



RETREAT To Make Thy Inner Light Visible

*A Sadhana retreat to
assimilate Grace Light within
our Body and Being*



3 day residential retreat program
30th January to 2nd February 2025
Thursday 1:00 pm to Sunday 11:00 am IST
Arulville, near Chennai - Pondicherry, TN
FACILITATOR
ARUL DEV Author | Leader | Practitioner



HEAL EVOLVE MANIFEST

VISION: To empower people to do Deeper Body Sadhana on a daily basis to Transform their Total Self.

1. HEAL BODY'S SUBSTANCE
2. CENTERING WITHIN DIVINE SOURCES
3. DEEPEN EMOTIONS WITH LOVE
4. UNIFY LIFE ENERGIES WITH BREATH,
TURNED TO CONSCIOUSNESS ABOVE
5. FREE US OF UNCONSCIOUS BINDS OF
MEMORIES
6. TRANSFORM THOUGHTS & INNER VISION

Eyes closed practices when free

Eyes open practices while working





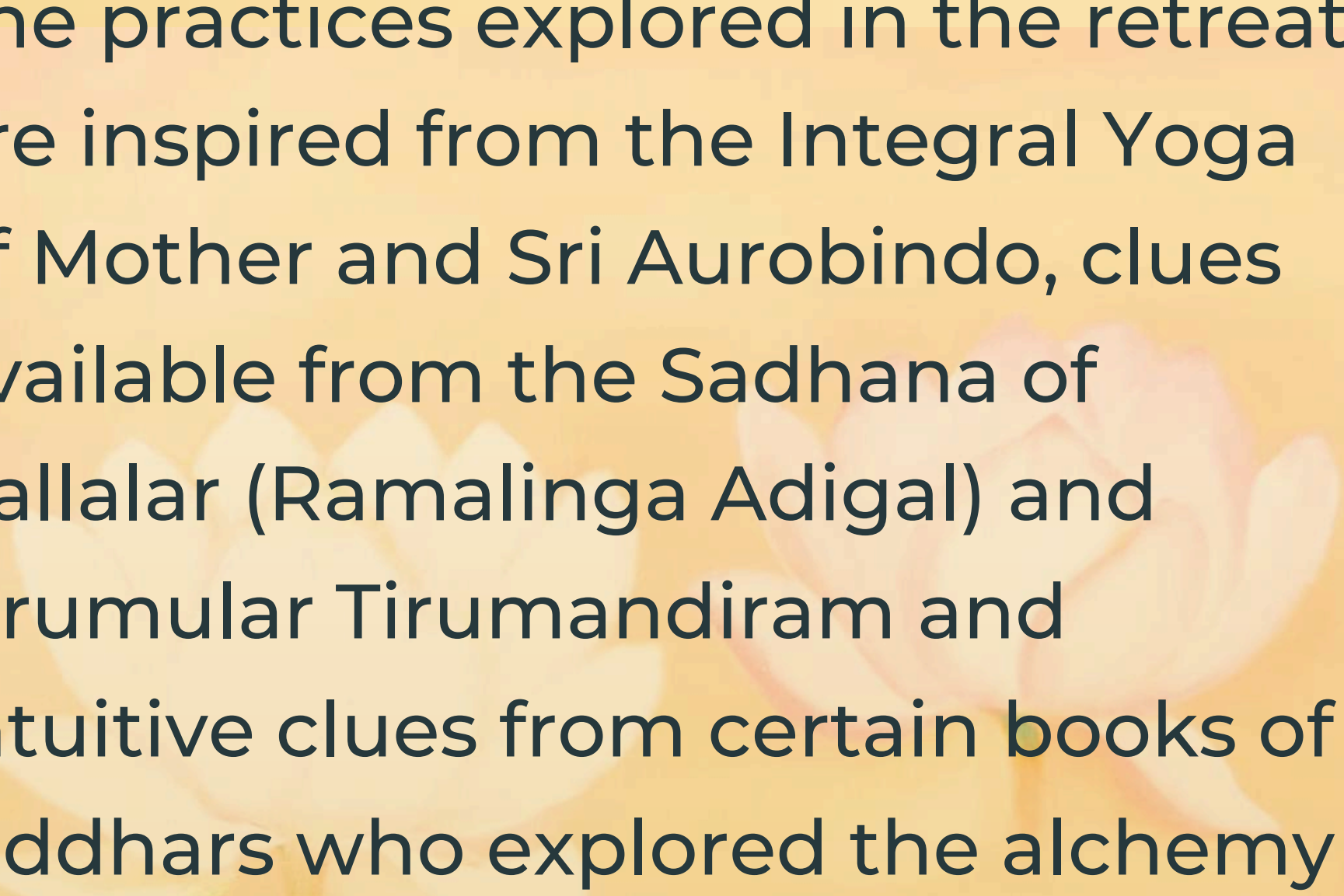
‘SADHANA’ INNER PRACTICES HIGHER VISION

"In our body's cells there sits a hidden Power
That sees the unseen and plans eternity,
Our smallest parts have room for deepest
needs;

There too the golden Messengers can
come:"

Savitri, Sri Aurobindo

The practices explored in the retreat
are inspired from the Integral Yoga
of Mother and Sri Aurobindo, clues
available from the Sadhana of
Vallalar (Ramalinga Adigal) and
Tirumular Tirumandiram and
intuitive clues from certain books of
Siddhars who explored the alchemy
of our human body.





HEAL BODY'S SUBSTANCE

Our body often holds suffering, stress and illness within. It is not the job of our body to hold on to these entanglements.

Our natural breath supports us to sense, purify, strengthen and nourish the flow of 'prana' in our body.

