



RETREAT To Make Thy Inner Light, Life & Work Visible

*An Inner Transformation retreat based
on Deeper Body Sadhana.*

*Growing from personal to impersonal to
future-vision centered.*

*Being a receptacle for Intuitive
Creative Manifestation*



3 day residential retreat program
2nd to 5th October 2025

Thursday 12:30 pm to Sunday 11:00 am IST
Arulville, near Chennai - Pondicherry, TN

FACILITATOR

ARUL DEV Author | Leader | Practitioner

EVOLVE PROGRESS MANIFEST



*VISION: Transform parts of your self
- inner and outer, with the body as
your base.*

1. Body's Substance: Allow awareness to permeate through all parts of body, release entanglements & open up to wait for the new. Discover subtle substance within
2. Connecting, waiting with and receiving nourishment from pure and high Sources
3. Deepen emotions with love
4. Allow your breath to be conscious, free, full, and flowing to transform life-energies
5. Release memory imprints and triggers embedded within body
6. Transform thoughts and inner vision to open to intuition and light

Eyes closed practices when free

Eyes open practices while working

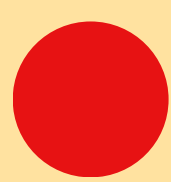


‘SADHANA’ INNER PRACTICES VISION

“So then, for that faith to settle, first the cells must be wholly, completely surrendered, that is, constantly turned towards the Supreme with ... “Let Your Will be done,” whatever it is. “It doesn’t concern me, it’s not my business: let Your Will be done.” So when that is well settled, little by little the true consciousness can come; the true consciousness that truth is Harmony, truth is Progress, truth is Light, truth is ... Then, little by little, it comes. But it’s a long work.”
Volume 10, Mother’s Agenda

The practices explored in the retreat are shared in a universal way. They have been culled mainly from works of Integral Yoga of Mother and Sri Aurobindo, Sadhana of Vallalar (Ramalinga Adigal), Tirumular Tirumandiram and clues from certain books of Siddhars who explored alchemy of human body.

Let us add our tiny steps into our evolution



MOLDING 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.

We can 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 Subtle Substance that is untouched and uncontaminated by all our personal experiences & which nourishes from within.



CENTERING WITHIN SOURCES

We learn to connect & receive nourishment directly from Universal & Supreme 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 consciousness of Vastness, Silence, Peace, Light, Love and Delight
- **Cave of Heart:** They hold our individual deeper Aspirations, Evolution, 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

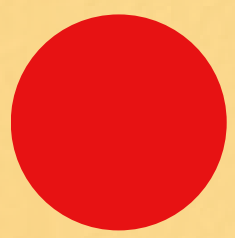
We all have some degree of emotional pains, hurts or sadness.

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.





TRANSFORM LIFE-ENERGIES WITH BREATH, TURNED TO CONSCIOUSNESS ABOVE

We experience within us nourishing & 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 is an 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.





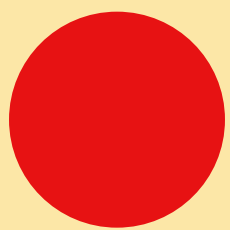
FREE US OF UNCONSCIOUS BINDS OF MEMORIES

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 & a state of Loving Progress.



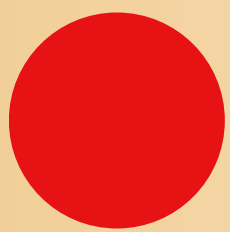


TRANSFORM THOUGHTS AND INNER VISION

Our thoughts can chain us into our past. When linked to the Consciousness Above through the eyebrow center or top of head we receive directly New Visions & Intuitions with Their own Light-Force.

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.

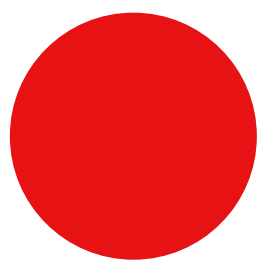


RETREAT FORMAT

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 and mudras to prepare the body to be supple enough for inner body work.

WHO IS IT FOR ●

Any individual interested in

*Sadhana
Progress
Transformation
Evolution*



Anyone interested in 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 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 for health
5. Be in the present moment and access Vast 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 explorer at heart for 31 years what he has been discovering within himself he has been sharing it back to the world through different means and platforms to leaders, 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 'Deeper body work', 'Connecting to the mantric consciousness within the words of Savitri and The Mother's Agenda', 'Delight Matrix' and 'Mapping Spiritual Significance of Flowers'.

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. He deeply believes that when the mind, body and heart are Intune and inner gaze fixed on the higher aspiration, the inner sadhana blossoms and flowers while our 'being' becomes the perfect receptor and manifester of the Higher consciousness, and truly then "All Life is Yoga" quoted by Sri Aurobindo can be realised progressively.

REGISTER ●

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Arulville, near Chennai - Pondicherry, TN

To register,
contact: training@peoplefirst.co.in
WhatsApp : 98407 55049

CONTRIBUTION

Rs. 12,000/- inclusive of retreat experience,
accommodation, meals & refreshments.

Payment details provided on registration.

Please note: accommodation on shared
basis.

Repeaters - Rs. 9,000/-

*With
Grace*



EVOLVE
PROGRESS
MANIFEST

