

Shakti Spurana Program - *The Flowering of Energy*

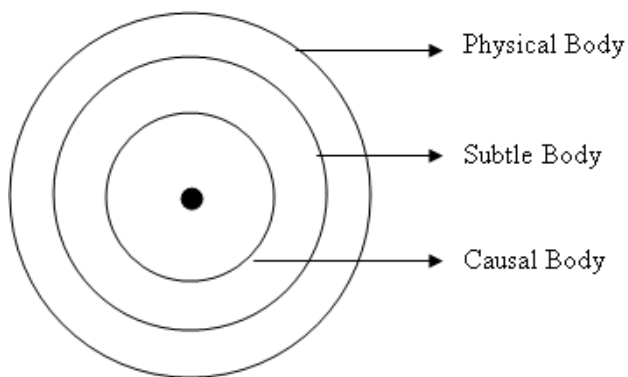
"You are Energy; the Energy is Intelligence; the Energy is Beauty; the Energy is Bliss; You are only not aware of it" - Swamiji



A one-day program designed by the Master, giving us an insight into these 3 Energy Bodies - **The Physical Body, The Subtle Body and The Causal Body**. The focus of the program is the emotions that block the Energy flow in these bodies along with Meditation techniques to cleanse them.

The totality of the human is a sum of a physical body and a deeper series of bodies. This is what differentiates us from rocks, and in some sense animals.

We have what has been long-regarded as a 'consciousness' that accompanies the physical vehicle. Both of these are symbiotic, reliant upon each other to work. The physical body needs the consciousness to be aware of the fact that it does actually exist, and the consciousness relies upon the physical body to 'do' things.



The subtle body reacts to and records all of our life experiences. Depending on our reaction to these experiences, imbalances can occur. When all our subtle bodies are balanced we can perform at our optimal physical, mental and emotional potential. It is when imbalances occur that we often experience problems in our lives.

The enveloping Causal Body is the subtlest level of personal individuality, the enlivening source of life and consciousness for the current personality, all past life personalities, and all future life personalities. It could be called the Higher-Self. Your causal body is the storehouse of all your impressions and latent energies in you, all your Vasanas. When this hidden material in the causal body expresses itself as feelings and thoughts it takes the form of your subtle body. The same material works out as perceptions and actions in the gross body. Let the causal body be instilled with the suggestion of health, the subtle body will entertain thoughts of health and the physical body is bound to be healthy. A man is the architect of his own personality inasmuch as it is his own causal body that is responsible for his behavior, movements and environments.

Approach: Suppressed Emotions, Unfulfilled desires, Restlessness, Nervousness, a Tamasic attitude, Lethargy and similar such emotions associated with these 3 Energy Bodies are looked into and a clear explanation of the roots analyzed. Further, meditation techniques designed by Swamiji are practiced in His presence and experiences shared and insights offered. Time and again Psychologists and Psychiatrists have counseled people to help break through these trapped emotions. Today, a Modern Mystic, having attained the state of 'Nithyananda (Eternal Bliss)', gives answers and meditation techniques to kindle the intelligence in each one of us to help us come out of these entrapped emotions.

The meditation techniques are taken from the age old Vijnana Bhairava Tantra and Patanjali scriptures. The techniques are full proofed, scientifically proven, and time tested for thousands of years.