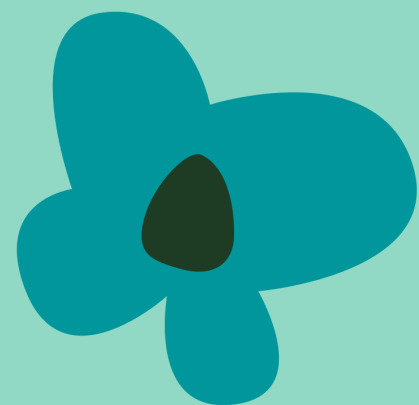
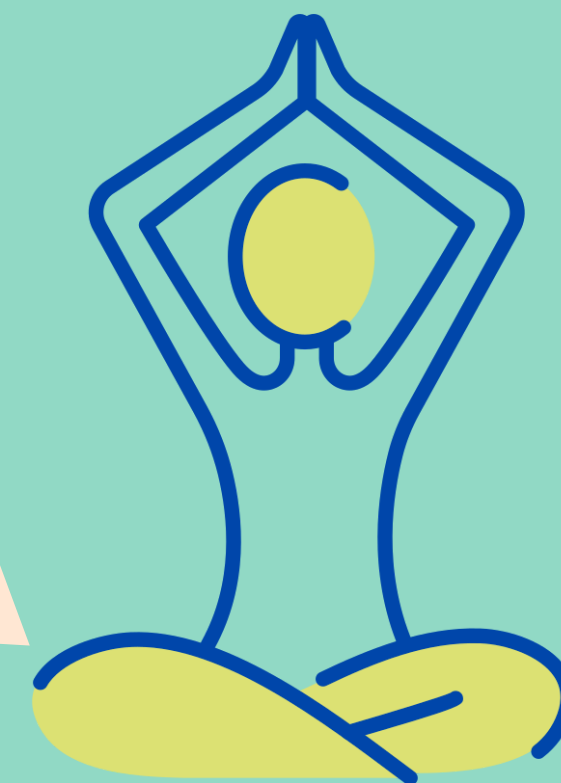




