

Compilation #1

THE SHAMBHALA PATH WORKSHOP
With video numbers, lengths, descriptions and titles
March 18, 2024

Sophia Foundation & Choreocosmos
School of Cosmic and Sacred Dance

THE SHAMBHALA PATH

with

Robert Powell, PhD

Seminar/Workshop at Izhcayluma, Vilcabamba,
Southern Ecuador from January 4-10, 2020

In the following demonstration videos of *THE SHAMBHALA PATH Workshop* some of the exercises are described in Dr. Robert Powell's book *Cultivating Inner Radiance and the Body of Immortality* to which *The Shambhala Path* is the Sequel.

You can find Robert Powell's full teachings of *The Shambhala Path*, which describe the sacred movements comprising *The Shambhala Path*, as an online course available from the Sophia Foundation website here:

<https://sophiafoundation.org/product/the-shambhala-path/>

as well as additional details introducing The Shambhala Path here:

<https://sophiafoundation.org/resources/>

Video #1

PART 1

INTRODUCTION TO THE SHAMBHALA PATH:
THREEFOLD WALKING – THE TAO (DAO) OF WALKING –
IN CONNECTION WITH THE CHRIST MANTRA FOR HIS SECOND COMING

Step 1 – The “Lord’s Prayer” as a Chakra Prayer (*Cultivating Inner Radiance and the Body of Immortality* pp. 35-37)

including the closing words in relation to the Sephiroth Tree

Step 2 – (For the full AUMEYN Meditation see PART 3 – Video 22)



01:38 mins

Video #2

PART 1

Step 3 – Bringing the Closing “Seed” Words of the “Lord’s Prayer” into Movement



00:32 secs

Video #3

PART 1

Step 3 continued – Bringing the Closing “Seed” Word of the “Lord’s Prayer” into Movement (In Aramaic)



00:21 secs

Video #4

PART 1

Step 3 continued – Singing the Closing “Seed” Words of the “Lord’s Prayer” with Movement



00:40 secs

Video #5

PART 1

Step 4 – The Grail Meditation – “My head bears the being of the resting stars”



00:26 secs

Video #6

PART 1

Step 5 – Awakening the Middle Pillar of the Tree of Life
“For Thine is the Kingdom – Malkuth ...”



00:35 secs

Video #7

THE SHAMBHALA PATH
Original Video # 22 - 00:21 secs

PART 1

Step 5 (Continued) – Awakening the Middle Pillar of the Tree of Life (In Aramaic)



00:21 secs

Video #8

PART 1

Step 6 – Claiming our sovereignty in Christ
a) The Prayer of Divine Mercy (standing with gestures)



01:36 mins

Video #9

PART 1

Step 6 - Claiming our sovereignty in Christ
b) Meditation on the Words of Christ



01:00 min

Video #10

PART 1

Step 6 – Claiming our sovereignty in Christ with Threefold Walking – The Tao (Dao) of Walking
a) The Prayer of Divine Mercy
b) Meditation on the Words of Christ



04:06 mins

Video #11

PART 1

Step 6 - Claiming our sovereignty in Christ - with eurythmy gestures

- a) The Prayer of Divine Mercy
- b) Meditation on the Words of Christ



03:01 mins

Video #12

PART 2:

Prayer Sequence including "Putting on the Rose Cross"

Step 1 - Introductory Prayers

- a) Prologue to the Gospel of St. John
- b) Glory Be to the Father - Glory Be to the Mother
- c) The "Lord's Prayer"



03:40 mins

Video #13

PART 2

Step 1 – d) The “Our Mother” Prayer



2:08 mins

Video #14

PART 2

Step 1 - e) The “Lady of All Peoples” Prayer



00:57 secs

Video #15

PART 2

Step 2 - Meditations for Working with the Rose Cross

- a) The Inner Cross (*Cultivating Inner Radiance and the Body of Immortality* pp. 142 - 145)
 - b) The Prelude to Putting on the Rose Cross: Activating the Sephiroth on the Tree of Life -
“I am in Thy Sphere Kether - Thy Love infuse me ...“
 - c) Putting on the Rose Cross as the Sign and Symbol of Christ in the Etheric Realm
 - Appeal to Christian Rosenkreutz to accompany us on the Shambhala Path
 - The seven roses on the Sephiroth Tree in relation to the seven Chakras and the seven sayings from the Cross in Aramaic and English
 - d) The “Hail Mary Sophia” Rosary Prayer (Latin-Aramaic version)
 - e) Forming the Star of the Lamb
 - f) Meditation on the Etheric Christ (*Cultivating Inner Radiance and the Body of Immortality* pp. 78 - 79)
- Step 3 - a) “Hail to Thee O Lamb of God” English-Aramaic - Hallelujah Form
b) Glory Be to the Father



19:53 min

Video #16

PART 2

Step 2 - Meditations for Working with the Rose Cross

(*Cultivating Inner Radiance and the Body of Immortality* pp. 142 - 145)

- a) The Inner Cross
- b) The Prelude to Putting on the Rose Cross:
Activating the Sephiroth on the Tree of Life



3:35 mins

Video #17

PART 2

Step 2 - d) The “Hail Mary Sophia” Rosary Prayer
(Latin - Aramaic version)



