



RETREAT To Make Thy Inner Light & Life Visible

*An Inner Transformation retreat based
on Collective Deeper Body Sadhana.
Growing from personal to impersonal
Being a receptacle for
Divine Manifestation*

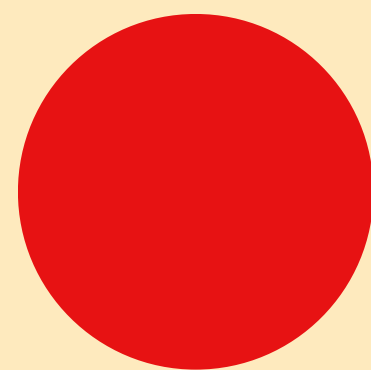


3 day residential retreat program
5th June to 8th June 2025

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.

At the core and depth of all cells lies The pure Divine Substance that is untouched and uncontaminated by all our personal experiences & which nourishes from within.



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.



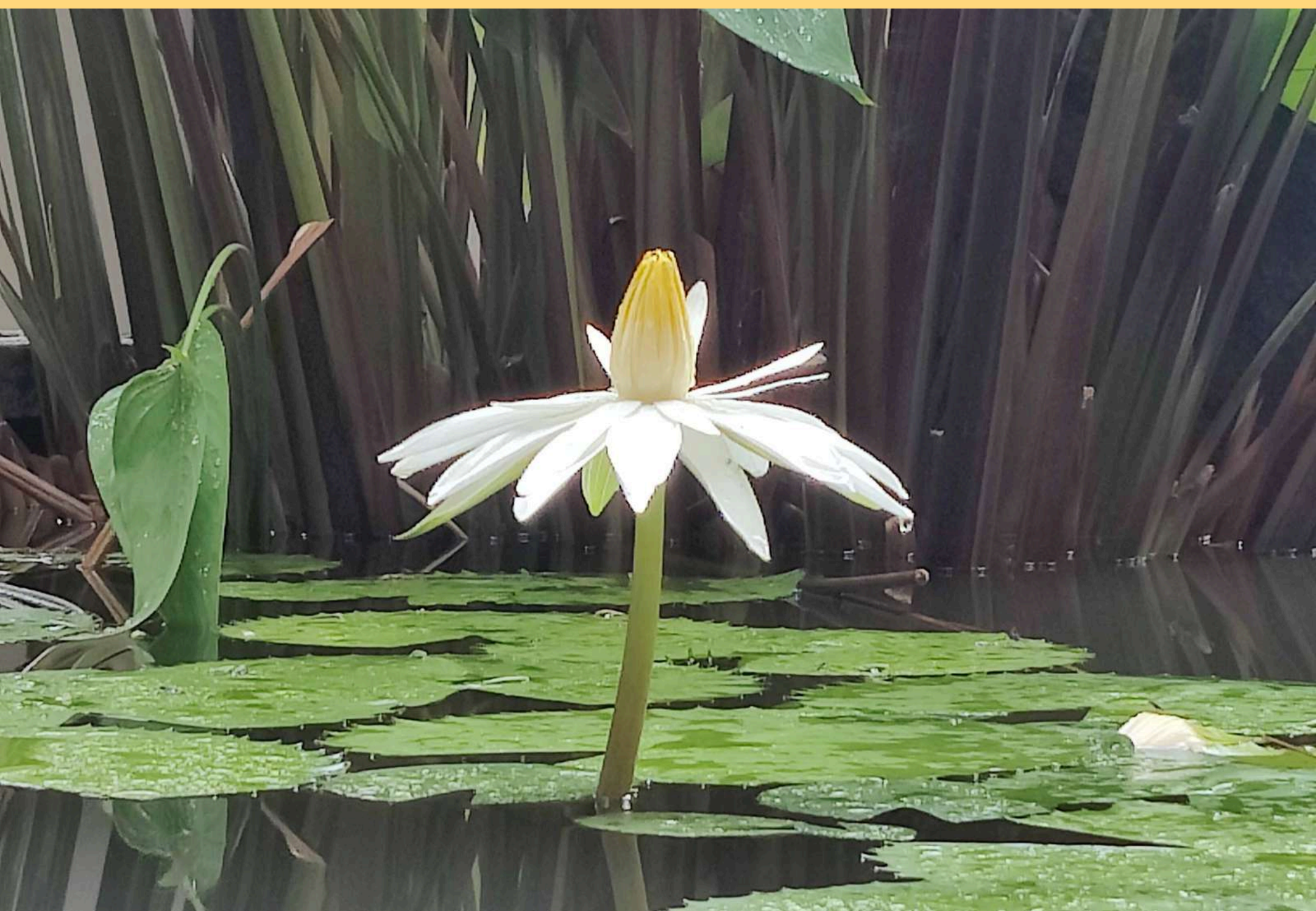


FREE US OF UNCONSCIOUS BINDS OF MEMORIES

