

## The Stages of the Amanaska Yoga Retreat



### Stage II (Day 2):

Fundamentals in the spiritual life (*dharma and moksha*)

Themes as Content:

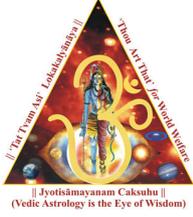
- I. Goals of life: *dharma, artha, kama, and moksha*;
- II. Human nature and Divine nature;
- III. *Jiva (self)* and *Atma (Self)*; The Ocean-Wave metaphor;
- IV. The metaphor of the Two Tat Tvam Asi Birds; The metaphor of the algae-man;
- V. The metaphor of the Creepers and the Tree;
- VI. *Devas-Asuras* model of life;
- VII. Consciousness, its organs: *manas, buddhi, ahankara and chitta*;
- VIII. Model of the *self (Jiva)*;
- IX. Awareness via-à-vis consciousness; *Maya and karma*;
- X. *How faith which is initially necessary and a blessing, turns out in the advanced spiritual life, to be an obstacle to spiritual flowering.*
- XI. *The supreme importance of intellectual conviction on this path.*
- XII. Path of understanding (*Jnana yoga*), based on learning by discovery.
- XIII. You are unique. Million paths for million seekers.

The above milestones are to be crossed through  
the systematic *Meditational Processes* mentioned below:

1. Listening to the teaching (*sravana*)
2. Silent contemplation, understanding, internalization (*manana*)
3. 'Small Group' discussion (*samaloचना*)
4. 'Whole Group'- Questions and Answers
5. *self-Knowing choiceless awareness of what is*
6. Obstacles hindering *self-Knowing*.
7. 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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## The Stages of the Amanaska Yoga Retreat



### Stage III (Day 3):

Learning Krishnamurti's *self*-Knowing (*amanaska yoga*).

Themes as Content:

- I. A new meditative understanding of the *self* and sorrow.
- II. Hindu traditional *Bhakti yoga* and *Jnana yoga* and how they differ from this *amanaska yoga* (Krishnamurti's *self*-Knowing).
- III. 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.

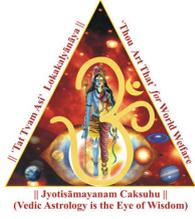
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## The Stages of the Amanaska Yoga Retreat



### Stage V (Day 5):

Through *amanaska yoga*, to identify, observe and understand the *self*.

Themes as Content:

- I. The distortion of *choiceless awareness* by effort and motive.
- II. Through *amanaska yoga*, to identify, observe and understand the *self*.
- III. Right watching and wrong watching.
- IV. Other obstacles preventing *choiceless awareness*.

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## The Stages of the Amanaska Yoga Retreat



### Stage VI (Day 6):

Through *amanaska yoga*, the calming and silencing of the *self*, happens.

Themes as Content:

- I. *self*-Knowing in action, in relationship.
- II. How does the silent *self*, respond to the challenges in life?
- III. The *self*, being silent-is this a weakness of the *self*, or it is a strength, which the sages and saints had always possessed?

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## The Stages of the Amanaska Yoga Retreat



### Stage VII (Day 7):

Through *amanaska yoga*, the awakening of intelligence (*Prajnya*) happens.

Themes as Content:

- I. How does this awakened intelligence function, in the family, in the office, in society, in your relationship with the world?
- II. The art of listening, the art of observing, the art of being silent, the art of contemplating, the art of feeling.
- III. Communion with Nature, music, art and humans.

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## The Stages of the Amanaska Yoga Retreat



### Stage VIII (Day 8):

Through *amanaska yoga*, you discover the unmanifest Divine

Themes as Content:

- I. Through *amanaska yoga*, you discover the unmanifest Divine, as the ‘All Merciful’ (*Karunakara*).
- II. What is your conception of the Divine?
- III. Have you investigated into the Divine-that is, thought for yourself?
- IV. Enquiry into faith.
- V. The importance of a direct experience, howsoever small.

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## The Stages of the Amanaska Yoga Retreat



### Stage X (Day 10):

#### Summing Up

#### Themes as Content:

- I. Personal consultations.
- II. Your writeup on your learning and your feedback.
- III. Meditations.
- IV. Group Discussions.

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**|| Aum Tat Sat ||**