

Tat-Tvam-Asi Meditations - A Spiritual Retreat by Dr. S. Bhagavadpada

A 'Homeward bound' Meditative Journey into self-Knowing and Self-Realization

Date/Time: Oct 3rd and 4th, 2015 (Sat 9:00 am to 6:00 pm & Sun 10:00 am to 7:00 pm), Tampa, FL, USA

Venue: Marshall Student Centre 4202, East Fowler Avenue, MSC 2708 Tampa, Florida 33620

Fee for Participation: \$300/- per participant (\$500/- for a couple; **FREE** for USF Students)

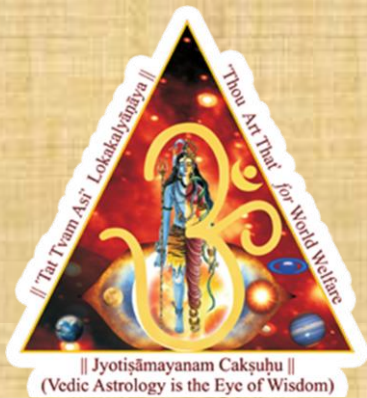
(Incl of Lunch and beverages on both the days.)

The Focal Points of the Retreat:

- ✓ Shift from the normal condition of 'wandering attention'
- ✓ Restlessness & Conflict to Self-knowing
- ✓ 'Inward dying' and learning about the Self
- ✓ Awakening of intelligence and genuine spiritual flowering
- ✓ Calming and radical transformation of your consciousness

This Radical Transformation is Possible Through:

- ✓ Sincerity
- ✓ Openness to Learning
- ✓ Humility
- ✓ Self-Introspection
- ✓ Facing Facts about Oneself



- ❖ This is the path of "Inner Enquiry" or "Jnana Yoga", one in which you will have to learn to be your own teacher, sooner or later.
- ❖ These transformative meditations will enable us to see that our own mind has been our greatest enemy and that peace and well-being comes only with wholeness and integrity within one's consciousness.
- ❖ In this state, we become our own best friend, and cease to be a fearful slave of the senses and the outer world. What better reward could there be?

This leap from **Self Knowledge** to **Self-Realization**, is much like the conversion of the 'Raw' discoveries of Science, into the fruits of Technology, which alone are of unquestionable utility value in life.

Such a transformation will naturally be **Self-paced**. Progress and results depend crucially upon the **individual's devotion, faith, sincerity, and eagerness to continue learning**.

The **Knowledge** is intended to be a '**Flying start**' for such a pilgrimage into **Spiritual life**.

If one is **sensitive at all**, a new life would bloom into existence in due course, bringing forth sensitivity, deep feeling & awakened intelligence, all of which are the varied fruits of **Self-Realization**, arising from that well-spring of the **happiness of the soul, Devotion to God, & Self-Realization**

|| TAT-TVAM-ASI ||



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Please send your cheques in favour of 'Subramanian Kumar' to the address given above