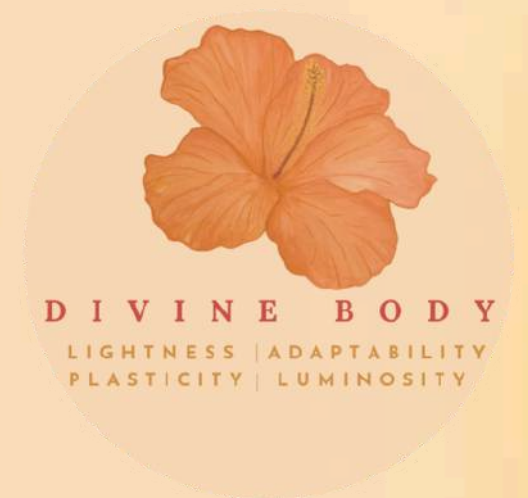


From Purification to Surrender – Deeper Body work of the Cells



Online workshop
8 Sundays
7 to 8 am IST

August 2nd to
September 27th 2026
Facilitator : Arul Dev

Our Course : Practice One

It is a pure joy to do deeper body work.

Our stress and entanglements are absorbed within our body. These get dislodged and freed when our awareness and breath permeates throughout our body.

This is sadhana.

Our Course

Practices Two, Three, Four

Next is inner sensing.

With our forehead centre offered,
we can sense within our body.

With the quiet presence at depth of heart,
we can sense our body.

In every part of body wherever our awareness
lands within, our inner sight or inner felt sense
can sense and choose.



Our Course

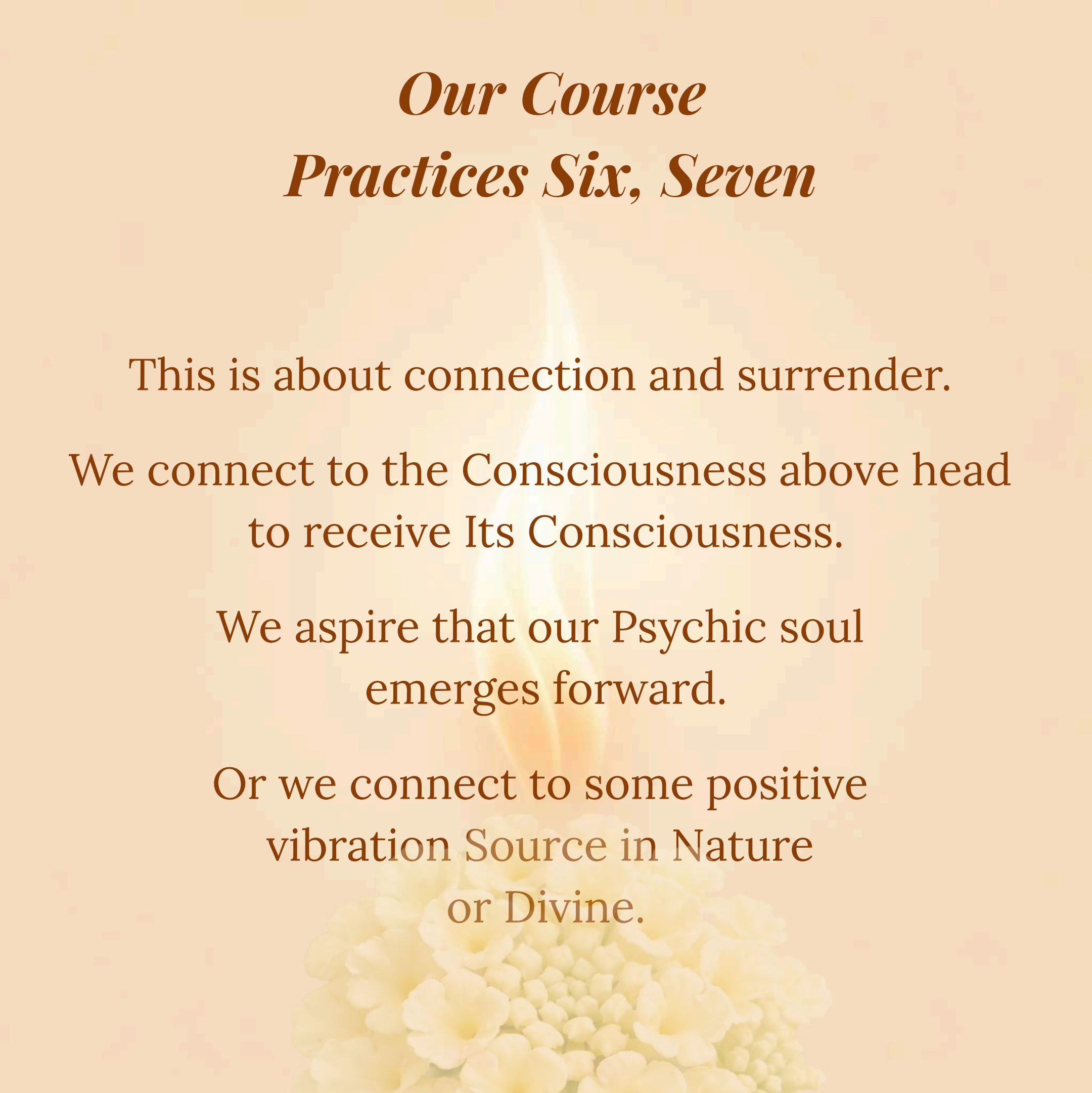
Practice Five

We choose within.

