



NAMAH
The Journal of Integral Health

The FLAME

Within

an online workshop with Arul Dev

There is a consciousness within the cave of our hearts. This guides our inner evolution. During our daily activities it is important to remember to connect to this space. This needs to be in the lived moment and not just a memory replay. This slowly opens our connection to consciousness above our head, or sometimes this could be our beginning. For this deeper experience to be concrete and not mere imagination, we need to learn to bring awareness within our body using our inner senses and awareness. We invite you to this hands-on inner exploration.

We shall explore:

- *Connecting to the Cave of our heart (Source Consciousness)*
 - *Centring above our head (Source Consciousness)*
- *Awareness of the surrounding energy fields – vital and occult*
 - *Choosing the path of the Supreme*
 - *Sustaining the body awareness*
 - *Being neutral in the present moment*
- *Waiting for the Source Consciousness to heal our body and its parts*



Weekly sessions of
90 minutes duration on
20th, 27th - April &
04th, 11th - May, 2021
@ 4.00 pm IST



Arul Dev

Author | Entrepreneur | Coach | Educator

Arul Dev aspires to be a 'fire that lights' the depths of human beings and collective organisations. His aim is to live with his 'natural breath' and do his conscious practices at work, home and society. He has been sharing his 'inner work' through his books 'Into Great Depth of Your Being' published by Auro Publications and 'The Flame Within' published by Soulscapes to leaders, teachers, students, parents and others – to support their inner evolution and outer creative manifestation. He holds a MCLC (Master Certified Leadership Coach) certification from Coach for Life.

He is the Founder CEO of People First Consultants for the last 26 years, guiding the organisation to be value-centered providers of L&D and Talent Hiring services. He is a coach and facilitator working in the fields of leadership development, organisational transformation, integral education and individual well-being. He works with individuals, leaders, coaches, teachers, parents and students, guiding transformation in and around them primarily through the method of conscious Sadhana (Inner Practices).

He is the guest faculty at IIT Madras for the 'Self Awareness' and 'Self Awareness and Higher Goals in Education' courses since 2011. He periodically offers these experiential workshops: 'Coaching with Depth', 'Integral Education', 'Beyond Schooling', 'Conscious Parenting', 'Youth Inner Power', 'Connecting to Deeper Self' and 'Sadhana' (Conscious Inner Practices). He coaches resonant few to be Radiant universal leaders, coaches, educators and healers.

REGISTRATION DETAILS

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

Access code will be provided on 19th April.

Workshop fee is ₹ 1,200

The fee is non-refundable

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