

Manipura Chakra Awakening Workshop

April 14 & 15, 2012

“Manipura” literally means, “filled with jewels.” As the name indicates, the manipura is an enchanting chakra—it is here that the Kundalini shakti begins its ascent toward higher dimensions. In Tantric Buddhism, the manipura is referred to as the “hara,” which means “to leave.” It is taught that the process of true spiritual evolution begins when the kundalini is awakened in the manipura, and the upward journey through the higher chakras is initiated. Consequently, the manipura is considered the starting point for spiritual evolution and higher human development.

In tantric yoga, the manipura is associated with the principle (*tattva*) of fire. It also functions as a control center for emotions and imagination coming from the astral dimension. At the physical level, the manipura is closely related to the digestive system, and to the stomach and spleen meridians. The “gate” of the manipura chakra is located about one inch above the navel, at the acupuncture point *chukan* (CV12), while the “root” of the manipura lies between thoracic vertebra 12 and lumbar vertebra 1.

Awakening the manipura chakra can enable one to feel the flow of subtle energy in the body and to “see” the color of this energy. Practitioners with an active/awakened manipura chakra can also improve their digestive health and expand the depth and breadth of their emotional understanding. This enables us to become more sensitive to how others feel. It is important to awaken this chakra safely in order to live harmoniously with others, to evolve spiritually, and to understand the various spiritual dimensions.

Awakening the manipura chakra can also improve one’s ability to practice or participate in any of the healing arts. As a result, anyone, from beginning students to experienced yogis, can benefit from this workshop. We hope you will join us for this special weekend with gifted and experienced teachers!

Workshop Schedule

April 14 (Sat.)

Morning session

- Meridian exercise by Takeshima (9am – 10:30am)

Pawanmuktasana – A series of movements intended to improve and invigorate the flow of prana through all of the major joints of the body. (Without exercise, body fluid tends to stagnate in the joints.)

Hip-joint exercise, Sacro-iliac joint exercise, etc. – A series of exercises intended to align the sacrum bone, ilium bones, sacroiliac joints, and hip joints, which together form the pelvis, the base of physical body.

- Lecture by Paul Grilley on concept of Motoyama yoga (10:30am-12pm)

Afternoon session 2pm-5pm (by Takeshima)

- Lecture on the Manipura chakra
Lecture will cover the concept of the Manipura chakra, lower abdominal breathing, the circulation of light technique (*shoshuten*), trataka, and nauli.
- Practice to concentrate on the Manipura chakra
- Q & A

April 15 (Sun.)

Morning session 9am-12pm

- Meridian exercise by Takeshima
- Breathing exercise (nadi shodan pranayama)
- Review of day 1 (trataka, nauli, etc.)
- Meditation practice (Svadhithana, manipura and Ajna chakra)

Afternoon session 2pm-5pm (by Takeshima)

- Lecture – on the importance of achieving balanced physical energy before starting spiritual practice
- Meditation practice
- Q & A
- World peace prayer – chanting the heart sutra.