



NAMAH
The Journal of Integral Health



DEALING with EMOTIONS

Not to kill emotion,
but to turn it
towards the Divine
is the way of the yoga.

~Sri Aurobindo

Emotions are powerhouses of nature. Refined and purified, they can push us tremendously forward. But if unregulated and left crude, they are like the fire that can bring down the house where it burns. Rightly nurtured and harnessed, they can open the doors of joy and beatitude for us. *Can we truly claim to be in charge of our emotions?*

We are never taught how to handle this tremendous energy. But there is a consciousness-based approach which is both dynamic and integral in both its effects and implications.

This workshop aims to raise some of the relevant and important issues related to our emotional parts of nature such as

- Dealing with negative emotions such as anger, depression, fear and hate.
- Cultivating positive emotions such as forgiveness, compassion, love & trust.
- Refining our emotional being.
- Purifying and uplifting emotions.
- Transforming our emotional parts of nature.

13-14th August 2019

at

Society Hall, Beach Office
11, St. Martin Street, Pondicherry



13th August

- 9 Invocation followed by Self-introduction
09.45-11.15 Dr. Yogesh Mohan
How to Consciously Change Our Emotions – A Practical Approach
- 11.15-11.30 REFRESHMENTS
11.30-13 James Anderson
Transmuting Our Emotions
- 13.00-14.15 LUNCH AT SEASIDE GUEST HOUSE
14.15-15.45 Dr. Beloo Mehra
Love and Human Relationships: Some Lessons and Insights
- 15.45-16.15 TEA BREAK
16.15-17.45 Dr. Debabrata Sahani
Our Emotions: The Journey from Duality to Equality

14th August

- 9 Invocation
09.15-10.45 Lopa Mukherjee
Emotional Intelligence (an interactive video presentation)
- 10.45-11.15 REFRESHMENTS
11.15-12.45 Dr. Sampadananda Mishra
Dealing with Emotions - Insights from Ancient Indian Scriptures
- 12.45-14 LUNCH AT SEASIDE GUEST HOUSE
14.00-15.30 Dr. Alok Pandey
The Transforming Power of Love
- 15.30-16 TEA BREAK
16.00-17.30 Dr. Soumitra Basu
Bliss Beyond Motivation

REGISTRATION DETAILS

Camp Fee

Camp fee is **Rs.1,800** including lunch at Seaside Guest House and refreshments.

The fee is non-refundable

For Bank Transfer

Account: NAMAHA
Account no: 1235498160
Type: Savings
Bank: Central Bank of India
IFSC: CBIN0281354

For registration and further information please contact

Online registration: <https://rzp.io/l/opW6clx>

E-mail: james@namahjournal.com; james@aurosociety.org

Phone: 7094898789/0413 2226263



Dr. Yogesh Mohan

Dr. Yogesh Mohan, MD (JIPMER), the Founder of "Consciousness as Medicine", who 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.

James Anderson

Adversity has accompanied James and helps to shape his destiny. Born in England, he encountered life-threatening illness when 21 while 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. Beloo Mehra

Dr. Beloo Mehra is a Senior Associate at Sri Aurobindo Foundation for Indian Culture (SAFIC), Pondicherry. She works in the areas of curriculum development, research, content creation, editing, teaching, organising, etc. for various projects. She is a student of the educational, cultural and socio-political thought of Sri Aurobindo and writes on related topics. Her professional experience includes being a Professor of Education at a liberal arts university in the USA, and also a teacher-administrator at a high school in Delhi. She also worked as faculty in-charge at Sri Aurobindo Centre for Advanced Research (SACAR) in Pondicherry from 2007 to 2013, where her work involved facilitating courses, developing curriculum, writing and editing the quarterly journal and monthly newsletter.

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 post-graduation 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 also an Editor of NAMAHA.

Lopa Mukherjee

Lopa Mukherjee is a writer, documentary maker and also a student of psychology at the California Institute of Integral Studies, (CIIS), in San Francisco. She did her schooling at the Sri Aurobindo International Centre of Education in Pondicherry. She has conducted workshops in psychology in venues in Pondicherry and San Francisco. She integrates Mothers's and Sri Aurobindo's yoga psychology in her training programmes. She has also published three books and made several documentaries on topics such as Sri Aurobindo and the Mother's lives and on cultural, social and spiritual subjects. Lopa's books include *The Soma People*, the story of a man's spiritual journey in mystic India; *Three Rivers of Tears*, the formation of nations from the Indian subcontinent; and *East West Crossroads*, short stories of the cultural exchange between India and America.

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 Badarayna Vyasa Samman 2011) on Dr. Mishra for his contribution to Sanskrit. In the year of 2014, the Ministry of Culture, Government of India conferred him the Senior Fellowship Award for carrying out his research on the Vedic Art of Multiple Concentration. Dr. Mishra founded Samskrita Balasahitya Parishad for children's literature in Sanskrit. He has been awarded the 2018 Sahitya Akademi Children's Literature award for his children's poetry book called *Shanaih Shanaih*.

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 numbers of articles on different subjects in various Indian and International journals. He has authored three books and is also editing All India Magazine, a monthly journal of the Sri Aurobindo Society. He is also an Editor of NAMAHA.

Dr. Soumitra Basu

Dr. Basu is a consultant psychiatrist practising in Kolkata and Pondicherry. He works with 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 author of the book, *Integral Health*.