

## Ten Day International 'Tat Tvam Asi' Spiritual Retreat (*Amanaska Yoga*):

In Feb 2017, there will be a ten day Intl Spiritual Retreat (residential, as well as for day scholars) on 'Life-Transformation through *self-Knowing*' (*Amanaska Yoga*). It will be in the heart of the city of Chennai. The course is designed and taught by Sankara Bhagavadpada.

1. It is an Intl Retreat, primarily in English. Attempts are being made to bring this very unusual course within the reach of Tamil and Telugu speaking seekers. This is achieved through simultaneous translation into Tamil and Telugu through the technical support of an excellent Translation System.
2. *The teachings (in English, as well as in other languages) will be delivered directly into your ears, through high quality headsets, connected to the 'Translation System'.*
3. Apart from listening (*Sravana*) to the teachings coming into your ears; you will be given time to contemplate (*Manana*), and time for abiding in the *Atma* (Meditation or *Nidhidhyasana*).
4. Then there will be *small group* discussions and *whole group* discussions, to facilitate assimilation of the teachings on *self-Knowing*.
5. The Transformative Process of *self-Knowing* will be systematically taught, so that, you understand, assimilate and gain mastery over it, through your intent, dedication and practice. Once this milestone is crossed, you have access to limitless Inner Freedom, Clarity, Intelligence and Joy.
6. Our varied human problems: (i) boredom, (ii) loneliness, (iii) fear, (iv) lack of *self-confidence*, (v) inability to face failures, (vi) all sorts of sexual problems, (vii) humiliation and emotional hurts, (viii) death and disease, (ix) conflict, (x) guilt, (xi) wandering attention, (xi) comparison with others, (xii) despondency and depression because of unfulfilled ambition; (xiii) anger and hatred, (xiv) hypocrisy as a way of life, (xv) dishonesty and corruption, (xvi) infidelity in relationship – **every one of these problems will be enquired into in great depth, to understood, through *self-Knowing*, their self-same common cause and common ground, which is the *self*.**
7. *The troublesome self. So this self has to be understood, calmed and silenced. Then there will be true freedom and salvation, inner and outer peace. This is*

*the actual process of the Retreat. Knowing of the common cause: the self, will happen through the process and power of the Choiceless Awareness of What Is, which we have called Amanaska Yoga, for various reasons.*

***‘Choiceless Awareness of What Is’, is the original name given by the master Sri J. Krishnamurti.***

8. Beyond, *self*-Knowing, the time-tested three stages of the Hindu meditational process of *Shravana, Manana, Nidhidhyasana* will be followed.
9. We urge you to attend this Retreat, so that gaining the priceless jewel of *self*-Knowing, you, become *Sthitha Prajna*, as described in Chapter II of the Bhagavad Gita, and you even *unknowingly and innocently* enter into the kingdom of Self-Realization. This is the answer to every human problem.
10. If, you are a spiritual seeker or a *mumukshu* (seeker of *moksha*), or are about 60 or 65 years of age, or have had misfortunes in life, which you could not assimilate, or are seeking to end sorrow in your life, or have a thirst for Peace, Clarity and the Divine, then, this Retreat will help you in your search. **Success will depend on your sincerity, dedication and intention. This is fundamentally a spiritual journey beyond the milestone of faith.**
11. There will be a Yoga Lesson between 6:15am and 7:30am, every morning. The approach (called ‘Panchaasya Yoga’) to *Yogasanas* and *Pranaayama* is that developed by the Yoga master, Subramanian Kumar (Tampa, Fl, USA).
12. Venue: The Hotel, ACCORD METROPOLITAN, No:35, G. N. Chetty Road, T. Nagar, Chennai-600 017.
13. Timings are 9:00am to 6:00pm.
14. Dates: Feb 2<sup>nd</sup> to Feb 11<sup>th</sup>, 2017.
15. Such of those Indian participants (coming from other cities of India) who wish to be residential participants, may specifically mention their request, so that the booking at the Hotel may be finalized.
16. Every year, some dedicated sincere teachers, or individuals who have done selfless and significant work, as masters and specialists, for the welfare of the world are invited for the Retreat as honored guests of the ‘Tat Tvam Asi’ foundation.

17. Last two Retreats conducted by Sankara Bhagavadpada were in Maryland, Potomac area, USA, in Sept 2016 and prior to that in Feb 2016, at the same venue, when 26 seekers from 6 countries participated.

18. Pl see [www.tat-tvam-asi.org](http://www.tat-tvam-asi.org); [www.hinduworldastrology.net](http://www.hinduworldastrology.net); [www.amanaska.yoga](http://www.amanaska.yoga) for much more information.

19. More info can also be had from Trustee of Tat Tvam Asi:

Ms. Devika Dorai, as well as from Sankara Bhagavadpada himself.

20. Their e-mails; [devika.dorai@gmail.com](mailto:devika.dorai@gmail.com);

21. [bhagavadpada@gmail.com](mailto:bhagavadpada@gmail.com)

22. Their Phones: Devika Dorai: +919444379888;

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23. Duration of the Retreat: Feb 2<sup>nd</sup> to Feb 11<sup>th</sup>. 2017.

24. You may also like to read Sankara Bhagavadpada's latest work, which is now available in [www.amazon.com](http://www.amazon.com) as well as Yogi Impressions. Links to these sites, from where the book can be ordered, are attached. Book: 'Self-Realization Through *self*-Knowing'.

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