



# RETREAT To Make Thy Inner Light & Life Visible

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



3 day residential retreat program

3rd April to 6th April 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 unite their body's substance, sensations, emotions and thoughts to Impersonal In-Flow from Higher Consciousness

1. HEAL BODY'S SUBSTANCE - TOUCH DIVINE MATTER
2. RECEIVING FROM DIVINE SOURCES
3. DEEPEN EMOTIONS WITH LOVE
4. UNIFY LIFE ENERGIES WITH BREATH, CONNECTED TO PURE FLOW OF SHAKTI
5. FREE US OF UNCONSCIOUS BINDS OF MEMORIES IN CELLS OF BODY
6. TRANSFORM THOUGHTS & INNER VISION

Eyes closed practices when free

Eyes open practices while working





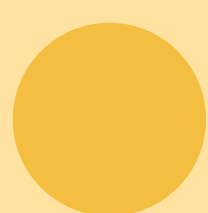
# ‘SADHANA’ INNER PRACTICES HIGHER VISION

"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

Our retreat is a humble attempt to prepare the  
human body to unite with Divine's Substance

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.

This retreat will also have Dr.Vishwapriya  
Pillai guiding on connecting to the Divine  
energy within through the Shree Chakra



## 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 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 body's depth there is shine, cellular safety, intelligence, 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.







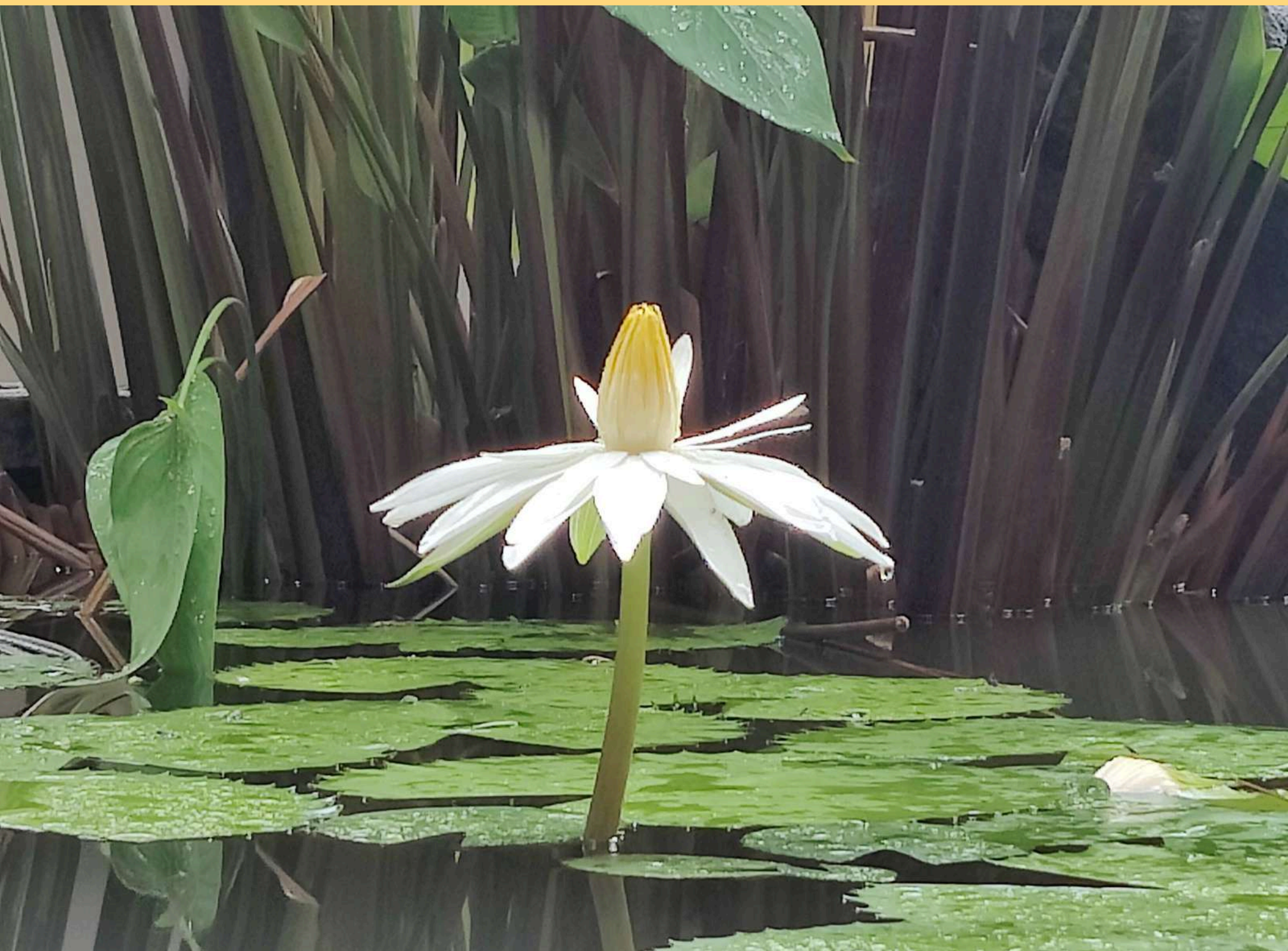
# FREE US OF UNCONSCIOUS BINDS OF MEMORIES

