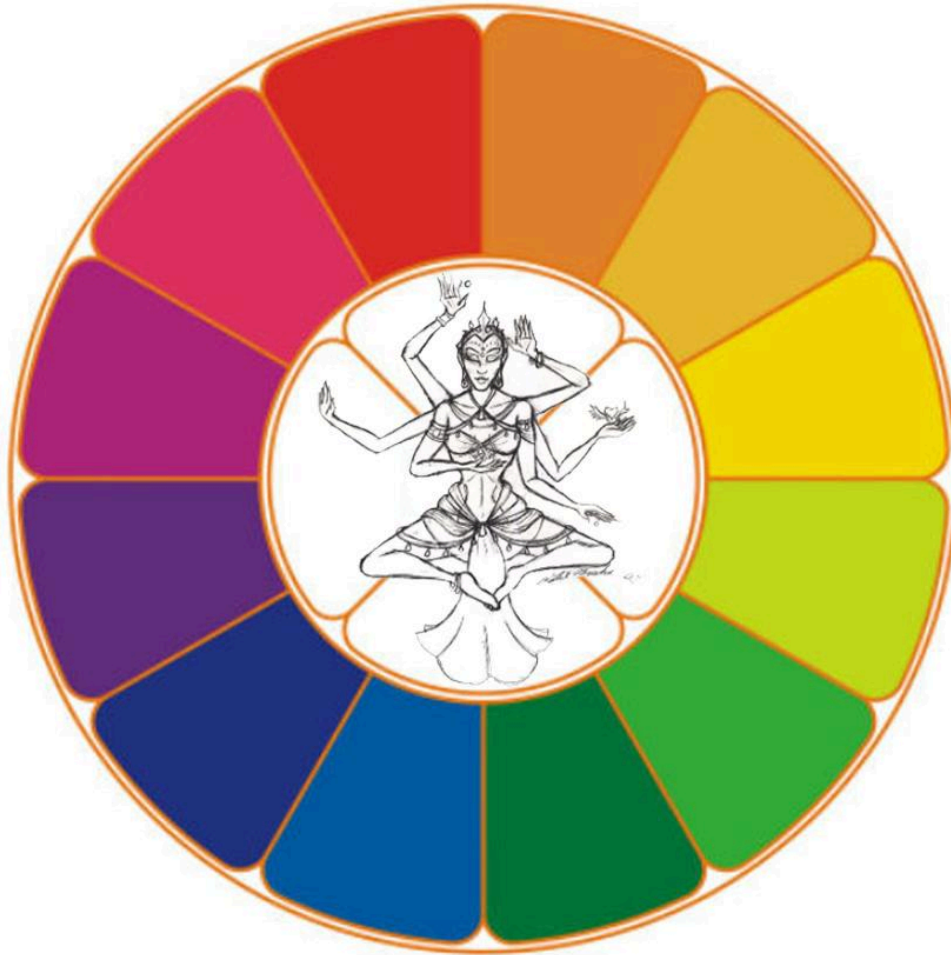


## Activating the Merkavah of Consciousness-Energy-Substance

The workshop is for anyone who wants to study, explore and grow into a playful and serious integration of meditation, healing and dance.

**Nov 2nd, 2024, 10:00pm-18:00 in The Hague**



Workshop cost: €75

Location: CLOUD/Danslab, De Constant Rebecqueplein 20-B, 2518 RA  
Den Haag, Netherlands

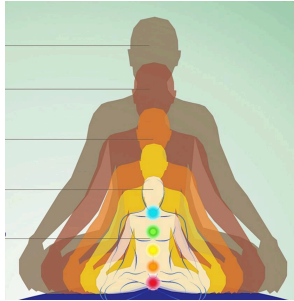
Questions, more information: [mudrasanapractice@gmail.com](mailto:mudrasanapractice@gmail.com) or Tel/WhatsApp: +31683259800

More info about the center [www.mudrasana.nl](http://www.mudrasana.nl)

To register:

<https://hipsy.nl/event/74622-activating-the-merkavah-in-consciousness-energy-substance>

## Phase 1: Mudrasana, The Five Elements and the Five Bodies



Tantra-Yoga theory and practice provide a living framework of a five-bodied system called the five sheaths or koshas in Sanskrit.

From the most hard and dense material, earthly level, to the formless emptiness of infinite space, *ether*, our being lives, moves and rests simultaneously, growing, glowing and flowing on five levels.

The five koshas are brought directly to our living perception through the practice of Mudrasana. While sitting comfortably in chairs we explore the intimate relationships between consciousness, energy and substance to understand how our mind, heart and especially our physical body may open to effectively receive, contain and radiate the truth of each of the five levels.

Using both guided and spontaneous movement, we will deepen and refine our observation and listening as we explore the unity of our material and spiritual being:

The solid, mineral, **earthy** physical sheath of matter (*anam*), called the *anomayakosha*.

