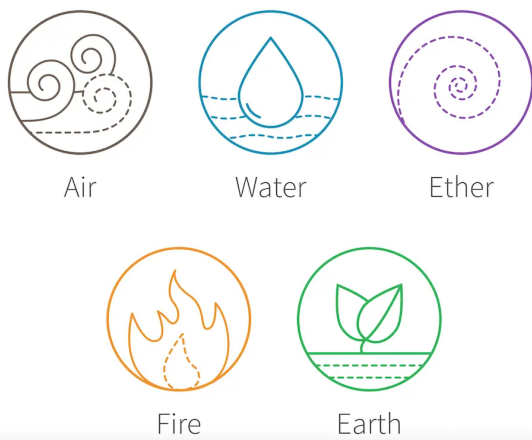


Kundalini, derived from the Sanskrit word “**kundala**” meaning “**coil**,” is a conscious, evolutionary energy lying dormant at the base of each person’s spine in the sacrum bone.

When this energy is awakened, it begins its journey upwards through your central energy channel, the Sushumna.

Piercing through and purifying the chakras along the way, she finally emerges at the top of the skull. It is at this point that **Self-Realization** takes place, and your Kundalini is united with the all-pervading spiritual energy which surrounds and encompasses all living things.

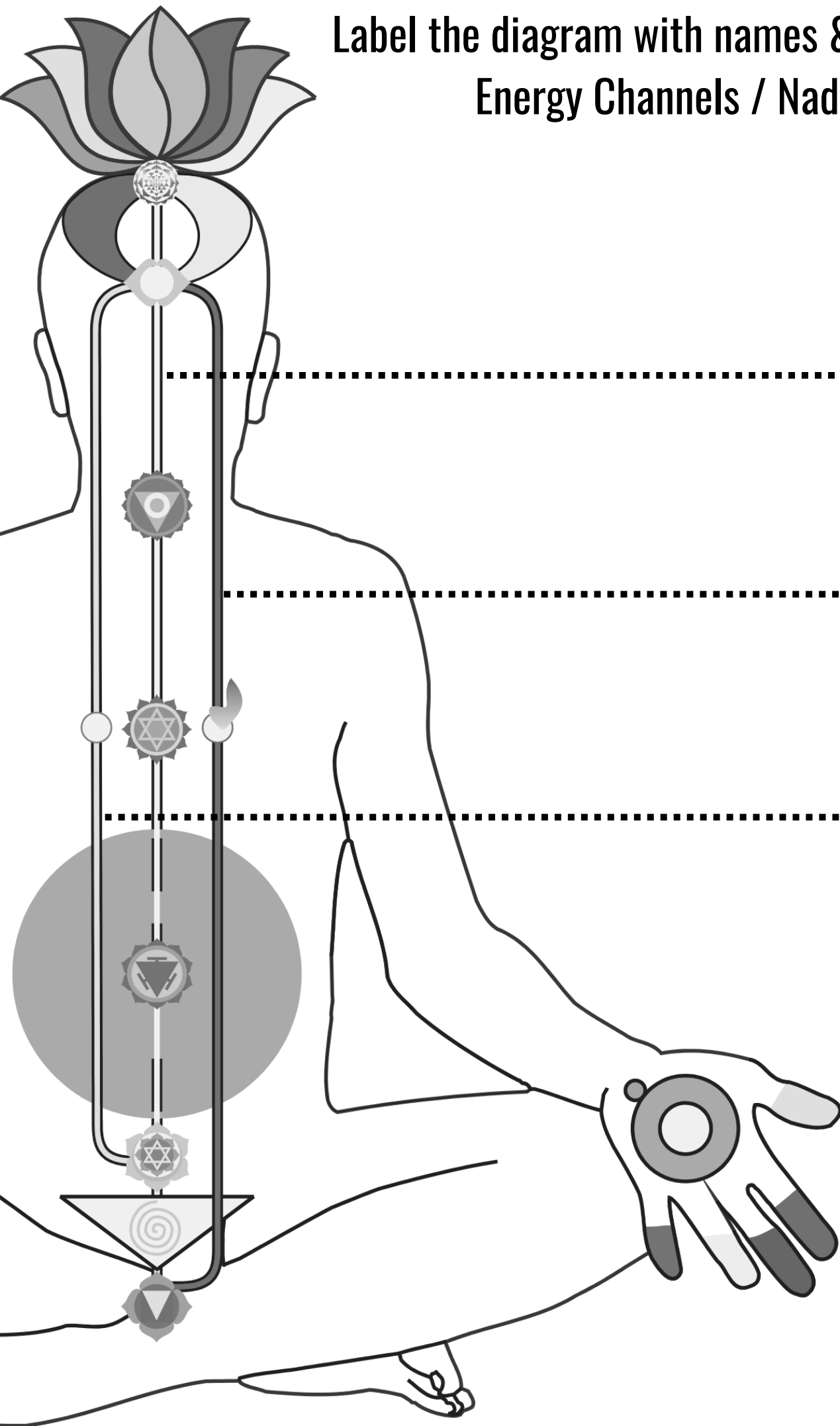
Five Basic Elements (Panchmahabhoot)



