

Holistic Wellness Workshop

CHAKRAS AND HOLISTIC Spiritual Healing and WELLNESS

By *Dr. Huzan Daver (Ph D)*



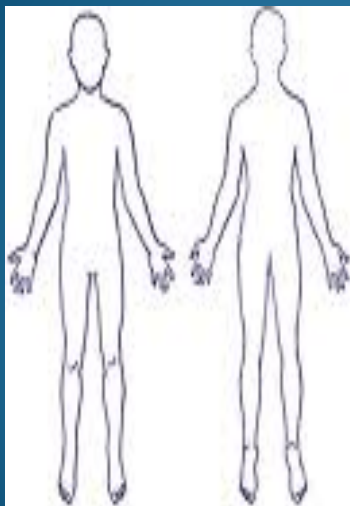
1

Outline

- Invoke divine presence 21 OMS
 - Who are you?
 - Understanding spiritual body
 - Why do we get ill?
 - Group healing of individuals
 - Group Healing of Planet and Universe.
 - Individual healing correcting the root cause
- Thanks and gratitude to divinity and all who contributed to making this happen

2

What is our Natural State?



- Perfect
- Spirit or energy form
- Multidimensional

3

Self

- Gross body
- Subtle body
- Casual body



4

Original REFERENCES

Subtle vital force (**prana**) and channels (**nadis**) appear in the earliest *Upanishads* (7th-8th century b.c.e.).

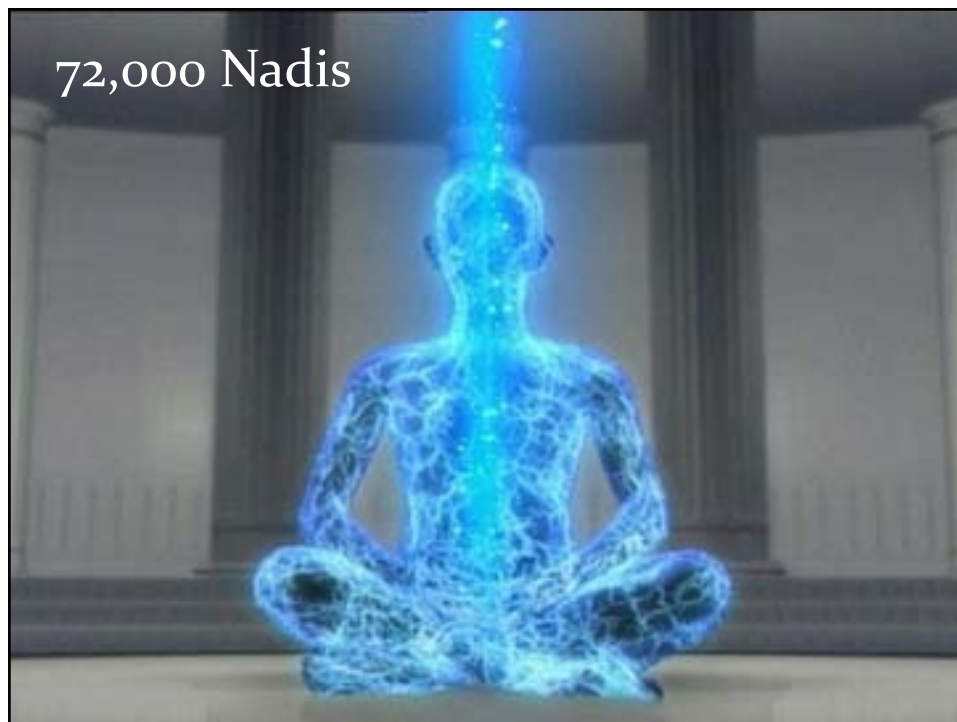
2nd century b.c.e. and the 2nd century c.e. - reference is first made to basic Tantric concepts such as **chakras**, mantras etc.

Brahma-Upanishad mentions the four "places" occupied by the *purusha* (soul): the navel, heart, throat, and head.

5



6



7

5 Sheaths (Kosas)

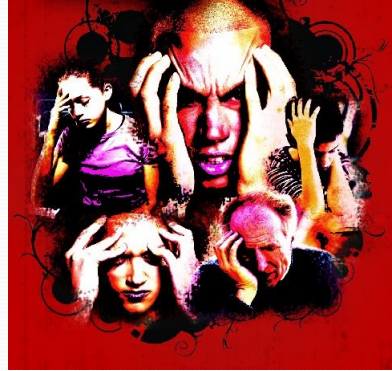
- **Food** :annamaya kosa
gross body
- **Vital air** : pranamaya
kosa subtle body
- **Mental**: manomaya kosa,
subtle body
- **Intellectual**: vijnamayah
Subtle body
- **Bliss**: anandamayah kosa
causal body

 A diagram of the human body showing the five sheaths (Kosas) as concentric layers of energy. The layers are represented by different colors and textures, with the outermost layer being the most visible and the innermost being the most subtle.

8

Why do we get ill?