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.





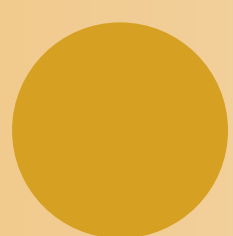
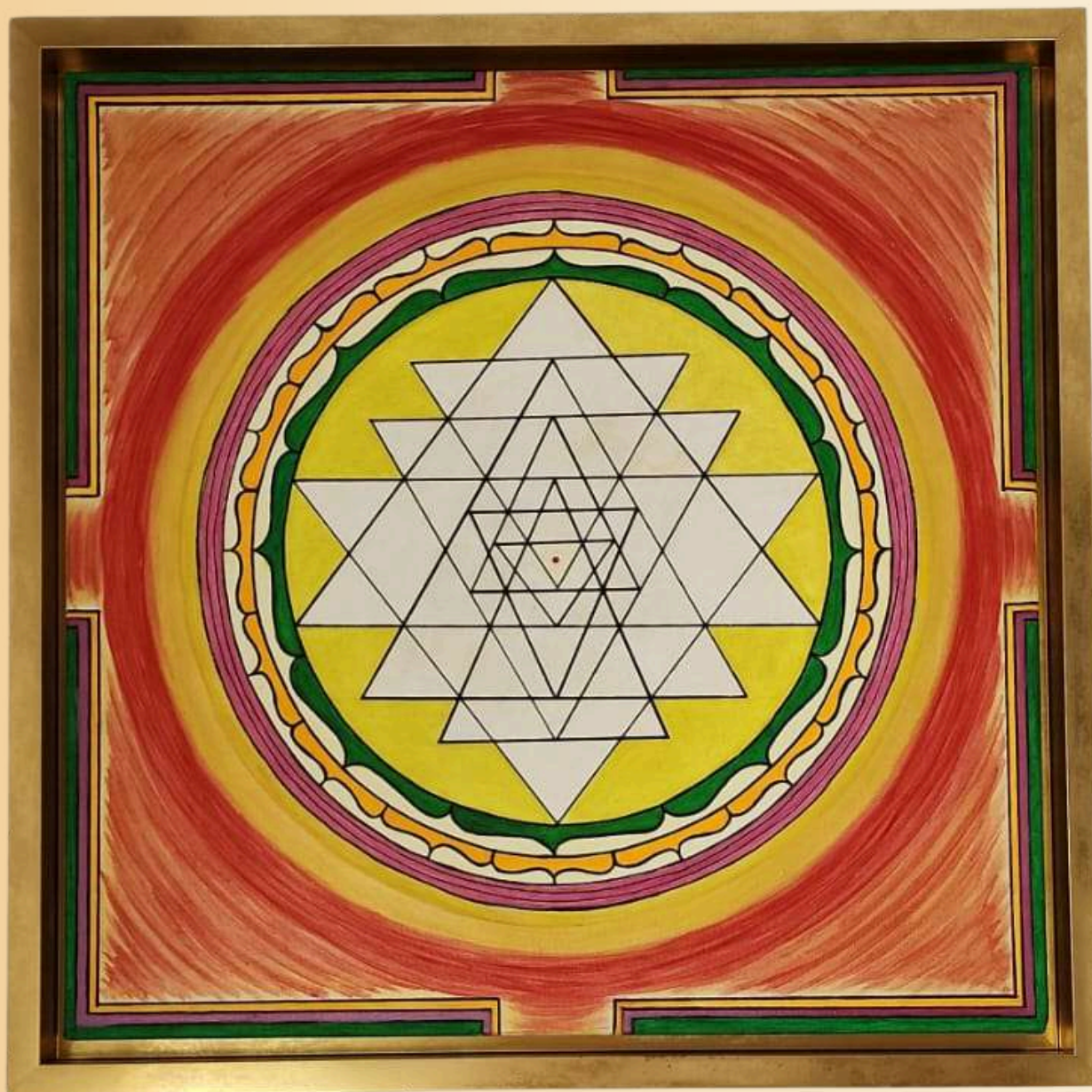