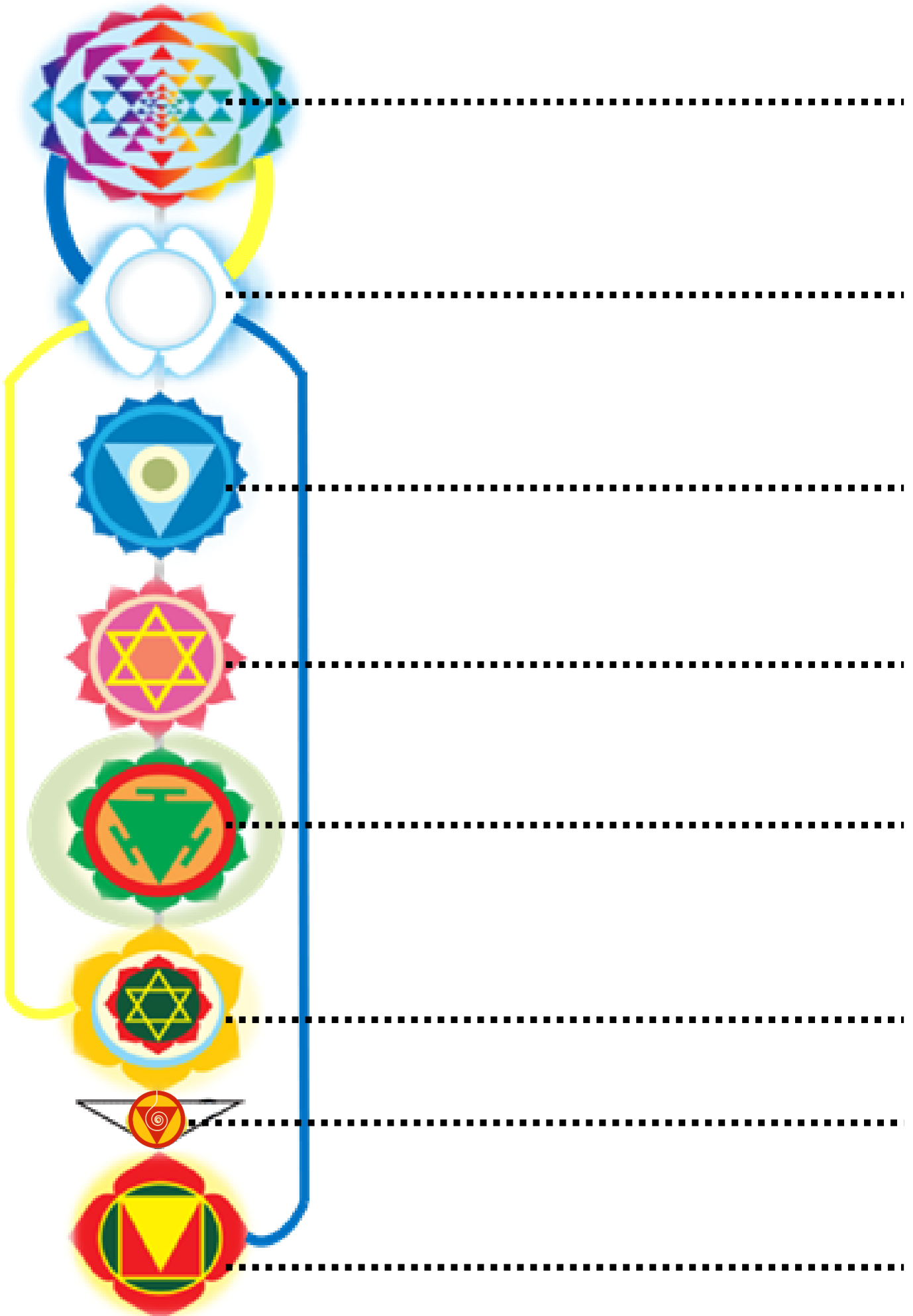
5 elements: Space (Ether) , Air, Earth, Water and Fire.
Their imbalance can disturb the harmony of our body but they can be balanced with the help of pure authentic meditation.