- Genes
- Stress
- Negative thinking
- Negative beliefs
- Blocks in etheral body
- Negative programming or conditioning (vasnas)
- Negative living
- Lack of Love to self and others
- *Karma*

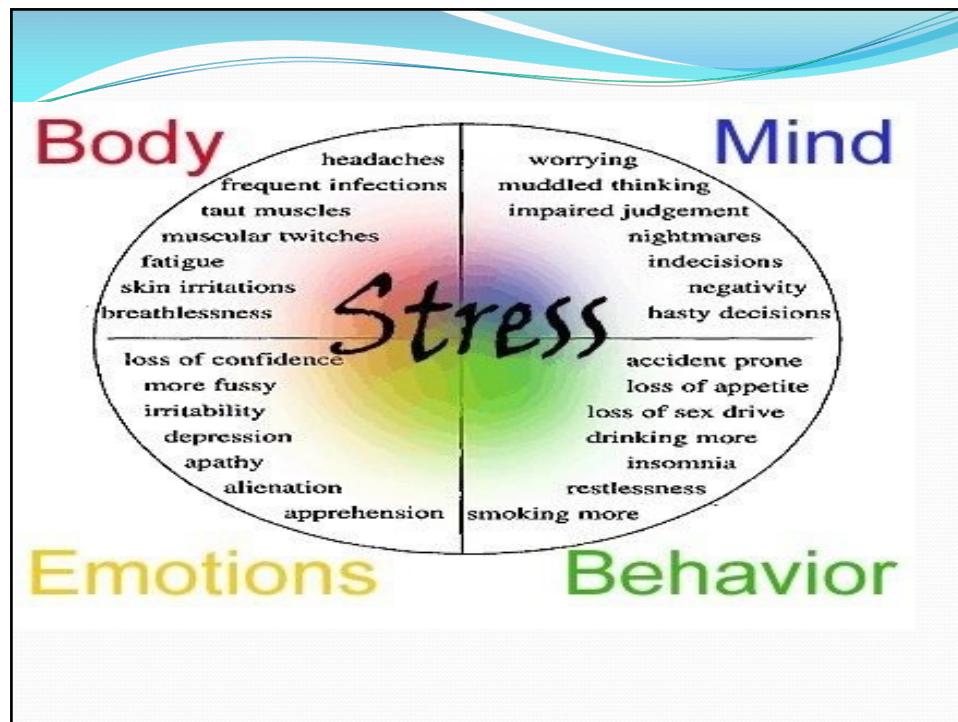


9

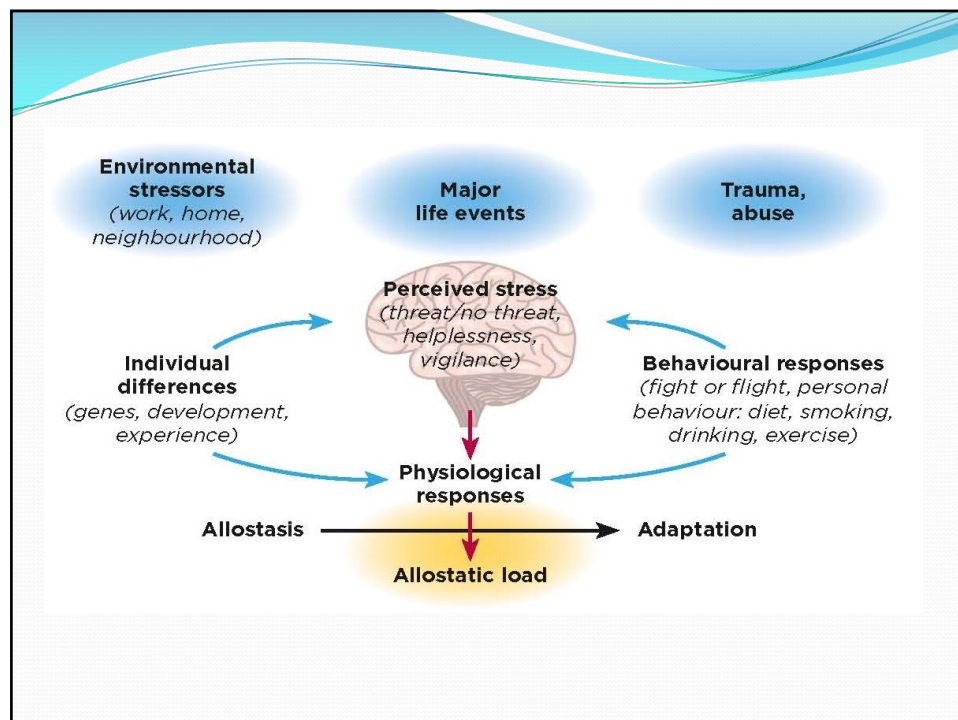
Activity



10



11



12

How is stress created?

- **A stimulus** (events or circumstances in the environment that we perceive as threatening or harmful, which produce feelings of tension -stressors)
 - **Behaviour thought patterns and emotions** interact with the physiological component of heightened bodily arousal, and these responses are called strain.
 - **Stress as process** - The person is an active agent who can influence the impact of the stressor through behavioural, cognitive and emotional strategies
- (Caltabiano, Byrne & Sarafino, 2008)

What is the relationship between stress and illness?

13

Stress management tools

- Mindfulness, Meditation and prayer
- Life style changes – diet, sleep, exercise etc...
- Thought and emotional management
- Psychology Therapy
- Energy work – Spiritual Healing

14

Energy work



15