## TRANSFORM THOUGHTS AND INNER VISION

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.





## A SESSION TO CONNECT TO SHREE CHAKRA

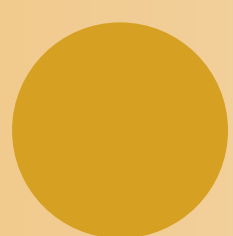
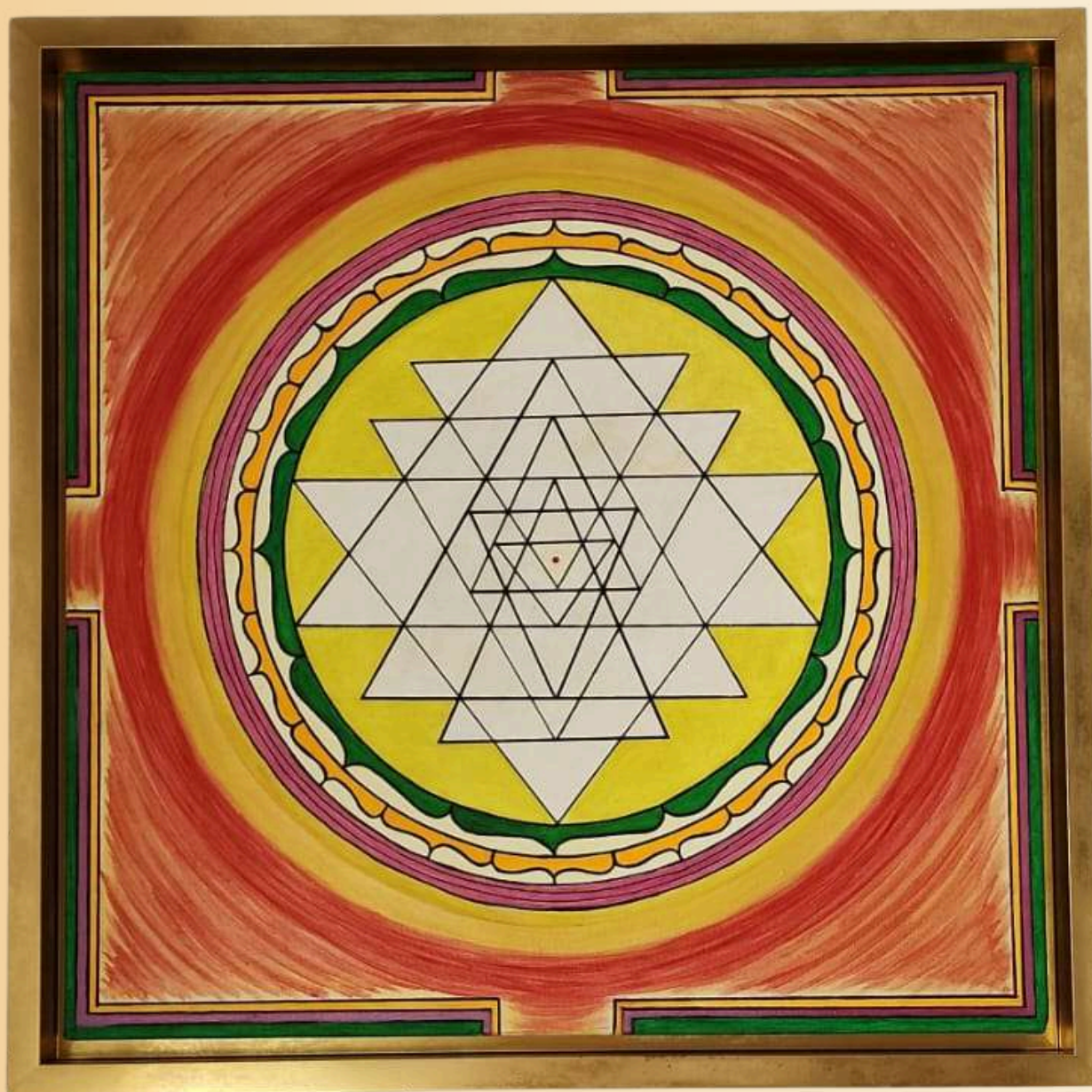
Guided by Dr. Vishwapriya Pillai