To heal we need to bring awareness into specific cells & parts of our body that hold limitations and connect them to a Higher Source. Connection to a Source brings in new alchemical energy & substance.

Crystals are great companions in body work. When we practice with crystals, they glimpse & automate the sadhana & support us when we do our body work.



CENTERING WITHIN UNIVERSAL SOURCES

We learn to connect to, identify & draw direct nourishment from one or more of these Universal Sources:

- **Flowers:** They can offer us natural beauty, freshness, vastness, power, clearing, centering & loving emotions
- **Space Above Head / Mind:** They bring into our mind and being universal states of Vastness, Silence, Peace, Light, Love and Delight
- **Cave of Heart:** They hold our individual deeper Aspirations, Intuition, Guidance, Love, Joy, Peace and Power
- **Depth below Feet:** Here are deeper nourishing domains of Creative Flame, Flow, Love & Union
- **Pure Substance:** In our body's depth there is cellular safety, intelligence, shine, love & flowing joy





DEEPEN EMOTIONS WITH LOVE

We all have some degree of emotional pains, hurts or sadness.

If we hold these wounds within our body, our body starts weakening and also adds additional burden to the collective.

We can locate where in the body these emotions are stored. With a clear aspiration and connection to any Source, our body learns to dissolve or release these entangled emotions.

Our body's cells then learn to connect to the cave of our heart where beautiful emotions of care, love, compassion and strength live – and thus feels self-nourished. Through condensing and expansion of our body's substance we experience intimacy of cells.



