

## The Stages of the Amanaska Yoga Retreat



### Stage I (Day 1):

Through *self*-Knowing, human suffering is accepted, faced (experienced), understood, exhausted and ended.

#### Themes as Content:

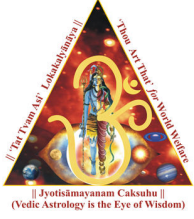
- I. Sensitivity to human sorrow, especially in inner life.
- II. Introduction to *self*-Knowing.
- III. How does it differ from the well-known Hindu traditional spiritual paths?
- IV. *self*-Knowing unlocks the door to inner suffering.
- V. The importance of awakening to suffering, then facing (experiencing) this suffering, and thus also exhausting it and ending it.
- VI. Sensitive observation and understanding of *the aberrant and uncreative responses of the human self to the problem of sorrow in Eastern and Western societies*.
- VII. Purgation of this sorrow, through the 'drinking and emptying of it'. In this process, the *self*, undergoes a *calming and silencing*.

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

1. Listening to the teaching (*sravana*)
2. Silent contemplation, understanding and 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 II (Day 2):

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

Themes as Content:

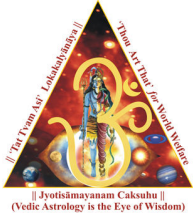
- I. Goals of life: *dharma, artha, kama, and moksha*;
- II. Human nature and Divine nature;
- III. *Jiva (self)* and *Atma (Self)*; The Ocean-Wave metaphor;
- IV. The metaphor of the Two Tat Tvam Asi Birds; The metaphor of the algae-man;
- V. The metaphor of the Creepers and the Tree;
- VI. *Devas-Asuras* 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.

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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:

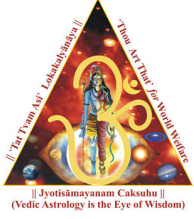
- I. A new meditative understanding of the *self* and sorrow.
- II. Hindu traditional *Bhakti yoga* and *Jnana yoga* and how they differ from this *amanaska yoga* (Krishnamurti's *self*-Knowing).
- III. Krishnamurti's special vocabulary: *choiceless awareness, what is, what should be, dying to a problem,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

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## The Stages of the Amanaska Yoga Retreat



### Stage IV (Day 4):

*Choiceless awareness of what is*

Themes as Content:

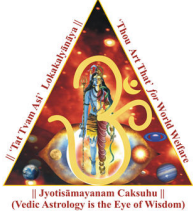
- I. Distinguishing between awareness and consciousness.
- II. Understanding the seeker.
- III. *Choiceless awareness* in *amanaska yoga*.
- IV. *Choiceless awareness* is not thinking or introspection.
- V. Real life examples of *what is*.
- VI. How to awaken to *what is*?
- VII. How to approach *what is*?
- VIII. The difference between *what is* and *what should be*.

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### Stage V (Day 5):

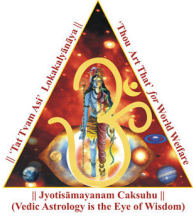
Through *amanaska yoga*, to identify, observe and understand the *self*.

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:

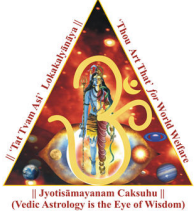
- I. *self*-Knowing in action, in relationship.
- II. How does the silent *self*, respond to the challenges in life?
- III. The *self*, being silent-is this a weakness of the *self*, or it is a strength, which the sages and saints had always possessed?

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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.

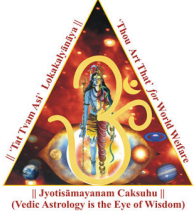
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### Stage IX (Day 9):

Through *amanaska yoga*, you develop a two-way bond of devotional adoration and affection between yourself and the unmanifest Divine.

Themes as Content:

- I. Explorations in devotional adoration and contemplation.
- II. Two different approaches. Building your relationship with the Divine.
- III. Shifting from the Divine as the 'Other' to your *Atma*.

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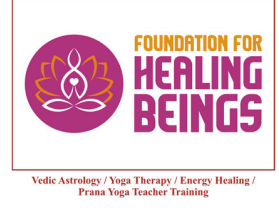
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## The Stages of the Amanaska Yoga Retreat



### 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 ॥**