

Exploring the Chakras within a Transformative Paradigm

an online course with

Dr. Soumitra Basu

organised by NAMAHA, the Journal of Integral Health from

17-22 January 2022 with sessions at 4pm IST with 1:30 hours duration

*We invite you to join **Dr. Soumitra Basu** on a journey of discovery
into the chakras through the lens of Integral Yoga.*

Sri Aurobindo focuses on the central truth of the chakras without subjection to the old forms and symbols. In the older system, the awakening of the *Kundalini* has been adopted and became risky when proper guides were no longer available. Sri Aurobindo described that the Force of Transformation could open the chakras from above downwards in a new denouement that is less hazardous. However, here, no external guide is needed. What is needed is the Inner Guide or psychic being, that is distinct from the heart chakra and facilitates the Descent of the Force of transformation.

In this workshop, we will focus on the psychological approach to these centres of consciousness from the perspective of Consciousness-based Psychology.



Dr. SOUMITRA BASU



is a consultant psychiatrist, practising in Kolkata and Pondicherry. He works with Consciousness paradigms of health and psychology. He conducts workshops on personal growth and is a Founder-Editor of NAMAHA, the Journal of Integral Health. He is author of the book, Integral Health. He is deeply interested in the interplay of Aurobindonian metaphysics and mental health. He has developed a module of Consciousness-Based Psychology (CBP) and, along with Dr. Michael Miovic of USA, has authored a book on CBP (in the press), which looks at psychopathology and counselling from an entirely new perspective that arises from the experiential teachings of Sri Aurobindo and The Mother. He can be accessed at consciousnessbasedcounselling.com.

Day 1 : The Reality of Chakras: How they are formed.

Day 2 : Sri Aurobindo's perspective of the Chakras and Kundalini awakening.

Day 3 : Experiential Working on Chakras of the base of the spine and abdomen

Day 4 : Experiential Working on chakras of the navel and the heart.

Day 5 : Introducing the psychic being into the Chakra Paradigm

Day 6 : Experiential Working on the Chakras of the Throat and the Head. Soaring Beyond the Chakras.

REGISTRATION DETAILS

Workshop fee is Rs. 2,000

Overseas: US \$ 32

The fee is non-refundable

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Zoom link and passcode will be circulated on the morning of **17th January, 2022**

