



13-18 DECEMBER, 2021

with sessions from 4.00 pm to 5.30 pm IST



NAMAH

The Journal of Integral Health

SYMBOLS AND DREAMS

AN ONLINE WORKSHOP WITH

LOPA MUKHERJEE

ORGANISED BY NAMAH, THE JOURNAL OF INTEGRAL HEALTH,

Dreams use symbolic language to communicate messages to the dreamer. The ancient wisdom literature uses symbolic language too, such as the Vedas and mystic texts from many world religions. One reason for using symbolic language is because human civilisation started with the symbolic age. But there is another reason – our creative, intuitive and subliminal beings understand symbols very well and can make better sense with them than words. In fact, symbols are still with us, even as we use conventional language to communicate with each other. In this workshop we will look at dream language, we will analyse dreams, increase our capacity to dream significant dreams. We will look at symbols and their messages through folktales, myths and find symbols in unexpected places. We will enhance our capacity to understand symbols and symbolic language. We will look into some mystic texts and unveil the hidden meaning of symbols. We will activate our subliminal being – the inner mind, inner vital and subtle physical. It will be an experiential workshop with some theory from Sri Aurobindo and the Mother's teachings.

Lopa has conducted two workshops prior to this with NAMAH on 'Dreamwork and Creativity' and 'Opening up the Subtle Channels'. This third workshop deepens the practice of inner growth, using dreams and mystic literature.



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

Workshop fee is Rs. 2,000

Overseas: US \$ 32

The fee is non-refundable

For Bank Transfer

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Zoom link and passcode will be circulated in the morning of **13th December**