# The spiritual Science of Yoga Lesson

**with Anna Korakaki**





# Welcome!

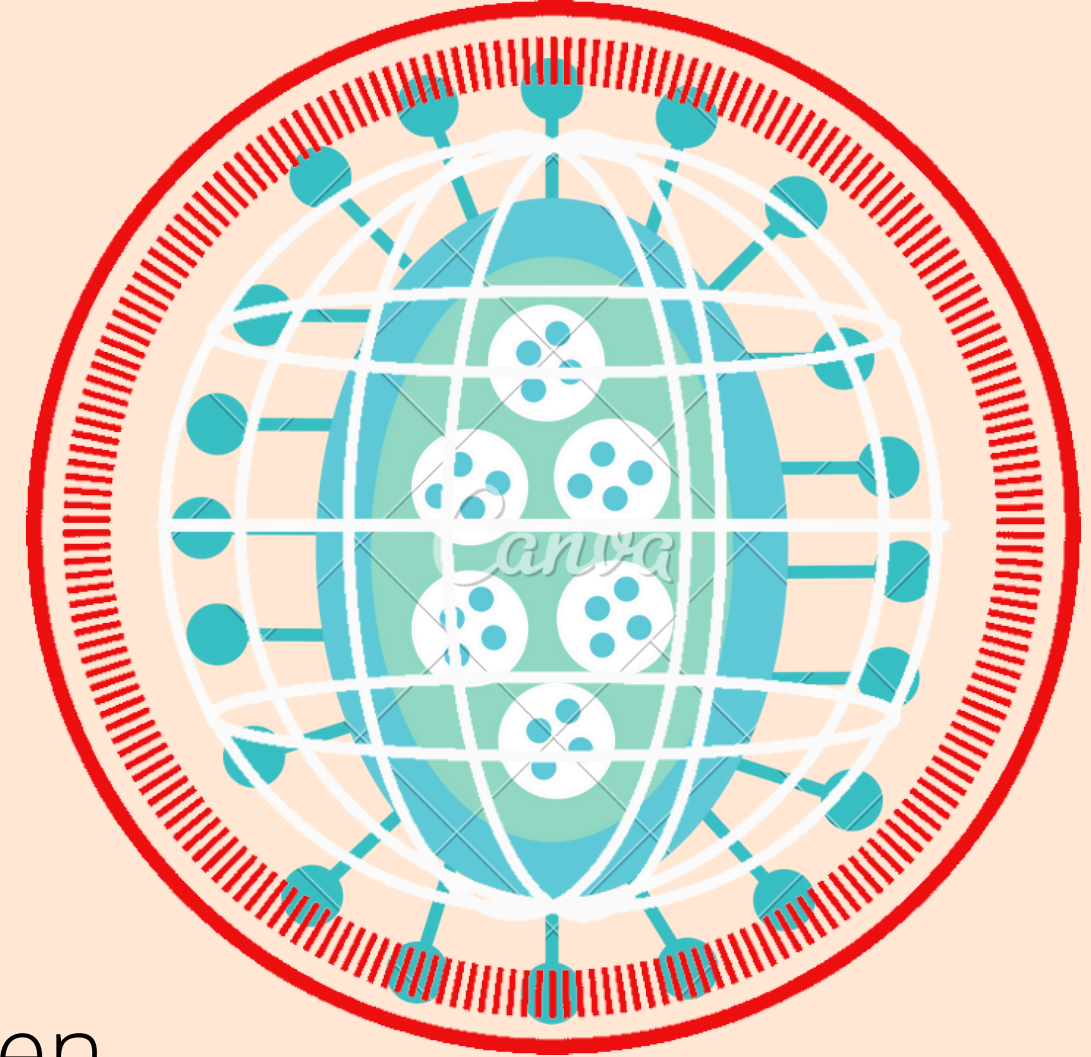
Are you excited for a juicy learning session?

## Introductory ideas

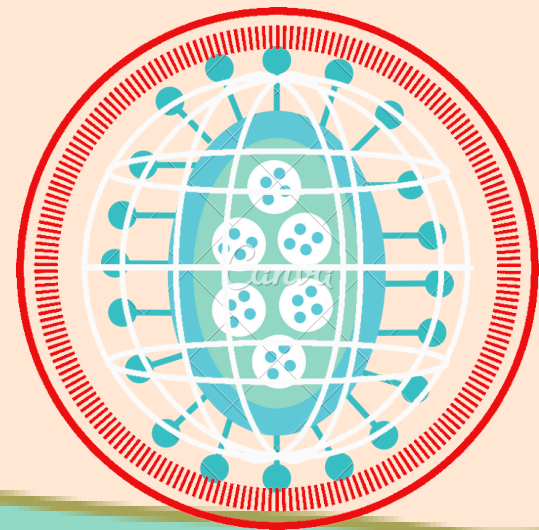
*Yoga* means Union, Fusion, Setting into Unison.

Therefore, Yoga is a modality of resonance between the superior, beneficial aspects from the Macrocosm and the corresponding levels from the microcosm of the being of the practitioner. (Macrocosm = Universe,

Microcosm = the being of the practitioner). *Yoga* is a setting into unison with the beneficial energies. There are also energies of the death, pain, destruction, but the consonance with them is NOT *YOGA*!



