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 (*samalochana*)
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*)
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 (samalochana)
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)
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.*

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 *(samarochana)*
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)*
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*.

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 (*samalochana*)
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*)
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*.

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 (*samalochana*)
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*)
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 is it a strength, which the sages and saints had always possessed?

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 (*samalochana*)

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*)
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.

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 (_samalochana_)
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_).
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.

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 (*samalochana*)
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*)
The Stages of the Amanaska Yoga Retreat

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*.

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 *(samalochana)*
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)*
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.

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 (samalochana)

4. ‘Big 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)

|| Aum Tat Sat ||