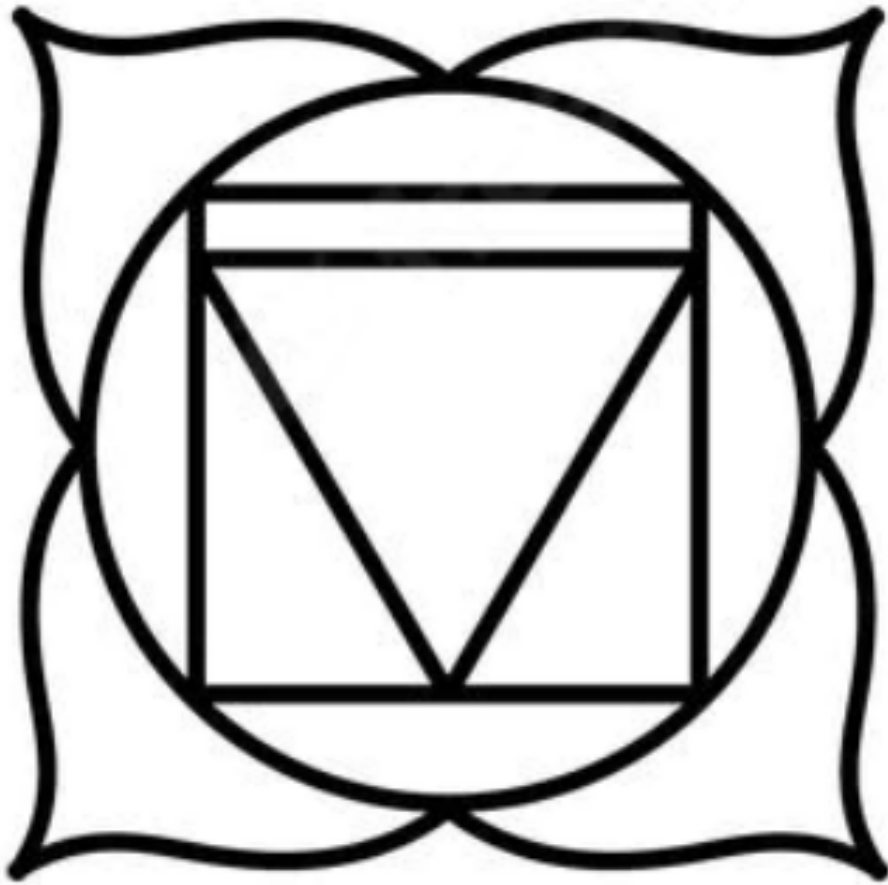


Label the diagram with names & color the
Energy Channels / Nadis



Label The Diagram





Color the chakra and write the Beej mantra in the center

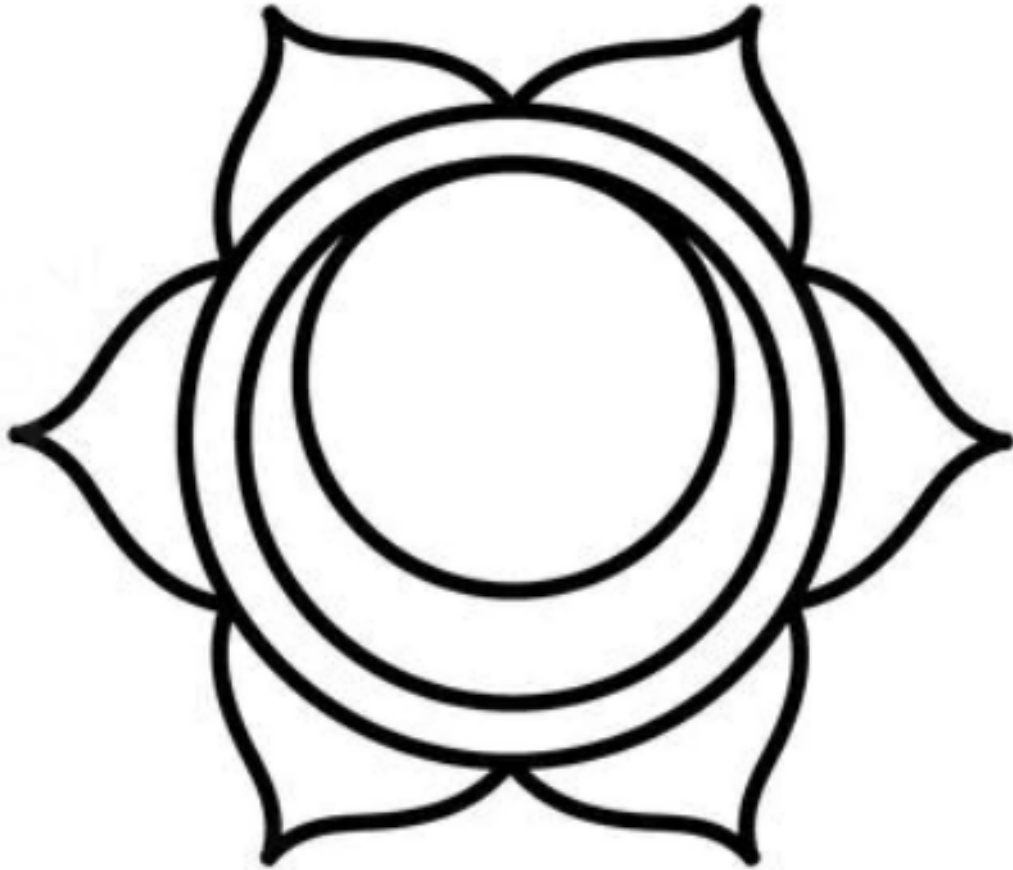
Name of Chakra: _____

What element does it represent: _____

Symbol of the Chakra: _____

Musical Note of Chakra: _____

Musical Instrument : _____



