

# World Subtle System



THE VARIOUS COUNTRIES IN OUR WORLD  
REPRESENT THE DIFFERENT CHAKRA  
POSITIONS OF OUR MOTHER EARTH. IF YOU  
TRULY YEARN FOR WORLD PEACE, LEARN  
TO CLEANSE YOUR NATIONS BY  
COLLECTIVELY CLEARING YOUR  
INDIVIDUAL SELVES.



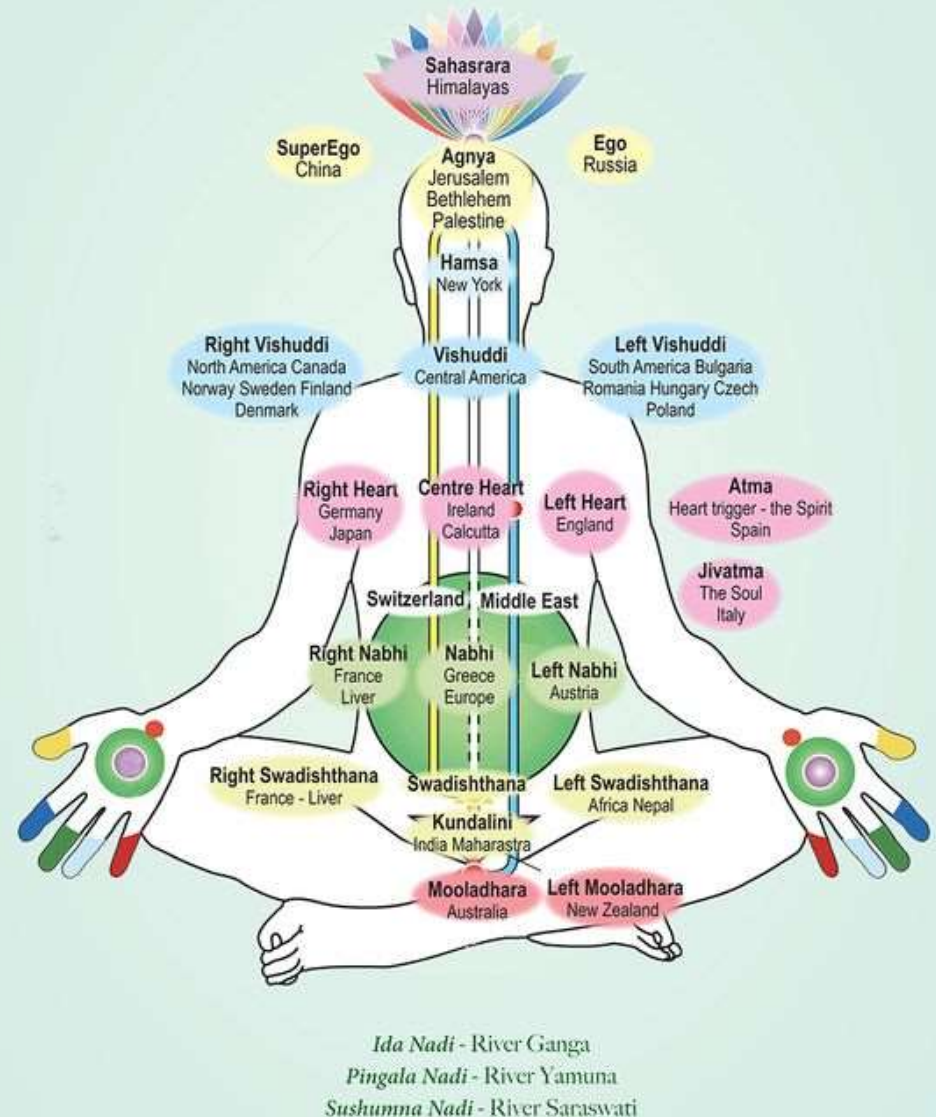
We are like cells in the body of Mother Earth

Group of cells make an organ and group of organs, make a system

Similarly we have cities, towns, states, countries and all the countries together make the World

We are all interconnected – just like the various organs and systems of the body

## The Geography of The Virata



# A Quick Look At the Positions of Countries



## The World Subtle Body Map With Roles of Different Nations

<b>Sahasrara</b>	The Himalayas (India)
<b>Agya</b>	<b>Centre</b> - Jerusalem, Bethlehem & Palestine <b>Right</b> - Russia (Ego) : Left Temple / <b>Left</b> - China (Super Ego) : Right Temple
<b>Hamsa</b>	New York
<b>Vishuddhi</b>	<b>Centre</b> - Central America ; <b>Right</b> - North America, Canada, Norway, Sweden, Finland , Denmark <b>Left</b> - South America, Bulgaria, Romania, Hungary, Czech, Poland.
<b>Anahat</b>	<b>Centre</b> - Ireland, Kolkata (India) <b>Right</b> - Germany , Japan <b>Left</b> - England
<b>Bhavsagar</b>	Middle East & Switzerland
<b>Nabhi</b>	<b>Centre</b> - Greece , Europe ; <b>Right</b> - France ; <b>Left</b> - Austria
<b>Swadhisthana</b>	<b>Right</b> - France ; <b>Left</b> - Africa & Nepal
<b>Mooladhara</b>	<b>Centre</b> - Australia ; <b>Right</b> - New Zealand

