

DAY 1

FEB 2

9:00 a.m. - 6:00 p.m.

Morning Yoga lesson for 'in house' participants offered by

Subramanian M Kumar

6:15 a.m. - 7:30 a.m.

- I. 9:00 a.m. to 9:30 a.m. **Invocation of the Divine, Morning Prayer. Title Slide.**
- Prayer:** Pandit Ravi Shankar & George Harrison's 'Prabhuji' [10:46Mts].
Two Peace Chants: 'Sarve Shaam,... & Sarve Bhavantu..' [5:10Mts].
Announcements for the day [10 Mts].
- II. 9:30 a.m. to 10:30 a.m. **1st Teaching Module TM I** [43 Mts].
- TM I covered in** S I N1, S I N2, S I N3.
Themes covered in TM I:
1) Krishnamurti's Meditations; 2) Importance of awakening to sorrow; 3) *Jnana Yoga and Bhakti Yoga*; 4) Absence of *self*-Knowing, implies *self*-deception; 5) Nascent and virgin nature of *self*-Knowing.
Impromptu Qs & As. [15 Mts].
- III. 10:30 a.m. to 11:00 a.m. **Full House Colloquium** [30 Mts].
- IV. 11:00 a.m. to 11:30 a.m. **Refreshment Break** [30 Mts].
- V. 11:30 a.m. to 12: 50 p.m. **2nd Teaching Module: TM II:** [1 Hr 25 Mts].
TM II covered in S I 1, S I 2, S I 3, S I 4, S I 5, S I 6, S I 7, S I 8, S I 9, S I 10, S I 11, S I 12, S I 13. (13 Slides)
Themes covered in TM II:
1) For whom is *Amanaska Yoga*? 2) *Jiva and Atma*; 3) We have to begin from the other shore; 4) Metaphors, Insights, Understanding; 5) Ramana Maharshi on Self-Realization; 6) Ocean-Wave metaphor; 7) Head and Heart;

8) Four Goals of Life (*Dharma, Artha, Kama, Moksha*); 9) Four Goals of Life in Modern Society. *Dharma* is moral values, given by religions and humanism. *Artha* is professional skill and achievement. *Kama* is the enjoyment of sensory life. *Moksha* is liberation, from all sorrow and consequent unity with the Divine.
Impromptu Qs & As. [10 Mts].

- VI. 1:00 p.m. to 1:30 p.m. **Full House Colloquium** [30 Mts].
- VII. 1:30 p.m. to 2:30 p.m. **Lunch Break.** Time = [1 Hr].
- VIII. 2:30 p.m. to 2:45 p.m. **Small Groups-Discussions** [15 Mts].
- IX. 2:45 p.m. to 3:30 p.m. **3rd Teaching Module TM III** [33 Mts].
TM III covered in S I 14, S I 15, S I 16 & S I 34. (4 Slides)
Themes covered in TM III:
1) Krishnamurti's Meditation; 2) Intentions, paths of *Siva* and *Sakti*; 3) As a *Jiva (self)* you are unique, your path is unique.
Impromptu Qs & As [10 Mts].
- X. 3:30 p.m. to 4:30 p.m. **Full House Colloquium** [45 Mts].
Small Group Discussions [15 Mts].
- XI. 4:30 p.m. to 5:00 p.m. **Refreshment Break** [30 Mts].
- XII. 5:00 p.m. to 5:15 p.m. **Prep before Meditation.**
Qs on 'Amanaska Yoga' (*self-Knowing*).
- XIII. 5:15 p.m. to 6:00 p.m. **2nd Meditation** [45 Mts].
'*Nidhidhyasana*' (Meditation) - Abiding in the *Atma*. Meditation with Music in the background. The Monroe Institute's Hemi Sync, 'Radiance, Track 1'.
- XIV. 6:00 p.m. to 6:10 p.m. **Evening Prayer** [10 Mts].
RT7.mp3 (from Tagore's Gitanjali).
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