



KNOWING AND LOVING  
**THE MOTHER**

*a 3-Day Practical Immersion, organised by NAMAHA,  
the Journal of Integral Health with*

**JAMES ANDERSON**



**NAMAHA**  
The Journal of Integral Health

*"The Divine's love and knowledge must always govern our thoughts and actions."*





13-15 February, 2024  
with sessions at 5.00-6.00 pm IST

How can one hope to truly know the Mother? We must learn to become vast to even begin to identify with Her. We must try to become what She is. We must try.

Similarly, how can one hope to also love Her? We must rid ourselves of every impurity to stand and transmit in the fullness of Her Love.

The means for these two aims is Aspiration, Sincerity and, above all, Surrender. However, we need practice to build upon these attributes. We need something to maintain the continuity and thread. We need a tangible framework for everyday living, a means of sustained consecration and a focus for action.

This workshop, with 3 profoundly experiential sessions, will offer simple practices to enhance the way we know and love the Mother.

Day 1	Knowing the Mother : Moving Towards Knowledge by identity
Day 2	Loving the Mother : Moving Towards Divine Love
Day 3	Knowing & Loving the Mother : Action & Synthesis



JAMES ANDERSON

met life-threatening illness when 21, before working at the Lloyd's Market in London for 16 years and later as a Director. A sudden calling changed his life and he came to India. He has remained in Pondicherry since 2000. A writer, healer and teacher, he is Coordinating Editor of NAMAHA, the Journal of Integral Health. He has recently published, A Torch in the Dark, a book that examines human growth in an integral and experiential way.

#### FOR BANK TRANSFER

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#### REGISTRATION DETAILS

INDIA : Rs. 1,500 - <https://rzp.io/l/lpYr9GAvMu>  
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Zoom joining details will be circulated in the morning of the 13th February



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