

**Three-Body Purification:**

with Sri Shyamji Bhatnagar

part 1: Sat. 6<sup>th</sup> – Wed. 10<sup>th</sup> July 2019

**Sounds for Altered States:**

part 2: Wed. 10<sup>th</sup> – Sun. 14<sup>th</sup> July 2019

Barchem, the Netherlands

## **THREE - BODY PURIFICATION RETREAT™**

We all agree that life is too rushed and hectic. We are frequently subjected to excess bodily toxicity, unnatural life-style, negative thinking and emotional issues. The Purification Retreat is designed to flush out accumulated toxicity and interrupt obsessive patterns of thinking, uncover buried feelings. Sri Shyamji has had over four decades of experience in helping people to purify and integrate the three bodies. It takes two days to purify the physical body. As Sri Shyamji's sounds and mantras are chanted, they act deeply on the subtle body. On the third day, emphasis shifts to the subtle body and feelings which have been buried beneath our awareness.

This supports the purification process and helps to increase sensitivity to sound and the subtle body begins to respond to the sounds. On the fourth day, purified energy from the physical and subtle body is refined enough to penetrate the causal body. The process of thinking itself may begin to feel clearer. Special sounds which produce soorya (golden) akasha are chanted. This highly refined akasha pushes more dense and toxic residue out of the causal body.

When purified, the breathing rate drops and participants meditate with ease.

The fifth day is devoted to consolidating the gains of the previous days and preparing to preserve them after the retreat ends with a healing chant with the ancient instrument tambura.

### **Dietary Protocol for Part 1**

**Transformative:** Except where contraindicated, participants do not eat solid food for the five-day period. They are provided with high quality herbs and husks, teas, vitamin C, special tonics and delicious protein shakes.

**Rejuvenating:** Supplemented with additional organic purifying foods such as kitcheri (mung beans and rice) which are easily digested.

### **Part 2: Advanced Workshop Sounds for Altered States**

The universe emerged from sound. All matter in the universe is vibrating and has its own fundamental note. We too have a fundamental note. We do not hear it because our senses are outwardly focused on external threats and pleasures. By engaging with the sounds of the chakras, we can invert our senses. In this process, various sounds become audible called Naadas until we hear our own fundamental note which is the primary source of bliss. Sri Shyamji's unique ability to produce the ethereal element of soorya akasha with his voice is the key to the powerful changes every participant in the retreat can expect. The absorption of soorya akasha also purifies apana (see video: <http://www.chakra institute.com/media/video-gallery/purifications/>), and helps to integrate the three bodies (physical, subtle and causal).

Sri Shyamji will chant advanced mantras, coupled with visualizations. On the last day of the retreat the extraordinary tones and overtones of the tambura (a handmade gourd instrument), will transport one to other realms of awareness. Tranquil meditation follows naturally. Many participants experience visions and altered states of awareness. Expect formation!

## Dietary Protocol for Part 2

Participants will follow a transitional diet with three organic purifying meals a day. This protocol will help to continue to detoxify and nourish your system.

## Hotel information

Woodbrooke Hotel, Woodbrookersweg 1, 7244 RB Barchem, the Netherlands.

[www.woodbrookebarchem.nl](http://www.woodbrookebarchem.nl)

Surrounded by "Kalenberg's" forests, Woodbrooke offers modern rooms and studios set in small houses on the grounds. The bright accommodation includes free Wi-Fi.

### COSTS / REGISTRATION / INFO

total costs	simple room private	luxury room 2 persons <sup>1</sup>	luxury room 3 persons <sup>1</sup>
PURIFICATION (part 1)	€ 700,-	€ 700,-	€ 670,- <sup>2</sup>
PURIFICATION + ADVANCED SOUNDS (part 1+2)	€ 1.050,- <sup>3</sup>	€ 1.050,- <sup>3</sup>	€ 990,- <sup>2</sup>

<sup>1</sup> printed costs are per person

<sup>2</sup> only available when 3 people subscribe

<sup>3</sup> upgrade to luxury room private only for part 2; € 150,- extra (if available)

