

Cultivating Higher Order Faculties of

# The Mind

A live & online course organised by NAMAHA, the Journal of Integral Health, Sri Aurobindo Society

with **Lopa Mukherjee**

Mother's writings on education give us pointers to develop the Higher Order Faculties of the Mind. Some of these are:

- Concentration.
- A mind that is rich and complex.
- A mind that can organize ideas around a high ideal.
- A mind that can think holistically and synthesise various concepts harmoniously.
- A mind that can control thoughts and feelings.
- A silent mind that is receptive to intuition.



*Sri Aurobindo Society*  
Creating the Next Future



**NAMAHA**  
The Journal of Integral Health

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5-6 April, 2024 at Society Hall, Puducherry

Friday, 5<sup>th</sup> April 2024 - 2.30 to 5.30 pm

Friday:

4.00 - 4.30 pm tea break

Saturday, 6<sup>th</sup> April 2024 - 9.30 am to 5.30 pm

Saturday:

15 minutes refreshments break sometime in the morning  
12:30 - 2:00 pm lunch break & 4.00 - 4:30 pm tea break

This workshop will discuss the mind and its capacities and will provide exercises to develop the higher order faculties of the mind. We are in an evolutionary stage where we want to exceed the lower mind and develop a higher mind that will take us to higher planes of the mind, which in Sri Aurobindo's terminology are: Higher Mind, Illumined Mind, Intuitive Mind and so on. As a side-effect, these exercises will help us become open-minded and keep the brain fit, away from old-age diseases, such as dementia.



**Lopa Mukherjee** is a psycho-spiritual counsellor, teacher, workshop facilitator, and writer. She has conducted workshops and has done presentations on a variety of themes in several organisations including NAMAH. Her workshops have been on drama therapy, dreamwork, inner journeys and thresholds, emotional intelligence, and so on.

#### REGISTRATION DETAILS

Live - Rs.3,400

India Online - Rs.2,400 - <https://rzp.io/l/kpmTpCZu2>

Overseas - \$35 - [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=8NVYYKWFFLWDJ](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=8NVYYKWFFLWDJ)

Zoom joining details will be shared with online participants by the evening of **4th April**

#### FOR BANK TRANSFER

Account: NAMAH

Account no: 1235498160

Type: Savings

Bank: Central Bank of India

IFSC: CBIN0281354

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