

Opening to the Descent of *Peace & Force*

Dr. Monica Gulati

21 - 23 June, 2023 at 4.00 - 5.30 pm IST

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

If we are a little conscious of happenings within, we can hear an endless chatter going on inside most of the time. Sometimes we actively engage and get entangled with it, while at others, it is like a background noise, continuing mechanically through momentum, without us actively fuelling it.

This workshop is for those tired of this chatter, aspiring to transcend it, and aspiring for more silence, peace and stillness in the being.

Sri Aurobindo states, "There are two powers that alone can effect in their conjunction the great and difficult thing which is the aim of our endeavour, a fixed and unfailing aspiration that calls from below and a Supreme Grace from above that answers".

Let's practically, viscerally, experience the stillness and immobility inside and aspire for the descent of solid Peace, a prerequisite for the descent of Force, so that the being can contain the descent and bear the Force, coming down from above to transform the lower nature.

Day 1: Becoming conscious of the chatter and fading of the chatter

Day 2: Shifting the station of consciousness, living in the True Consciousness

Day 3: Maintaining stable stillness, peace, openness and silence in the being

Zoom joining details will be circulated in the morning of 21 st June

REGISTRATION DETAILS

TO JOIN : India Rs. 1,700 - <https://rzp.io/l/Uc5IRTS73B>

Overseas: \$ 25 :

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=9WN8QBP8QHF76

FOR BANK TRANSFER

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

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NAMAH
The Journal of Integral Health

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Dr. Monica Gulati

An Immunologist by training, realised that scientific research was not her calling, while doing her PhD in Auto-Immune disorders, at the University of Zurich. When Cancer visited her, it served as a knock on the door to take her towards her heart's calling. She lives fearlessly through every movement, awake to inner movements and open to gradual unfolding of truth in her life. A relentless explorer, she feels graced to be on this inner journey, hand-in-hand with her fellow-travellers. She hosts an online platform for seekers, www.livinglight.in.

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