

The Glorious Body

An Alchemy of Consciousness, Energy and Substance

February 23rd-23rd, 10am-5pm, Svaram Atelier, 2nd Floor Utsav Building

For registration, please contact: +91 93601 23054 / svaramprograms@auroville.org.in

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In the alchemical integration of dance, meditation and bodywork, this 2-day immersive workshop will leave you with a fascinating and practical experience and understanding of the unity of Consciousness, Energy and Substance



**Five Elements:** Ether, Air, Fire, Water, Earth

**Four Mothers:** Light, Love, Power, Precision

**Three Gunas:** Consciousness, Energy, Substance

**Two Partners:** Shiva (silent being), Shakti (dynamic becoming)

**One:** All-embracing, all-pervading, inclusive, absorbing **Presence**

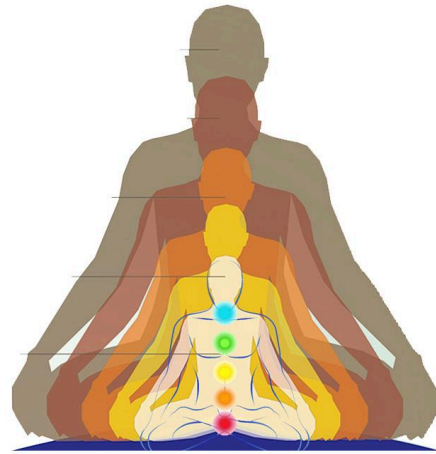
**Twelve Attributes** governing the body-soul continuum

## 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 guided movement to deepen our observation and listening and enrich our spontaneous expression, we will explore the five primary sheaths or layers that constitute the complex unity of our material and spiritual being.

At the deepest level is the solid, mineral, **earthy** physical sheath of matter (*anam*), called the ***anomayakosha***.

The second one above the first is the fluid, vegetable, **watery** energetic sheath of life (*prana*), the ***pranomayakosha***.

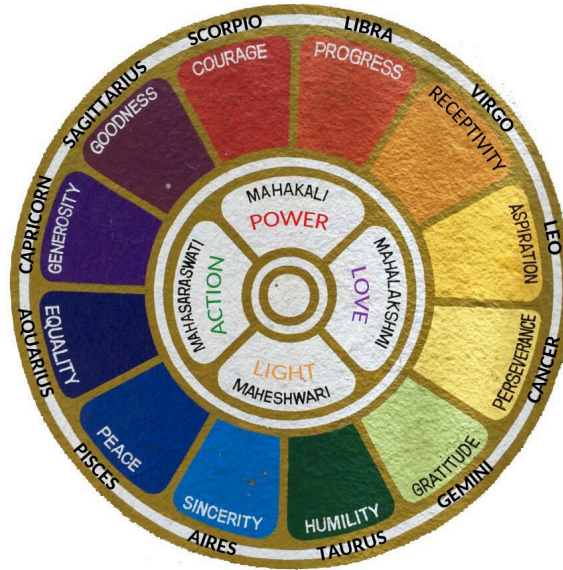
Third, is the forceful, animal, **fiery** power sheath of mind (*manas*), also called the mental body, the ***manomayakosha***.

Fourth, is the relational and creative, human, **airy** knowledge sheath of the psyche (*vijnana*), the ***vijnanomayakosha***.

At the highest level is the silent and vast **etheric** bliss sheath of the infinite spirit (*ananda*), the ***anandamayakosha***.



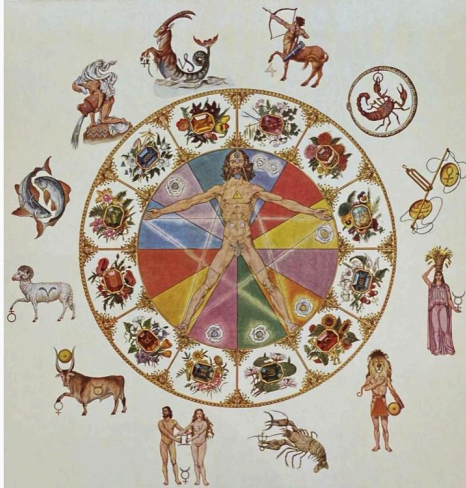
## Dance Embodiment of the Twelve Rays



The central truth of Astrology is that each of us in our mind, heart and body is all twelve signs of the Zodiac, in all their abundance and variety.

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 to discover who and what we are and how we may grow into the richness and wholeness of the matrix of twelve.

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.

### Merkavah Activation



Do you know that there is a knowledge that resides in your body, in the energy field around your body and in the universe at large. This knowledge is a presence and a power and a delight, and it is called the merkavah, or *chariot of intent*.

Within the merkavah, the interconnecting truth of oneness operates freely, abundantly and tangibly. In it, your mind, body, soul and spirit are one all-knowing and self-knowing energy. This energy is called, in India, shakti, or the Mother. She is the source of intelligence, power and of the plenitude of detail in the structures of your body and in all living things, all matter, space, time.

The mystical tradition called *ma'ase merkavah*, the activation of the merkavah, brings into human

life harmonic, symphonic resonances of healing illumination, empowering you to be fully who you are in body, heart and mind. In the *chariot of intent* (the merkavah), we are simultaneously the driver, the vehicle and the terrain traversed.

This knowledge that is ***spirit-light-love-power-action-matter*** is known to you in your depths of feeling and sensation, where your mind allows for innocence, spontaneity and discovery. As the merkavah, we function in a matrix of ascending and descending conscious-force, that is vast and open (ether), full of freedom in movement (air), passion (fire), flow (water) and peaceful, solid and detailed material (earth).

## Mikael Spector

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, he is therapist, healer, mentor, teacher, dancer, guide and friend, channeling through the Ayurvedic practice of Polarity Therapy Body/Energy work, Dance and Dance Therapy and Meditative Movement, all from within the depths of Tantra, Kabbalah and Astrology wisdom teachings. Mikael has for 50 years conducted workshops and courses in many countries, inspiring and guiding to fully embody delight of awareness in being and becoming. For this purpose, he has developed the integrating practice of MudraAsana to bring through the magic of Merkavah Activation.



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 to awaken to individual, universal, transcendental consciousness of oneness.



## Nathan Shor

Assisting

Born in Ukraine, grew up in Northern California, Nathan is 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.