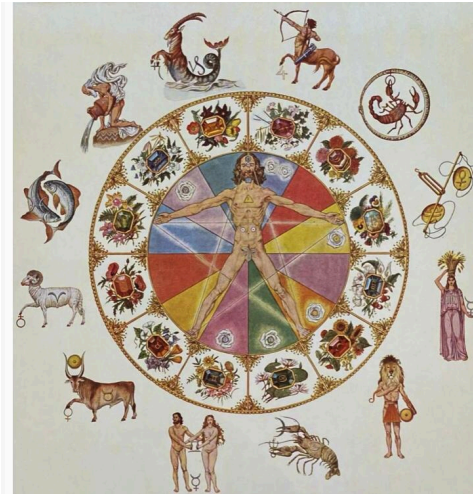
The fluid, vegetable, **watery** energetic sheath of life (*prana*), the *pranomayakosha*.

The forceful, animal, **fiery** power sheath of mind (*manas*), also called the mental body, the *manomayakosha*.

The relational, human, **airy** knowledge sheath of the psyche (*vijnana*), the *vijnanomayakosha*.

The silent and vast **etheric** bliss sheath of the infinite spirit (*ananda*), the *anandamayakosha*.

## Phase 2: Dance Embodiment of the Twelve Rays



The central truth of Astrology is that each of us in our mind, heart and body channels all twelve, in all their abundance and variation.

In our being we are:

the **Seeing** and **Undergoing** of instigating **Aries**, the *Earthy Fire* – **Impetus**  
the **Solidity** and **Malleability** of accommodating **Taurus**, the *Watery Earth* – **Poise**  
the **Relating** and **Articulating** of partnering **Gemini**, the *Earthy Air* – **Speech**  
the **Feeling** and **Forming** of nourishing **Cancer**, the *Earthy Water* – **Provision**  
the **Concentration** and **Radiation** of self-asserting **Leo**, the *Watery Fire* – **Strength**  
the **Assembling** and **Refining** of beautiful **Virgo**, the *Airy Earth* – **Measure**  
the **Distributing** and **Focusing** of balancing **Libra**, the *Fiery Air* – **Valuation**  
the **Rhythm** and **Renewal** of passionate **Scorpio**, the *Fiery Water* – **Stimulus**  
the **Propelling** and **Aspiring** of idealistic **Sagittarius**, the *Airy Fire* – **Direction**  
the **Limiting** and **Endeavoring** of hard-working **Capricorn**, the *Fiery Earth* – **Structure**  
the **Descending Play** of elevated **Aquarius**, the *Watery Air* – **Freedom**  
the **Absorbing Inclusiveness** of peaceful **Pisces**, the *Airy Water* – **Unity**

As the four elements Air, Fire, Water and Earth combine with each other to make twelve archetypes, we dance, feel and become each of the twelve ways of being, discovering who and what we are and how we may grow into the richness and wholeness of this matrix.

A variety of musical styles supporting the different genres of dancing are woven into the study and practice. The dancing is initiated through guidance and grows through spontaneous exploration and expression. There will be plenty opportunity to interact, to be inward, to discuss and to process non-verbally as we evolve our power, joy, precision and peace within the richness of the cosmic dance.

### Phase 3: The Concentrated Unity of the Merkavah, Chariot of the Self



I am the Sphere of Spirit

I am the Sun of Light

I am the Vortex of Love

I am the Lotus of Power

I am the Pyramid of Action

I am the Jewel of Matter

You are invited to discover yourself as the Merkavah and to take into your life its ever-fresh awareness of body, self and world as energy (shakti). An insightful framework and powerful toolkit will ground you in a concentrated, playful mood and mode. Based in profound inner peace and inner freedom, we learn to relax with the shakti of the energy fields and the universe that is Mother.

There will be intimacy, contact, creative play, interdependence and detachment, freedom, and autonomy of self and selves. We will grow together in shared study and in spacious silence.



## Mikael Spector

### Guiding

Mikael Spector, born in the USA, grew up between Israel, America, India and Holland, and resided extensively at the Sri Aurobindo Ashram in Pondicherry and in the International township of Auroville, South India. Practicing, teaching and living the Integral Yoga of Sri Aurobindo and the Mother, along with Ayurveda, Tantra, Kabbala, Astrology, Dance, Meditative Movement, Body/Energy work and Merkavah Activation, Mikael inspires and guides us worldwide to embody delight of awareness in being, and for this purpose has developed a practice called MudrAsana.

Based in the Netherlands, he conducts workshops, courses and individual sessions supporting seekers of knowledge and of healing, yoga practitioners, dancers, healers, and students of the mystical, in their self empowerment and evolution.



## Nathan Shor

### Assisting

Born in Ukraine, grew up in Northern California, now based in the Netherlands. With a BA in economics from Berkeley and MA in organizational behavior from NYU, he has worked designing technical training programs in Silicon Valley.

His love of dance has taken him through competitive latin ballroom dance and basic ballet training in his youth, to ecstatic dance and contact improv, to training in mudrasana movement meditation, polarity therapy and merkavah activation in a full-time apprenticeship with Mikael.

Striving to emerge from and grow past emotional trauma, and with his great love for traveling, he has interacted with shamans, yogis and healers, participating in numerous workshops and retreats. Deep exploration of spiritual, healing and ritual usages of sacred substances set Nathan on the path of yogic study and practice, mainly of the Integral Yoga of Sri Aurobindo and the Mother and of shamanic and kaballist perspectives. He offers his sensitivity and knowledge to help people come into presence, personal power and the unfolding of their healing abilities.