



|| Jyotiṣāmayanam Cakṣuḥ ||
(Vedic Astrology is the Eye of Wisdom)

Sri. Sankara Bhagavadpada's

|| **Amanaska Yoga** ||
(International Immersion Retreat)

Dates: January 31st to Feb 9th, 2020

Venue: The Accord Metropolitan Hotel, Chennai.

Organized By: The Tat Tvam Asi Trust,

Regd. Off: 'Ashirvad', No:2/507, III Cross St, Sunrise Avenue, Neelangarai,
Chennai-600 115, Tamil Nadu, India.

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The Process and Tenor of the Amanaska Yoga Retreat:

This is an International Retreat, primarily in English, but for the benefit of the Spanish speaking seekers from Latin America under the leadership of Ricardo Bravo, there will be Spanish translation fully in step with the English proceedings. Ricardo Bravo will also be doing the Spanish translation through the translation system which comes with the headsets.

The teacher is Sri. Sankara Bhagavadpada. The curriculum will also have a *video* part, appearing as Power Point (PPT) slides with a synchronous *audio* component. The *video* part will be mostly in the form of *sutras* (principles), diagrams, metaphors and mythic pictures, intended to enrich and enliven the teaching. The *audio* part will be in the form of profound conversations and dialogues between Sri. Sankara Bhagavadpada and Dr. Prema Shanker and may also include various mantras and chanting, meditational music, pertinent to the Retreat.

Sometimes with a view to enliven the retreat, there will be live discussions between Sankara and Ricardo and other seekers and leaders.

Apart from listening (*Sravana*) to the various 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, also time for abiding in the *Atma* (Hindu Meditation or *Nidhidhyasana*).

Then there will be small group discussions (*Samalochana*) and whole group discussions (*Samalochana*), to facilitate assimilation of the various *sutras* on *self*-Knowing. Apart from the *audio* part of the teachings which stream into the ears, Sankara will drive you to discover the As to the various Qs, posed by Participants. So, the sessions after *Sravana* and *Manana*, become intense, replete with one question following another question. It is the same method of discovery through enquiry, dialogue and insight.

The profound process of *self*-Knowing will be systematically approached, so that, Participants understand, assimilate and begin to gain mastery through original insight, through their understanding, intensity, dedication and determination to go to the end. *Once this final milestone is crossed, Participants will have access to limitless Inner Freedom, Clarity, Intelligence and Joy.*

Our varied human problems will be enquired into in great depth, to understand, through *self*-Knowing, their self-same common cause and common ground, which is the *self*. These varied human problems are:

- ❖ boredom and restlessness,
- ❖ loneliness, insecurity and despair,
- ❖ fear, inhibition and alienation,
- ❖ lack of self-confidence in life and in relationships,
- ❖ inability to face failures,
- ❖ every kind of sexual abnormality and problem,
- ❖ feeling of humiliation and emotional hurts,

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- ❖ death of loved ones and/or disease,
- ❖ perennial conflict in relationships, compulsive habits,
- ❖ guilt and inability to accept the shadow part of the personality,
- ❖ wandering attention,
- ❖ comparison with others, dishonour and disgrace,
- ❖ despondency and depression because of unfulfilled ambition,
- ❖ ambition, cruelty, insensitivity, anger and hatred,
- ❖ lying, dishonesty, corruption and hypocrisy as a way of life,
- ❖ infidelity in relationship and marital disharmony.

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: an inscrutable destiny driving the *self*, will happen through the process and power of the '**Choiceless Awareness of What Is**', which we recognize to be the well-spring of this genre of teachings on *self*-Knowing.

**'Choiceless Awareness of what is',
is the original name given by the Illustrious Master Sri J. Krishnamurti.**

***Amanaska Yoga is Sankara's understanding & assimilation of the life-time work of the
Master Sri. J. Krishnamurti and kindred Advaitic Teachings.***

Beyond, *self*-Knowing, the time-tested four stages of the Hindu meditative process of **Pravana, Manana, Samalochana** and **Nidhidhyasana** will be followed.

Attending this Retreat, you will be gaining the priceless jewel of *self*-Knowing, so that you may '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 solution to every human problem.*

For Whom : If, you are a spiritual seeker or a *mumukshu* (seeker of *moksha*); or are about 60-65 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 mysterious Divine; or have been into *Yoga sadhana*; then, this retreat will enormously 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.

Intention of the Amanaska Yoga Retreat:

'To ennoble and inspire all Participants, to be a Light unto themselves. To inspire them to help themselves - by turning inward, by understanding and assimilating these profound teachings on *self*-Knowing (**Revelations of the Illustrious Master Sri. J. Krishnamurti**); so that there is the decisive ending of conflict & sorrow in life; and living intensely the new life of intelligence, innocence and freedom, becomes the easiest and the most natural thing.'

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