



8-13 November, 2021

Sessions of
1:30 hours duration starting at 10.30 am IST

UNDERSTANDING
YOUR
Vital Nature

with

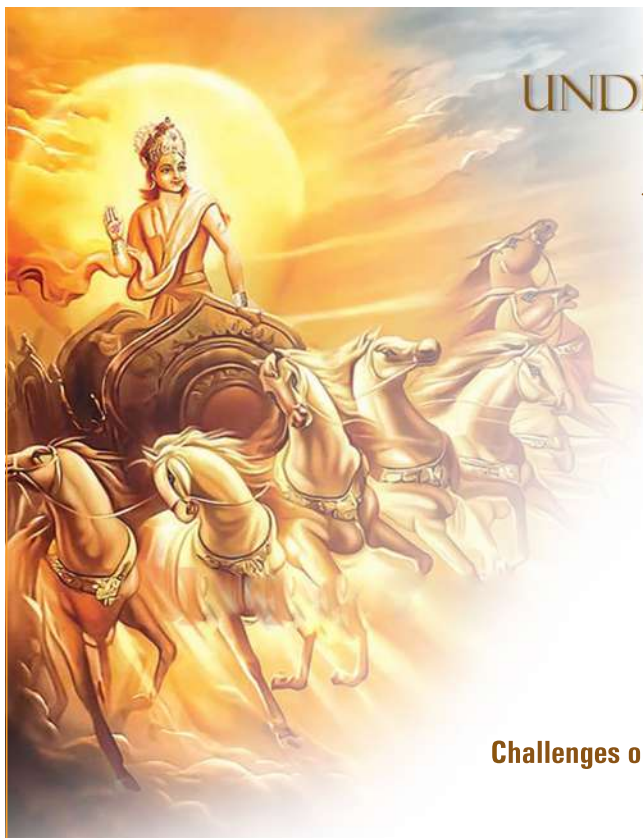
DR. MONICA GULATI

| A 6-day interactive, reflective and experiential workshop
| to examine your vital nature with greater clarity |

*“The vital is the fountainhead of life, the energy without which nothing can be accomplished.
It is also the source of all our emotions, feelings, desires, and impulses. Purified,
it can become the perfect instrument for all we have to realise in the physical world.”*

- THE MOTHER

Let us embark on this journey of understanding our vital nature which usually rules us. This workshop is dedicated to those who aspire to understand and purify their life-force, which is comprised of impulses and desires.



UNDERSTANDING YOUR *Vital Nature*

The workshop Includes
daily self-reflective questions/assignment.

_____ Themes _____

An Overview of vital nature

The Education of the vital (refining senses, artistic faculties)

The Education of the vital (enlightenment of inner movements)

The Transformation of the vital (guidance from psychic light)

The Challenges on the path (with Letters on Yoga)

Challenges on the path – an interactive session with participants on reflective worksheets and personal challenges.



DR. MONICA GULATI

Trained as an immunologist, Monica Gulati realised her calling was not scientific research while she was doing her PhD in Auto-immunity at the University of Zurich. Her search in integrating science and spirituality drew her to many masters and

gurus and she found herself getting drawn towards holistic living and education. She got a wake-up call from her Psychic Being through cancer when it visited her. Cancer brought her in touch with her own essence and revealed that her true calling was the calling of her Heart. It was like she was born again!

She now lives a life immersed deeply and fearlessly in all the movements of life and spills out the messages the inner being manifests, through people, life-situations and challenges, seeming tragedies and diseases. The Universe is 'for us' and not against us. If one has faith in a loving universe, all the difficulties are nothing but a way to progress deeper within and exploring newer fields within oneself. A relentless explorer, she feels blessed to be on this journey within, hand-in-hand with fellow travellers. She also facilitates an online course on 'Pain and Suffering in the light of Mother and Sri Aurobindo', with SACAR Pondicherry.

REGISTRATION DETAILS

Workshop fee is Rs. 2,000

Overseas: US \$ 32

The fee is non-refundable

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Indian Nationals : <https://rzp.io/l/ycECvVsx>

Foreign Nationals : https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=LJQVUKR8M8NSE

The Zoom joining link and passcode will be circulated on **7th November, 2021**

For Bank Transfer

Account : NAMAHA

Account no : 1235498160

Type : Savings

Bank : Central Bank of India

IFSC : CBIN0281354