

# Mind turned towards Light

*Online workshop | 9 Sundays |  
7 to 8 am IST |  
Begins 17th August 2025*

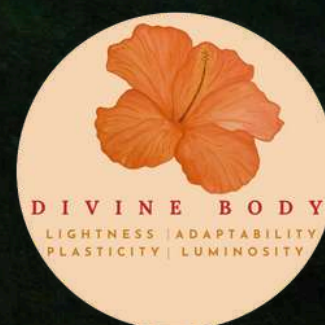
*Facilitator : Arul Dev*



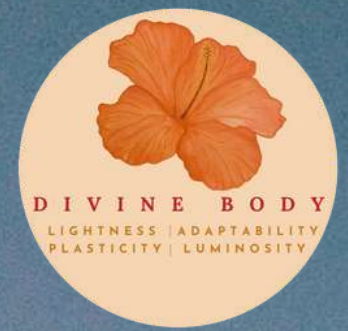


*This workshop aims to explore the sadhana of the thoughts, memories and our internal chatter. Quiet calm awareness and micro-second inner practices are needed to do this sadhana. The quest would be to loosen the grip of our past by detecting the start of its 'stir' in the mind. Instantly learning to shift the inner gaze of the mind from the past bind, towards a 'future center' vision. The aspired realization is to live with our inner gaze at eyebrow center or top of head turned upwards towards Consciousness filled with Light, Intuitions and Clarity.*

**"All knowledge, past and present, must be  
illuminated by the Truth of the future."  
The Mother**



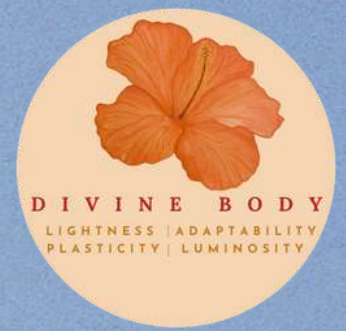




## **We shall do our Sadhana to transform the following**

- Noisy mind
  - Mind wandering all the time
  - Inner chatter, a continuous companion
- The 'spoiler' mind that critiques, doubts or even has ill-will sometimes
  - Random baseless dreams
  - Past memories flashing within
- Past-centered, 'past' being the basis of what we think and do
- Automatic mechanical associative nature of the mind
  - Habitual cause and effect linkages
  - Outdated belief structures





## **We aspire to build these capacities**

- Detect movement of thoughts
- As thoughts begin to stir begin a micro- second practice
- Detect and disconnect linkages of past patterns
- Opening the cells of the brain to the above, being in a quiet & conscious receptive state
- Keep inner gaze pointed to vastness and light above
- Keep the mind open, ready to receive Intuitions and Grace
  - Glimpse the essence of a Future Vision
  - Create micro-second connects to Future Vision
- Detect the underlying basis on which thoughts are associated and grouped
  - Consciously focus on the Future Vision so that thoughts group with a new center of Future Vision
  - Building aspiration for progress





## **By Sadhana, Surrender and Grace of Divine we aspire to practice**

- Mind's own acceptance of itself as an instrument to receive a Greater Living Truth Above
  - Being a 'mirror' that does not distort
- Mind becoming more silent, to allow the Higher Consciousness to act through it
  - Holding knowledge clearly, yet unstuck to it, embracing the new
- Knowing something by its own essence, rather than comparisons
  - Automatic writing
  - Intuitive actions
- Referring our works and words to intuition all the time
- Mind imitating the mind of Masters, process of Osmosis
  - Connecting to Vastness, Light, Infinity and Eternity
  - Clinging constantly to the Supreme

## **Dates of Online Course**

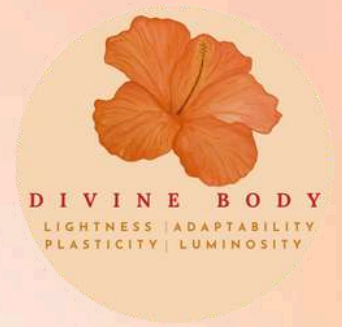
2025, 9 Sundays, 1 hour each

August 17, 24 & 31

September 7, 14, 21 & 28

October 12 & 19

Time: 07:00 am to 08:00 am IST



## **Contribution for Online Course**

New participants:

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

Regulars of any of our Sunday Online sessions:

2100/- 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 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 - <https://delightmatrix.com/>.



Second book 'The Flame Within', published by Soulscapes explores the first level 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', 'Delight Matrix – Sadhana of 64 Golden Cubes' and 'Delight Matrix and Flowers Spiritual Significances'.

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.