Memories are strings of images, sounds, energies and feelings carrying positive or negative charges present as a coating on the surface and within our body's cells.

Our pure awareness has the light and force to disconnect the cords of memories when we learn to pass our calm neutral awareness through layers of our thought-emotion-energy-sensation memories embedded within our body.

All memories can be connected to our highest Source connection so that they carry an enhanced nourishing charge. Our entire memory line can be filled with Consciousness and Love.



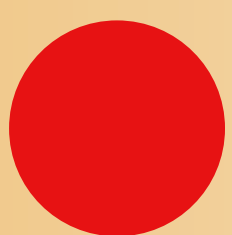
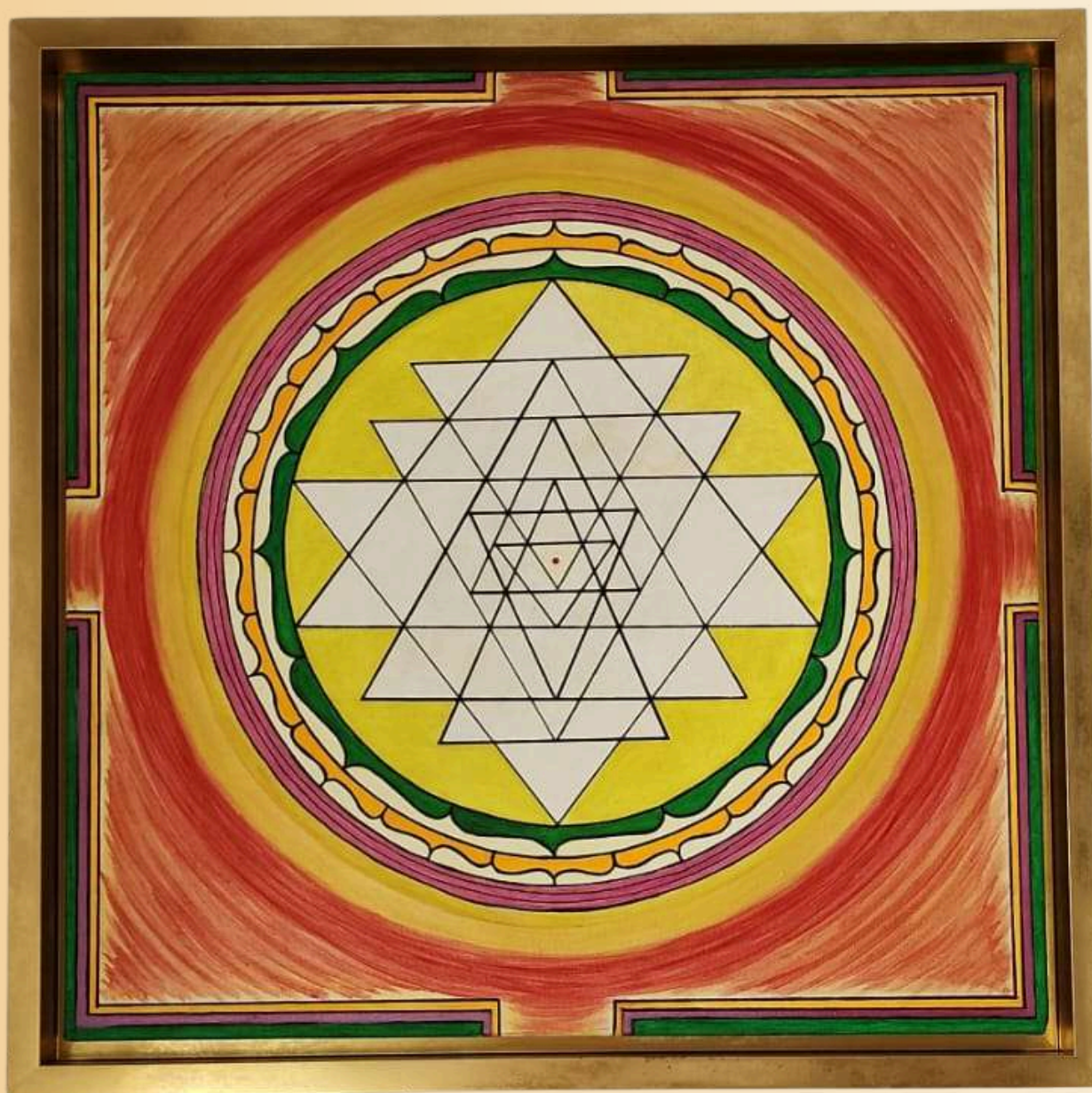