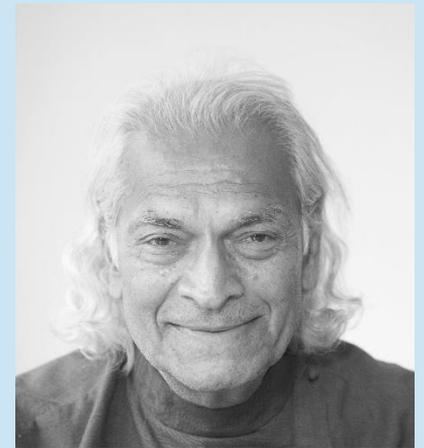
### What is a?

simple room: Small, not modernized bedroom. Small shower in the room, shared toilet in the corridor.

luxury room: Nice, modernized hotel bedroom with 2 or 3 beds, private bathroom and toilet. You can register alone (and share with someone else) or register together with somebody else.

Bookings of simple and luxury rooms will be accepted in order of receiving your first payment and registration form. Your choice is accepted if the room of your preference is still available.

*Classes will be given in English, good to follow with basic knowledge of the language. Different staff members speak French, Dutch and English.*



Sri Shyamji is the originator of Microchakra Psychology™. He was born and raised in India. At the age 12, Shyamji met his spiritual teacher, a mendicant, in the Himalayas and spent several years under his guidance.

The Guru initiated Shyamji into the Saivite tradition of Tantra—imparting a rare oral tradition of sacred sounds (naada yoga), breath (svar yoga), and spiritual wisdom.

The grace of the guru (guru kripa) and the spiritual practices he imparted are the basis for Shyamji's extraordinary intuition and unique chanting of sounds and mantras. Retreat is a rare opportunity to learn the science of sound from a true master.

Microchakras: InnerTuning for Psychological Well-being by S. Bhatnagar and D. Isaacs was published in 2009 (available in English and French at Amazon.com).

[www.chakra institute.com](http://www.chakra institute.com)

## Registration Three-Body Purification

Barchem, July 6<sup>th</sup> till 10<sup>th</sup>/14<sup>th</sup> 2019



Fill out this registration and health history form below, sign and email a scan to: [ChakraInstitute.nl@gmail.com](mailto:ChakraInstitute.nl@gmail.com) or send a photo via WhatsApp or Text to: 0031 6 49420294  
After registration we will send you follow-up info with details and payment instructions with (Dutch) european-iban number.

Name: \_\_\_\_\_ (first name, surname)

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Country: \_\_\_\_\_ (city, country)

E-mail: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_ (the phone you bring to Barchem)

- Part 1 or Part 1+2:     Three-Body Purification (part 1)  
                               Three-Body Purification + Sounds for Altered States (part 1+2)

Participated a Purification in Barchem before:     Yes         No

- Room of preference:     Simple room private  
                                   Luxury room 2 persons  
                                   Luxury room 3 persons

Upgrade for part 2:     Luxury room private (if available)

Name of companion: \_\_\_\_\_ (if 2/3 person room)

Remarks or suggestions: \_\_\_\_\_

total costs	simple room private	luxury room 2 persons <sup>1</sup>	luxury room 3 persons <sup>1</sup>
<i>PURIFICATION (part 1)</i>	<b>€ 700,-</b>	<b>€ 700,-</b>	<b>€ 670,-</b>
<i>PURIFICATION + ADVANCED SOUNDS (part 1+2)</i>	<b>€ 1.050,-<sup>3</sup></b>	<b>€ 1.050,-<sup>3</sup></b>	<b>€ 990,-</b>

<sup>3</sup> Upgrade to luxury room private for part 2 only; € 150,- extra (if available)

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## HEALTH HISTORY FORM

### Three-Body Purification

Barchem, July 6<sup>th</sup> till 10<sup>th</sup>/14<sup>th</sup> 2019



Please list your main health concerns:

Do you have any allergies or sensitivities? Please list:

Are you taking any supplements or medications? Please list:

Additional information or special requirements:

(All of your information will remain confidential between you and Chakra Institute)

#### **Disclaimer:**

I understand that the purpose of taking the Three Body Purification is to cleanse body, emotions and thoughts. I understand that this Purification is not designed as a cure of any disease. If I have an allergic reaction to any herbs, supplement or foods I will inform the staff and discontinue taking it immediately.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_