

## PARTICIPANT PROFILE

For those who wish to make a decisive and lasting change in themselves and in their world ...

Who need to discover, in their own work and life, the deeper truths and secrets of existence ...

Who aspire to live a more integrated, more significant and more potent life on earth ...

## The Facilitator : PARTHO

Partho is presently the Principal of Mirambika (an experimental, progressive, child-centred, research centre for Integral Education). He was instrumental in setting up a progressive school in Jaipur (Mayura Study) and was its principal academic co-ordinator.

He has contributed articles in various magazines on spiritual and yogic themes.

He has a wide experience of conducting workshops/study programmes on Education, Interpersonal growth, Integral Yoga.

Academically, he has an honours degree in English Literature (gold medalist).

## COMMUNICATIONS from alienation to communion



**Understanding alienation:** the egocentric perspective, fear, loneliness, self-defence, separateness, psychological insecurity ...  
**The breakdown of communication:** misunderstanding, hostility, violence, further alienation, lack of confidence (individual, professional, social).

### Stage One THE CATERPILLAR

### Stage Two THE COCOON

**Experiencing inwardisation:** going into self-awareness, centring and integration, coming to terms with oneself, learning to trust your inner instincts and intuitions, communicating from the centre of your being, understanding your defences and insecurities, becoming aware of your evolutionary past, discovering the need for authenticity.



### Stage Three THE BUTTERFLY

Experiencing opening up, achieving transparency and intimacy, expanding individuality, globalising your own perspective, empathy, moving towards communion.



## AIMS

- To enable participants to understand the nature and dynamics of communication.
- To see communications as essentially expression of self in the world.
- To learn to communicate effectively and meaningfully as a conscious act of self-expression.

## LEARNING OBJECTIVE

To reach deeper and more authentic levels of communication through a journey in self and interpersonal awareness.

## ABOUT THE WORKSHOP

In a world rapidly becoming globalised and interdependent, and life becoming increasingly complex, the need for effective and meaningful communications becomes imperative. Yet, communication is not just a matter of technique or technology : it is a conscious act of making oneself 'meaningful and significant' to others : an act of self-expression. This workshop on communication attempts to understand the deeper and more significant dynamics of communication ... not merely to make a better communicator but to make a more sensitive and aware human person.

The quest for perfect self-expression is not separate from perfect self-awareness ... our quest is not for outer forms and techniques but for fundamental inner shifts, changes in perception and consciousness. We approach these fundamental shifts through intensive introspection and self-exploration into the very nature of communication.

## APPROACH

Our 'workshops' are creative environments that draw you into intense processes of inner exploration and discovery ... no one teaches, instructs or sets objectives ... through intimate participation, sharing and spaces of silence you begin to move deeper into yourself ... and new possibilities open up.

## The Gnostic Centre

A centre for transformative learning recently established in Delhi, by a group of young 'entrepreneurs of the spirit'. The Gnostic Centre is a university of consciousness, a learning centre where the learner and the faculty meet in a dynamic, participative process of growth and awareness: a learning process not limited to classrooms but going beyond all structures and encompassing all life, where the participant him-herself becomes the 'living laboratory' of change.

Such a radical advance in higher life education has been long overdue and deeply needed. The Gnostic Centre is the response to this growing universal need and is meant for those who are ready for the Great Adventure of the growth of consciousness.

The Centre begins its work with a series of intensive awareness workshops and courses on themes related to integral growth and education.

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

### VENUE

Living Spaces, E-482 Greater Kailash 2, New Delhi 110 048

### DATES & TIMINGS

The workshop will be held twice, for different groups. You may register for any one.

Saturday, 24 August, 1996

4.00 - 7.00 pm

Sunday, 25 August, 1996

10.00 am - 5.30 pm

Last date to register: 17 August

Saturday, 14 September, 1996

4.00 - 7.00 pm

Sunday, 15 September, 1996

10.00 am - 5.30 pm

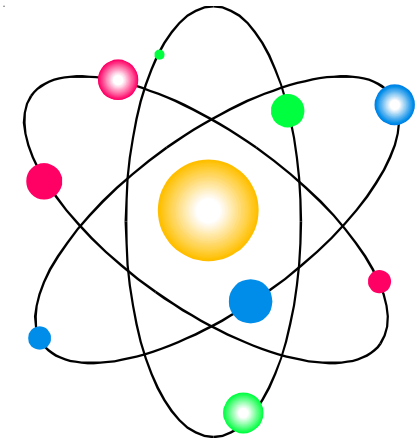
Last date to register: 7 September

Group size: 10-15

### WORKSHOP FEE

Rs. 800/-. To be paid in cash or through a DD in favour of 'The Gnostic Centre'.

Tea and snacks on Saturday, and lunch and tea on Sunday shall be served.



WORKSHOP

ON

COMMUNICATIONS

from alienation

to communion ...

For further info, please contact Ritika (6179129) or Partho (8-350694, 6863741)