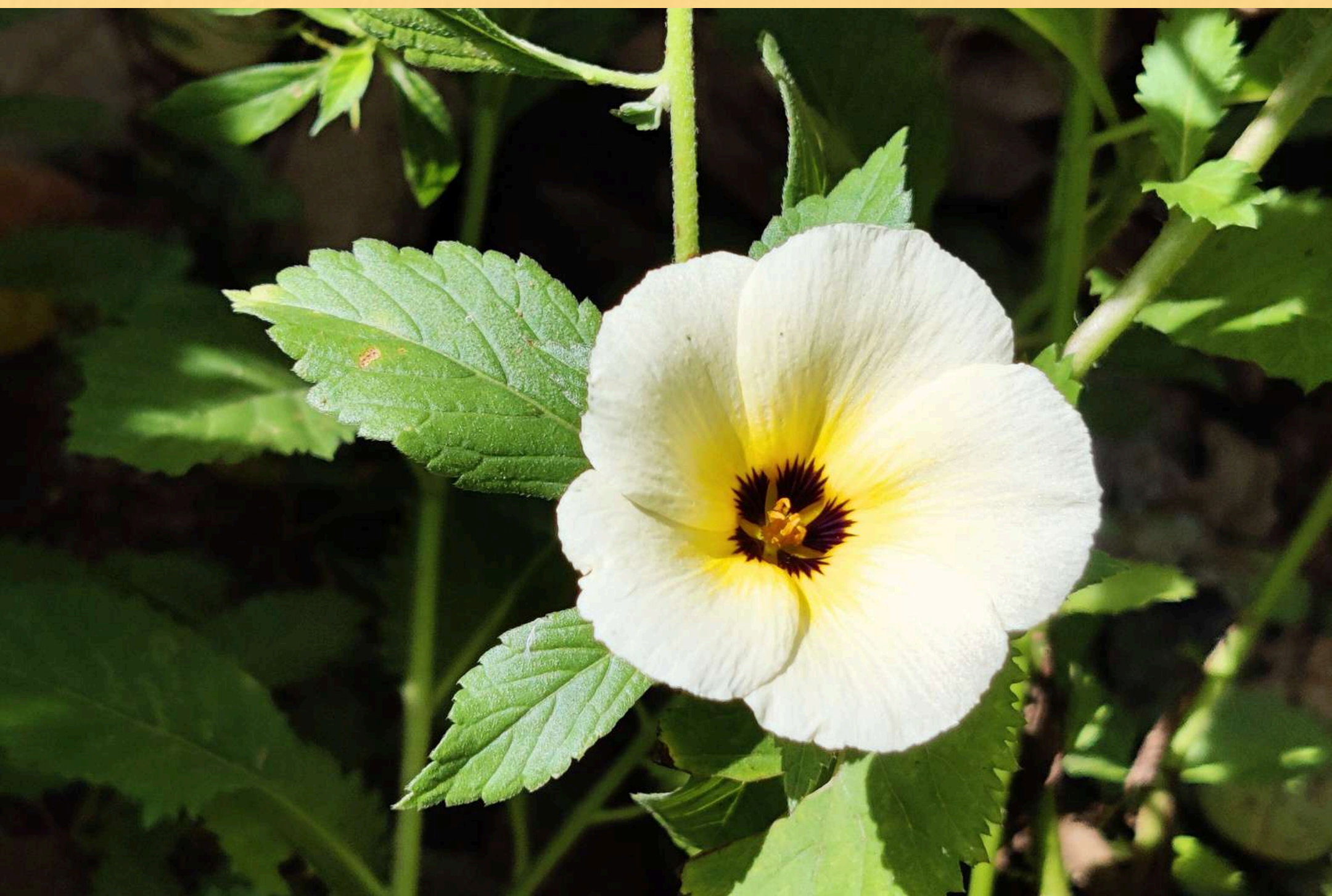


UNIFY LIFE-ENERGIES WITH BREATH, TURNED TO CONSCIOUSNESS ABOVE

We experience within us positive and limiting sensations, energies, feelings, desires and 'pulls'. This creates a state of separation and polarity within us. We learn to allow our natural breath to touch these life energies and infuse freshness flowing from higher consciousness.

We hold all these sensations, vibrations and movements with an inclusive awareness. We allow them to unite and fuse into a conscious field that can be offered.

We allow this life energy field with its ever-changing flow to sense the field of Consciousness above our head, allowing itself to be remoulded by a greater Light, Force, Joy and Harmony.





