

1-day Workshop: Chakra Activation and Healing with Rudra Shivananda



**Attain Balance and Health in this Life
Eliminate Fatigue and Stress by Activating the Energy Centers
Transform these *chakras* to facilitate the flow of *Kundalini***

True healing involves the healing of not only the physical body, but also the energetic, emotional, mental, and causal bodies – together these bodies form all the aspects of the unenlightened soul. The *chakras* or energy centers are the dynamic and transformational contacts for all these aspects of existence and the universal source of energy and power. The development of the *chakras* is critical for health as well as for spiritual evolution. Each *chakra* has an optimum rate of vibration in relation to the Universal Life Force, as well as to other *chakras*.

The student's *chakras* will first be activated by ***Shakti* transmission**, followed by a ***Chakra Puja*** done to enhance and protect the *chakras* of the participants. Next, the techniques for tuning and balancing each *chakra* are explained. After balance is achieved, then the student will practice techniques for rejuvenating the physical body, energizing the astral energy body, detoxifying the emotional body and transforming the mental body. Finally, the students will be initiated into the advanced ***Chakra Bhutashuddhi Kriya***.

Rudra Shivananda is dedicated to the service of humanity through the furthering of human awareness and spiritual evolution. He teaches that the only lasting way to bring happiness into one's life is by a consistent practice of awareness and transformation. He has committed himself to spreading the message of the immortal Being called *Babaji*. He teaches the message of World and Individual Peace through the practice of *Kriya Yoga*. He is trained as an *Acharya* or Spiritual Preceptor in the Indian *Nath* Tradition, closely associated with the *Siddha* tradition. To reduce suffering and increase well-being, Rudra Shivananda gives self-Healing workshops based on the powerful ancient techniques of the Himalayan sages. He lives and works in the San Francisco Bay area, and has given initiations and workshops in USA, Russia, Brazil, Singapore, Malaysia, Ireland, India, England, Japan and Spain, as well as authored five books on self-Healing and spiritual evolution: "*Chakra self-Healing*", "*Surya Yoga*", "Breathe like your life depends on it!", "The Yoga of Purification and Transformation," and "In Light of Kriya Yoga."

Cost of Workshop: \$130