**Atma** - Heart Trigger - The Spirit - Spain.      **Jivatma** - The Soul - Italy.      **Kundalini** - Maharashtra (India)

# The Various Chakras



 > SAHASRARA

 > Ego / Super Ego

 > Agnya

 > L / C / R Vishuddhi

 > Atma / Jivatma

 > L / C / R Heart

 > Void

 > L / C / R Nabhi

 > L / C / R Swadisthan

 > L C / R Mooladhara

 > KUNDALINI

 **Sahasrara**  
(Crown Chakra)

 **Agnya**  
(3rd Eye Chakra)

 **Vishuddhi**  
(Throat Chakra)

 **Anahata**  
(Heart Chakra)

 **Nabhi** (Solar Chakra)  
**Void** (Bavsagar)

 **Swadhisthana**  
(Sacral Chakra)

 **Mooladhara**  
(Root Chakra)

 **Kundalini**  
(Divine Serpent Energy)

# Chakras corresponding to different countries



-  > SAHASRARA
-  > Ego / Super Ego
-  > Aghnya
-  > L / C / R Vishuddhi
-  > Atma / Jivatma
-  > L / C / R Heart
-  > Void
-  > L / C / R Nabhi
-  > L / C / R Swadisthan
-  > LC / R Mooladhara
-  > KUNDALINI



# Subtle Map of World & World Map



- > SAHASRARA
- > Ego / Super Ego
- > Agnya
- > L / C / R Vishuddhi
- > Atma / Jivatma
- > L / C / R Heart
- > Void
- > L / C / R Nabhi
- > L / C / R Swadisthan
- > LC / R Mooladhara
- > KUNDALINI

It is only through enmass spiritual awakening that we can achieve world peace. Every citizen of our world has to be made aware of his spiritual or divine nature...only then can we create Heaven on Earth!



# Jai Shri Ganesha!

If we begin with the Root or the Moolahdara Chakra, 2 major regions on our earth represent the Root Chakra – Maharashtra (India) and Australia! Mooladhara chakra qualities include:

- Innocence
- Purity
- Simplicity
- Childlike joy
- Inner wisdom
- Dignity
- Balance
- Purpose and direction
- Connection to Earth
- Harmony with nature



**Only Shri Ganesh Can Start  
Our Mass Spiritual  
Awakening & Enlightenment**



**AUSTRALIA**

**MAHARASHTRA**



**Shri Ganesh, who is the presiding deity of the 1st chakra – The Mooladhara, has to give permission for mass spiritual awakening worldwide. On the world map or if the world map is considered as the body of Mother Earth, then two major regions represent The Mooladhara – Maharashtra (in India) and Australia.**

**Therefore citizens living in Maharashtra and Australia are basically the cells constituting the Mooladhara! They need to appease Shri Ganesh so that the divine element awakens and brings peace and divine grace worldwide.**

**It is a humble request to them to awaken to their spiritual wisdom! The more the cells seek the divine, the faster the world will see peace and tranquillity!**

**Amen!**

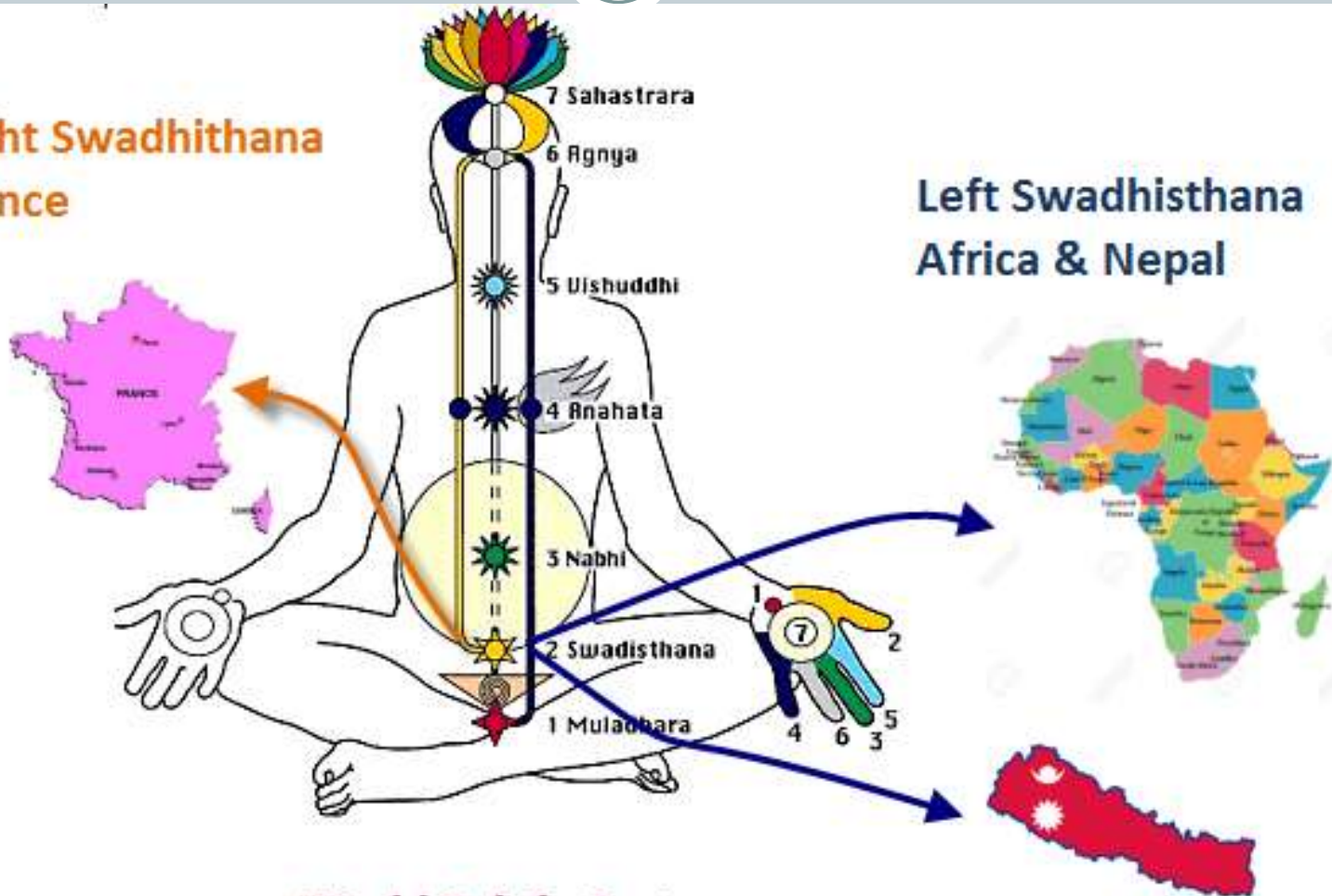
**[www.sahajayoga.org](http://www.sahajayoga.org)**

