

Chakras and Well-being

Tapping into our
Energy Potential

Based on the teachings of
Sri Vasudeva



Blue Star Canada

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Our Goals

- *Create an understanding and experience of using our full energy potential for wellbeing*
- *To become more conscious of our subtle energy being in all we do*

Anatomy of the Human Experience

Source → "I" Ego → Instruments → Physical Body → Environment



I am



Manas/Intellect/Ego

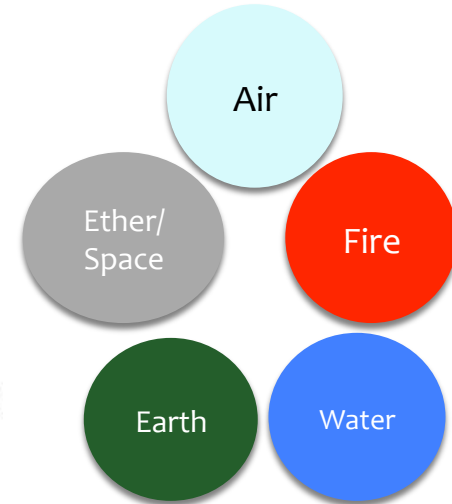
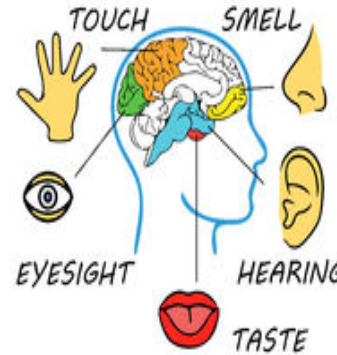
Communication

Emotion

Vitality of body

Generative power

Grounding



Mahabhutas
(gross elements)

Infinite
Consciousness

The Driver

Source

Subtle Body

Gross Body

Gross Field

CHAKRAS: DOORWAYS TO THE UNIVERSE



Driver is subtle energy body

- *If you want to have the most exciting relationship with your body as a soul being, or subtle energy being, you need to understand the subtle science of well-being... Sri Vasudeva*
- It's the body of light inside of this physical one
- The more you expand your consciousness, the more you'll perceive it
- In the physical body you have organs for seeing, smelling, tasting, touching, hearing.
- All these senses are driven by powers from your subtle body through prana and through intention and attention

Our multi-dimensionality

- We have seven levels in the multi-dimensionality
- Crown – infinite consciousness, unity consciousness, harmonious co-existence
- Eyebrow – mental awareness, mind operation, intelligence and intuition
- Throat – communication, creativity

Our multi-dimensional contd

- Heart - emotions, feelings e.g. loving brings compassion and healing energy
- Navel – radiance, vitality e.g. strong core brings confidence and self esteem
- Sacral – procreation, sexuality, pleasure
- Root – grounding, survival of the body

True well-being means balance

- The chakras from the throat to the root are connected to the senses and the elements of Nature
- To come into true well-being that also means harmonious balance with Nature
- We need to understand the mind with the subtle energy anatomy
- Realize it in our own awareness, feel the power of it, the experience of it

Kundalini

- In all life an **evolutionary energy** drives evolution – things adapt, change & grow
- We are continuously evolving in our consciousness through every experience
- This energy is called KUNDALINI

Consciousness precedes Energy

- All of life is based on Consciousness
- Energy comes out of consciousness
- Consciousness is the **witnessing** aspect of us - we can use an intention to generate energy
- The energy experience is time-based but the consciousness is timeless and limitless
- **Our well being depends on the quality, level and balance of the energy**
- The more conscious we are, the more we can **observe** all the energies and their fluctuations. Then we can begin to manage them through intention and attention

Kundalini provides infinitely intelligent GUIDANCE

- Every inner urge to improve and evolve comes from this Energy
- To be receptive to guidance, need to expand our consciousness
- And as much as possible, come into the state of pure being where we can begin to see more

Expanding our consciousness

- Helpful to be in the field of a Master
- Or a Group that can come into a co-creative space
- Disciplined practice of coming more and more into the role of observer – of body, emotion, breath etc.