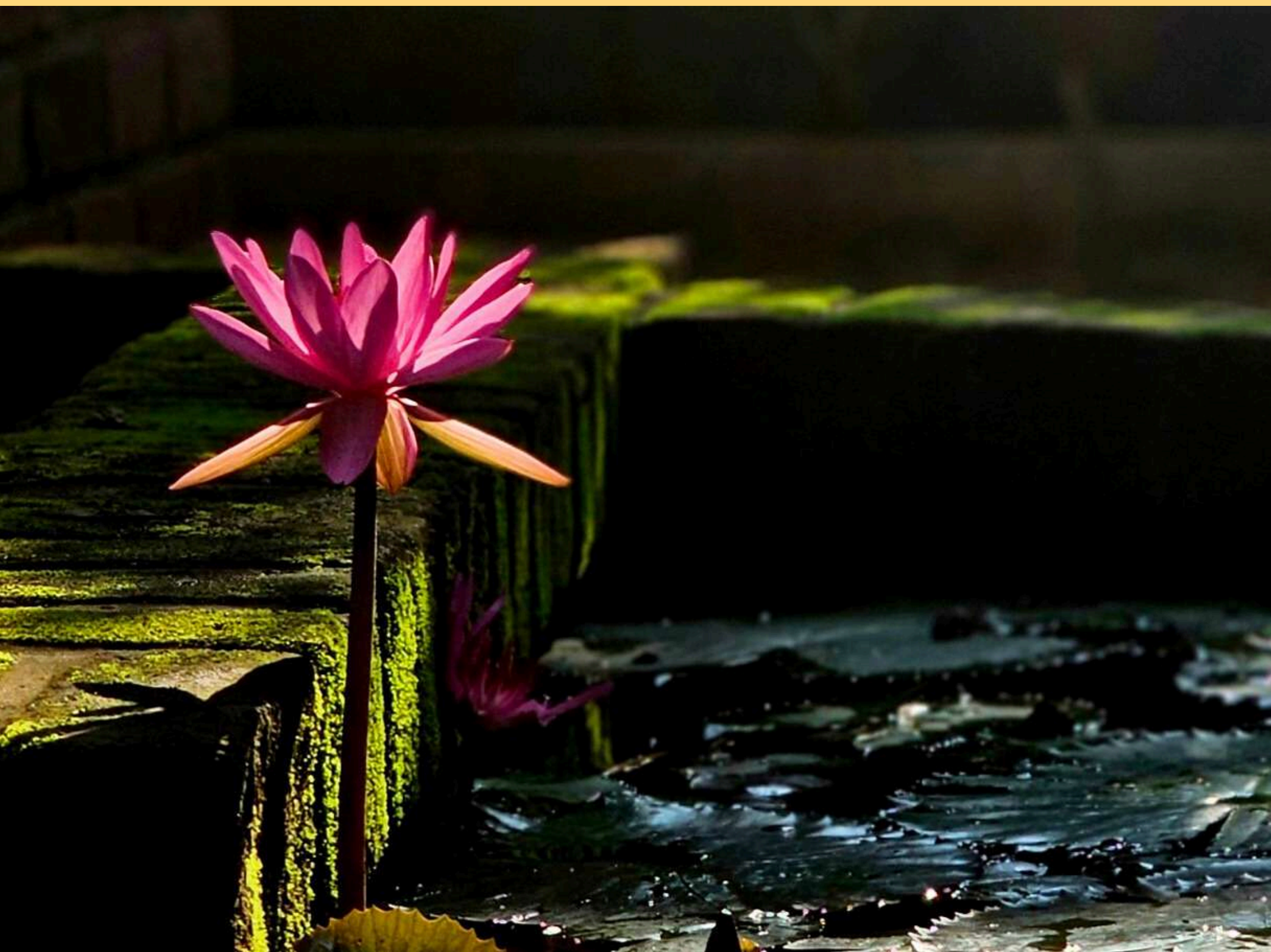
FREE US OF UNCONSCIOUS BINDS OF MEMORIES

Memories are strings of images, sounds and feelings carrying positive or negative charges.

All memories can be connected to our highest Source connection so that they carry an enhanced nourishing charge.

Painful memories can be healed by condensing & letting go the 'contents' of the memory & integrating its transformed substance in our body and cave of heart.

