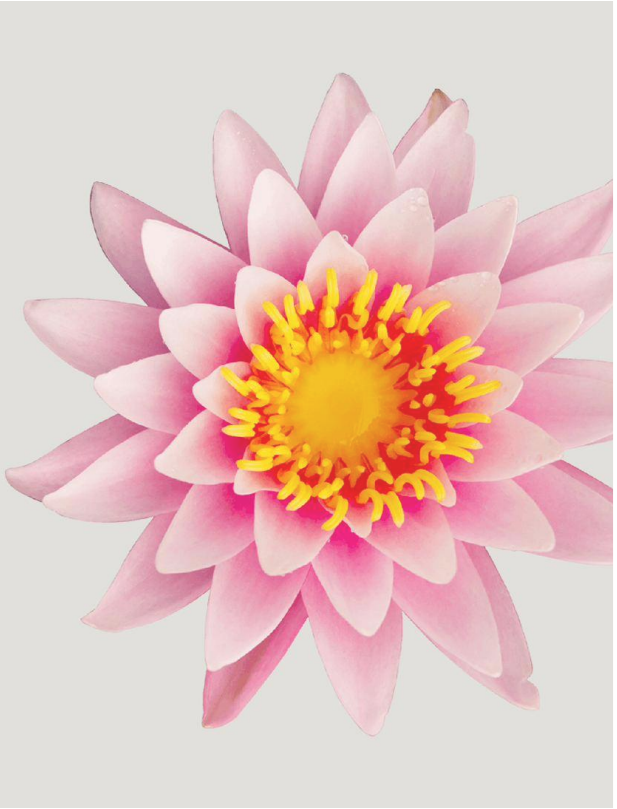
EMBODIED CHAKRA GATEWAY

A 7-Week Online Series

with Rhonda Mills

You don't arrive broken.
You arrive carrying frequencies
the world forgot how to hear.

Beginning April 6, 2026



The human body, more precisely the chakras—the vortices of consciousness in the body—are the gateway to discovering the mystery of the universe and our life in it.

Pandit Rajmani Tigunait
The Practice of the Yoga Sutra

The Power of Intention

Our intention operates as a through-line through the subtle channel of the spine.

What intention brought you here to this course?

How do you feel / sense your intention in your body?

The Power of Attention

- **One-Pointed Attention**
- **Open Space Attention**

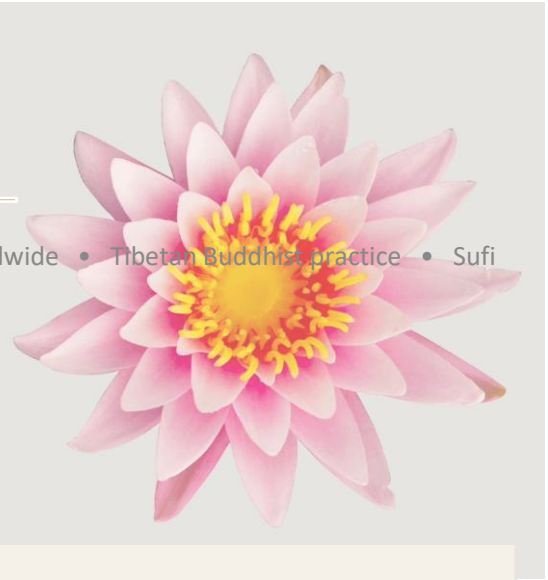
The Adventure of Exploration

You are invited to experiment with ways to place your attention,
and to learn from your own experience.
Everyone's experience is specific to them.

A Living, Cross-Cultural Knowing

This is not the property of one tradition, one culture, or one religion.

Tantric and Vedic lineages • Himalayan Sri Vidya tradition • Indigenous and earth-based traditions worldwide • Tibetan Buddhist practice • Sufi mysticism • Western mystical traditions • Medicine Wheel teachings



Illumined and psychic people across cultures and centuries have mapped energy centers in the human body and spoken about them, in many forms. This is humanity's body map of itself.

> *My root: initiated into the Himalayan Sri Vidya tradition in 2003 — an unbroken living lineage. Held with accountability and respect, and in kinship with the medicine wheel teachings of my Cherokee ancestry and the wisdom of many traditions.*

The Map Is Not the Territory

But a good map helps you find yourself.

Seven major chakras situated along sushumna nadi, the central channel — each a conjunction point for many nadis, the channels through which prana flows.

Subtle body wisdom Their influence extends from the subtle body to include physical and causal dimensions of our experience.

Progressive states of awareness Not a self-improvement checklist. A map of your fullest potential — the blueprint of who you already are at the deepest level. The consciousness through each chakra encodes an essential aspect of your wholeness. We're not trying to get anywhere.

The goal is felt recognition We are not here to accumulate concepts. We are here to feel where you already are — and what is already moving in you. Your presence in your own system is the doorway for whatever is ready to emerge next.

What Is a Chakra?

From Sanskrit: wheel • circle • vortex • whirlpool • lotus

The chakras are pranic centers within the human framework — places where life force gathers, concentrates, and moves between dimensions: body, emotion, mind, relational field, and the subtle realms beyond ordinary perception.

They are both real and symbolic — a blueprint of embodying more of the mysterious in daily life.

The reality of the whole — the macrocosm — exists within the human being. What you are exploring is not only personal. You are an essential part of the collective of all of life, human and more than human.

The symbols of the chakras convey more than words. They are gateways — a means to guide you to deepen with your own direct experience.

The Seven Gateways

A felt glimpse

- **Root** *Earth • Bones* Grounding, belonging, ancient ground of being
- **Sacral** *Water • Fluids* Flow, feeling, tidal rhythms, the eros of being alive
- **Solar Plexus** *Fire • Digestion* Agency, power, the capacity to meet your life fully
- **Heart** *Air • Breath* Compassion, courage, where personal and transpersonal cross
- **Throat** *Space • Sound* Voice, listening, authentic transmission
- **Third Eye** *Intuition • Mind* Vision, discernment, witness consciousness
- **Crown** *Light* • Surrender, timelessness, interbeing

As each center is named — bring a light attention there. Not to analyze. Just to notice.

How We'll Work Together

Each session, a repeatable rhythm:

- **Teaching** Rooted in ancient wisdom, made livable
- **Guided presence** Meditation and contemplative practice
- **Embodied movement** Simple practices you can carry into daily life
- **Relational exploration** Sensing and sharing the field together
- **Integration** Space to share, question, listen, and receive support

By the time we've walked through all seven, you won't have a system to follow. You'll have a deeper fluency with the living system you already are.