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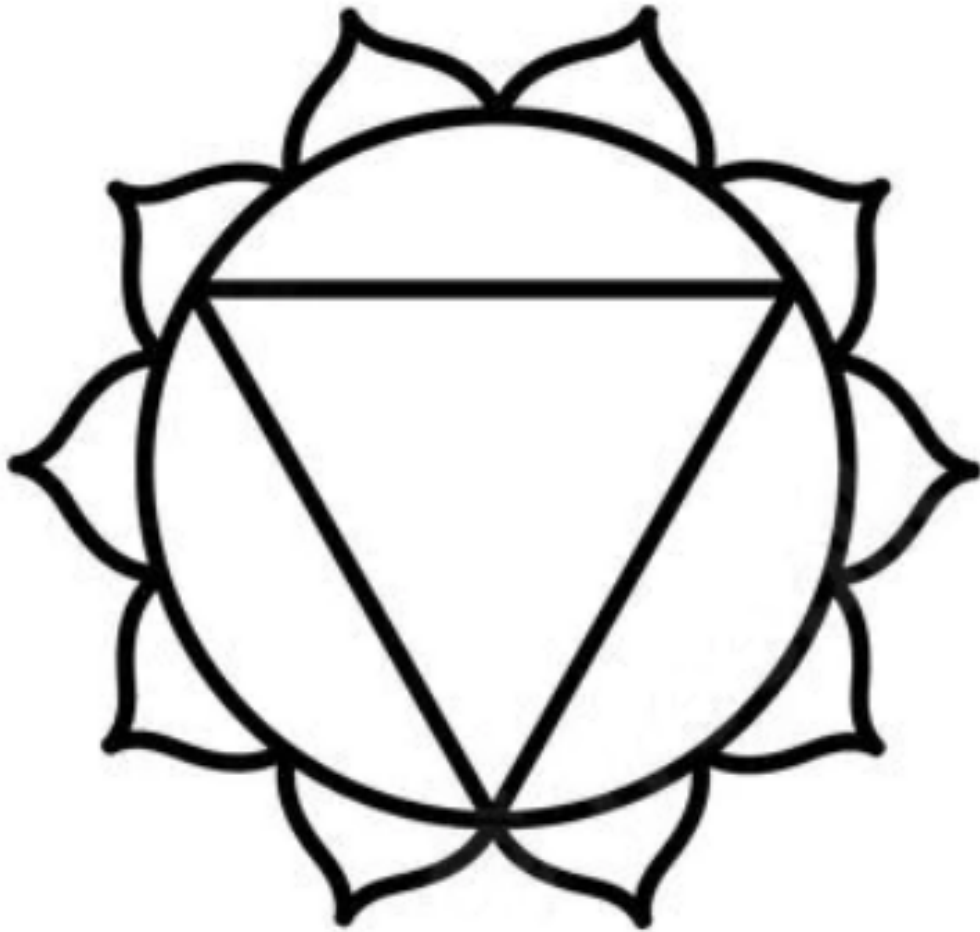
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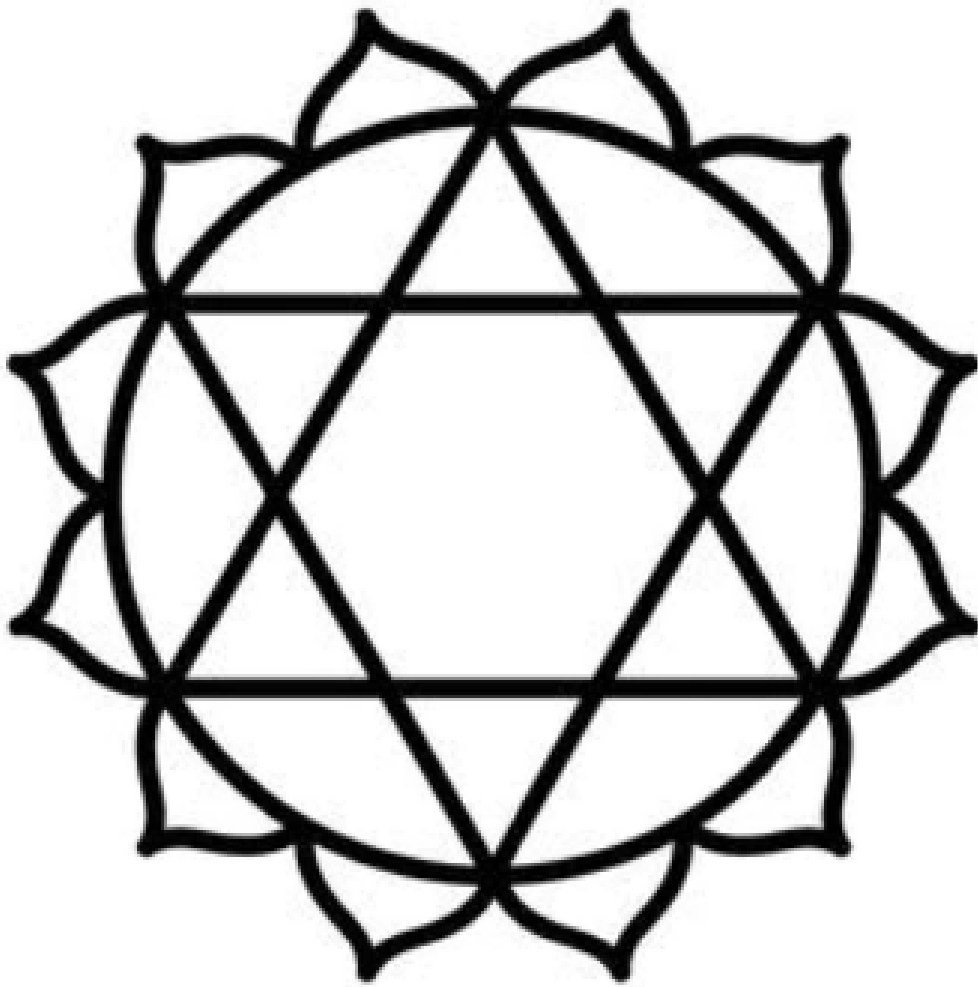
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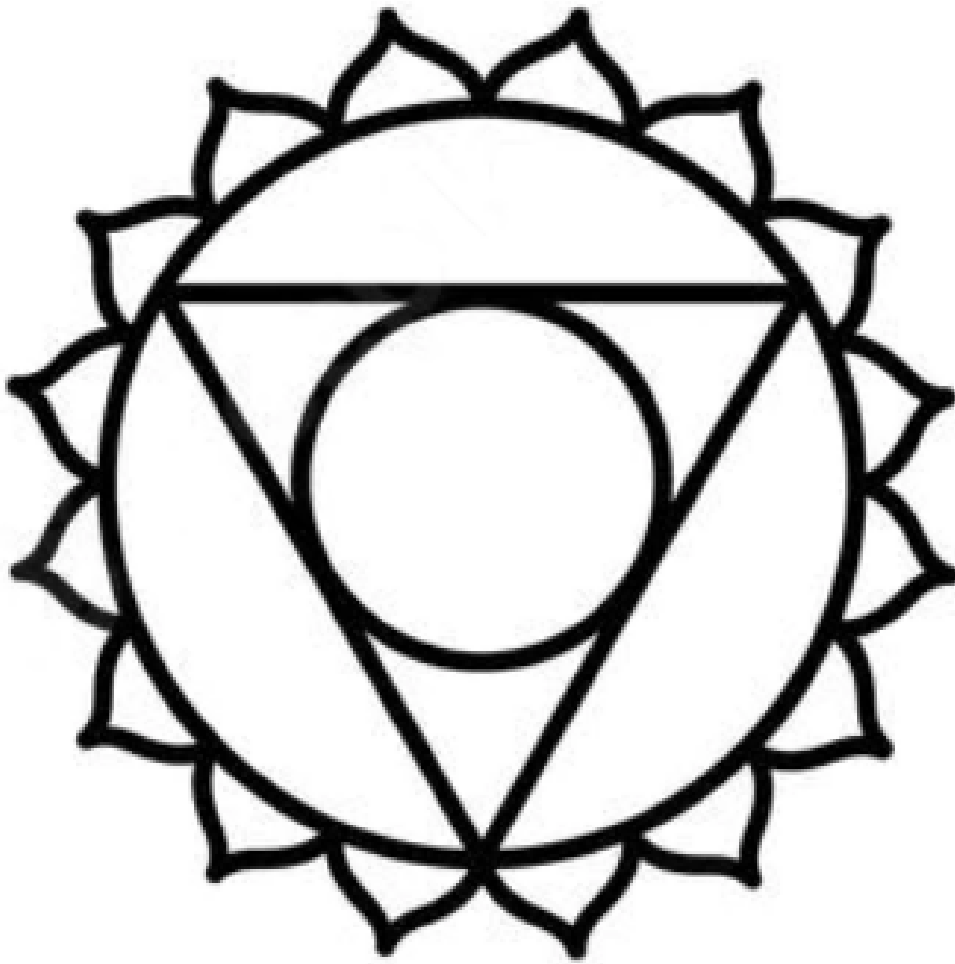
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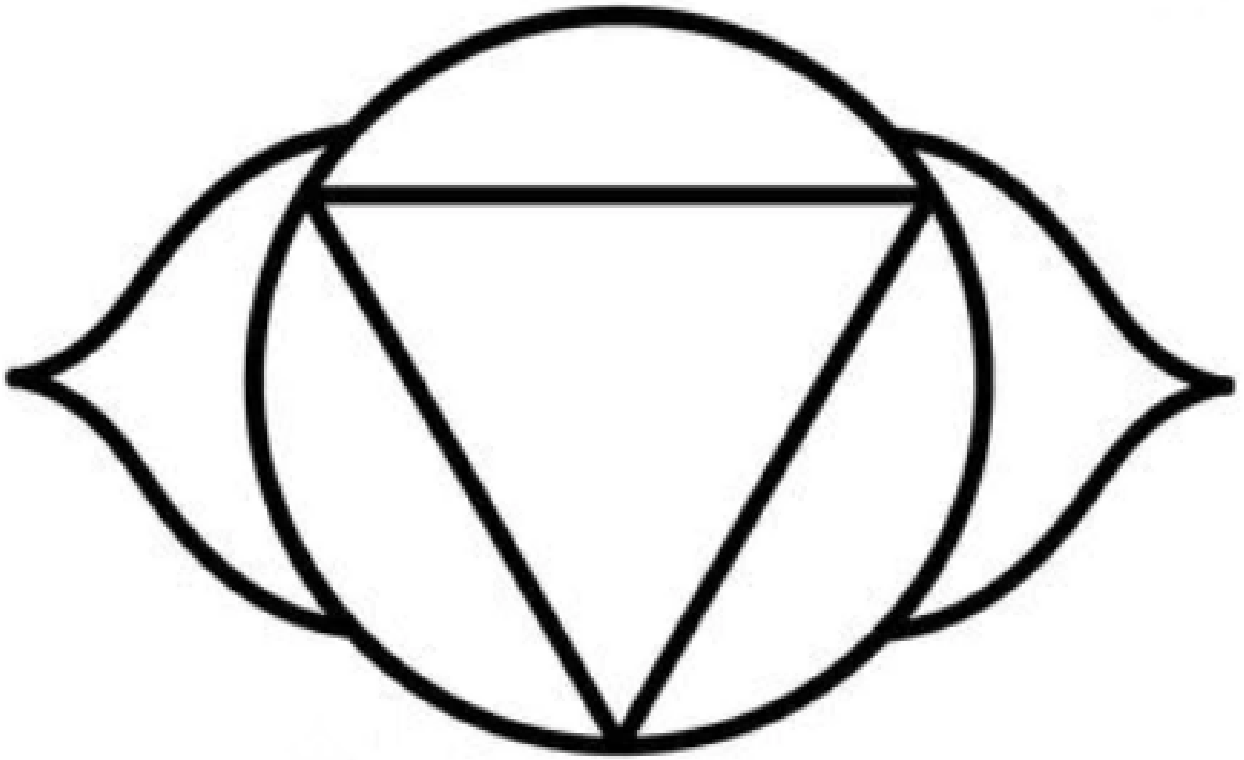
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Name of Chakra: _____

What element does it represent: _____

Symbol of the Chakra: _____

Musical Note of Chakra: _____

Musical Instrument : _____

**Draw the five basic elements
(Panchmahabhoot) and label them.**



Children are our future, but we must educate them from the present so that they can establish their own values.

In this society every day it is more difficult to educate them, daily they are bombarded with all kinds of information, saturating their brain with noise and contaminating their attention; the external influences are so strong and the example they see is so inadequate that they cannot grow in a healthy manner.

The only way is pure authentic meditation i.e Sahaja Yoga Meditation, where they can develop their innate qualities, which will be the light that will guide them when they have to make decisions that impact their lives and must discern between what is right and beneficial to them and what is not.

"As little children, you must have a very pure heart to accept it, to absorb the beauty that is within you and also the beauty of purity. Without purity we can not enjoy anything."

Her Holiness Shri Mataji Nirmala Devi

Drawing Book Compilation : Aparna Gangopadhyay, Sahaja Yogini, West Bengal Collectivity

Sahaja Yoga Meditation

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