Our entire memory line can be filled with Consciousness and Love.

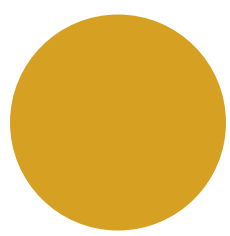




TRANSFORM THOUGHTS AND INNER VISION

Our thoughts can chain us into our past. When linked to the Divine Above through the eyebrow center or top of head we receive directly New Visions & Intuitions with Their own Light-Will.

Residual stuff of thinking can be frequently turned upwards to clear. Old stale thoughts can be transformed by condensing and letting go their 'contents'. This recovers thought's pure light & substance. This can be spread across our mind to get a uniform field of quietness and light.



RETREAT FORMAT

What will the Space look like

All retreats are done in a Nature space to gently connect within and receive nourishment of fresh energy & vastness.

There would be sufficient time for inner explorations, sharing and clarification of doubts. We will also utilise yoga asanas and mudras to prepare the body to be supple enough for inner body work.

The practices shared are collectively explored and individually tuned to suit each participant.

The retreat is Universal in its flavour and thus each one can follow their own paths of evolution & transformation and integrate the essence of what we explore here into their regular paths.

WHO IS IT FOR



Any individual interested in



An experience to work deeper with
body, emotion, energy and mind
and access its depth & goodness
for:

Sadhana || Healing ||
Transformation ||
Evolution



OUTCOMES EXPECTED

What naturally unfolds

1. Discover alignment with Body, Mind, Heart & Higher Source
2. Live with pure Light, Love, Silence, Joy, Peace, Will & Flow present Above head
3. Receive intuitions as a way of life
4. Build receptivity in body to heal self
5. Be in the present moment and access Divine's presence as Space and Time
6. Access the grounding Power and Love of Sacred Depth below feet
7. Be with radiant guidance of deeper Heart
8. Transform 'weights' of past
9. Transcend fear
10. Experience love and union of body cells
11. Evolve through daily activities & work
12. Enhance creative manifestation with Grace



RETREAT FACILITATOR ●

ARUL DEV Author | Leader | Facilitator | Coach

Post his graduation as a Chemical Engineer from BITS PILANI in 1994, Arul Dev discovered his calling to be an Entrepreneur and a Transformational Alchemist. He has been exploring Transformation of Self since 1994. For 30 years what he has been discovering within himself he has been sharing it back to the world.

He has been sharing his inner work through his books 'Into Great Depth of Your Being' and 'The Flame Within'. They guide people with dynamic practices to support their inner evolution and outer creative manifestation. He offers workshops and retreats that aim to empower people to do Deeper Body Sadhana on a daily basis to Transform their Total Self. These are regularly offered in Chennai, Auroville, Arulville, Puducherry and Hyderabad.

He co-facilitates weekly inner practice sessions like 'Love for the Divine within body – Yoga & Prayer within Cells', 'Deeper body work' and 'Connecting to the mantric consciousness within the words of Savitri and Mother's Agenda'.

He is a guest faculty for several colleges including IIT Madras for their Self Awareness and Integral Development courses. He is a Master Certified Leadership Coach (MCLC) through Coach For Life. He is the Founder CEO of People First Consultants which has been in the field of Talent Hiring, Coaching, Holistic Well-being, Leadership Development and Organisational Culture Development for the last 30 years.

His aim is to inspire people to 'taste' the joy of doing inner practices alongside work - to evolve and excel in whatever they do.



REGISTER ●

3 day residential retreat program

30th January to 2nd February 2025

Thursday 1:00 pm to Sunday 11:00 am IST

Arulville, near Chennai - Pondicherry, TN

To register,
contact: training@peoplefirst.co.in
WhatsApp : 98407 55049

CONTRIBUTION

Rs. 10,000/- inclusive of retreat experience,
accommodation, meals & refreshments.

Payment details provided on registration.

Please note: accommodation on shared
basis.

Repeaters - Rs. 7,500/-



HEAL
EVOLVE
MANIFEST

