

NAMAH

The Journal of Integral Health

DISCOVERING OUR *True Self*

with Aditi Kaul

*An Online workshop organised by NAMAH,
the Journal of Integral Health*

“Be conscious first of thyself within, then think and act.”

- Sri Aurobindo...

The perennial quest of human nature ‘to know’ when turned inward leads to a journey of discovering the truth behind the surface appearance. Self-discovery then becomes a process-oriented approach, at every moment enabling the individual to become conscious of the multiplicity of one’s outer nature in light of the inner being. As the process unfolds, one becomes increasingly aware of the contradictions within and instead of identifying with them and searching for the cause outside, one slowly begins to recognise and connect with the inner presence. This leads to a shift from an outside-in approach to an inside-out approach. An attitude of inner renunciation and aspiration of purity emerges which enables the individual to navigate through the difficulties on the path by being in an evolved poise and harmonising the outer expression with the inner experience.

This 4-day immersion is an invitation towards reflecting on your journey so far and creating space in your life for deeper processes to unfold and also to establish a connection with the anchor within to experience your world more consciously, guided by the inner presence.

- Day 1** : Exploring the Multiplicity
- Day 2** : Experiencing the Process
- Day 3** : Examining the Errors
- Day 4** : Expression: the Key to Integral Living



22 - 25 March 2023

4.00 - 5.30 pm IST

To join: Rs. 1,800

<https://rzp.io/l/Os6cISwBo>

Overseas \$27

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=UU34L37PRKRWL

Zoom Joining details will be circulated in the morning of 22 nd March, 2023

BANK TRANSFER

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

DISCOVERING OUR *True Self*

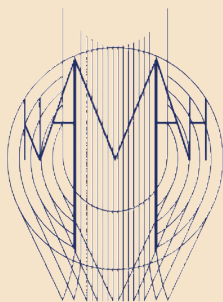
with Aditi Kaul

An Online workshop organised by NAMAH, the Journal of Integral Health

22 - 25 March 2023 — 4.00 - 5.30 pm IST



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. In 2015, after completing her university education in psychology, she attended a two-semester course on Indian Integral Psychology inspired by the works of Sri Aurobindo and The Mother at the Indian Psychology Institute, Pondicherry. She is associated with the AURO University, Surat as a guest faculty member for Integral Psychology and also conducts online sessions focused on dialogue-based enquiry and self-exploration.



NAMAH
The Journal of Integral Health