Chakra Meditation

Bhuta Shuddi (chakra meditation) is a process of purifying the nadis associated with the five elements of earth, water, fire, air, and space, which operate in conjunction with the lower five chakras



Meditation Practice

Manage and harmonize all aspects of our being:

- Mind – peaceful, creative, intuitive, open and aware
- Emotions – loving-kindness, compassionate, intelligent
- Vitality – confidence, strength, fearlessness
- Guruji meditation video on Chakras and WellBeing:
- <https://www.youtube.com/watch?v=JA0qf17T6is/>
- Centering - time 14:40 – 30:04 **** (15mins)

Contemplation Journal

Physical Being

Did I have a greater awareness of my physical body? Was it relaxed or was there tension in any area?

Was the breath slow? Even and flowing?

Mental Being

Was my mind peaceful or preoccupied?

What kind of thoughts came in the mind?

Was I able to use the intellect help quiet the mind?

Emotional Being

What kind of emotions came into the space? Fear, anxiety, love.. Did I feel uplifted?

Social Consciousness

The environment has an impact on our meditation. What did I feel in the space around me?

Was I in an expanded state of awareness?

Spiritual Being

Did I feel secure in this experience?

Did I feel comforted after the meditation?

What did I feel? Joy, wisdom, peace?

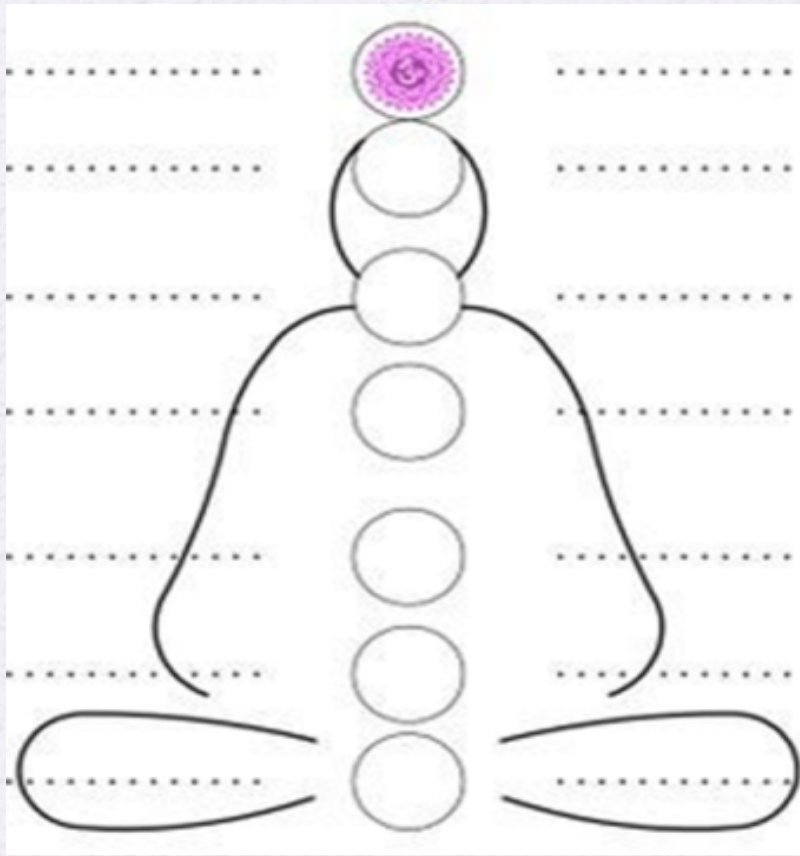
Did I feel my love growing?

Was I observing?

An Aha moment

- Journal what learning or message from this session impacted you the most today
- How can you integrate this into your everyday practices?

Chakra Worksheet



- Print out the diagram and use your awareness of multidimensionality and subtle body to fill in the following:
 1. The experience of subtle being at every chakra.
 2. The sense associated with every chakra.
 3. The element associated with every chakra.

Questions

- Panel discussion