

JOURNEYING WITH CHAKRAS



Russill Paul



Anodea Judith



Asha Paul

RENAISSANCE HOTEL: OCT 25, 26 & 27



Namaste! Our Yogic Mystery School retreat in Austin (Oct 26, 27 and 28) at the gorgeous Renaissance Hotel in the Arboretum area is going to be rather special this year. Anodea Judith, one of the world's leading experts on chakras is presenting it along with Asha and me.

The chakras have intrigued the western world, inspiring not only yoga practitioners, but also psychotherapists and healers. Anodea brings the best of both these worlds together, as a yoga teacher and psychotherapist. In my work and our school, the chakras play an important role. However, they are part of a bigger picture as I will explain.



There is much I can say about Anodea, who I have admired for a long time, whose work has had such an impact upon the world, and who has inspired my own looking at chakras through the lens of psychology. For now, I can only express my deep appreciation for what we are about to offer the world in collaboration.

I'm also glad to be offering this retreat alongside my gorgeous wife, Asha, an Intregative Nutrition Health coach who has coached some of our Yogic Mystery School students with remarkable results! You have only to view the testimonials on her website to know the efficacy and power of her methods. I get to live with her every day and to learn from her. We used to travel and teach together 30 years ago when we first got married. I'm glad that we are starting to do this again online as well as for our retreat in Austin.



Okay, so what is this retreat about?

First, we want to emphasize that the chakras are going to play a very important role in this retreat. However, the chakras are just the infrastructure of the soul and its evolutionary journey in and into consciousness. The big picture is that of Tantra.

Asha and I have studied and practice a form of Tantra known as Sri Vidya for the entire time of our marriage, which is 30 years. I began studying and practicing Tantra as a monk in India, guided by Fr. Bede Griffiths, a Benedictine monk who had me study with Hindu teachers who came to the monastery. I also went out to some special places to deepen my learning. My study and practice of Tantra has continued for the past 35 consecutive years. To study Tantra deeply with me, the students in our Yogic Mystery School travel to India with us each January. However, not everyone can travel to India with us, which is why our annual retreat in Austin is designed to assist in accelerated learning and advancement.



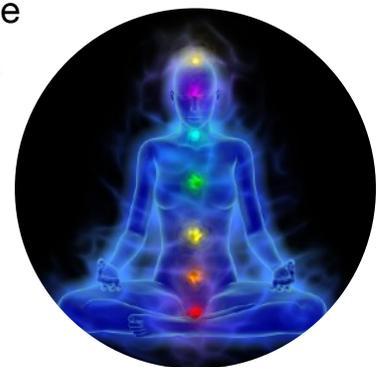
One major drawback for most of us who live in the modern world is that we find ourselves dealing with all sorts of energy issues daily that result in imbalances in our chakras. We often treat this as normal without paying attention to how we are being depleted of energy, our susceptibility to irrational fears, and our quick anger. Additionally, there is sadness, grief, and deep unrest in the soul that we deaden by watching television, binge eating, or being glued to our phones, tablets and social media sites. Besides, many use medication to address these issues as a way to function well at work and at home, which leaves out the vital energy

dimension of the soul available through the chakras. In other words, a deeper knowledge of chakras and our psychological blocks has much to offer us in our lives. This retreat will seek to address “the how” of this process.

There is a growing understanding, especially in the work of Anodea and in our Yogic Mystery School of how the chakras can serve as a tool of diagnosis for our various energy issues. Supported by powerful spiritual modalities such as Yoga, meditation, and mantra, the chakras can serve as the infrastructure for the cultivation of higher consciousness. Wonderfully, Tantra brings all of this together in one single fabric. The word “Tantra” literally means “fabric”.

What will we be doing during this retreat?

On Friday, we will be focusing on Sri Vidya Tantra. In our Yogic Mystery School, our approach to Sri Vidya consists of uniting the Three Great Mysteries. There is the Mystery of Shiva, which is the principle of the sacred masculine. There is Shakti, the principle of the divine feminine. And there is Ganesha, which (for us) is the prototype of the evolved soul in which the animal, human and divine natures are well integrated and in which there is accelerated evolution in consciousness.



For the soul to evolve in a way that integrates all three aspects of our being (animal, human and divine), multiple levels of spiritual awakening are required. This type of multi-tiered awakening (or enlightenment) can only happen when there is also deep healing taking place within the awakening.

To avoid the healing aspect of the process is to engage in spiritual bypass, a psychology term that refers to using spiritual practice in a way that ignores our psychological imbalances and issues. This is why Anodea's work on the psychology of the chakras is so important. And this is why Asha's work on body-mind connection and mind-over-matter is important.



