

ALIGN YOUR WILL

A 3 day programme organised by NAMAH,
the Journal of Integral Health

"And when you have a will, you will be able to say, say to the Divine: 'I want what You want.' But not before that. Because in order to want what the Divine wants, you must have a will, otherwise you can will nothing at all. You would like to. You would like it very much. You would very much like to want what the Divine wants to do. You don't possess a will to give to Him and to put at His service."

In life, we cannot truly effectuate unless we align our will. It is not just a matter of yoga. One cannot achieve anything meaningful unless one has a will that is steady and single-pointed. But how can one bring this forward when our entire being is so divided?

This is where Integral Yoga comes in. We integrate ourselves. We have to unify our being in order to unify our will. Simultaneously, we learn to align it to the source that integrates us.

Aligning our will is imperative in Integral Yoga.

The aim of this programme is to understand how this is possible, to demonstrate a new way of living. Over the three days, 18 different facilitators will share their insights and perspectives. Join us to Align Your Will.

TO REGISTER

Live participation: Rs. 5,500 (lunch, tea & refreshments included) - <https://rzp.io/l/cy8cJx1>

Online participation: from India Rs. 3,600:
<https://rzp.io/l/cy8cJx1>

From outside India US\$ 55:
https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=BRRVVF35LZYJP6

FOR BANK TRANSFER

Account: NAMAH | Account no: 1235498160 |
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Zoom Joining details will be circulated in the evening of
August 9th



NAMAH
The Journal of Integral Health

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Live and Online at
Sri Aurobindo Society Hall
10 - 12 August, 2023
9.30 am to 6.00 pm

Day 1

- 9.30 am - **Dr Alok Pandey** : The Transcendent Scheme live
- 10.30 am - Refreshments break
- 11.00 am - **James Anderson** : Practices for Unification and Alignment of Will live
- 12.00 pm - **Nitasha Sharma** : Experiments with Will: Journeying from Will Do to Well Done online
- 1.00 pm - Lunch
- 2.30 pm - **Ramachandra Roddam** : Power of Purification online
- 3.30 pm - **Arul Dev** : Will of Cells – insights from Mother's Agenda live
- 4.30 pm - Tea break
- 5.00 pm - **Jayashree Blench** : The Light of Sincerity online
- 6.00 pm - Close

Day 2

- 9.30 am - **Dr Falguni Jani** : First Steps Towards Alignment of Will live
- 10.30 am - Refreshments break
- 11.00 am - **Divyanshi Chugh** : Willing Servitor of the Divine Consciousness live
- 12.00 pm - **Manoj Pavithran** : Will & Surrender: The Paradox live
- 1.00 pm - Lunch
- 2.30 pm - **Amitabh Bhatia** : Aligning the Will Through Body, Mind & Breath Live
- 3.30 pm - **Veronik Menanteau** : Practising Fluidity and Plasticity to Align our Will online
- 4.30 pm - Tea break
- 5.00 pm - **Radhe Pfau** : From Personal Will to Divine Will online
- 6.00 pm - Close

Day 3

- 9.30 am - **Gitanjali** : Thy Will be Done live
- 10.30 am - Refreshments break
- 11.00 am - **Aditi Kaul** : Will-Force in Action online
- 12.00 pm - **Dr Monica Gulati** : Removing the Will separating us from the divine Will live
- 1.00 pm - Lunch
- 2.30 pm - **Dr Yogesh Mohan** : Practical Alignment with Highest Aspiration online
- 3.30 pm - **Jishnu Guha** : Align Your Will: obstacles & Methods live
- 4.30 pm - Tea break
- 5.00 pm - **Dr Soumitra Basu** : Working on the Ajnacakra live

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DAY 1

Dr. Alok Pandey is a medical doctor specialising in psychiatry, practising at the Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects in India and abroad and contributed numbers of articles on different subjects in various Indian and International journals. He has authored three books and also edits All India Magazine, a monthly journal of the Sri Aurobindo Society. He is also a Founder-Editor of NAMAHA, the Journal of Integral Health.

James Anderson met life-threatening illness when 21, before working at the Lloyd's Market in London for 16 years and later as a Director. A sudden calling changed his life and he came to India. He has remained in Pondicherry since 2000. A writer, healer and teacher, he is Coordinating Editor of NAMAHA, the Journal of Integral Health. He has recently published, A Torch in the Dark, a book that examines human growth in an integral and experiential way.

Nitasha Sharma is a staunch believer of the pure potentiality that every individual is predisposed to and aims to help people realise and utilise this potential by employing tools from the fields of Yoga, Psychology and Music. She is an accomplished trainer, consultant, certified lifestyle specialist, psychologist, singer- songwriter and a yoga teacher. She hails from the prestigious Krishnamacharya tradition of Yoga.

Ramachandra Roddam Sri Aurobindo's writings have had decisive influence on him in pursuing his path of sadhana. He is currently serving at Sanatan Siddhashram, traditional Gurukul for the ancient Baul tradition of Bengal. He is author of the Devi Bhakti Tarangini, which is devotional offering of twenty English poems to the Supreme Goddess. He is an invited faculty who teaches on Indian spirituality, yoga and sadhana. He periodically conducts various workshops pertaining to spiritual practice.

