

The Gnostic Centre

A research centre for the growth of consciousness, set up as a non-profit public charitable trust, in 1996 at New Delhi. The Gnostic Centre is consecrated to the vision and work of the Mother and Sri Aurobindo, and aims to make Integral Education and Yoga a dynamic reality in the larger social context.

The International Centre for Integral Studies (ICIS), the educational wing of the Centre, is a pioneering effort towards the university of tomorrow. Its major activities are Teacher Education (Pre-service & In-service) and Research in integral education & self-development.

A series of courses, trainings, workshops and study programmes are regularly held at the Centre. The Centre is on the panel of Delhi University and conducts workshops in self-development for B.El.Ed. teacher-students. The Centre is working with a number of schools for in-service training.

The Centre provides training for children (4-16yrs.), to develop their sensorial skills, mental faculties, attitudes and qualities – through science based projects, games, creative work involving art and craft, workshops & study.

Each year a series of talks, audio-visu-als and interactive sessions is organised at schools, colleges, academic, training and management institutes, under the title: 'In Search of the Soul of India' (the Spiritual and Cultural Heritage of India Series).

The Gnostic Centre comprises of a library and a meditation hall, as well as a study centre. (10am-6pm, Tue-Sun)

A bi-monthly journal, *The Awakening Ray*, is published with sections on: Power of Attitude, Issues of Life, Living from Within, Stories of Enlightenment, Catalyst for change, Light for students, Report and Calendar of events of the Gnostic Centre.

The Centre has recently published three books on self-mastery: *Dhyana: Meditation for Inner Growth*, *Abhaya: Fear - Its Cause and Cure* and *Karmayoga: Perfection in Work*.

DATES

3rd Sep-23rd Dec, 2000

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). Car pools with other students can also be organised.

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.

For further info, please contact:



5063060 & 70, 6179129 (Ritika),
6477610 (Anuradha), 91-6360351 (A.Mehra)
Mailing Add: H-401 Som Vihar Apts.,
Sangam Marg, New Delhi 110 022
Regd.Off: E-245 Greater Kailash 1, New Delhi 110 048

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:

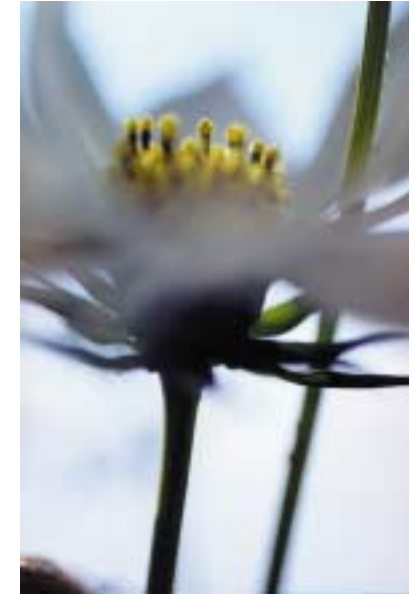
**Dhyana: Meditation for Inner Growth*

**Karmayoga: Perfection in Work*

**Fear: Its Cause & Cure*

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

The Science of Living



COURSE AIMS

- * Understanding and practice of The Science of Living
- * An experiential basis to effectuate change in oneself, relationships and work
- * Physical, Mental, Vital, Psychic Education

The Science of Living

The Tapasya of Beauty, Power, Knowledge and Love

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
- * Applied research

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.

The science of yoga psychology offers holistic insights into the multiple realities that constitute us and the forces that mould our actions. It also provides practical tools and exercises for self-mastery so that whatever one does in one's life rests on a firm foundation of self-knowledge and self-control. This science of living may be utilised for strengthening one's inner foundations and building up a strong centre of knowledge and self-understanding in whatever one does, is or becomes. The course offers the students a concentrated time to focus on oneself and to take a few essential steps in this direction. The course structure is framed to facilitate both individual and collective journeys, as well as to enable integration between one's inner and outer life.

THE CORE COMPONENTS

- **TO KNOW ONESELF AND TO UNDERSTAND ONESELF
(PLANES & PARTS OF THE BEING)**
- **FOURFOLD DISCIPLINE: MENTAL, VITAL, PHYSICAL & PSYCHIC**
- **THE THREE GUNAS: TAMAS, RAJAS & SATTWA**
- **INWARDISING THE CONSCIOUSNESS: MEDITATION**
- **THE EGO AND THE INDIVIDUALITY**
- **THE PSYCHIC BEING AND PSYCHOLOGICAL HEALTH**
- **MIND, MATTER, SPIRIT & CONSCIOUSNESS**
- **WIDENING THE MIND**

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, assignments, including reflective journal summaries, and research work culminating in a monograph/project, for evaluation.