# Swadhithana / 2<sup>nd</sup> Chakra World Position



**Right Swadhithana**  
**France**

**Left Swadhithana**  
**Africa & Nepal**



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# Qualities that the citizens are blessed with



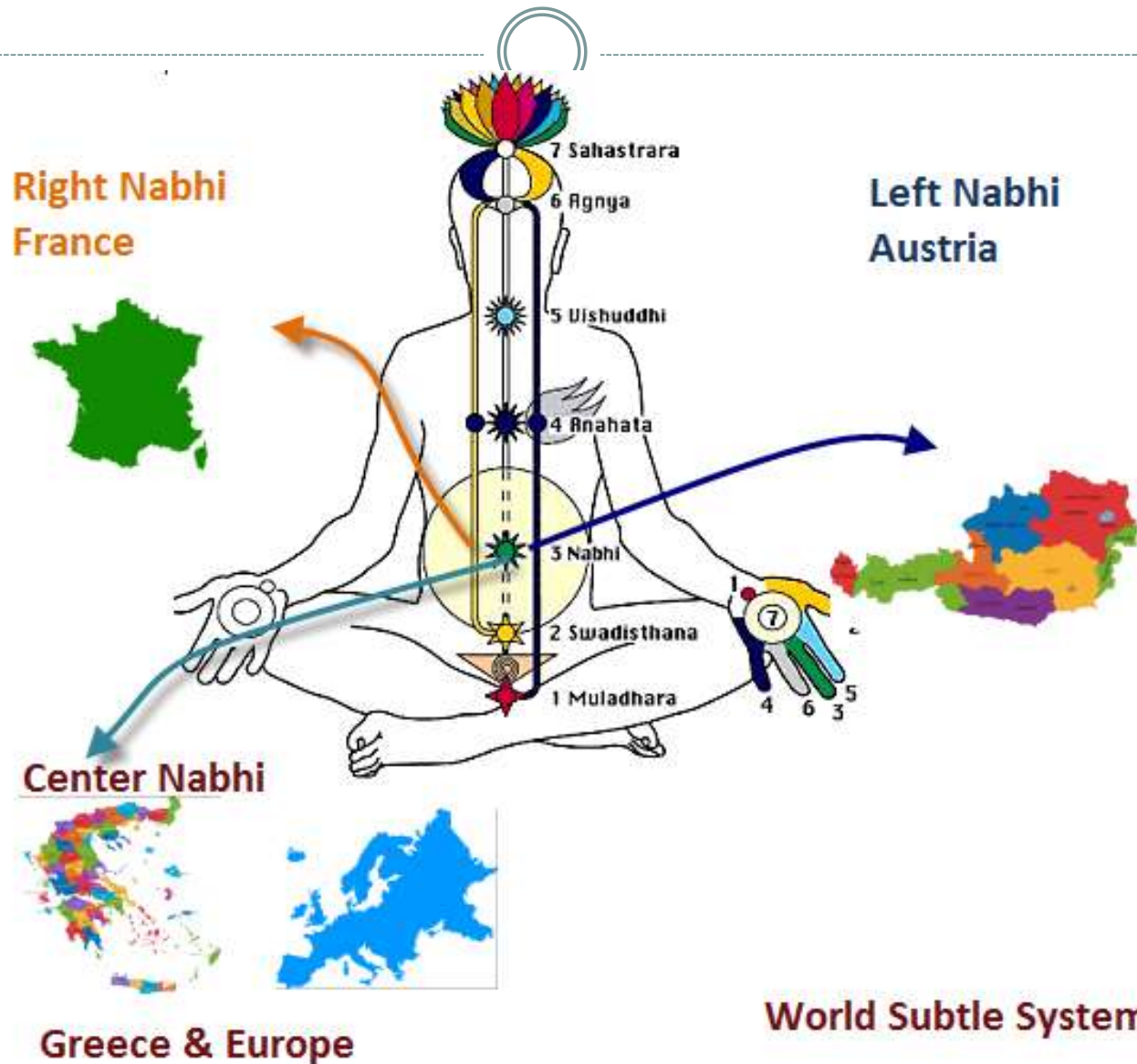
The **Swadisthan chakra** is represented by the color yellow. It is aligned with the purifying element of fire.

