

## The Ten Stages of the 'Tat Tvam Asi' – 'Vedic Flower' Feb 2017 Retreat

Stage I (Day 1): The larger picture: Awakening to human sorrow. The importance of experiencing suffering, and thus ending it.

Themes:

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- (1) Sensitive observation of tremendous sorrow in the world, *especially in our inner life* (and also of course, in the outer life, as the inner mirrors the outer).
- (2) Sensitive observation and understanding of *the aberrant and uncreative responses of the human self to the problem of sorrow in Eastern and Western societies*.
- (3) Awakening to this suffering, and embracing it, rather than turning away from it.
- (4) Purgation of this sorrow, through the 'drinking and digesting of it'.  
In this process, the *self*, undergoes calming and silencing.

1. Listening to the teaching (*sravana*):

2. Contemplation/Group discussion (*manana/samaloचना*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering,

Or, through (ii) Med (1): (*self-Knowing, choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*)

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Stage II (Day 2): Understanding the spiritual life (*dharma and moksha*)

Themes:

- (1) Goals of life: *dharma, artha, kama, and moksha*;
- (2) Human nature and Divine nature;
- (3) *Jiva (self) and Atma (Self)*, variety of metaphors and models;
- (4) *Devas-Asuras* model;
- (5) Consciousness, it's organs: *manas, buddhi, ahankara and chitta*;
- (6) Awareness and consciousness;
- (7) *Maya and karma*;
- (8) *How faith which is initially necessary and a blessing, turns out in the advanced spiritual life, to be an obstacle to spiritual flowering.*

- (9) *The supreme importance of intellectual conviction on this path.*  
(10) Path of understanding (*Jnana yoga*), based on learning by discovery.  
(11) You are unique. Million paths for million seekers.

1. Listening to the teaching (*sravana*):

2. Contemplation/Group discussion (*manana/samalochna*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering,

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*)

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Stage III (Day 3): Learning Krishnamurti's *self-Knowing (amanaska yoga)*.

Themes:

- (1) A new meditative understanding of the *self* and sorrow.
- (2) Hindu traditional *Bhakti yoga* and *Jnana yoga* and how they differ from this *amanaska yoga* (Krishnamurti's *self-Knowing*).
- (3) Krishnamurti's special vocabulary: *choiceless awareness, what is, what should be, dying to a problem, vulnerability to life*, awakening of intelligence, sensitivity to nature, etc.

1. Listening to the teaching (*sravana*).

2. Contemplation/Group discussion (*manana/samalochna*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering;

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*)

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Stage IV (Day 4): Distinguishing between awareness and consciousness. Understanding the seeker. *Choiceless awareness in amanaska yoga*. Real life examples of *what is*. How to awaken to *what is*? How to approach *what is*?

1. Listening to the teaching (*sravana*)

2. Contemplation/Group discussion (*manana/samaloचना*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering,

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*)

Stage V (Day 5): The contamination of *choiceless awareness* by effort and motive. Through *amanaska yoga*, to identify, observe and understand the *self*. Right watching and wrong watching. Other obstacles preventing *choiceless awareness*.

1. Listening to the teaching (*sravana*).

2. Contemplation/Group discussion (*manana/samaloचना*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering,

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*)

Stage VI (Day 6): Through *amanaska yoga*, the calming and silencing of the *self*, happens. *Self-Knowing* in action, in relationship. How does the silent *self*, respond to the challenges in life? The *self*, being silent-is this a weakness of the *self*, or it is a strength, which the sages and saints possess?

1. Listening to the teaching (*sravana*).

2. Contemplation/Group discussion (*manana/samaloचना*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering;

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);  
Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*)

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Stage VII (Day 7) : Through *amanaska yoga*, the awakening of intelligence happens. How does this awakened intelligence function, in the family, in the office, in society, in your relationship with the world. ? The art of listening, the art of observing, the art of being silent, the art of contemplating, the art of feeling. Nature, music and art and loving humans.

1. Listening to the teaching (*sravana*).

2. Contemplation/Group discussion (*manana/samalochana*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering;

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*).

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Stage VIII (Day 8): Through *amanaska yoga*, you discover the unmanifest Divine, as the 'all merciful' ('*Karunakara*'). What is your conception of the Divine, have you investigated into the Divine-that is thought for yourself? Do you have faith? The importance of a direct experience, howsoever small.

1. Listening to the teaching (*sravana*).

2. Contemplation/Group discussion (*manana/samalochana*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering;

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*).

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Stage IX (Day 9): Through *amanaska yoga*, you develop a two way bond of devotional adoration and affection between yourself and the unmanifest Divine. Explorations in devotional adoration and contemplation. Two different approaches.

Building your relationship with the Divine. Shifting from the Divine as the Other to your *Atma*.

1. Listening to the teaching (*sravana*).

2. Contemplation/Group discussion (*manana/samaloचना*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering;

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*).

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Stage X (Day 10) : Personal Consultations, Meditations and Samaloचना.

1. Listening to the teaching (*sravana*).

2. Contemplation/Group Discussion (*manana/samaloचना*).

3. Internalization, in one of three ways:

Either through (i) the experiencing and purgation of suffering;

Or, through (ii) Med (1): (*self-Knowing, through choiceless awareness of what is*);

Or, through (iii) Med (2): Abiding in awareness (*nidhidhyasana*).

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