

## Three-Body Purification with Sri Shyamji Bhatnagar

Bodily toxicity, unnatural life-style, negative thinking and emotional shock disturbs the three bodies: physical, feeling and thought. Chakra Institute offers intense five-day cleansing. Many past participants have found this program life trans-forming.

Between the cells of our physical body there is a considerable space. This space is pervaded by two invisible bodies just as radio waves pervade the “solid” walls of a room. Ancient Indian teachings call the first invisible body, the subtle body. It is the seat of our feelings. The second invisible body pervades both the physical body and the subtle body. It is called the causal body and is the origin of our thoughts.

The subtle body has seven major spinning wheels of energy (chakras) which obtain most of their energy from the five basic elements of Earth, Water, Fire, Air and Akash (Space). Elements and combinations of elements play an essential role in determining how we feel. Under conditions of stress and toxicity, the elements lose some of their purity and potency. This may have a negative effect on our feelings. A dispersed Earth element may make us feel weak and sluggish. Polluted Air can cause us to feel uncaring.

Sri Shyamji Bhatnagar has had over four decades of experience in helping people to purify the elements and integrate the three bodies. Except where contraindicated, participants do not eat solid food for the five-day period. They are provided with high quality herbs and husks, teas, vitamin C, special tonics and delicious protein shakes. This diet is intended to cleanse the internal organs. A special food program can be designed according to the participant’s needs.

RETEAT PRACTICES include: Twice-daily classes: Microchakra Psychology, Naada and Svar Yoga ; Visualization; Microtone chanting; InnerTuning movements and walks; Mauna (speech fast) is observed until noon; Sunrise meditation; Video- Bhagavat-Gita from a living saint; A nutrition class and group chanting among other activities. Chakra Analysis private consultations with Sri Shyamji will be available during Retreat.

It takes two days to purify the physical body. As Sri Shyamji’s sounds and mantras are chanted, they act deeply on the subtle body. On the third day, emphasis shifts to the subtle body and feelings which have been buried beneath our awareness. This supports the purification process and helps to increase sensitivity to sound. On the third day, the subtle body begins to respond to the sounds. On the fourth day, purified energy from the physical and subtle body is refined enough to penetrate the causal body. The process of thinking itself may begin to feel clearer.

Special sounds which produce soorya (golden) aakasha are chanted. This highly refined aakasha pushes more dense and toxic aakasha out of the causal body. Consequently, the breathing rate drops and participants feel freer to meditate. The fifth day is devoted to consolidating the gains of the previous days and preparing to preserve them after the retreat ends.

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