It is not the job of this body to hold on
to stress, illness and entanglements.

The body's cells have a lot of substance.

This substance can receive and absorb
Peace, Light, Joy and Force
from Higher Consciousness.



Our Course

Practices Six, Seven

This is about connection and surrender.

We connect to the Consciousness above head
to receive Its Consciousness.

We aspire that our Psychic soul
emerges forward.

Or we connect to some positive
vibration Source in Nature
or Divine.

Our Course - Practice Eight

We practice double awareness.

Awareness within a body part AND
Awareness within Higher Consciousness,
Pure Nature or Divine.

And we wait, in surrender.

Until the substance releases by itself its
entanglements, and receives and absorbs
nourishing vibrations and Consciousness.

Summary of Practices

Locate where in the body the entanglement is living.

Take your awareness within this body's substance
and connect it to the space and Consciousness
Above your head.

Wait till at sensations level all that the body is
holding on is released naturally and offered to
Higher Consciousness. Allow Light, Force or
Substance from the Higher Consciousness to
permeate within body, to create the new.

Take your awareness right into the depth of your
body to discover pure self-lit substance, that births
the New within us.

Let us practice together...

Who is this for?

Anyone interested in healing, somatic work, inner development and spiritual advancement.

Dates of Online Course

2026, 8 Sundays, 07:00 am to 08:00 am IST

August 2, 9, 16 and 30

September 6, 13, 20 and 27

Contribution for Online Course

Pay as you choose:

Indians: Rs 1500 to Rs 2500

Overseas: 30 to 55 USD (Overseas)

On intent to register, account details to contribute will be shared for Indian and International participants.

To Register

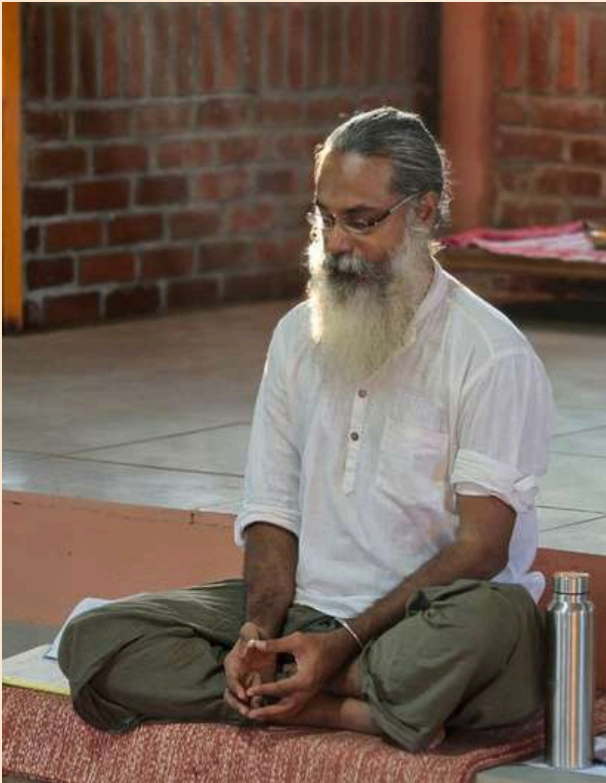
Email: maadivinebody@gmail.com

WhatsApp: +91 98407 55049

Facilitator – Arul Dev

Arul works with individuals and groups at the intersection of consciousness and transformation — bringing decades of inner sadhana, coaching, mentoring, and the Delight Matrix framework into his facilitation.

Gist about Arul



1. Retreat Facilitator:

- Coaching with Ease
 - Your Golden Purpose,
 - Integral Sadhana – Deeper Body Work
 - Delight Matrix – Harmonization of our Being
-

2. Author:

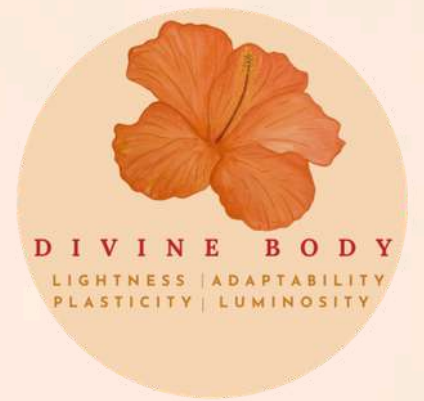
- *Into Great Depth of Your Being* – Auro Publications
 - *The Flame Within* – SoulScapes
-

3. Founder & CEO – People First Consultants (since 1995)

4. BITS Pilani Chemical Engineering in 1994

Arul is also a sadhana companion for practitioners of Integral Development, Deeper Body Work, Authentic Leadership, Pre-natal Conscious Birthing, Coaching with Ease, and Soul Purpose-centered living.

Course is offered by the Divine Body Project



This project is dedicated for those interested in the transformation of the body at its subtle substance level of cells. This in turn supports the healing of our past, bringing health into all parts of our body, accessing love within our emotions, refining our senses to access beauty, receiving intuitions within our mind and organizing our mind to a cohesive whole that guides us to leap into New Futures.

All of this work of transformation is dependent on establishing connection with Sources of Higher Consciousness and receiving their Divine Qualities within us.

The process of transformation unfolds on its own when a part of our body and being opens its function and qualities to the Force, Light and Grace of a Higher Consciousness.

<https://divinebody.in/>