

## **Purification of three bodies & Advanced Sounds**

Sri Shyamji Bhatnagar

**3 - 11 July 2010**



Bodily toxicity, unnatural life-style, negative thinking and emotional shock disturbs the three bodies: physical- body, feeling-body and thought-body. Sri Centre offers intense five-day cleansings for these bodies. Many past participants have found these cleansings life transforming.

**Between the cells of our physical body there is 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. They may then 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

**Chakra-tuning has had over four decades of experience in helping people to purify the elements and integrate the three bodies. Fasting is fundamental to the purification process.** Participants do not eat solid food for the five-day period. \* They are provided with high quality herbs and husks, teas, vitamin C and special tonics. This diet is intended to cleanse the intestinal and urinary tracts. Other practices include chakra-Tuning synchronization of the brain hemispheres with the breath at dawn followed by dawn meditation. There will be yoga practices, visualizations and deep tone chanting. Each day concludes with Aarti, an ancient practice which balances the hemispheres of the brain.

It takes two days to purify the physical body. On the third day, emphasis shifts to the subtle body and feelings which may have been buried beneath our awareness. As the **Chakra-Tuning sounds and mantras** are chanted they act deeply on the subtle body. 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 surya (golden) akash are chanted.** This highly refined akash pushes more dense and toxic akash 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.

*\* If you are not capable to join in complete fasting, you can join the special food program.*

## **PART 2 : ADVANCED SOUNDS and MANTRA,**

Second part 8-12 July, 2009: Barchem, Netherlands

### **Dissolution of the Saboteurs of the Right Channel**

Three bodies purification brings APANA DOWN in the right channel and allows the PRANA to rise in the left channel thus creating an atmosphere for new openings in the microchakras. When the APANA is down in the right channel, it gives Shyamji the opportunity to make sounds that loosen connections of triangles and other diagrams. Negative emotions such as anger, jealousy, fear and hate lose their intensity. One feels freer and more energetic. This allows the participants to sustain higher chakra awareness longer during meditation as the surya akasha is absorbed by the three bodies.

This five day workshop for advanced sounds is offered only to students who have completed the three bodies purification.

#### **LOCATION :**

De Woodbrookers in Barchem (near Lochem) in the Netherlands. ([www.woodbrookers.nl](http://www.woodbrookers.nl))

#### **COSTS:**

##### **Part 1:**

purification, price 650 euros p.p. all included.

couples 600 pp

Saturday 3 July - Wednesday 7 July.

##### **Part 1+2:**

advanced sounds, price part 1+2 = 1110 euros p.p. all included. / couples 1060 pp

Saturday 3 July - Sunday 12 July.

##### **Superior rooms:**

The Woodbrookers have simple accommodation. There are a small number of luxury rooms available with bathroom.

Price for part 1- luxury : 770 euros pp, / couples 720 pp

Price part 1+2 - luxury : 1370 euros pp. / couples 1300 pp

#### **REGISTRATION / INFO**

Send email to [Dirk Uittenbogaard, d.uittenbogaard@online.nl](mailto:d.uittenbogaard@online.nl)

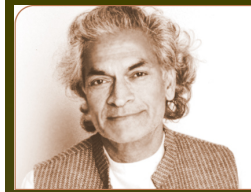
or send letter to : Broekveldseweg 5, 6991 XT Rheden, Netherlands

Or call **00 31( 0)26 - 49 55 490**

please include in your registration :

- name, address, phonenumber ,
- registration for Part 1 or Part 1+2 ,
- normal room or luxury room. *Booking of superior rooms will be accepted in order of application.*

*The staff members speak French, Dutch and English.*



Sri Shyamji Bhatnagar is a Master of Naada Yoga. He met his spiritual teacher at the age 12 in his native India. In 1970 he founded SRI Center International in the US.

He is the originator of Microchakra Psychology and the InnerTuning system.

For over four decades professionals in India, Europe and America have enriched their lives through his work.

meet his teaching at

[purificationretreat.com](http://purificationretreat.com)