

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 universality 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.

RITIKA GOYAL

Ritika Goyal is a practising advocate at the High Court and has specialised in Corporate Law. She has received training in facilitation, at the Gnostic Centre. Her area of research is mental development and its application in school education.

Ritika is the Treasurer of the Gnostic Centre and looks after its legal and financial work.

The Facilitators

ADITI

Aditi has a wide experience in the field of Integral Education - in teaching children and curriculum development. At the Gnostic Centre she facilitates study circles and workshops on mental development and value education. She has worked at Mirambika (a Free Progress school in south Delhi), as well as at Auroville (an international township, 11 kms. from Pondicherry, based on the ideal of human unity).

DATES

Sundays, April 9, 16, 23, 30 (9.30am - 12.30pm)

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).

STUDY PROGRAMME CONTRIBUTION

Rs.800/- (includes essential reading materials).

For further info, please contact:



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WIDENING THE MIND



In its natural state the human mind is always limited in its vision, narrow in its understanding, rigid in its conception, and a constant effort is therefore needed to widen it, to make it more supple and profound.

Sri Aurobindo

DO YOU KNOW THAT YOUR MIND
IS AN INSTRUMENT OF UNLIMITED POWERS?

DO YOU USE ITS UNLIMITED POWERS?

AIMS

- * To develop clarity and understanding of the key concepts.
- * To widen one's perspective to overcome one's rigidity in thought and action.
- * To experience an actual shift.

THIS PROGRAMME AIMS AT PROVIDING AN UNDERSTANDING OF THE POWERS OF ONE'S MIND AND ITS APPLICATION IN ONE'S LIFE.

COURSE COMPONENTS

- UNDERSTANDING THE MIND
- UNDERSTANDING LIMITATIONS & CAPABILITIES OF MIND
- ENHANCING THE POWERS OF ONE'S MIND
-Through exercises and games
- WIDENING THE MIND: PRACTICAL TOOLS
-Overcoming one's rigidity in perspectives
-Identification with the wide-ness within and without
- APPLICATION IN ONE'S DAILY LIFE

TEACHING-LEARNING
METHODOLOGY

- * Readings and Study Material
- * Exercises for Self-mastery
- * Sharings and Worksheets
- * Explanation and Discussion
- * Meditation
- * Activities and Presentation