The element of life is the commonality shared between us (the microcosm) and divinity (the macrocosm). This life principle is what helps us operate in the world. The level of our application, the quality of our approach and type of contact that the physical self makes with the outside world not just has an impact in the context of life that we live in , but will also impact the environment, surroundings and ultimately comes back to impact our own causal self (mind and intellect).

While the body will receive inputs from the five senses, the intellectual and emotional self will also in turn receive signals that invariably alter our internal construct in myriad ways.

The pure absolute consciousness is always present as truth consciousness bliss(sat-chit-ananda), and to just live is an opportunity to commune with that divine consciousness.





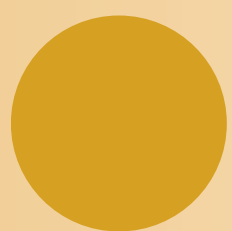
## A SESSION TO CONNECT TO SHREE CHAKRA

Guided by Dr. Vishwapriya Pillai

The Shree Chakra is a timeless cosmic knowledge that geometrically and symbolically signifies that secret union that can be achieved between the two seemingly different dimensions.

All the faculties that are on the outside can and should be used to link with the inside. The reason we invoke the timeless vidyas (knowledge) imparted by the seers of yore is to dispel the ignorance that can unwittingly delude even the sincere seeker. The seeker is intuitively guided by the divine feminine energy to reject those aspects of one that can thwart one's evolution and awaken the divine principle to fulfil the journey towards a union with the higher self.





# RETREAT FORMAT

What will the Space look like

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.



A group of people are practicing yoga in a natural space. They are standing on mats in a room with a high, vaulted wooden ceiling and large windows that look out onto a lush green landscape. The people are dressed in casual yoga attire, and the atmosphere is peaceful and serene.

## MORNING YOGA & OPENING THE BODY EXERCISES

by Shweta C Rajurkar

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 dynamic body practices, yoga asanas, chanting and mudras to prepare the body to be supple enough for inner body work.



# 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

3rd April to 6th April 2025

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

Arulville, near Chennai - Pondicherry, TN

To register,  
contact: [training@peoplefirst.co.in](mailto: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

