

Opening up

THE SUBTLE CHANNELS

an online workshop with
LOPA MUKHERJEE

26-31 JULY, 2021

6 Sessions from 4 - 5:30 pm IST

In this workshop we will extend our five gross senses and the sense-mind, and develop the powers of the heart, mind and other higher order faculties. We will learn about the subtle realms and open up channels to communicate with them. Sages of ancient India and mystics all over the world have extended the boundaries of their existence. The Mother and Sri Aurobindo envisioned a new human in the evolutionary journey of the species. All these sages have left us their field-notes – the theory behind the experiments and the possibilities latent within us. We will learn about the wonders they experienced, take note of the pitfalls, and be inspired to exceed ourselves.

In this workshop we will

- *Do exercises to develop the gross and inner senses.*
- *Tune into the body and observe inner dynamics.*
- *Deepen our feelings and work on love.*
- *Sharpen our mind and open it to new dimensions.*
- *Work on subtle faculties, such as intuition and dreams.*



NAMAH
The Journal of Integral Health

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as well as <https://www.namahjournal.com/>

This workshop will give us tools to deepen our practice of listening to universal messages, and help us pay closer attention to ourselves and others.

There will be a progressive increase of the opening as we go along from day to day. There may be surprises on the way, as depth-work releases potentials one cannot anticipate.



LOPA MUKHERJEE

is a psycho-spiritual counsellor, workshop facilitator and writer. She has published several books and has made documentaries on Sri Aurobindo and the Mother's lives and on cultural, social and spiritual subjects. Lopa's books include **Antariksha**, where she talks about subtle world journeys, new myths of Indian gods and historical fictions on India. Lopa has conducted workshops and has done presentations on a variety of themes in several organisations including *NAMAH* and the Ashram school at the Sri Aurobindo Ashram in Pondicherry, Cultural Integration Fellowship in San Francisco, and the Sri Aurobindo Sadhana Peetham in Lodi. She studied psychology at the California Institute of Integral Studies, San Francisco and did her schooling at the Sri Aurobindo International Centre of Education in Pondicherry.

REGISTRATION DETAILS

Join meeting after registration with this link : <https://join.freeconferencecall.com/james5528>

Security Code given in Calendar Invitation to enter the event.

Workshop fee is ₹ 1,800

The fee is non-refundable

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