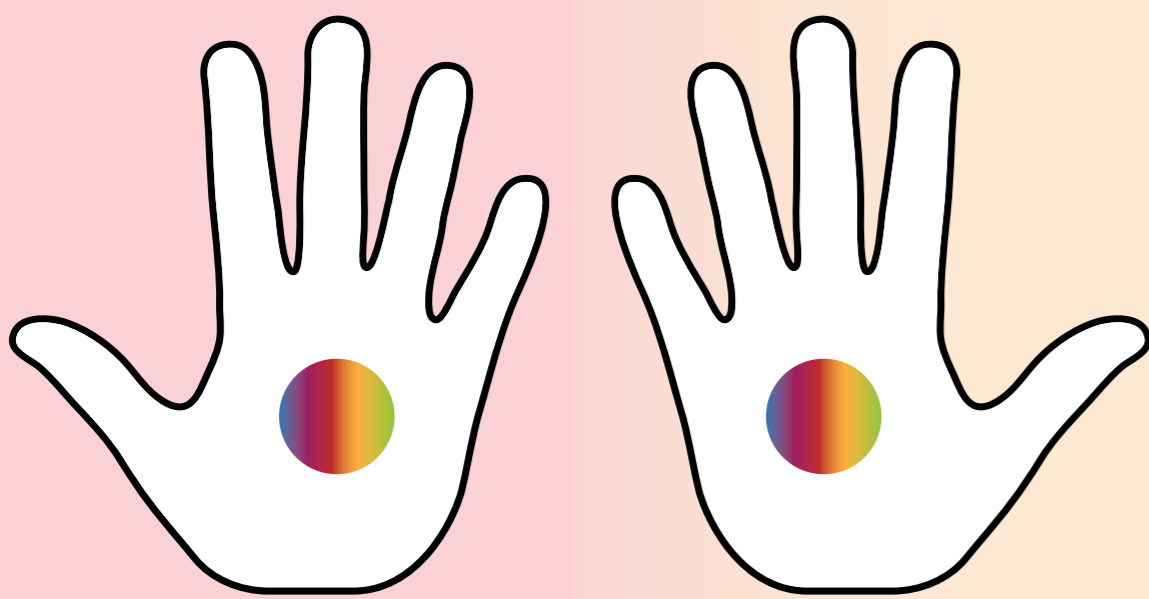


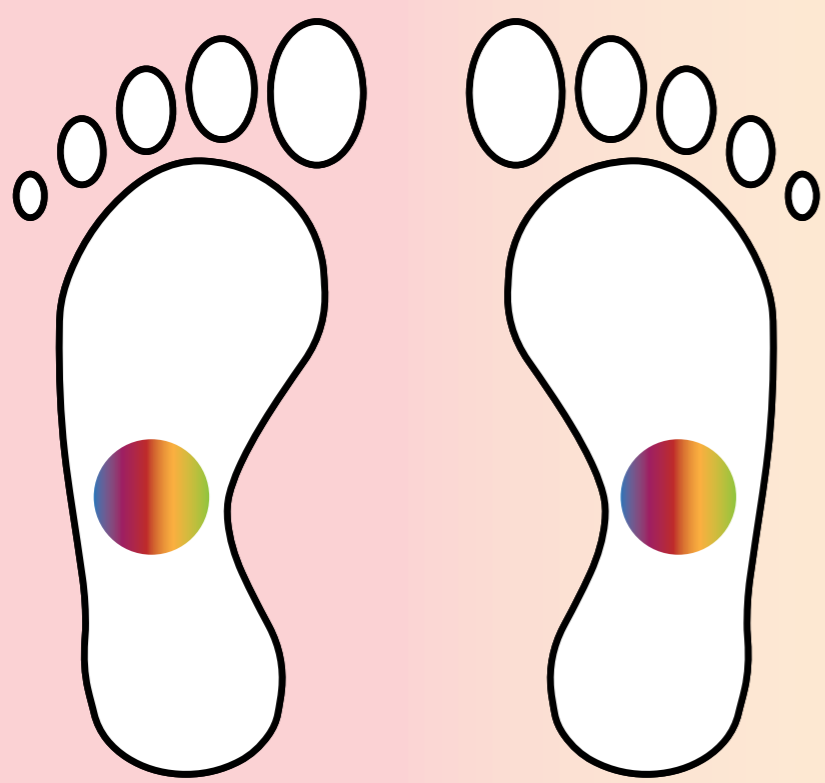
Position on the head



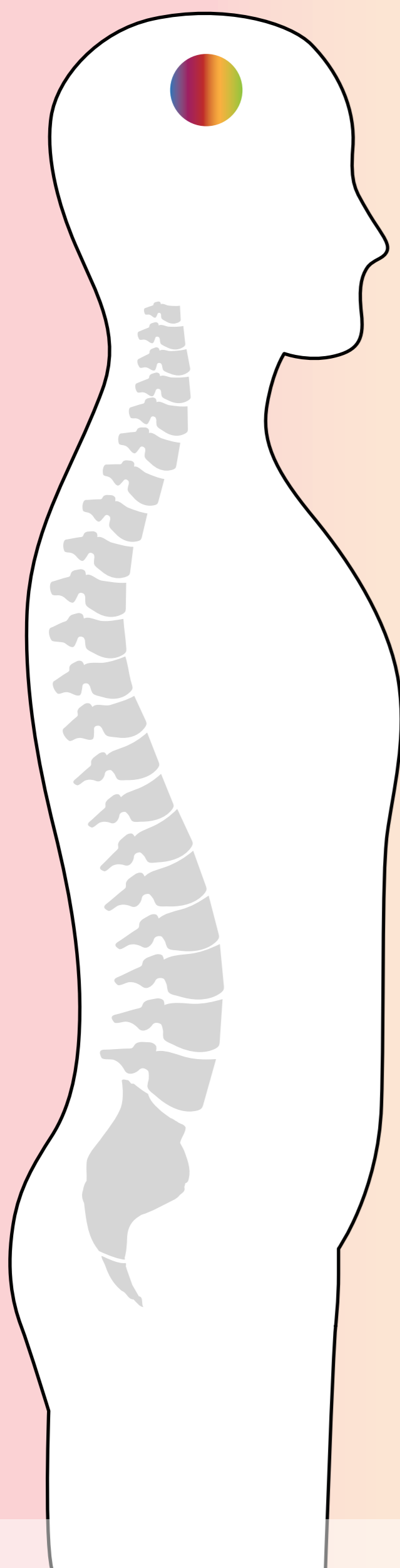
On the hands



On the feet

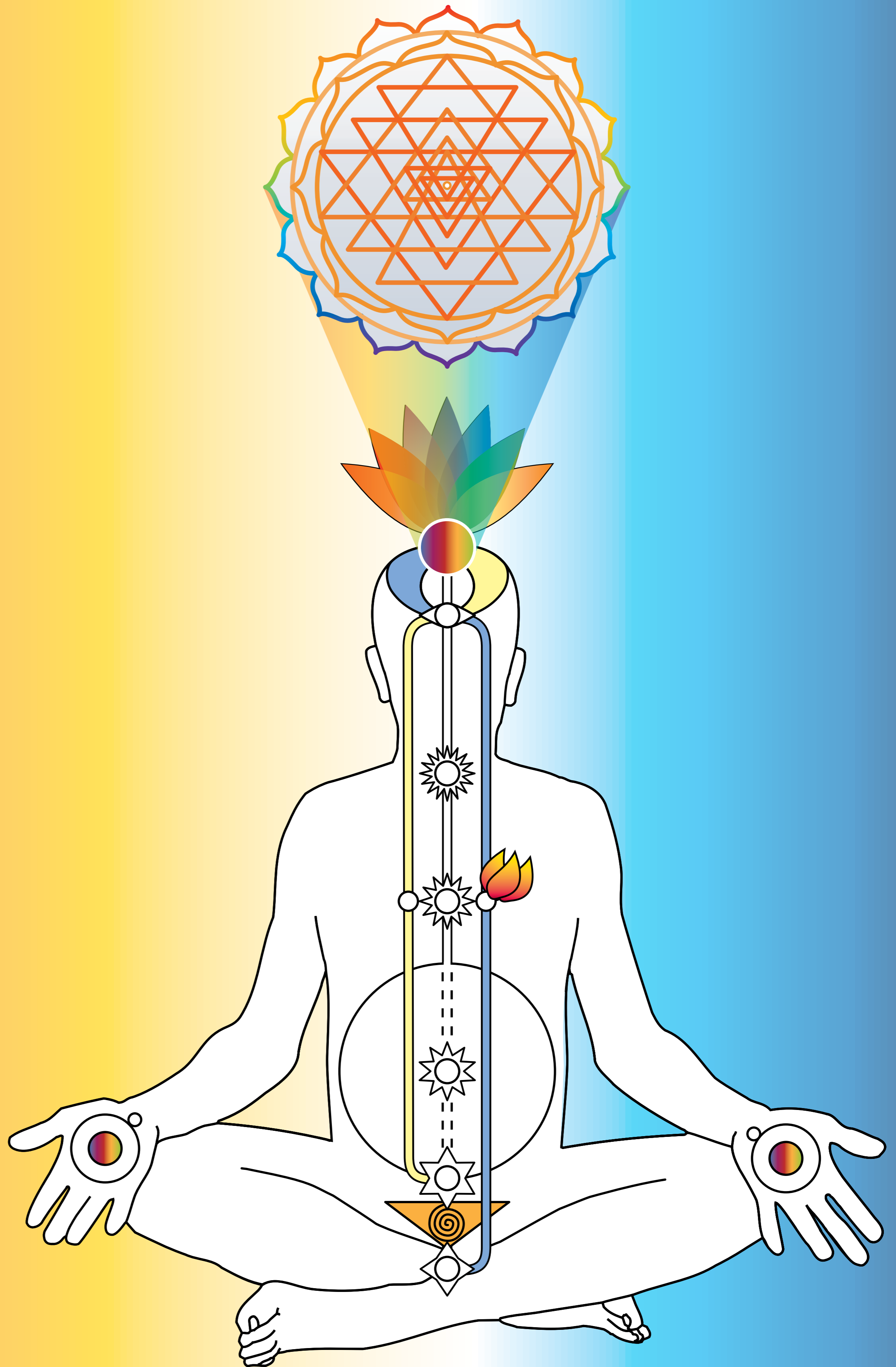


Gross expression in our body



Lymbic area

Position within our Subtle System



Sahasrara

Correspondences

Colour	All
Element	All
Planet	Pluto
Day	Monday
Stone	Perl
Symbol	Bandhan
Quality	Integration, Self-Realisation
Organs controlled	Lymbic area

This thousand petalled centre known as Sahasrara is the most important centre situated in the brain or limbic area. Actually, there are a thousand nerves, and if you take the transverse section of the brain, you can see all these nerves beautifully arranged in a petal like structure to form a lotus of a thousand petals. This centre covers the limbic area of the brain, and before realisation it appears like a closed bud of a lotus.

When the Kundalini rises and pierces this centre, it awakens all the nerves. Thus, enlightening every nerve centre and we say that the person is an enlightened soul. The Kundalini further pierces the fontanelle area and opens a gateway into the cosmos and we experience this as a cool breeze on the head. This is the actualization of the Union (Self-Realisation) with the all-pervading Power of the Divine.

<https://us.sahajayoga.org/>

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