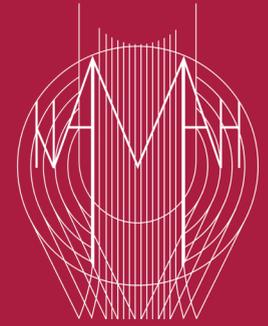


Truth & Healing

8th to 13th and 16th to 20th August

5.15 pm to 6.15 pm IST



NAMAH

The Journal of Integral Health

“Let the flower of Truth blossom within you.”

Truth has a dynamic and transformative power but what essentially is it? Clearly it must be aspired for and experienced for one even to get close to it. In terms of Integral Yoga, it should govern our health. Clearly, we have to learn to open to the Truth throughout our whole being. But how can we do this? How can we allow it to blossom inside us? It is imperative for our health and well-being!

In this practical, exploratory and at times experiential programme, these questions will be answered. 11 different facilitators, with different backgrounds, styles and approaches, will guide you in exploring the concept and reality of realising the Truth that is masked by so much in our mind, life and body. Each presentation will be singular and unique but they will all espouse the integral approach, which is so characteristic to Sri Aurobindo's Yoga.

An online programme organised by NAMAH, the Journal of Integral Health

AUGUST PROGRAMME

- 8th Manoj Pavithran: The Healing Power of Knowledge
- 9th Dr. Rammanohar: Satya Buddhi – the Ultimate Medicine
- 10th Dr. Monica Gulati: Becoming Conscious of Falsehood
- 11th Dr. Don Salmon: Intuiting the Influence of the Supramental Force on World-Healing
- 12th Arul Dev: The Role of the True Physical in Healing
- 13th Dr. Alok Pandey: Truth Cures
- 16th Aditi Kaul: The Role of Truth-Consciousness in Integral Healing
- 17th Dr. Yogesh Mohan: Truth-Consciousness & Healing
- 18th Dr. Ramesh Bijlani: Truth is Therapeutic
- 19th James Anderson: Integrate the Truth for Your Healing
- 20th Dr. Soumitra Basu: The Truth of Immortality



To join: Rs. 3,000 <https://rzp.io/l/2vUeGwzLC>

Overseas: US\$ 45

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

Zoom link and passcode will be circulated in the morning of August 8th.

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8th August	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.
9th August	Dr. Rammanohar is currently the Research Director of Amrit Center for Advanced Research in Ayurveda. He has been contributing in the field of Ayurvedic research for the past 30 years and has spearheaded many important research studies in this field and published over 100 articles, including research papers in peer-reviewed indexed research journals. He has travelled to many countries including USA, Canada, Great Britain, Europe, Russia, Thailand and Singapore for the promotion of Ayurveda.
10th August	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 was her wake-up call: it made her realise that her truth was the way of the heart. She lives fearlessly through every movement, reading every inner message in meeting the challenges of existence. A relentless explorer, she feels graced to be on this inner journey, hand-in-hand with her fellow-travellers.
11th August	Dr. Don Salmon worked as a professional pianist-composer in the 1970s and 80s in New York City. He worked as a clinical psychologist for over 25 years, conducting research on lucid dreams and the use of mindfulness in the treatment of pain. Over the course of several decades, he has studied and practised meditative and contemplative methods from various traditions, and, with his wife, Jan Maslow, has written a book on the yoga psychology of Sri Aurobindo, Yoga Psychology and the Transformation of Consciousness.
12th August	Arul Dev is a coach and facilitator, the Founder and CEO of People First Consultants, he has guided this organisation for the past 26 years to be a value-centred provider 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 and author of two books, Into Great Depth of Your Being and The Flame Within and is active in conducting workshops, courses and other events.
13th August	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 NAMAH, the Journal of Integral Health.
16th August	Aditi Kaul is a seeker currently volunteering at the Sri Aurobindo Ashram – Delhi Branch, who explores life through the lens of Integral Yoga. She has made it her life purpose to bring the perennial wisdom of self-knowledge to the field of psychology and develop ways to facilitate an integral way of living. 'Conscious living is a full-time job' is her living aspiration. Currently, she teaches Integral Yoga Psychology at university level and conducts sessions on Self-observation, using a dialogue-based enquiry approach.
17th August	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.
18th August	Dr. Ramesh Bijlani used to be a Professor at the All India Institute of Medical Sciences, New Delhi, and is now a spiritual seeker at the Sri Aurobindo Ashram – Delhi Branch. He is an inspirational speaker and a prolific writer with more than 25 books to his credit. He likes to be called a chemist who dispenses small doses of love and wisdom from the inexhaustible pharmacy of Sri Aurobindo and the Mother.
19th August	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 NAMAH, 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.
20th August	Dr. Soumitra Basu is a consultant psychiatrist based in Kolkata and Pondicherry, who works with Consciousness paradigms in health and psychology. He conducts workshops on personal growth and is a Founder-Editor of NAMAH, 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, with whom he has authored a book which will be published imminently.

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*“We aspire for the Truth and its triumph
in our being and our activities”*

~The Mother

