

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.

DATES & TIMINGS

Sunday, 14th September
10.00 am to 5.30 pm

We would appreciate it if you could register before 7th September.

Group size: 25

SUGGESTED CONTRIBUTION

Rs.500/- (Please add Rs.50/- in case you are availing the transport facility of The Gnostic Centre.)

Please send in a cheque/draft, in favour of 'The Gnostic Centre', payable at Delhi.

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 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 9.00am.**

The Gnostic Centre

Usha Stud Farms, Bijwasan, New Delhi 110 061
mailing add: H-401 Som Vihar Apts., Sangam
Marg, New Delhi 110 022
regd. off: E-245 Greater Kailash part 1, New Delhi 110 048

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'.

For further info, please contact

The Gnostic Centre (5563070)
Ritika (6179129)
Ameeta (8-360351)
Anuradha (6477610)

Introduction to *Karmayoga*

(Perfection in Work)



*"In works,
aspiration towards
Perfection
is true spirituality."*

The Mother

Programme



Pansy : Thoughts turned towards the Divine (Spiritual significance)

What is Karma? What is yoga? - The concept of Karmayoga, Right Attitude in Works

* The practical relevance of Karmayoga in modern day society
interactive talk and discussion

What are the main principles of Karmayoga - How can you attain perfection in work

* Steps in Karmayoga - the way of the GITA
an integral understanding

Meditation in Karmayoga

* Establishing Peace in the Mind and Body
an experiential exercise

Self-offering and Self-surrender in Works - How to practise it in day-to-day life

* Practical steps of Self-Discipline
* The Rules of Action laid down by the Gita
a scientific and experiential approach

Shlokas of the Gita and their understanding and practice in our present situation

Niskama Karma

a personal analysis and understanding

The Key Method

an action plan

Dynamic Meditation

a guided activity

Aims

- * An introduction to Self-Mastery in Work
- * To experience an actual shift in one's attitude towards work
- * To apply the Gita's principle of Niskama Karma in the modern day context

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.