

CALIFORNIA INSTITUTE FOR HUMAN SCIENCE

Spiritual Education: Muladhara Chakra Awakening

PSY/IH/LP/CRP 504/704 BIS 404

Instructor: Yukihiro Takeshima/Paul Grilley

Course Outline and Requirements:

Textbooks:

There is no required text in this course.

Recommended texts are: Awakening of Chakras and Emancipation, Theories of Chakras, Motoyama Meridian Exercises for Ki Practice, (you can purchase those books from CIHS)

Course Content:

This is the first of the series of the courses designed to provide the students with practical meditation practice guided by meditation adepts. The first course is for the activation of the base (Muladhara) chakra located at the base of the spine. It is said that this chakra need to be activated first in order to successfully activate other chakras. Outline theory of the chakras and its relevance to human spiritual development will also be explained.

Course Objectives:

- ◆ To learn basic concept of “Motoyama yoga “
- ◆ To learn meridian exercise
- ◆ To provide understanding of theories of muladhara chakra.
- ◆ To learn technique to concentrate on muladhara chakra
- ◆ To learn breathing exercise, mudra and meditation to focus on muladhara chakra
- ◆ To enable students to comprehend the muladhara chakra and relationship with other chakras

Expected Learning Outcomes:

By the end of the course the student should be able to . . .

- Understand basic concept of Motoyama yoga and its aim
- Be familiar with the theories of Muladhara chakra
- Practice basic meridian exercise and meditation to focus on Muladhara chakra

Course Requirements and Grading Policy

75 Participation in all classes – 3/27, 28, 29 & 30.

25 Brief report

100 Total

Grading Scale

90 – 100 = A

80 - 89 = B

70 - 79 = C

60 – 69 = D

59 below = F

Schedule

3/27

- Morning session 9am-10:30am
- Meridian exercise by Takeshima
(Pawanmuktasana, hip-joint exercise, sacro-iliac joint exercise etc.)
- 10:30am-12pm
- Lecture by Paul Grilley on concept of Motoyama yoga
- Afternoon session 2pm-5pm (by Takeshima)
- Lecture on the Muladhara chakra
(concept of the Muladhara chakra, sushumuna purification, lower abdominal breathing)
 - Practice to concentration on the Muladhara chakra
 - Q & A

3/28

- Morning session 9am-10am (by Takeshima)
- Meridian Exercise
- 10am-12pm (by Takeshima)
- Breathing exercise, ashvini mudra, meditation practice focusing on Muladhara and ajna chakra
 - Q & A
- Afternoon session 2pm-5pm (by Takeshima)
- Lecture on the methods on awakening of the chakras and their meanings
 - Meditation practice
 - World peace prayer – chanting heart sutra -
 - Q & A

3/29

- Meditation Session 6pm~9pm

3/30

- Meditation Session 6pm ~9pm