My work focuses on the esoteric and energy aspects specifically through sacred sound, mudras, mantras, and powerful meditation practices. This is the authentic Tantra, and Sri Vidya, is an orthodox approach. Sri Vidya Tantra is not to be confused with the western approach to Tantra through Tantric sex. There is certainly a sensual aspect to Sri Vidya. However, intimacy is really with the invisible world rather than the visible world. Sacred touch, through touching oneself with sacred sounds, a practice known as nyasa, is central to this tradition. This is done within the context of sacred rituals that serve as healing containers.

Our Yogic Mystery School students have studied these rituals and Russill be offering them for all participants with guidance on how to approach them to heal issues around the sacred masculine and divine feminine that have become corrupted or distorted in our consciousness. Those who have studied the rituals can choose to chant the mantras and employ the mudras and other ritual aspects together with Russill and Asha. Alternatively, they may choose to simply enjoy experience receptively. The entire group will be guided into a process of deep, internal, spiritual

healing and awakening through these rituals on Friday. And they will be made relevant for our present times through proper contextualizations. You will also get to do quite a bit of chanting, breath-work, meditation, and movement practices. You will not be sitting all the time. There are dynamic meditations that you will engage through the day so be prepared for ecstatic movement as well as deep stillness, chanting as well as silence.

The most important teachings of Sri Vidya Tantra are the methods of perception we develop through our practices. This is what you will experience most of all and this is the greatest value of the live retreat sessions on Friday during which the healing rituals help bring our attention to issues around the masculine and feminine that prevent us from breaking through into deeper levels of spiritual realization.

Friday's sessions begin at 9:00 am and end at 4:00 pm.

From 5:00 pm to 6:00 pm, there is a special, intimate session only for those who stay at the Renaissance Marriott. Why?

Because we want to build a very deep sense of spiritual community with our students, to create what is known as “kula” or spiritual family. The dedicated students in our Yogic Mystery School travel long distances to be part of this live retreat. Besides, they work with us online throughout the year to develop their spiritual lives through training and coaching. Staying together in a contained atmosphere helps preserve the deep work we do together and allows us to engage in a deep level of the spiritual process together. This is why we also travel to India on



our annual pilgrimage in January/February each year, and why many of our Yogic Mystery School students join us on this journey, to engage this powerful form of Tantric spiritual practice in the very homeland that gave birth to it. Not only we do these practices in very special places in India, but we also experience exotic rituals and fire ceremonies in the ancient temples we visit. This is how deep and lasting transformation takes place and this is how it is sustained. Our Austin retreat is the closest approximation to the depth and scope of this experience.

Saturday 9:00 am to 12:00 am—Russill Paul

This session is reserved for breaking new ground, sharing new concepts, theories and approaches. We cannot divulge what exactly this will be at this time; however, the tattvas, (the schema of evolutionary differentiation in Tantra) will, most likely, play an important role for this session. Still, you need to be open to the power and possibilities of this session.



Saturday afternoon from 1:00 pm to 5:30 pm

1:00 pm to 1:30 Intro. Guided meditation and welcome, including chakra breathing exercise, and chanting the chakra names.

1:30 – 2:30 Discussion on chakras, psychology, and energetic blocks, with Q & A. Russill can join in.

2:45 pm to 4:15 pm Mat practice, asana, and bioenergetic flow through the chakras, ending in Savasana.

4:30 pm to 5:30 pm. Q & A from practice; Joint discussion between Russill and Anodea,

**7:00 pm to 9:30 pm Sacred Journey:
Spiraling into the Chakras**

led by Anodea Judith with music and mantras by Russill Paul



Sunday 8:00 am to 9:00 am Deep Healing Meditation facilitated by Asha with music by Russill Paul

9:15 am to 10:30 am Presentation by Asha Paul on The body-mind connection and the role of emotions in spiritual transformation. Participants can ask questions right after the presentation.

10:45 am to 11:45 am Sri Vidya Tantra and Sacred Lifestyle, a collaborative presentation by Asha and Russill on how to weave key aspects of Tantra into our daily lives in a way that is contemporary yet connected to ancient wisdom

12:00 Noon to 12:45 pm Mantra Chanting with Meditation and Visualization offered by Asha and Russill Paul.

12:45 pm to 1:00 pm FORMAL CONCLUSION OF THE RETREAT

2:00 pm to 3:00 pm there is another special, intimate session only for those who stay at the Renaissance Marriott for the reasons explained.

JOIN US LIVE IN AUSTIN, TEXAS
AT THE RENAISSANCE HOTEL
FRI, SAT, SUN, OCT 25, 26 & 27

Offering you decades of teaching experience

and blending ancient wisdom with contemporary knowledge in diverse fields ...



Russill Paul



Anodea Judith



Asha Paul

We look forward to welcoming you ...