Swadisthan chakra qualities include:

- Creativity
- Appreciation of beauty
- Inspiration
- Idea generation
- Undistracted attention
- Keen intellectual perception
- Pure knowledge
- Spiritual knowledge

The fundamental quality of the Swadisthan is creativity. It is through this chakra that your creative energy is generated. The Swadisthan also governs attention, inspiration and pure knowledge.

# Nabhi/ 3<sup>rd</sup> Chakra World Positions



# Qualities that the citizens are responsible for



The **Nabhi chakra** is represented by the color green. It is aligned with the essential element of water.

Nabhi chakra qualities include:

- Generosity
- Nurturing
- Contentment (or satisfaction)
- Peace
- Joy
- Balance
- Righteousness (or dharma)
- Honesty
- Pure attention
- Dignity
- Evolution (or the achievement of goals)

The Nabhi chakra imparts several fundamental qualities, including generosity and the capacity to evolve. It is through your Nabhi chakra that you experience a desire to grow, improve and achieve your goals. It influences every “seeking” action within your life, from the fundamental quest for food and water to your quest for peace and spirituality.

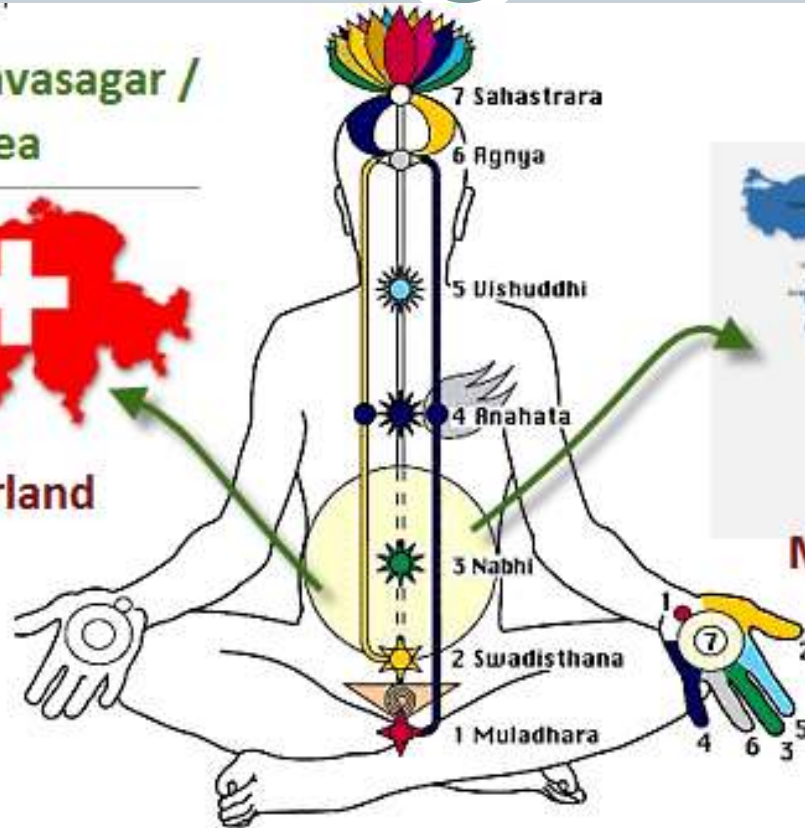
Because of this chakra, you have the capacity to evolve progressively to a higher stage of life.

# Bhavsagar/ Void Area Position

## The Bhavasagar / Void Area



Switzerland



Middle East

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# Important Roles for the citizens to play!



