



# *DIVYA DEHAM*

An Exploration towards  
Divinity of The Body  
(online workshop)

By an integral and ongoing purification of thoughts, sensations, will-forces and body, we aspire and with Grace discover a subtle dimension of body that is Pure and Self-Lit.

This then becomes a major source in the integral healing and transformation of our body and being.

The subtle dimension of our body easily receives the Divine Qualities of Peace, Light, Love and Joy and flows slowly into our physical body as much as we build Receptivity and an attitude of Surrender.

## Who would benefit from this workshop:

\*You are following a path of Spirituality of your choice

\*You are keen to heal and transform your body

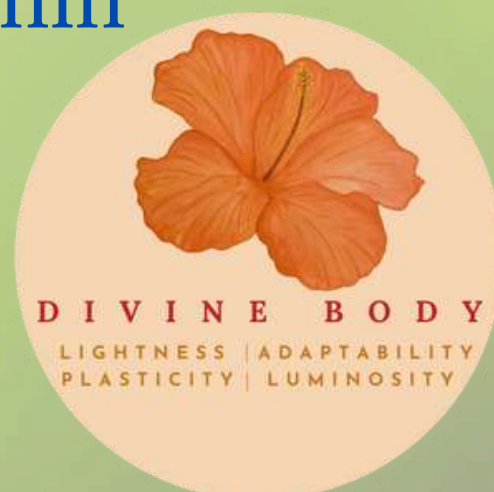
\*You believe in the power of tiny practices that can be done with eyes closed in a session or with eyes open alongside activities

### Course contents:

- Purification of senses & desires
- Strengthening will & uniting it
- Thoughts: reducing noise | connecting to true vision | opening to ideality
- Body awareness: deep | subtle | neutral | impersonal
- Understanding of the body beyond its limitations
- Discovering another dimension of body which is pure & Self Radiant.

Discovering pure matter, pure substance.

- Breath: allowing Prana to permeate within the body cells
- Worshiping & uniting with the Divine within your body



## **Dates of Online Course:**

2025, May 18 & 25 |

June 1, 15, 22 & 29 |

July 6, 13 & 20

The course will have 1 + 8 sessions

First session will be introduction and Q&A

All remaining sessions will be experiential practices

## **Contribution for Online Course:**

2800/- INR (Indian) | 60 USD (Overseas)

### **Repeaters:**

1800/- INR (Indian) | 45 USD (Overseas)

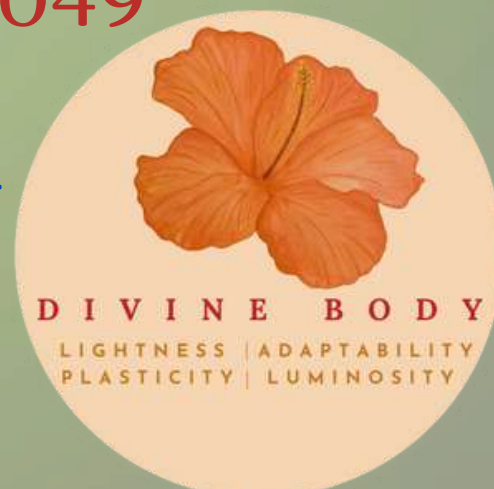
(You can choose to make your own heartfelt contribution too)\*

## **To Register:**

Email: [maadivinebody@gmail.com](mailto:maadivinebody@gmail.com) |

Call / WhatsApp: +91 98407 55049

Gpay No. : +91 92266 35804





## About facilitator:

**Arul Dev** facilitates *Integral transformation workshops & retreats* in Chennai, Auroville, Arulville, Puducherry & Hyderabad. He is the *Founder CEO* of *People First Consultants* which

is in the field of Talent Hiring, Leadership Development & Organisational Culture Development for the last 31 years. He is an expert in sourcing niche talent pool for clients. He is a key trustee for two trusts, *EYES & Aurora*, which focus on Integral Education, Yogic Sadhana, Prenatal Education & Youth above 60. He is a Chemical Engineer from BITS PILANI, a 1994 graduate.

He is a Master Certified Leadership Coach (MCLC) through Coach For Life. He is a mentor for People First projects like 'Coaching with Depth' & 'Being Advantage – Inner Strengths Profiling, Cards & Apps'. He is a guest faculty for IIT Madras & IIM Kozhikode for their Self Awareness & Leadership courses.



He has authored two books.

First book *'Into Great Depth of Your Being'*, published by Auro Publications explores the purification & tuning of eight parts of our inner being.

The next part of this work on Harmonizing parts of being is being explored as the *'Delight Matrix'* project, website work in progress - <https://delightmatrix.com/>.

Second book *'The Flame Within'*, published by Soulscapes explores the beginning of deeper body work.

Subsequent development of insights & inner practices are being shared through the

**website** - <https://divinebody.in/> and through the **channel** - <https://www.youtube.com/@aruldev2270>

He facilitates weekly online inner practice sessions like *'Divya Deham'*, *'Deeper body work'* & *'Connecting to the mantric consciousness within the words of Sri Aurobindo's Savitri & Mother's Agenda'*.

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