Macrocosm

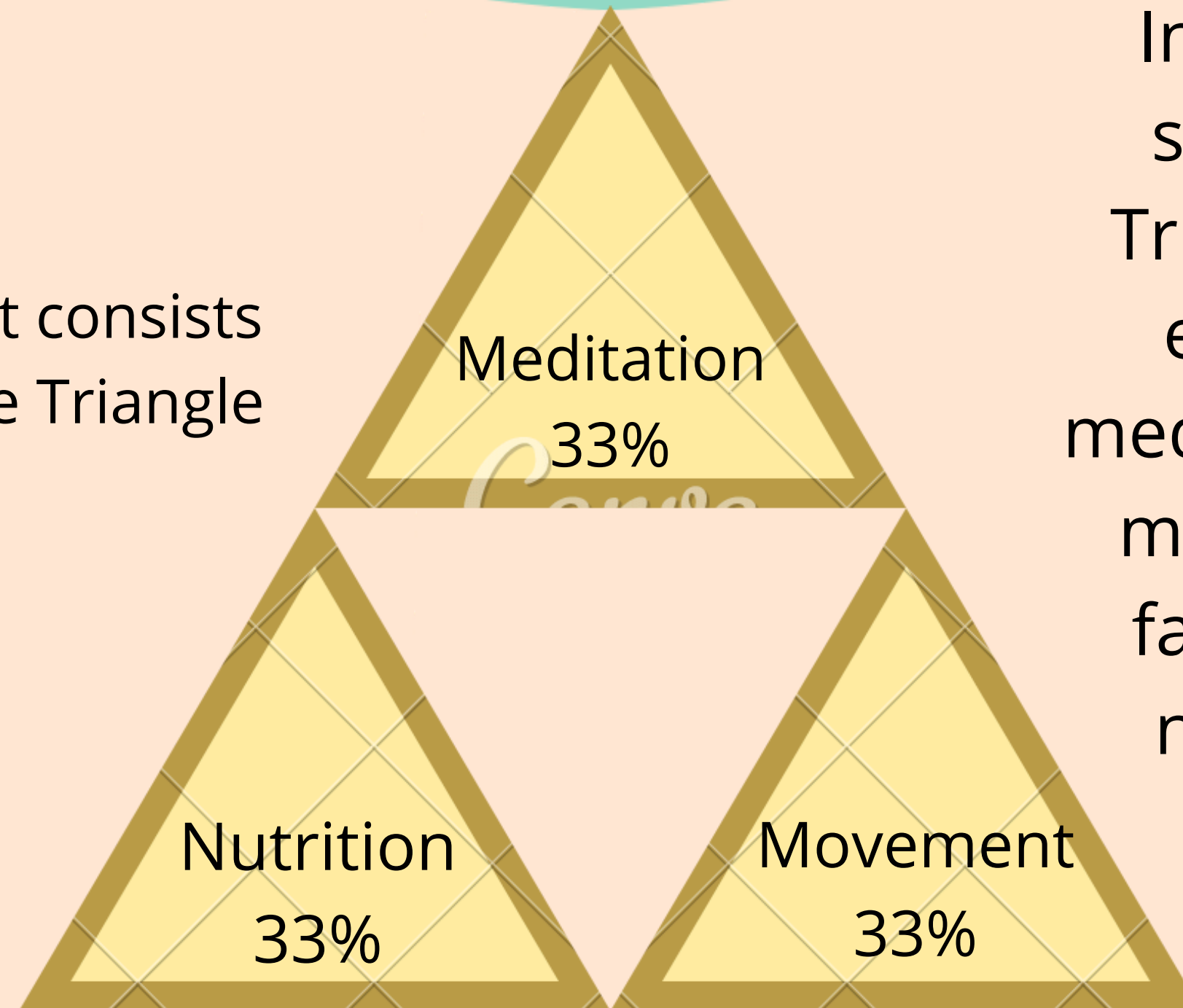


Microcosm

# Yoga is a whole science that if done correctly one can enjoy the radiant health.



It is whole because it consists of all the parts of the Triangle of Health.



In Yoga there's no separation of the Triangle. There's no exercise without meditation. There's no meditation without fasting. There's no nutrition without movement and meditation.

# All the forms of Yoga start from two fundamental ideas

1

The human being is a  
miniature of the  
universe.  
As Above so Below.

2

The principle of the resonance  
is the fundamental secret for  
all Yoga practice.. Is setting  
the microcosm of the  
practitioner in resonance with  
a certain level of the  
macrocosm. Like radio. The  
universe is the central  
braodcasting and the Yogi is  
the receiver.