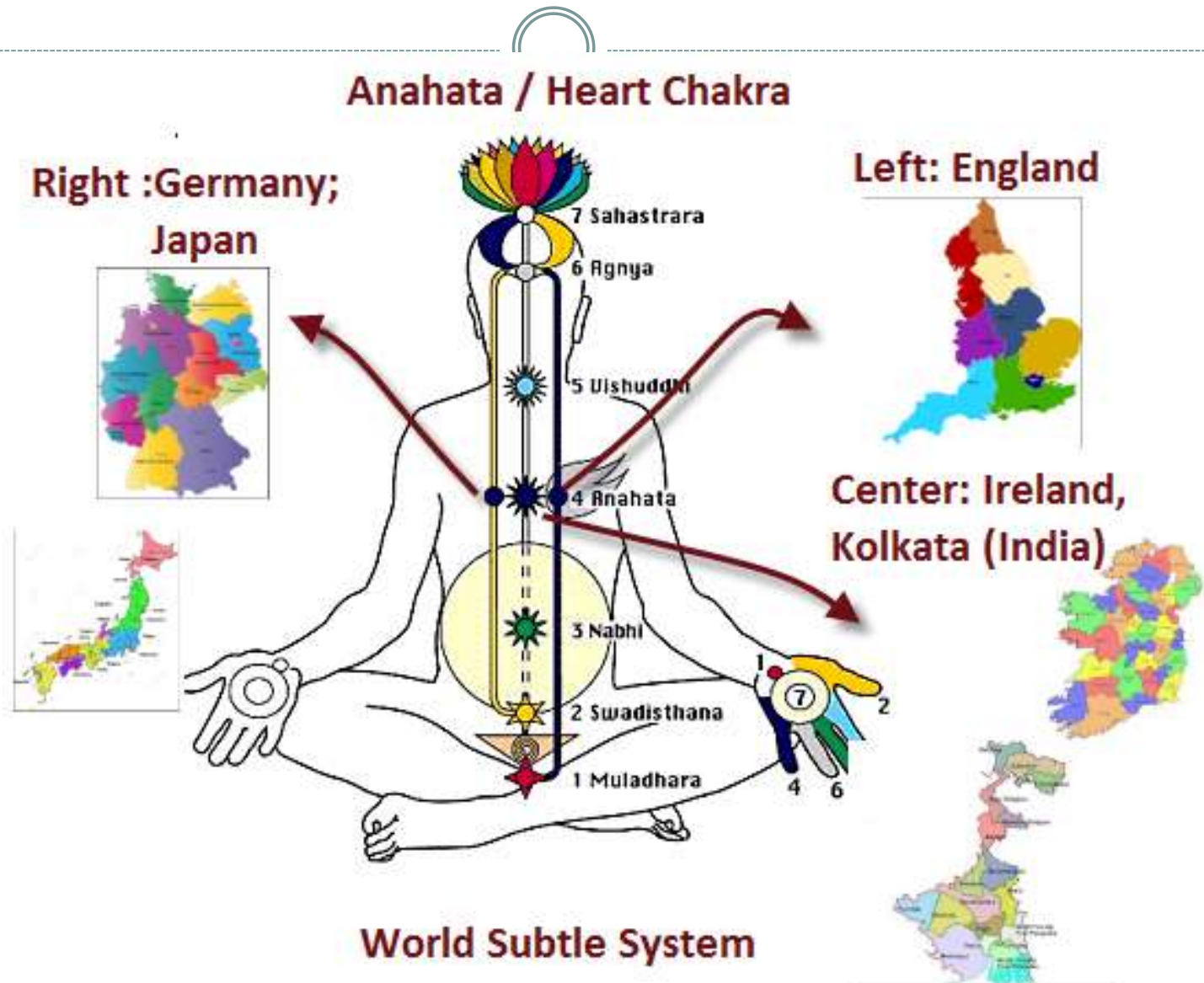
The Void is represented by the color green. It is aligned with the elements of sky and saltwater. It is symbolic of the ocean within each of us.

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)

The Void, along with your Nabhi and Swadisthan chakras, represents an integrated spiritual group. Together, these three elements dictate the course of your evolution, from your creation to your ultimate awareness of spirituality and your journey thereon.

# Anahata / Heart Chakra Positions on World Map



# Heart Chakra Blessings & Citizen Roles



The Anahat chakra is represented by the color red. It is aligned with the essential element of air.

Anahat chakra qualities include:

- Unconditional love
- Unconditional compassion
- Gracious behavior
- Truth
- Joy
- Confidence
- Absence of fear and sense of security in life
- Positive paternal and maternal relationships

The fundamental quality of the Anahat chakra is unconditional love.

It is through energizing the heart chakra that you are able to become confident, self-assured, morally responsible and emotionally well balanced.

When you open yourself to the qualities of the Anahat chakra, you will experience the pure joy of existence.

