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## PERSPECTIVES & IMPLICATIONS FOR HUMAN GROWTH

Dr. Soumitra Basu

23-28 May | 4pm-5.30 pm IST



## NAMAH

The Journal of Integral Health

### **At the initial phase of human growth, the ego is an evolutionary necessity.**

At the beginning, it provides the only means of stamping the sense of separation and identity. However, two currents soon become apparent. Awakening from the grip of the Inconscience, the human being starts to aspire and once he does this, the ego it becomes a formidable obstacle and a bar. And so, throughout life, there is a continual friction between the movements of unification and separation. It is a fundamental cause of human misery. This is what puts Soul and Ego at opposing polarities.

This programme will look at the ego from various approaches and perspectives. These themes will be taken up during the six days:

1. Ego – A General Introduction and the Metaphysical Perspective
2. Ego– The Evolutionary Perspective
3. Ego – The Psychological Perspective
4. Sri Aurobindo's Description of the Different Egos
5. Transcending the Ego
6. The Ego and the Psychic Being (Soul-entity)



This eagerly awaited workshop, facilitated by Dr. Soumitra Basu, is dedicated to those who aspire to lead a life of unification. How is it possible to transcend and ultimately conquer the ego? And why must we do it in the first place? These existential questions must be addressed if one wants to lead a truly fulfilling life. Join this important and inspiring 6-day programme and you will discover, through insights, discourses and practical exercises the necessary tools to live entirely beyond the clutch of ego.

#### **WORKSHOP FEE:**

Domestic: Rs. 2,500 <https://rzp.io/l/nUBueHQM>

Overseas: \$ 40

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=D824JPJBEG53W](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=D824JPJBEG53W)

Zoom link and passcode will be circulated on the morning of 23rd May.

#### **FOR BANK TRANSFER**

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