

## Living Within Study Camp No. 56

19<sup>th</sup>—21<sup>st</sup> April 2019

### STEPS TO SELF-MASTERY



Jointly organised by

**Sri Aurobindo Centre for Advanced Research**

**(SACAR)**

**&**

**NAMAH**

**The Journal of Integral Health**

To be aware of one's central consciousness  
and to know the action of the forces is the first  
definite step towards self-mastery.

*Sri Aurobindo*

Many of us have no authentic control of our lives. We are ruled by our instruments, which have limited capacity for understanding and endurance. The challenges of life often bring difficulties and sufferings. Our egoistic personality is too limited to handle our issues. Some are driven by anger, passion or lust, while others are dominated by a judgmental or overactive mind. At another extreme, we may sense that our body is going to pieces. We are not truly in charge of ourselves!

Our aim is to live harmoniously and progress, individually and collectively by getting our life back on track. Self-mastery is the key and this seminar will identify the common steps that lead to it. Although the path is individual, it becomes easier if we have a road-map to find the destination.

We invite you to join us for this unforgettable journey of self-discovery. The sessions on different topics will highlight some of the common features of this journey through deep reflection, insight and interaction. In the three days these and many more questions will be addressed.

- What are the essential steps to self-mastery?
- Why do I feel my life spinning out of control?
- How can I bring order to my being?
- Can I learn the art of self-alignment?
- What pitfalls might I face on this climb to self-mastery?
- How best can I quiet the mind?
- How can I harness the vital?
- Can I transform my anger?
- How can I overcome stress?
- Is there a way out of desire?
- How should I deal with this ego?
- Can I lift the body out of this state of inertia?

## Tentative Schedule

### 19<sup>th</sup> April (Friday)

09:00	Invocation by Deepshikha Reddy
09:15	Dr. Alok Pandey <i>The Master of the House</i>
<b>10:15</b>	<b>Tea break</b>
10:45	Self-Introduction by Participants/ NAMAHA/SACAR
11:15	Dr. Sampadananda Mishra <i>Svraat: Master of Oneself – A Fresh Insight into the Vedic idea of Self-Mastery</i>
<b>12:45</b>	<b>Lunch</b>
14:15	Dr. Shruti Bidwaikar Group Readings / Discussion
<b>15:15</b>	<b>Tea break</b>
15:30	Ms. Deepshikha Reddy <i>Personal effort :Indispensable to Self-Mastery</i>
<b>16:30</b>	Self-Reflection Journal Writing
<b>17:30</b>	<b>Close</b>

### 20<sup>th</sup> April (Saturday)

09.00	Invocation by Deepshikha Reddy
09.15	Dr. Debabrata Sahani <i>Mastering your Consciousness</i>
<b>10.15</b>	<b>Tea break</b>
10.45	James Anderson <i>Aligning Yourself Towards Self-Mastery</i>

11.45	Mr. Pulkit Sharma <i>Turning Setbacks into Opportunities for Self-Growth</i>
<b>12.45</b>	<b>Lunch</b>
14:15	Dr. Shruti Bidwaikar Group Readings / Discussion
<b>15.15</b>	<b>Tea break</b>
15.30	Dr. Falguni Jani <i>How to Discover the Master Within</i>
<b>16:30</b>	Self-Reflection/ Journal Writing
<b>17:30</b>	<b>Close</b>

### 21<sup>st</sup> April (Sunday)

09.00	Invocation by Deepshikha Reddy
09.15	Dr. Yogesh Mohan <i>Consciousness and Mastery of the Body</i>
<b>10.45</b>	<b>Tea break</b>
11.15	Dr. Ananda Reddy <i>Prerequisites to Self-Mastery</i>
<b>12.45</b>	<b>Lunch</b>
14:15	Dr. Shruti Bidwaikar Group Readings / Discussion
<b>15.15</b>	<b>Tea break</b>
15.30	Dr. Soumitra Basu <i>Harmonisation – a Key to Self-Mastery</i>
<b>16:30</b>	Self-Reflection / Journal Writing
<b>17:30</b>	<b>Close</b>

## Registration

**Camp Fee:** For residents at SACAR's Guest House: **Rs. 3,800**  
(Including lodging, boarding and Study)  
For non-residents: **Rs. 2,550**  
(Including Lunch, Tea and Study)

