

# From Desire to Aspiration

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

6-11 DECEMBER 2021. SESSIONS OF ONE HOUR AT 5 PM IST

It can justly be said that desire is one of humanity's chief sources of misery. As soon as a desire arises there is an automatic impulse to give oneself to it. It is so deep-rooted that not many can claim to have conquered it. To vanquish desire is an important part of mastering our nature, so is there any definitive solution to it?

What is the panacea offered by Integral Yoga?

**Join this workshop and discover how to dismantle desire  
and convert it to its psychic counterpart, aspiration.**



6 December	Dr. Monica Gulati	: Burning in Desires - a Step to Intense Aspiration
7 December	Dr. Yogesh Mohan	: The Journey from Desire to Aspiration
8 December	Dr. Alok Pandey	: The Origin and Transmutation of Desire
9 December	James Anderson	: Working through our Desires
10 December	Dr. Soumitra Basu	: Understanding Desire in Terms of Consciousness
11 December	Dr. Debabrata Sahani	: Transforming Desire

#### REGISTRATION DETAILS

**E-mail:** james@namahjournal.com **Phone:** James +91 7094898789

Visit us at [www.aurosociety.org](http://www.aurosociety.org) as well as [www.namahjournal.com](http://www.namahjournal.com)

#### WORKSHOP FEE

Rs. 1,700 <https://rzp.io/l/soQDzGnuz> US\$ 28

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGUPH8FWECMLW](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGUPH8FWECMLW)

Zoom link and passcode will be circulated on 5th December

**NAMAH**  
The Journal of Integral Health



# From Desire to Aspiration

An online workshop organised by NAMAHA,  
the Journal of Integral Health

6-11 DECEMBER 2021. SESSIONS OF ONE HOUR AT 5 PM IST



NAMAHA

The Journal of Integral Health

**Monica Gulati** was trained as an immunologist but realised that scientific research was not her calling when doing her PhD at the University of Zurich. She got a wake-up call from her Psychic Being through cancer when it visited her. Cancer brought her in touch with her own essence and revealed that her true calling was the calling of her Heart. She now lives a life immersed deeply and fearlessly in all the movements of life and spills out the messages the inner being manifests through the challenges of existence. A relentless explorer, she feels blessed to be on this journey within, hand-in-hand with 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.

**Dr. Alok Pandey** is a medical doctor specialised in psychiatry who 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 is a medical doctor specialised in psychiatry who 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 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** 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. He has recently brought out, *A Torch in the Dark*, a book which examines human growth in an integral and experiential way. Fascinated by the interplay between soul and nature, his aim in life is simply to radiate love, truth, harmony and peace.

**Dr. Soumitra 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*. He is deeply interested in the interplay of Aurobindonian metaphysics and mental health. He has developed a module of Consciousness-based Psychology (CBP) and, along with Dr. Michael Miovic of USA, has authored a book on CBP (in the press), which looks at psychopathology and counselling from an entirely new perspective that arises from the experiential teachings of Sri Aurobindo and The Mother. He can be accessed at [consciousnessbasedcounselling.com](http://consciousnessbasedcounselling.com).

**Dr. Debabrata Sahani** is a consultant ophthalmologist working at Odisha. He is closely associated with the Sri Aurobindo International institute of integral Health and Research (SAIIHR) and the editorial team of NAMAHA, the Journal of Integral Health. He has been working to integrate higher spiritual principles in the day-to-day life of common people for the last thirty years.

