

The Gnostic Centre

A research centre for the growth of consciousness, started on February 29th, 1996, Delhi. The Centre is a pioneering effort towards the university of tomorrow..... where the learner and the faculty meet in a dynamic, participative process of growth and awareness: a learning process 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 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.

VENUE: The Gnostic Centre, Bijwasan (near Palam Vihar), Delhi.

How to reach: The venue is 24 kms. from Vasant Vihar (South Delhi). Those who have their own mode of transport can reach 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 2.30 pm on Saturday, 30th and at 9.00 am on Sunday, 31st.

SUGGESTED CONTRIBUTION

There is no fee for this workshop. Offerings to the Gnostic Centre will be gladly accepted. Suggested contribution: Rs.1,000/-.

In case you are availing the transport facility of the Centre, please send in Rs.100/-, by cash/DD/cheque, in favour of 'The Gnostic Centre', payable at Delhi.

The mailing address is:

c/o Ritika Goyal
H-401 Som Vihar Apts.
Sangam Marg
New Delhi 110 022

The Facilitator: AMEETA MEHRA

- English Honours (Lady Shri Ram)
- Management Education (IIM, Ahmedabad)

Ameeta is the Executive Director of India's premier stud farm (Usha Stud and Agricultural Farm).

She worked as the head of the resource centre of Mirambika from 1987 to 1990 and thereafter as Chairperson of the United Nations of Youth where she worked in the field of human resource development, integral psychology and Indian philosophy. She has had wide experience in conducting workshops and training programmes on Personal Growth, Spiritual Development, Youth Empowerment, Teacher Training - in India and abroad.

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'.

DATES & TIMINGS

30th-31st August, 1997

Last date to register: 27th August

Timings on Saturday are from 3.30 to 7.30 pm and on Sunday from 10.00 am to 5.30 pm.

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

Group size: 15-20

THE JOURNEY

Self-development & Mastery
a psychological journey towards
a truth felt, but not expressed



About The Workshop

In a world rapidly becoming globalised and interdependent, and life becoming increasingly complex, the need for simple and powerful tools and techniques for Self and Life Mastery becomes imperative. Yet, to be a master of oneself and one's life are not just matters of technique or technology. They rest on a fundamental shift in consciousness, changes in perception, and a dynamic knowledge and exploration into the very nature of the human person.

For further info, please contact

The Gnostic Centre (5563070), Ritika (6179129) or Ameeta (8-360351)

THE JOURNEY

Stage II FROM THE MOUNTAIN TOP TO THE HORIZON BEYOND (an urge towards a greater perfection & goal)

- Creative visualisation
- Discovering hidden treasures
- Introspection
- Aspiration

A scientific & experiential approach

Stage I TREK TO SELF-DISCOVERY (a path, the destination of which is felt but not yet discovered)

- Self-observation & self
organisation
- Becoming aware of oneself

A guided activity

Stage III GROUND REALITY (finding and removing the blocks)

- Becoming aware of one's shadow
- Difficulties across the path
- Difficulties of the character
- Faith & Patience

A personal analysis & understanding

Stage IV CREATING THE BRIDGE (the blueprint : equipping yourself with knowledge, tools & techniques)

- Stepping back
- Mastery through attitude
- Dynamic meditation
- Establishing peace in the mind
- Psychic, the source of inner well-being

*An integral understanding & framework
through experiential exercises,
study materials & talks*

Stage V WORK IN PROGRESS (general methods & principles)

- Personal action plan
- Follow-up activities
- Questions & Answers
- Support group

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.



AIMS

- *To experience an actual shift - open a new horizon
- *To look at oneself objectively
- *To tap into one's inner strength when confronted with adverse circumstances
- *To bridge between the inner self and the outer day-to-day reality...