TRANSFORM THOUGHTS AND INNER VISION

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 cleared from the eyebrow center by disconnecting the binding cords using Pure Awareness sieve.

Thoughts can be connected to the Highest Impersonal Vision and let out consciously into the world to support Creative Manifestations.



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).

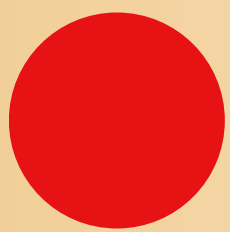
While the body will receive inputs from the five senses, the intellectual and emotional self will also in turn receive signals that invariably alter our internal construct in myriad ways.



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.

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.

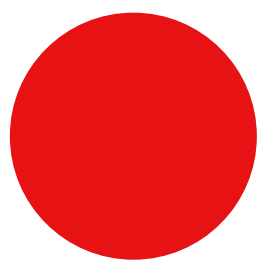


RETREAT FORMAT

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.



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

*Sadhana
Healing
Transformation
Evolution*



The Self, Impersonal growth of Power & Harmony, Synchronicity in self & collectives.

The retreat is ideal for anyone who believes in deeper body work and aspires to be a conscious instrument for Divine's Creative Manifestation



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 an Inner Transformational Alchemist. He has been exploring Transformation of Self since 1994. As a researcher and scientist at heart for 30 years what he has been discovering within himself he has been sharing it back to the world through different means and platforms to the entrepreneurs, educators, students, to be parents, couples and individual seekers.

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 steadfast 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, Arulville - the hermitage, Puducherry, Savitri Bhavan - Auroville, and Hyderabad.

He co-facilitates online 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 from 1995 which has been in the field of Talent Hiring, Coaching, Holistic Well-being, Leadership Development and Organisational Culture Development. He is the co-founder of the 'Divine Body' project aimed to experientially research and illumine the process of transformation of the body's cells.

His aim is to inspire people to 'taste' the joy of doing inner practices alongside work - to evolve and excel in whatever they do, as he deeply believes that when the mind, body and heart are Intune and inner gaze fixed on the higher aspiration / aim, the inner sadhana blossoms and flowers while the hands become the perfect receptor and manifester of the Higher consciousness, and truly then "All Life is Yoga" quoted by Sri Aurobindo can be realised.



REGISTER

3 day residential retreat program

5th June to 8th June 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

