

The Amanaska Yoga Process:

For whom is Amanaska Yoga Intended?

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 Amanaska Yoga Retreat will help you in your search. *Siddhi(attainment) will depend on your sincerity, dedication and intention. This is fundamentally a spiritual journey beyond the milestone of faith.*

1. It is an Intl Retreat, primarily in English.
2. *The teachings (in English), will have a video part, appearing as Slides of the PPT on the large Screen. They also have a synchronous audio part, in the form of audio files attached to every visual Slide. The audio files will either, be delivered directly into your ears, through high quality headsets, connected to the 'Translation System', or; where, there is available A High-Fidelity PA Stereo Speaker System, the audio version of the teachings can also be heard in the hall by all the participants, without the aid of any individual headsets.*
3. *The video part of the teachings, appearing on the Screen, in the Slides, will mostly be in the form of sutras(principles), diagrams, metaphors and mythic pictures.*
4. *The audio part of the teachings will be in the form of profound conversations and dialogues between Dr. Sankara Bhagavadpada and Dr. Prema Shanker (Dr. Sankara's wife) One audio file for every Slide.*
5. Apart from listening (*Sravana*) to the teachings coming into your ears; you will be given time to contemplate (*Manana*), followed by time for discussions (*Samalochana*) and finally, as a culmination of this four-fold process, time for abiding in the *Atma* (Meditation or *Nidhidhyasana*).
6. Then there will be *small group* discussions and *whole group* discussions, to facilitate assimilation of the teachings on *self*-Knowing. Apart from the audio part of the teachings which stream into the ears, Sankara will be intensely alive, throughout the Ten-Day Retreat, he loves to engage in dialogues, so the sessions, after *Sravana* and *Manana* have happened, become engagingly interactive, replete with Qs and As. It is the same method of instruction-enquiry through dialogue.

7. 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.*
 8. 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*.**
 9. *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 Amanaska Yoga. 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.*
 10. **'Choiceless Awareness of What Is', is the original name given by the illustrious master Sri J. Krishnamurti.**
 11. *Beyond, **self**-Knowing, the time-tested four stages of the Hindu meditative process of **Sravana, Manana, Samalochana and Nidhidhyasana** will be followed.*
 12. We urge you to attend this Retreat, so that gaining the priceless jewel of **self**-Knowing, you, 'settle down' as a **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 only enduring answer to every human problem.**
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