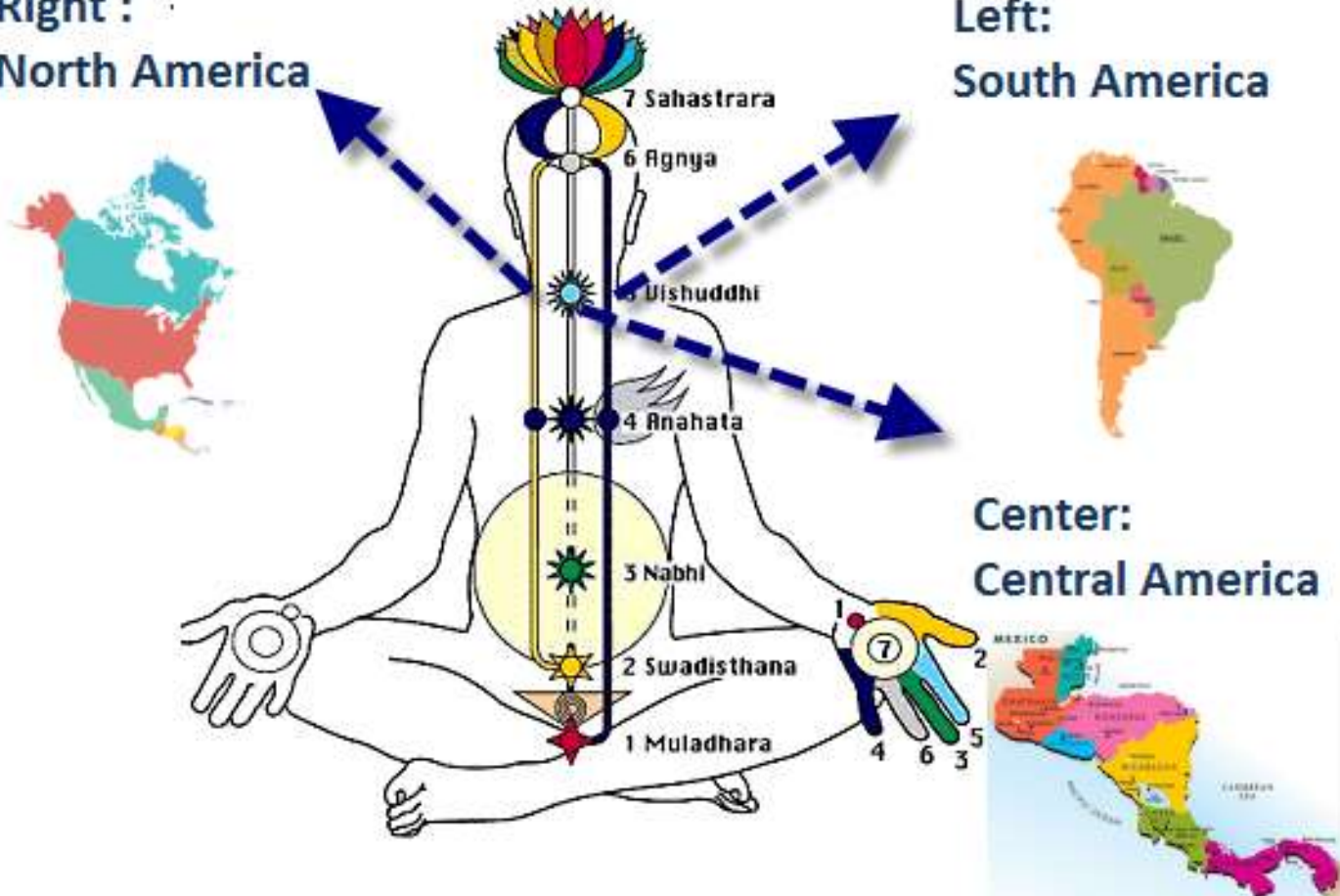
You also discover your purpose and place in the world.

# Vishuddhi/ Throat Chakra Positions

## Vishuddhi/ Throat Chakra

Right :  
North America

Left:  
South America



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# Roles of Citizens at the Throat Chakra



The Vishuddhi/ Throat chakra is represented by a light shade of blue. It is aligned with the purifying element of ether.

Vishuddhi chakra qualities include:

- Positive relationships
- Effective communication
- Politeness
- Diplomacy
- Sense of community
- Pleasant personality

The fundamental qualities imparted by your Vishuddhi chakra include effective communication and a sense of community. When your Vishuddhi is balanced and energized, you feel in harmony with the rest of humanity. It is through the Vishuddhi chakra that you receive the ability to be diplomatic, polite and pleasant.

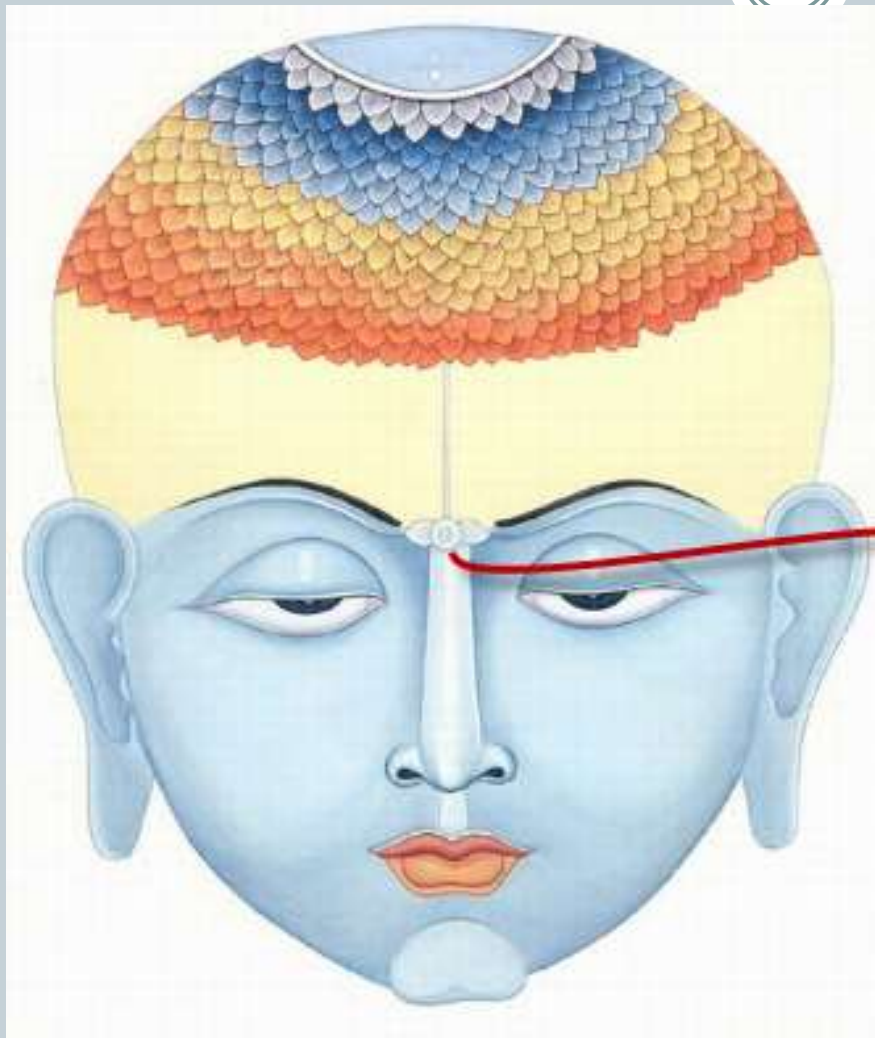
The Vishuddhi chakra also gives you the ability to accept shortcomings and challenges without feelings of guilt.