Arul Dev is a coach and facilitator, the Founder and CEO of People First Consultants in Chennai. He has guided this organisation for the past 26 years to be a value-centred provider of L&D and talent hiring services. He is a coach and facilitator, working in the fields of leadership development, organisational transformation, integral education and individual well-being and author of two books, Into Great Depth of Your Being and The Flame Within and is active in conducting workshops, courses and other events.

Jayashree Blench joined the Gnostic Centre in Delhi (Haryana) in 1996 and was trained by Ameeta Mehra to facilitate workshops on the writings of Sri Aurobindo and The Mother. The next year, she visited Pondicherry and Auroville and this started her journey in Integral Yoga. Moving to the US in 2001, Jayashree trained in Hatha yoga and Ayurveda. She had been a high school teacher in Delhi, but she trained to be a Montessori teacher alongside her practice of yoga. She now immerses herself in the study of Savitri.

DAY 2

Dr. Falguni Jani is a counsellor who specialises in Integral Counselling. Her approach towards psychological issues is based on Sri Aurobindo's Yoga Psychology. For the last 25 years, she has worked in the areas of school counselling, adolescent issues and family conflict. Settled in Pondicherry since 2016, she is working as a facilitator for online students at the Sri Aurobindo Centre for Advanced Research (SACAR), and conducts workshops in Integral Counselling.

Divyanshi Chugh, co-Founder of Purnam Centre for Integrality, Auroville, is passionate about the evolution of consciousness, building transformational learning communities, experiences and courses. She has developed and facilitated several cohort-based transformative online courses, including Swadharma, Svadhyaaya and Savitri Painting. She is also the leader of the Purnam Community, with its 450+ alumni and 20+ learning labs and practice groups.

Manoj Pavithran is an Integral Yoga practitioner and educator. He was drawn to Sri Aurobindo in 1989 and eventually joined Auroville in 1995. A co-Founder of the Purnam Centre for Integrality in Auroville, he offers transformative courses (purnam.auroville.org). His film series, Evolution Fast-forward can be found at www.sopanam.org. He has authored a book, Pilgrims of the Infinite.

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Amitabh Bhatia is based in Mumbai and Mysore in India. He studied Real Estate Management at Harvard Business School. After graduating in Commerce at Mumbai University, he has evolved into a writer, researcher, leader and multi-passionate entrepreneur who teaches and practises yoga, meditation. Pranayama, Qi Gong and energy healing . He is also a life-coach and positive change catalyst and influencer.

Veronik Menanteau is a contemporary visual artist. For more than three decades, she has been in the living experience of sadhana, listening daily to the audio of Mother's Agenda, capturing and inspiring her for effective practice on physical, mental vital and emotional levels. A decade ago, she went through a Near Death Experience, that helped her enter a higher level of consciousness. Since then, she has been developing the practice of Yoga Nidra, implementing different aspects of the Mother's teachings in her sessions.

Radhe is the Executive Director of La Grace, Sri Aurobindo Integral Life Center in South Carolina, USA. A devotee of Sri Aurobindo and The Mother, she was introduced to their teachings in her late 20's. A graduate of Harvard Business School, Radhe spent over 25 years in the Financial Services industry in various senior management positions. She is also professionally trained in Ayurveda and Jyotisha.

DAY 3

Gitanjali is a social entrepreneur and educationist. She is Founder, CEO and Dean of The Himalayan Institute of Alternatives, Ladakh. She also is a social entrepreneur and educationist. She is Founder, CEO and Dean of The Himalayan Institute of Alternatives, Ladakh. She also started Transformindia.com, a collective initiative in line with the forces of evolution to build new social, economic and political models in line with India's spirit, ethos and culture.

Aditi Kaul is a seeker working towards bringing the perennial wisdom of self-knowledge to the field of psychology and developing ways that can facilitate an integral approach towards life. 'Conscious living is a full-time job' is her living aspiration. Currently, she teaches Integral Yoga Psychology at university level and also conducts online sessions focused on dialogue-based enquiry and self-exploration.

Dr. Monica Gulati is an immunologist by training, who realised that scientific research was not her calling, while studying at the University of Zurich. Cancer made her realise that her truth was the way of the heart. She lives fearlessly through every movement, reading every inner message to meet the challenges of existence. A relentless explorer, she feels graced to be on this inner journey, hand-in-hand with her fellow-travellers.

Dr. Yogesh Mohan MD (JIPMER), the Founder of 'Consciousness as Medicine', trained in modern medicine, has a profound understanding of Yogic Psychology and a rich clinical experience using consciousness as therapy. He brings the essence of deeper insights and practices developed over more than 20 years of inner work. Based in Chennai, he is also the CEO of Saveetha Medical College & Hospital.

Jishnu Guha was born in Kolkata in a family devoted to Sri Aurobindo and the Mother, he came in conscious contact with Them when he was 16 and thereafter remained a student of the Science of Living. By training, he is a chartered accountant and he studied Management at the University of Southern California, USA. He used to be actively associated with Sri Aurobindo Center, Los Angeles and offered his time for their monthly newsletter. He considers work as a way of sadhana.

Dr. Soumitra Basu, a consultant psychiatrist based in Kolkata and Pondicherry, works with Consciousness paradigms in health and psychology. He conducts workshops on personal growth and is a Founder-Editor of NAMA, the Journal of Integral Health. He is author of Integral Health and has developed a module of Consciousness-based Psychology with Michael Miovic (US), based on the wisdom of Sri Aurobindo and the Mother.