

## The Gnostic Centre

A research centre for the growth of consciousness, registered as a non-profit trust, started in 1996, Delhi. The Gnostic Centre is a pioneering effort towards the university of tomorrow and attempts to create a bridge between Matter and Spirit.

To further this purpose The Gnostic Centre has established in August 1998, the International Centre for Integral Studies (ICIS), which is a unit of the Centre. It is a pioneering effort towards the university of tomorrow.

The Centre is located in picturesque green surroundings, set amidst a sprawling 100 acre farm and has the quality of serenity and quiet beauty. It offers an aesthetic environment for learning and self-reflection. Its library is an intellectual sanctuary where one comes to find light and progress. It is well-equipped with carefully selected books to represent integral dimensions of particular subjects and to provide texts that help to strengthen the knowledge base, while deepening, heightening and widening one's consciousness.

*The Gnostic Centre is consecrated to the vision and work of the Mother and Sri Aurobindo.*

*The Mother*

### DATES

**19th Feb-14th May 2000**

Collective sessions on Sat/Sundays.

**VENUE:** The Gnostic Centre, Bijwasan, New Delhi (near Palam Vihar) - set amidst quiet, serene and picturesque surroundings.

**How to reach:** The venue is 24 kms. from Vasant Vihar (south Delhi). Those who have their own mode of transport can reach The Gnostic Centre directly (map available on request).

### COURSE CONTRIBUTION

Rs.2500/- (includes essential reading material, library membership and computer facilities).

**Course Registration:** Should you be interested in registering for the course, please mail in a DD/ cheque for Rs.70, favouring 'The Gnostic Centre'. On its receipt, we will mail you the ICIS prospectus and the application form.

*It is always  
a mistake  
to complain about  
the circumstances  
of our life,  
for they are the  
outward expression  
of what we are  
ourselves.*

Copyright: The Gnostic Centre, 2000

### The Facilitator:

**AMEETA MEHRA**

*\*English Honours (Lady Shri Ram)*

*\*Management Education (IIM, Ahmedabad)*

*\*Equine Management (The Irish National Stud)*

Ameeta is presently the Chairperson of the Gnostic Centre, where she takes study groups, workshops and short courses on the Gita, Upanishads, Meditation, and on Sri Aurobindo's integral yoga.

As the Executive Director of India's premier stud farm, her work is a diverse and synthetic blend of spirit and matter.

Ameeta is also involved with the new movement of the Theatre of Consciousness and has directed a number of plays – the latest being 'The Ascent to Truth', a play written by The Mother.

She has authored two books - 'The Journey' and 'Where we don't go'. Her other books include:

*\*Dhyana: Meditation for Inner Growth*

*\*Sadhana: A Guide to Self-Mastery*

*\*Karmayoga: Perfection in Works*

*\*Fear: Its Cause & Cure*

Her past experience includes teaching children and conducting youth empowerment workshops – both in India and abroad.

For further info, please contact:

*The Gnostic Centre*



5063070, 6179129 (Ritika),  
6477610 (Anuradha), 91-360351 (A.Mehra)  
Mailing Add: H-401 Som Vihar Apts.,  
Sangam Marg, New Delhi 110 022  
E-mail: gnostic@nda.vsnl.net.in

## Power of Attitude



*Let him destroy by deep  
meditation the qualities that are  
opposed to the divine nature.*

*Laws of Manu*

### COURSE AIMS

- \* To experience an actual shift - open a new horizon.
- \* To look at oneself objectively.
- \* To bridge between the inner self and the outer day- to- day reality.
- \* To develop clear intellectual clarity and understanding of the key concepts.

## TEACHING-LEARNING METHODOLOGY

- \* Guided Meditations
- \* Readings and Study Material
- \* Exercises for Self-mastery
- \* Sharings and Worksheets
- \* Explanations and Discussions
- \* Group work and Presentations
- \* Evaluation
- \* Self-reflective journal

## ACADEMIC RIGOUR

Self-motivation is the key to successful learning and a strong demand is placed on the student to be worthy of the freedom available. Maintenance of the daily self-reflective journal and individual coursework portfolio is a must. Regularity and punctuality in course attendance is emphasised. The student is expected to train himself to be a living example of the values he cherishes and the excellence he strives to effectuate in the social context.

## CERTIFICATION

On successful completion, the participant will be awarded a Certificate of Professional Study, certified by The Gnostic Centre, New Delhi.

## COURSE COMPONENTS

### CONCENTRATE ON WHAT YOU WANT TO BE

- \* The First Necessity for Living an Integrated Life
- \* Establishing Peace in the Mind
- \* Inner and Outer Attitude
- \* Mastery through Attitude
- \* Stepping Back

### SELF-OBSERVATION & SELF-ORGANISATION

- \* Lighting the Psychic Fire
- \* Positive Thinking
- \* Power of Imagination
- \* Self-reflection and Contemplation

### TRUE ATTITUDE IN WORK

- \* Working Consciously
- \* Is Business Something Tainted?
- \* Gita's Message on Work
- \* Guidelines of Karmayoga laid down by the Gita
- \* What are the Conditions of our Effort?
- \* Key Method
- \* *Nishkama Karma*: Renunciation of all Attachment to Result

## COURSE ORIENTATION

The course is designed keeping in mind maximum freedom and flexibility. Emphasis is given on self-study and observation, action research and self-evaluation. The lecture mode is seldom used; rather the participant is shown where the knowledge exists, and is expected to make a thorough study of the chosen subject beforehand. In the group, emphasis is laid on presentations, discussions and the issues and implications arising from these.

Contact time with the guide and the group is especially arranged mainly on weekends, so that professionals who are working during the week, can spend the evening hours on weekdays for individual study, research, completing the required reading and/or assignments.

At the end of the course, the participant submits a portfolio of all course work completed, including research, summaries, assignments etc., and a daily recorded reflective journal, for evaluation.

### ESSENTIAL READING

- \* *Living Within* (AS Dalal)
- \* *Looking from Within* (AS Dalal)
- \* *The Sunlit Path* (The Mother)