

**A path-breaking workshop on*

Awakening the Hara (Belly) Consciousness

By

Dr Yugandhar GR

Most Powerful, Most Grounding, Ancient and MUST learning for all the Healers, Spiritual Seekers and for all those who aim at or enhance Inner Transformation

By awakening Hara consciousness.... You

- * Heal all Physical & Emotional Maladies
- * Activate the Ground-Reality
- * Stabilize the Energy Meridians
- * Deepen the Connectedness with the Higher Self
- * Enhance the Intuitive Abilities
- * Destroy Stress & Strain forever
- * Attract what you really seek in life
- * Uproot the deep-seated fears governing the personal growth
- * Transform all the disease & suffering into a self-realising phenomenon
- * Alignment and Internalization of Axial Awareness
- * Come out of where you are struck emotionally and spiritually
- * Erase the self-devastating habitual patterns
- * Unravel the truth to see things as they are
- * Get attracted to right people and right situations in life
- * Develops a Consciousness of Insightful Living

Hara is the Centre of Personal Will, Intent, and Sexual Energy and is the Core Consciousness of the Whole Being. Working on Hara is the process of Self-Becoming which erases the opinions, prejudices and beliefs. Learning the art and science of Hara certainly unleashes the hidden energies lying dormant within each one of us! All the truly enlightened masters live eternally in Hara Consciousness.

"Union of Head & Heart, Thought & Feeling, Intuition & Intellect is called as Yoga or Spirituality and all this union happens at the Centre of Your Being otherwise called as the HARA" ...Dr.Yugandhar

Hara in Japanese means 'Centre of your being'.

It is a point 2” below the navel and when you are deeply aware, You find yourself here.

Hara in Sanskrit means 'Shiva, the one who eliminates ignorance'.

Shiva Consciousness is said to be lying in one's Belly (the Atma Linga).

Hara in Hebrew means 'Pregnant (full) being'.

One becomes wholesome when reaches one's nucleus from the periphery.

Hara in Greek means 'Joy'.

Hara is the true centre of Joy which is not dependent on any person or reason

What Masters talked about Hara

“The Art of Life begins with Meditation and by Meditation; i mean Silence of the Mind and Silence of the Heart, reaching the very Centre of Your Being. Make Your Belly the Best Friend”...Osho

*"If any person believes in me (the natural divinity within),
Out of his /her belly flows rivers of Living Water"....Jesus Christ*

“If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly” – Andrew Weil M.D.

“The healing power of Christ, the miraculous power of Moses, the charm of Krishna, and the inspiration of the Buddha - all these were attained by the breath” – Hazrat Inayat Khan

"When we shift our awareness or "frequency" from self-consciousness -- where fear, impossibility or feelings of separation reside -- to cosmic consciousness, which is in total harmony with the universe and where none of those feelings exist, anything is possible" ...Rhonda Bryne

*"Friend, our closeness is this: Anywhere you put your foot,
Feel me in the firmness under you" ...Rumi*

"In the belly of everyone lies a little buddha" ...a Zen saying¹

Event Schedule (which includes 6 profound exercises which activate the Hara consciousness)

Level I

- What is Hara and it's Alignment ?
- Power of Intent
- Consciousness Quotient and it's enhancement
- Meridians of Consciousness

- Applications of tapping Hara Consciousness
- Pre-Requisites of the Practice
- *Letting –Go* and *Letting –In* Process
- Energising Exercises
- *Fana* Effect (Melting Down)

Level II

- Methodologies of connecting to Hara

Sensitisation Methods

Visualisation Methods

Energy Breathing Methods

- Betterment of BEST (Breathing, Eating, Speaking, Thinking)
- Tapping the Universal Energies
- Being a *Samurai*
- Staying and acting from Hara
- Hara Connection in relationships
- Staying connected thru Hara with your Higher Self

You will have this workshop, when you really most need it !

About Dr Yugandhar



Dr. Yugandhar is an awakened one on the path of spiritual mastery and also a Pioneer in Transformational Medicine. He has dedicated his life for the awakening of human consciousness, which he calls as spirituality. He is trained as a General Surgeon in the Conventional System of Medicine. His Experiments & Experiences in various segments of Spirituality and Metaphysics which include Astral Travel, ESP, Past Lives etc since his very childhood and an extensive study

of various schools of spiritual thought across the world made him focused to educate and transform the mindsets as a part of Raising the Consciousness. His most favorite work is on awakening the Hara (Belly) Consciousness.

He is passionate about inviting various masters unto to one platform as a part of unifying all the spiritual forces working across the planet. Under the guidance of Mahavatar Babji, he founded THE WORLD UNITED which has organized the 1st World Parliament on Spirituality in Dec 2012 attracting 56 nations in this era of integrity and unity consciousness. He is a Pioneer in bridging the mainstream medicine with Inner Transformation, Intuition and energy Medicine and thus formed TRANSFORMATIONAL MEDICINE under which banner he included and devised many methods actually causes Transformation of Mind and Life leading to Self-Realization thus putting an end to all diseases and suffering.

He also founded New Age Doctors' Healers' Association (NADA).

To know more about what he teaches in the field of self-transformation and Spiritual Science, pl visit

www.dryugandhar.com