

Substance of Love

Discovering richness of Divine within our body



Online Course | Facilitator : Arul Dev

March 16, 23 & 30 | April 13, 20 & 27 | May 4 & 11 2025

Sundays | 7 am to 8 am IST



This Course...

Is filled with practices to build and nurture your:

Sound Body

Natural breath within body

Prana Sakthi

Consciousness flow within body

Self-effulgent pure substance (matter) of body

Is filled with practices to build the attitude of:

Sustained Sadhana

Opening cells of body to Divine Qualities

Waiting for body's cells to release entanglements

Waiting for body's cells to receive Light, Joy, Peace, Love



Vision for this Course

Our body is made of very rich substance. By the pressure of Divine Grace and a conscious aspiration lit within us, there is an ascent and a descent happening within us all the time.

Our body is the base. A deeper sadhana is where everything in us is progressively linked to the Divine. And if we consciously choose to, everything in us can be offered to the Consciousness Above and higher qualities of the Divine can descend into us, be received, grow in us and can express through us. Some of these Divine Qualities are Vastness, Silence, Peace, Force, Light, Joy, Love and Flow.



Vision for this Course

Our body's substance is the stable base for all these Qualities to flower. Even for our thoughts, emotions, feelings and sensations that flow through us, it is the body's substance that is the base. Our body has a sponging nature, which has been built perhaps to become a home and to fully hold the Divine Qualities within. But since we have forgotten this or we don't remember this or we don't consciously aspire and do our inner practices for this, our body substance keeps sponging all the time from the people and the energies that we interact with. It thus absorbs all mixed emotions, sensations, thoughts and belief structures right into our body substance and thus diminishes its capacity to open exclusively to the Divine Above and to receive Its Qualities.



Focus for this Course

This course brings into focus certain tiny inner practices that will prepare the body to release its entanglements & embark on its greater journey of glory. This course offers doorways for you to do your sadhana for your body each day & alongside your regular activities.

One Reference Quote: “But I am not sure, for when I had this experience (not of the divine Presence, which I had already felt in the cells for a long time, but the experience that the Divine ALONE is acting in the body, that He has BECOME the body, yet all the while retaining his character of divine omniscience and omnipotence) well, the whole time it remained actively like that, it was absolutely impossible to have the LEAST disorder in the body, and not only in the body, but IN ALL THE SURROUNDING MATTER.”

The Mother, June 6, 1958, Mother's Agenda



Insights

The quote is an experience of The Mother. This sadhana done in the Body of The Masters acts on all our bodies through the ONE SUBSTANCE we are all made of. This experience of Divine as Body is present in each point / cell of our body in the depth. This is the discovery and experience of Pure Substance. No matter what entanglements are present in our body, at the depth the Pure Substance which has Light, Love, Joy and is Self-Radiant, remains untouched. The more we purify the entanglements in our body by inner practice and opening to Grace, the easier it is to open to Pure Substance. The connection to this Pure Substance across some points/ cells of our body has the Power to heal and transform the other cells of our body. This is a labour of love that many are consciously or semi-consciously stepping into now.



Inner Practices

The practices that we'll explore are:

- Allow your inner awareness to be soft, gentle & loving
- Touch your body with your awareness with an attitude that you are touching something sacred
- Allow sensations to open up to 'stir' your body revealing stored and flowing emotions, energy, memories, imprints of others in your body
- Enter within the dimension of substance - the inner matter / density / mass of body
- Connect with layers of Divine Consciousness and its 'unboundedness' above head, within cave of heart and at sacred depth below feet
- Allow breath to become conscious and flowing across all parts and points / cells of body over time



Inner Practices

The practices that we'll explore are:

- Keep a calm and clear will within body's entanglements (illness, spent energy, emotions and memories) saying that it is not the job of this body to hold on to these.
- Keeping awareness within body, turn the inner 'eye' of awareness to point above the head, to connect to Vastness and receive qualities of pure silence, joy, light and love
- Wait. Allow the body to relax, be conscious and more receptive. Allow the body points from surface to depth, to actually connect to receive consciousness present above head
- When a body part resists light the flame of aspiration
- Keep a primal sound or mantra within the cells of body and allow its vibrations to permeate your body



Inner Practices

The practices that we'll explore are:

- Allow body's cells to receive Prana Sakthi and Consciousness and allow breath to carry this across body
- Discover pure substance in body beneath entanglements, which has self-existent light, joy, peace, suppleness, creative flow & love
- Connect to subtle substance with breath, awareness or hands. Condense to bring subtle substance together (Loving intimacy of Cells). Let go to allow subtle substance to expand connecting to Vastness. Practice this both horizontally and vertically
- When condensing and expanding body's substance connect to the subtle body of Divine or Master - to receive from Master's Presence or Grace. This is deep love for the Body

Inspiration for the practices are from



- Mother and Sri Aurobindo's works especially Mother's Agenda, Savitri, The Mother and Life Divine
- Clues available from the Sadhana of Vallalar (Ramalinga Adigal) and Tirumular Tirumandiram
- Intuitive clues from certain books of Siddhars who explored the alchemy of our human body
- Many retreats and workshops where we have been offering these practices and all our collective experiences that are being gathered and evolving from these sessions



Who would benefit from this course / workshop

- You are following a path of Spirituality of your choice
- You are keen to heal and transform your body
- You believe in the power of tiny practices that can be done with eyes closed in a session or with eyes open alongside activities

Contribution for Online Course:

Rs. 2800 (India) | 60 USD International Participants

Repeaters - INR 1800 (India) | 40 USD (International)

(Else you can also choose to make your own heartfelt contribution)

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Facilitator: Arul Dev

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