

The Path of Purification

AN ONLINE PROGRAMME

organised by NAMAH, the Journal of Integral Health

JUNE 2023

5-10 & 12-17

5.30 to 6.30 pm IST

Time and again, the sages have pointed us to wake up to our Self. Nothing has to be gained from outside, we just have to become conscious of who we truly are. Why are we not conscious of this? Because there are so many veils blocking our sight.

So, the process of union with the true consciousness can be called a journey of constant Purification, ridding all the impurities inside us, that hinder our sight and understanding and place a mask over our True Self.

When one harvests wheat, one needs to clean everything that is not needed. This is what Path of Purification represents, to let the chaff go, so that only wheat remains.

12 different facilitators, with different content and approaches, will share this understanding of the various aspects of the Path of Purification. Let us keep our temple clean, one worthy of its true and living Presence.

5th June	Dr Alok Pandey: 'The Purifying Flames of Love'
6th June	Divyanshi Chugh: Psychic Beauty as a Path to Purification
7th June	Manoj Pavithran: Purity and Concentration, the Two Complementary Aspects
8th June	Gitanjali JB: Purification: The First Step to Liberation, Perfection & Delight
9th June	Dr Yogesh Mohan: Consciousness & Purification of the Being
10th June	Jishnu Guha Path of Purification: The Practice
12th June	Jayashree Blench: 'The Purification of Sight'
13th June	Dr Monica Gulati: Purification: Why & How?
14th June	Dr Subhashree Savadamuthu: Light in the Corners for the Path of Purification
15th June	James Anderson: The Fire of Purification
16th June	Aditi Kaul: Purification of the Instruments
17th June	Dr Soumitra Basu: The Purification of the Senses - a Mystical Perspective

Registration Details

To join: From **India**: Rs. 3,300 <https://rzp.io//9zjRwmYLOs>

Overseas: \$48 https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=92TZALANBWRR6

Zoom joining details for the whole programme will be circulated in the morning of 5th June.

FOR BANK TRANSFER Account: NAMAH, Acc no: 1235498160, Type: Savings, Central Bank of India, IFSC: CBIN0281354



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Dr Alok Pandey is a medical doctor specialising in psychiatry, practising at the Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects in India and abroad and contributed numbers of articles on different subjects in various Indian and International journals. He has authored three books and also edits All India Magazine, a monthly journal of the Sri Aurobindo Society. He is also a Founder-Editor of NAMAHA, the Journal of Integral Health.

Divyanshi Chugh, co-Founder of Purnam Centre for Integrality, Auroville, is passionate about the evolution of consciousness, building transformational learning communities, experiences and courses. She has developed and facilitated several cohort-based transformative online courses, including Swadharma, Svadhyaya and Savitri Painting. She is also the leader of the Purnam Community, with its 450+ alumni and 20+ learning labs and practice groups.

Manoj Pavithran is an Integral Yoga practitioner and educator. He was drawn to Sri Aurobindo in 1989 and eventually joined Auroville in 1995. A co-Founder of the Purnam Centre for Integrality in Auroville, he offers transformative courses (purnam.auroville.org). His film series, Evolution Fast-forward can be found at www.sopanam.org. He has authored a book, Pilgrims of the Infinite.

Gitanjali is a social entrepreneur and educationist. She is Founder, CEO and Dean of The Himalayan Institute of Alternatives, Ladakh. She also is a social entrepreneur and educationist. She is Founder, CEO and Dean of The Himalayan Institute of Alternatives, Ladakh. She also started Transformindia.com, a collective initiative in line with the forces of evolution to build new social, economic and political models in line with India's spirit, ethos and culture.

Dr Yogesh Mohan MD (JIPMER), the Founder of 'Consciousness as Medicine', trained in modern medicine, has a profound understanding of Yogic Psychology and a rich clinical experience using consciousness as therapy. He brings the essence of deeper insights and practices developed over more than 20 years of inner work. Based in Chennai, he is also the CEO of Saveetha Medical College & Hospital.

Jishnu Guha was born in Kolkata in a family devoted to Sri Aurobindo and the Mother, he came in conscious contact with Them when he was 16 and thereafter remained a student of the Science of Living. By training, he is a chartered accountant and he studied Management at the University of Southern California, USA. He used to be actively associated with Sri Aurobindo Center, Los Angeles and offered his time for their monthly newsletter. He considers work as a way of sadhana.

Jayashree Blench joined the Gnostic Centre in Delhi (Haryana) in 1996 and was trained by Ameeta Mehra to facilitate workshops on the writings of Sri Aurobindo and The Mother. The next year, she visited Pondicherry and Auroville and this started her journey in Integral Yoga. Moving to the US in 2001, Jayashree trained in Hatha yoga and Ayurveda. She had been a high school teacher in Delhi, but she trained to be a Montessori teacher alongside her practice of yoga. She now immerses herself in the study of Savitri.

Dr Monica Gulati is an immunologist by training, who realised that scientific research was not her calling, while studying at the University of Zurich. Cancer made her realise that her truth was the way of the heart. She lives fearlessly through every movement, reading every inner message to meet the challenges of existence. A relentless explorer, she feels graced to be on this inner journey, hand-in-hand with her fellow-travellers.

Dr Subhasree Savadamuthu is an allopathic physician who underwent an intense inner quest from her college days. Her initial medical practice made her yearn for a deeper and more joyful means of healing and life itself. She studied physiology at AIIMS, New Delhi but her heart told her to leave and search for a truer way of healing. As her sadhana has deepened, she now aspires to synthesise healing and unconditional Love.

James Anderson met life-threatening illness when 21, before working at the Lloyd's Market in London for 16 years and later as a Director. A sudden calling changed his life and he came to India. He has remained in Pondicherry since 2000. A writer, healer and teacher, he is Coordinating Editor of NAMAHA, the Journal of Integral Health. He has recently published, A Torch in the Dark, a book that examines human growth in an integral and experiential way.

Aditi Kaul is a seeker working towards bringing the perennial wisdom of self-knowledge to the field of psychology and developing ways that can facilitate an integral approach towards life. 'Conscious living is a full-time job' is her living aspiration. Currently, she teaches Integral Yoga Psychology at university level and also conducts online sessions focused on dialogue-based enquiry and self-exploration.

Dr Soumitra Basu, a consultant psychiatrist based in Kolkata and Pondicherry, works with Consciousness paradigms in health and psychology. He conducts workshops on personal growth and is a Founder-Editor of NAMAHA, the Journal of Integral Health. He is author of Integral Health and has developed a module of Consciousness-based Psychology with Michael Miovic (US), based on the wisdom of Sri Aurobindo and the Mother.