**CAMP FEE IS NON-REFUNDABLE**

**Mode of Payment:** NEFT in favour of **SACAR TRUST**  
(details to be given on request)

**For registration and further information please contact:**

**E-mail:** sacarstudycamps@gmail.com  
james@namahjournal.com

**Contact:** 7094898789 or 0413 2226263 (James);  
7639920796 (Deepshikha Reddy)

**Venue:** SACAR, 39 Vanniar Street Vaithikuppam,  
Puducherry – 605 012

**Landmarks:** Near Mother's House (Guest House), Masimagh  
Road

**Please Note: Download "Rules and Regulations and Directions to reach SACAR" from our website: [www.sacar.in](http://www.sacar.in)**

## SPEAKERS

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### **Dr. Ananda Reddy**

Dr. Reddy is the Director of Sri Aurobindo Centre for Advanced Research Trust in Pondicherry. He has been giving talks on the work and vision of the Mother and Sri Aurobindo for almost two decades. He has also authored many research papers and written five books.

### **Ms. Deepshikha Reddy**

Ms. Deepshikha Reddy is the General Secretary of SACAR Trust. She has contributed in the field of education by conducting value education for the children for several years. Along with being a painter and musician, she is deeply involved in the academic activities of SACAR by means of editing books, writing articles and giving talks.

### **Dr Alok Pandey**

Alok Pandey is a medical doctor specialised in Psychiatry who has retired from the Indian Air Force and has currently settled down at the Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects in India and Abroad and contributed a number of articles on different subjects in various Indian and International Journals. He is a founder-editor of NAMAHA. He has authored three books and is also editing *All India Magazine*, a monthly journal of the Sri Aurobindo Society.

### **Dr. Sampadananda Mishra**

Dr. Mishra is the Director of Sri Aurobindo Foundation for Indian Culture SAFIC, Puducherry. The Govt. of India has conferred the President's award (Maharshi Badarayana Vyasa Samman 2011) on Dr. Mishra for his outstanding contribution to Sanskrit. In the year 2014, the Ministry of Culture, Govt. Of India conferred the Senior Fellowship Award to Dr. Mishra for carrying out his research on the Vedic Art of Multiple Concentration. In the year 2014 Dr. Mishra founded Samskrita Balasahitya Parishad with the aim of creating, evaluating and propagating children's literature in Sanskrit. He has spoken at various conferences, seminars, and literary and religious festivals, both nationally and internationally on Sanskrit, Indian culture, Yoga and Education. He has been awarded the 2018 Sahitya Akademi Children's Literature award for his children's poetry book called *Shanaih Shanaih*.

### **Dr. Yogesh Mohan**

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 the CEO of Saveetha Medical

College & Hospital.

### **Dr. Debabrata Sahani**

Dr. Debabrata Sahani was born and raised in the atmosphere of faith and devotion in Odisha. He graduated with a medical degree in Mumbai. For postgraduation in Ophthalmology, he chose Shimla in the Himalayas in order to absorb the calm strength and simple life of the mountains. His life and work training found its ultimate meaning in Pondicherry and most particularly with the Sri Aurobindo International Institute for Integral Health and Research (SAIIHR). He works as a surgeon, entrepreneur, philanthropist and life-coach. He runs two hospitals, a non-profit company and works for a project for the inner transformation of youth. He is one of the editors of NAMAHA.

### **James Anderson**

Adversity has accompanied him and helps to shape his destiny. Born in England, he encountered life-threatening illness when 21 and travelling abroad. He then worked at the Lloyd's market as a Director in the City of London for 16 years. A sudden calling changed the direction of his life and he set off to India. He first came to Pondicherry in 1999 and, by and large, has remained here ever since. A writer, healer and teacher, he is Coordinating Editor of NAMAHA, the Journal of Integral Health. Fascinated by the interplay between soul and nature, his aim in life is simply to radiate love, truth, harmony and peace.

### **Dr. Falguni Jani,**

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

### **Pulkit Sharma**

Pulkit is a clinical psychologist and spiritual counsellor with more than a decade of experience of guiding people battling with psychological disorders. He has been a consultant, research head and master trainer with several organisations in psychology, mental health and psycho-spirituality. He has written many papers and articles for well-known Indian and international journals, newspapers and magazines. He lives in Puducherry at present.

### **Dr. Soumitra Basu**

Dr. Basu is a consultant psychiatrist practising in Kolkata and Pondicherry. He works with the Consciousness paradigms of health and psychology. He conducts workshops on personal growth and is a founder-editor of NAMAHA, The Journal of Integral Health. He is the author of the book, *Integral Health*