# Role of Americans for world spiritual growth



- A balanced Vishuddhi is essential to your growth as a spiritual being.
- It is also essential to the growth of positive and healthy relationships with others.
- Diplomacy and respect are both enhanced by the strength of this chakra.
- Practice of meditation in Sahaja Yoga enables you to energize and protect both the left and right sides of your Vishuddhi chakra.
- You can also energize this chakra when you speak from the heart and praise rather than criticize.

# Hamsa Chakra – For Divine Discretion

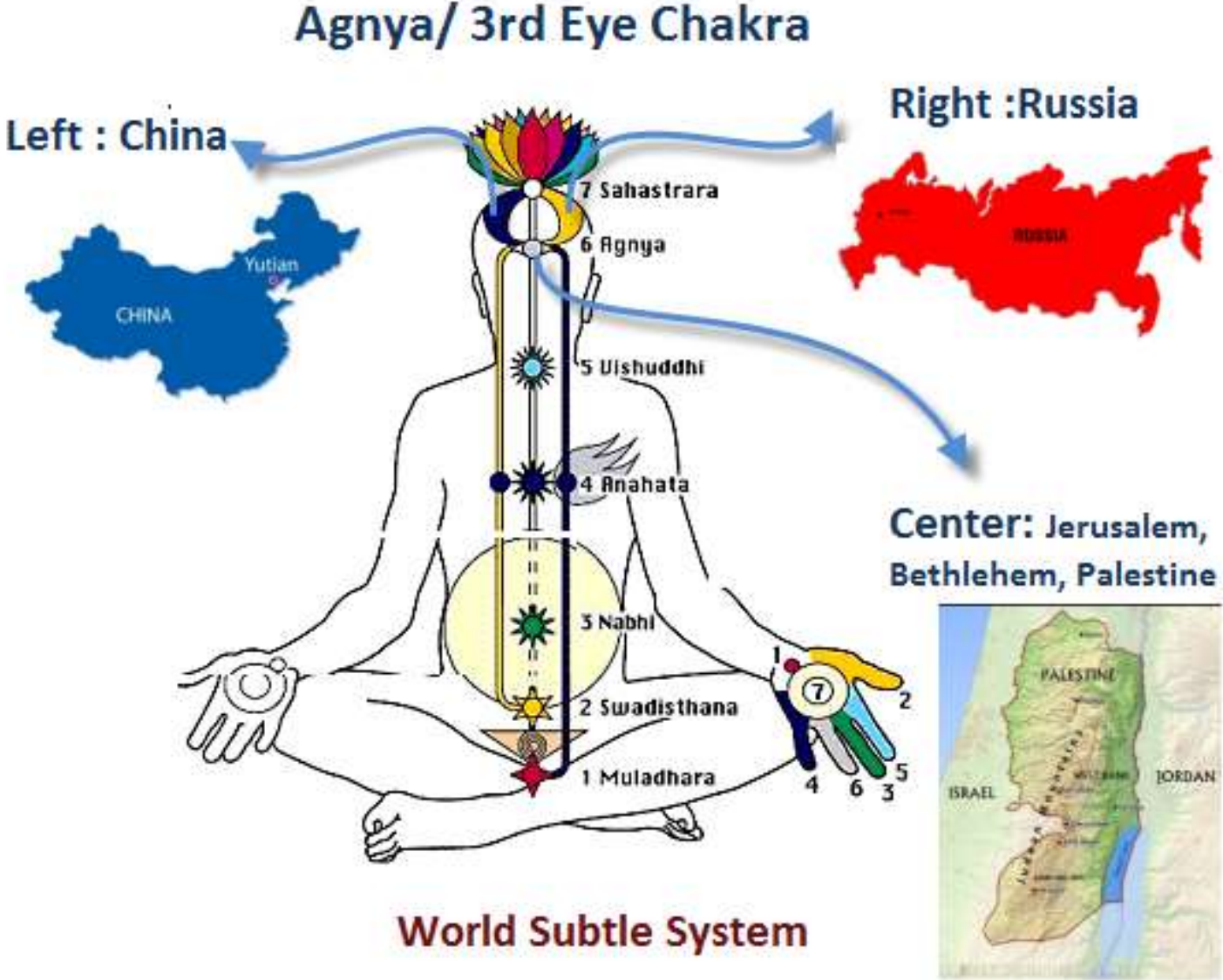


Discretion means that you must choose the things which are good for you, which are benevolent to you, which are good for the collective, which are good for your ascent.