The attuning device of the human being is the mind or the power of concentration. Through concentration/meditation and certain yogic techniques the being awakens the hidden energies of the universe. Therefore any technique without meditation/concentration is mere gymnastics.

Also focusing has to have an subject, where to focus for attuning to this cosmic energies. This is still one of the secrets of Yoga. The light food and purification of the body is essential for allowing the cosmic forces to flow through us, freely and it works as a filter for the impure energies not to be allowed. Purification is a natural filter. Also there are points that the cosmic energies enter. These points are called the chakras.



# Concepts and Definitions

Chakras :

Our Antennas to the cosmic energies.

In Sanskrit Chakra means Wheel.

Each of the wheel is rooted in the susumna nadi (channel of energy that lies subtly in the spine).

They are seen by clairvoyants in front of the physical body 2-3 cm on the etheric body.

# Examples and Illustrations

## 1 CHAKRA

Muladhara: Pelvic area. Gives the attuning with the Earth energies. The battery of the human being.

Image: Elephant

## 2 CHAKRA

Svadhithana: Above pelvic under the navel. Gives attuning with the Water energies.

Cordinates the instincts. Image: Marilyn Mornoe

## 3 CHAKRA

Manipura: Above navel. Electric power and Sun influence.

It coordinates ambition, will-power, dynamism, expansion.

Image: Samurai

# Examples and Illustrations

## 4 CHAKRA

### Anahata:

In the middle of the chest. Attunes with the energy of the air. It gives love, affection, selflessness, higher aesthetic & intellectual feelings. Images: Jesus, Nature



## 5 CHAKRA

### Visuddha:

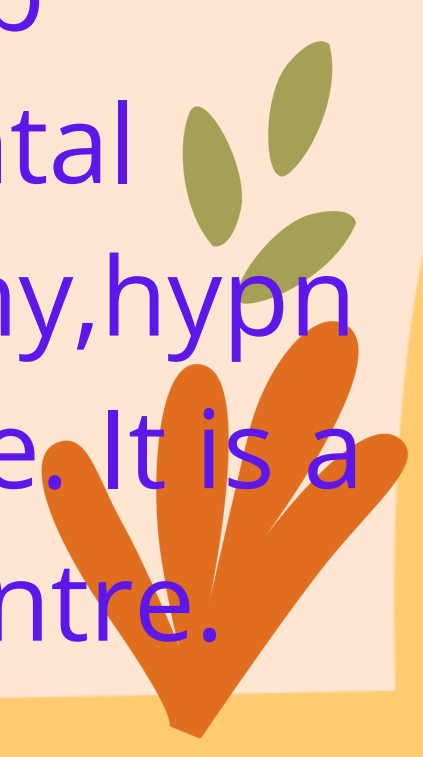
Above the hollow of neck. Attunes with Ether. It gives a fast and deep intelligence, highest aesthetic, spiritual symbolism, self expression.



## 6 CHAKRA

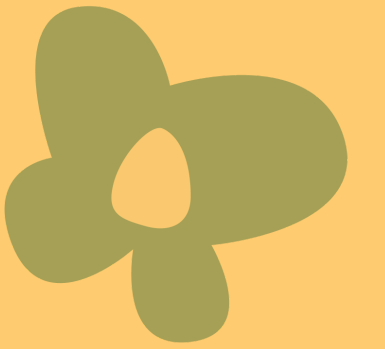
### Ajna:

In the middle of forehead. Attunes with the mind energies. It gives deep insight, mental powers, telepathy, hypnosis, clairvoyance. It is a command centre.





# Chakras & energies



## 7 CHAKRA

Sahasrara:

On the crown of the head. The white beam contains all the others. is more like a prism. The absolute. It gives the condition of real wisdom.



**WE ARE A BIO-FREQUENCY DEVICE THAT IS CONNECTED TO THE UNIVERSE!**

**THANK YOU!**

**SEE YOU SOON**

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