08:47 mins

Video #18

PART 2

Step 2 - e) Forming the Star of the Lamb (*Cultivating Inner Radiance and the Body of Immortality*
pp. 69 - 77; Version 3)

f) Meditation on the Etheric Christ



11:52 mins

Video #19

PART 2

Step 2 - e) (Review) Forming the Star of the Lamb (*Cultivating Inner Radiance and the Body of Immortality* pp. 69 - 77; Version 3)

f) (Review) Meditation on the Etheric Christ



05:14 mins

Video #20

PART 2

Step 3 - Closing Prayers for Part 2

a) The “Hallelujah” Prayer (with seven “I Am” sayings in English and Aramaic”)

b) Glory Be to the Father / Glory Be to the Mother

c) The Sophianic Prologue - In the Beginning was Sophia; In the Beginning was the Word



07:03 mins

Video #21

PART 3

The Foundation Stone of Love & Becoming a Grail Bearer
Working with the “Foundation Stone Meditation” in expanded form
Step 1 – “Becoming a Grail Bearer”



01:50 mins

Video #22

(PART 1 Repeated in part)

Step 1 - The “Lord’s Prayer” as a Chakra Prayer
Step 2 - The AUMEYN Meditation

PART 3

The Foundation Stone of Love & Becoming a Grail Bearer
Working with the “Foundation Stone Meditation” in expanded form



17:29 mins

Video #23

PART 3

The Foundation Stone of Love & Becoming a Grail Bearer
Working with the “Foundation Stone Meditation” in expanded form



14:20 mins

Video #24

PART 4

Activating the Sephiroth of the Tree of Life and the 22 Paths of Wisdom on the Tree of Life corresponding to the 22 Letters of the Hebrew Alphabet and the 22 Major Arcana of the Tarot

Step 1 - Activating the Sephiroth on the Tree of Life within

Step 2 - Invoking the Nine Spiritual Hierarchies through sacred gestures (in relation to the Sephiroth and the Planetary Spheres)

Step 3 - Invoking the Nine Spiritual Hierarchies through their Divine Names

Step 4 - Working with the Sacred Hebrew Alphabet, the 22 Major Arcana and the Tree of Life



25:19 mins

Video #25

PART 4

(Explanation of the Lord's Prayer in relation to the Sephiroth Tree)

Step 5 - The "Lord's Prayer" as Sephiroth Prayer related to the Seven Members of the Human Being

Step 6 - The "Lord's Prayer" as Sephiroth Prayer in the sequence of the Seven Petitions as spoken by Christ at the Sermon on the Mount



05:07 mins

Video #26

PART 4

(A repeat of the Lord's Prayer as Chakra Prayer)

Step 5 - The "Lord's Prayer" as Sephiroth Prayer related to the Seven Members of the Human Being

Step 6 - The "Lord's Prayer" as Sephiroth Prayer in the sequence of the Seven Petitions as spoken by Christ at the Sermon on the Mount



06:36 mins

Video #27

PART 4

Step 6 – The “Lord’s Prayer” as Sephiroth Prayer in the sequence of the Seven Petitions
as spoken by Christ at the Sermon on the Mount



1:49 mins

Video #28

PART 5

Connecting with Shambhala Through Threefold Walking and The Sacred Mantras

Step 1 - Working with the “Sun Wheel” (through to Step 9)

Step 2 – Honoring Christ (“Shalama Alakoun”)

“Lord Jesus Christ, Son of the Father, have Mercy on us, Grant us Thy Peace”



06:21 mins

Video #29

PART 5

Step 3 - Honoring the Mother: The "Our Mother" Prayer with threefold walking
Step 4 - The "I-A-O" Meditation (with Microcosmic Grail Breathing) – see *Cultivating Inner Radiance and the Body of Immortality* pp 85- 91
"I Am, It Thinks, She Feels, He Wills; Power, Glory, Gnosis"



06:20 mins

Video #30

PART 5

Step 4 - (Continued) Microcosmic Grail Breathing
"I Am, It Thinks, She Feels, He Wills; Power, Glory, Gnosis"
Step 5 - Macrocosmic Grail Breathing "Abba, Aumeyn, Amakh"



06:32 mins

Video #31

PART 5

Step 6 – Working with the Rosicrucian Mantra (with Grail Breathing) - *Cultivating Inner Radiance and the Body of Immortality* p 207



04:21 mins

Video # 32

PART 5

Step 7 - Working with the Ancient Christian Mantra "ICHTHYS"
with Macrocosmic and Microcosmic Grail Breathing - *Cultivating Inner Radiance and the Body of Immortality* pp 215-216



08:10 min

Video #33

PART 5

Step 8 - Invoking Christ as the "I-A-O" (with Microcosmic Breathing)
Step 9 – Working with the Mantric Hebrew Formula "Ehyeh Asher Ehyeh"



08:53 mins

Video #34

PART 5

Step 10 - Working with the "Our Father" Prayer and the "Our Mother" Prayer



09:01 mins

Video #35

Karen Rivers leading the Shambhala workshop participants in the singing, walking and gestures of “For Thine is the Kingdom”



02:43 mins

Video #36

Karen Rivers leading Shambhala workshop participants in singing “For Thine is the Kingdom”



01:56 mins

END