**Hamsa Chakra:  
Blesses us with divine  
discretion**



# Agnya / 3<sup>rd</sup> Eye Chakra World Positions



# Roles & responsibilities of citizens in this area



The color silver represents the Agnya chakra. This chakra is aligned with the essential element of air.

Agnya chakra qualities include:

- Forgiveness
- Compassion
- Humility
- Thoughtless awareness
- Ego and superego

The primary quality of Agnya is forgiveness.

It is through this chakra that you learn to forgive yourself and others for human shortcomings.

The Agnya chakra is also referred to as “the third eye.” When energized, this chakra allows you to achieve the thoughtless awareness, or mental silence, that is so essential to rejuvenating meditation.

# Citizens Here Need to Exemplify Forgiveness



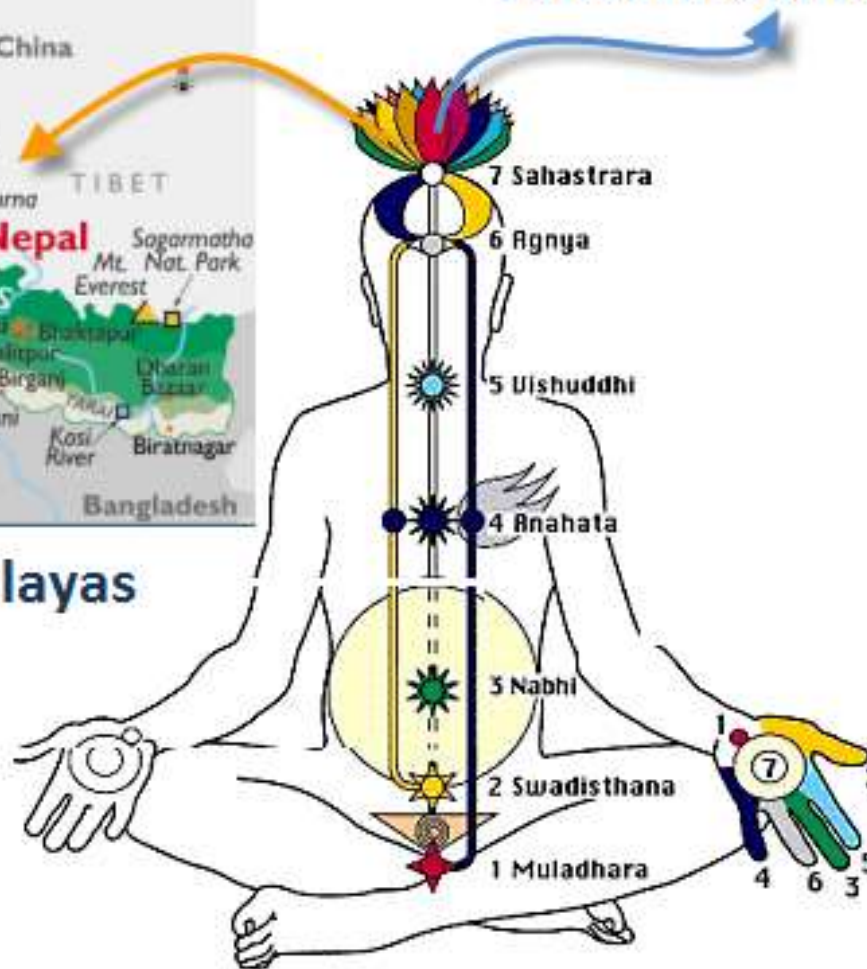
- The Agnya chakra is the gateway to your Sahasrara chakra, which symbolizes the purest spiritual realm.
- Sahaja Yoga meditation is the simplest way to purify your mind and intentions.
- It allows your Kundalini energy to pass through the Agnya chakra and into the Sahasrara.
- The experience is quite miraculous, relieving and joyous as you find yourself connected to the higher power that created the universe.

# Sahasrara / Crown Chakra Position On World Map



The Himalayas

## Sahasrara Chakra



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# Qualities of the Himalayan Region



It is through the Sahasrara chakra that you are able to connect to the power that created you. Through this, you may discover the meaning of your life. It represents your ultimate destination – the realization of heaven on earth.

Sahasrara chakra qualities include:

- A sense of “oneness” with the universe (also known as “integration”)
- Thoughtless awareness or mental silence
- Doubtless awareness or awareness of the divine energy

Each of your six main chakras (from Mooladhara through Agnya) has roots within your brain.

When you practice Sahaja Yoga, the Kundalini rises. It passes through each of the six chakras and settles in the limbic region of your brain. This process is also known as Spiritual Enlightenment.



[www.sahajayoga.org](http://www.sahajayoga.org)



Citizens of various countries should wake up to this spiritual call and start working towards reaching the ONE destination that we all crave for...World Peace!

You will notice that citizens are already blessed with the qualities as given with each chakra – eg. Africa is known for its stellar creativity (2<sup>nd</sup> chakra) – be it music, songs..and America (5<sup>th</sup> Chakra) is known for its communication skills and building communities.. bringing people closer – Facebook, Whatsapp.....