

## 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. Such a radical advance in higher life education has been long overdue and the Centre is a response to this growing need.

The Centre began its work with a series of intensive awareness workshops and courses on themes related to integral growth, karmayoga, education, social and political thought, music, hathayoga. It offers a library and meditation space, and subscription to its bi-monthly newsletter: 'The Awakening Ray'.

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

### Workshop Approach

Our 'workshops' are creative environments that draw you into intense processes of inner exploration and discovery... through intimate participation, sharing and spaces of silence you begin to move deeper into yourself... and new possibilities open up.

### FEE:

**BASIC level:** Rs.600/-

**ADVANCED level:** Rs.800/-

Should you register for both the levels together, the total Fee would be Rs.1200/- for both.

**For the Advanced level, it is necessary that you first attend the Basic level.**

**Special Discount for Teachers: Should the school/institute sponsor 3 or more teachers, there is a 50% discount on the overall fee.**

**Group Size:** 25

**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). For those who have a transport problem, a car/van will be arranged. Please be at the main car parking of Sri Aurobindo Ashram, Sri Aurobindo Marg (opp. IIT, en route to Qutub Minar) at the appointed time.

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

Laws of Manu

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### 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*



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## Meditation for Inner Growth



### BASIC LEVEL

Thu.20th April

10am-12noon

&

Sat.22nd April

10am-12.30pm

### ADVANCED LEVEL

Tue.25th April

10am-12noon

&

Thu.27th April

10am-12noon

&

Sat.29th April

10am-12.30pm

# Meditation for Inner Growth



*"True happiness does not depend on the external circumstances of life. One can obtain true happiness and keep it constantly only by discovering one's psychic being and uniting with it."*

The Mother

## WORKSHOP METHODOLOGY

- \* Guided Meditations
- \* Reading and Study Material
- \* Meditation Exercises
- \* Sharing and Worksheets
- \* Explanations

## BASIC LEVEL

### MEDITATION & CONCENTRATION

- Why Meditate?
- What is Dhyana?
- What Happens through Meditation?

### WHAT IS THE DIFFERENCE BETWEEN CONCENTRATION & MEDITATION?

- Concentration and Meditation
- Establishing Peace in the Mind
- An Introspective Worksheet

### DIFFICULTIES IN MEDITATION

- Unwanted Thoughts
- Pressure of Sleep
- Strain of Concentration
- Mental Noise
- Obsessive and Compulsive Thoughts

### WHAT ARE THE FIRST RESULTS OF MEDITATION?

- Inward Movement and the First Results
- Signs of Self-Mastery

## ADVANCED LEVEL

### DYNAMIC MEDITATION

- What is Dynamic Meditation?
- What is True Meditation?
- Meditation in Action
- Meditation on a Sentence

### HOW TO CONCENTRATE?

- Concentration in the Heart Centre
- Discovering the Inner Being
- How can I Come in Touch with My Psychic?
- Aspiration: A Meditation for Progress

### DOING MORE IN LESS TIME

### OVERCOMING ANGER

- Stepping Back

### HOW TO TEACH & PRACTISE MEDITATION IN A GROUP

## BASIC LEVEL

For those who want to learn the basics of Meditation & Concentration and deepen their conceptual understanding.

## ADVANCED LEVEL

For those who would like to practise dynamic meditation, and teach meditation in a collective group or classroom.

*"Let us be silent,  
that we may hear  
the whispers of God."*

Emerson