



WEDNESDAY MANTRA MEDITATION CLASSES IN NYC

September 6, 13, 20, 27; October 4, 11, 18 (7:15pm-8:45pm)

Reflection Yoga center: 227 east 24th street (between 2nd & 3rd avenue), NYC, 10010

More information: call 215-862-3768 or 212-689-2006 or Email: admin@chakrainstitute.com

Seven Chakras and Seven Goddesses

Tantra refers to the expansion of awareness. The beliefs of Tantra are the existence of gods and goddesses (archetypes). These are the patterns of energy that may be invoked to help the functioning of the chakras.

The first five chakras are related to a specific element or a quality. The element of the first chakra is Earth. The second -Water. The third - Fire. The forth - Air. The fifth - space (Aakasha). The goddesses of each of these chakras help in tuning the elements into energy. When the sixth chakra goddess awakens, energy becomes of a lighter quality, called Sattva.

Psychologist Carl Jung believed that the "collective unconscious" of humankind contained various archetypes that could influence individual minds. Both the Tantric deities and Jung's archetypes reflect the view that there are enduring nonmaterial patterns of energy and information in the universe that can aid the expansion of the mind.

Mantras chanted properly with the technique of Nada Yoga turn sound into light through Soorya Aakasha. The results are nothing less than amazing.

Sri Shyamji has been teaching the metaphysics of sound and breath for over 40 years. His voice produces a very rare effect called Soorya Akasha (golden space) that helps the listener to seamlessly enter a deep state of meditation. He will teach how to precisely use flowing note melodies to enhance our health and accelerate our spiritual growth.

He will conclude the classes with healing mantra accompanied by a tambura, leading to deep meditation. (Tambura is an ancient gourd instrument that has the most unique sound).

Please eat lightly before the class.

Pay at the door (cash or check) or call to pay by credit card: 215 862-3768.

Choose any of four classes of these series for \$100 or three classes for \$80 or \$30 for each.

First class for newcomers: \$15. Bring a friend and pay 50%

Private consultations: [Chakra Analysis](#), [Microchakra Tuning with Sri Shyamji](#) and [Facial Inner Tuning®](#) massage with certified InnerTuning teacher are available.